

2009

FEDERATION OF IN-LINE SPEED SKATING

**F.I.S.S.**

**SPORT REGULATIONS**

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# **PART “A” - COMPETITION RULES**

## **Art.1 – Race course**

1. A racecourse may be either a "track" or "road" course. A road racecourse may be either an "open" or "closed" circuit.
2. Both on the track and on the road, the racecourse is measured 30 centimetres from the inner edge. This line is called "ROPE".
3. In all courses, bends are to be bordered either by a natural edge or removable signals that are highly visible. Such signals are never to be placed on the rope of the track because they may represent a danger for competitors.
4. On road courses with both left and right bends, measuring is to be taken along an imaginary line at 30 centimetres from the extreme ends of the bends themselves.

## **Art. 2 – Tracks**

1. A "track" is defined as a racecourse within an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same diameter or dimensions. In the case of indoors, tracks may have bends using the diamond formation.
2. The total length of a track cannot be less than 100 metres or longer than 400 metres. The minimum width must be at least 6 metres.
3. The track surface may be made of any material, provided it is perfectly smooth and not slippery, so that it does not compromise adhesion. The Referee shall determine these properties.
4. Tracks may be perfectly level or with a banking at the bends.
5. Tracks with a banking at the bends are to be not less than 125 metres long and not more than 250 metres. Banking are to be gradual and uniformly rising from the inside to the outside of the course. Straightaways may have a banking in order to allow the introduction of bend banking. However, straightaways are to be perfectly level longitudinally, to a minimum of 33% of their total length.
6. The finish line must be marked with a white line, 5 centimetres wide.
7. The starting line must not be on a bend, except for the cases when it is impossible to do otherwise.
8. Any external fencing directly bordering the track edge must be protected through suitable materials in order to avoid dangers due to its presence.

### **Art. 3 - Road course**

1. In "open road" competitions, starting and finishing lines do not coincide.
2. A "closed circuit road" race course is a road course consisting of an asymmetrical closed circuit which competitors are to cover one or more times according to the distance of the event.
3. A "closed circuit road" racecourse must not be shorter than 400 metres.
4. The road course cannot be less than 5 metres wide in any point of the course.
5. The road surface must be uniformly and sufficiently smooth without hollows and fissures. The cross-fall of the course shall never exceed 3% of its width.
6. In "open courses" gradients shall never exceed 5%. Exceptions to this rule shall never exceed 25% of the whole course.
7. Starting and finishing lines must be marked with a line 5 centimetres wide. The starting line must not be placed on a bend except when it is impossible to do otherwise. The finishing line shall be placed at not less than 50 metres after the bend leading to the finish line.

### **Art. 4 - Suitability for practice of a racecourse**

1. Any decision regarding the suitability for practice of a racecourse is up to the Referee before the start of the competition itself.
2. When the ground or weather conditions hinder the normal performance of a competition or the continuation of the same, the Referee can interrupt the competition for a given period of time or he can cancel it. In the case of preliminary heats, the competition shall start or continue once the ground condition is suitable for safe skating, provided that it ends within 24 hours of its interruption.
3. When the competition which was interrupted starts again, only the athletes who were competing at the moment of the interruption shall participate again. Competitors who withdrew or were disqualified continue to be excluded.
4. When the track or road is slippery it is up to the Referee to decide about the application of an anti-slippery coat on the whole course or part of it.

### **Art. 5 - Direction of the race**

For track or closed road circuit competitions, competitors are placed so that their left hands are located facing the inside edge of the track or road. The direction of the race shall be counter clockwise.

## Art. 6 – Age limit

All competitors in open senior speed skating events must have attained the age of 18 years before the 1st January of the year of the event, unless prior approval has been received from FISS, in writing due to an application to skate in a higher age group.

Inline Speed events may also be held for junior boys and girls, but these must be run in the following age groups with maximum distances as shown:

### BOYS

6 to 9 years	5000m
10 to 12 years	10,000m
13 to 15 years	30,000m
16 to 17 years	Unlimited

### GIRLS

6 to 9 years	5000m
10 to 12 years	10,000m
13 to 15 years	30,000m
16 to 17 years	Unlimited

Any skater wishing to exceed the maximum distance for his/her event must obtain written permission from their Parent/Guardian and Club Coach. This consent must be submitted in writing to FISS a minimum of 7 days before the event. The FISS Committee will then make a final decision.

Age groups are dependant on the age the skater has attained before the 1st January of that year of the event. They will be known as the following groups:

Mini Girls/Boys	6- 9 years
Pupil Girls/Boys	10- 12 years
Cadet Girls/Boys	13- 15 years
Junior Girls/Boys	16- 17 years
Seniors Ladies/Men	over 18 years

Other sub-age groups for selective races may include the following:

Veterans Ladies/Men	over 35 years
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A junior skater may enter his/her first event provided he/she has attained the age of 6 years on or before the date of the event concerned. Two consecutive age groups can run together in which case the maximum distance for the lower age group will apply. Any skater wishing to move into a higher age group may apply to do so only with consent of their parents. All applications of this nature must be put in writing to the FISS Secretary at least 14 days before the event takes place, and having moved into a higher age group, a skater is no longer eligible to compete in a lower age group.

No racer in a FISS sanctioned open/RAT event may exceed the maximum distance for his or her age group unless they are a FISS member and have previously applied to do so as outlined above. The maximum distance for a RAT racers under 6 years old is 1600m/1 mile. This shall not be exceeded under any circumstances as under 6's are not eligible to join FISS and may therefore not apply to race a longer distance or higher age group.

## Art. 7 - Official distances of the courses

Both for track and road courses, official distances are the following: 200 - 300 - 500 – 800 – 1,000 – 1,500 – 2,000 – 3,000 – 5,000 – 10,000 – 15,000 – 20,000 – 30,000 – 50,000 metres. In road races, half marathon (21 km), marathon (42 km) and double marathon (84 km) are to be included.

## Art. 8 - Official distances for British Championships and FISS awards

### TRACK OR ROAD

#### SENIOR MEN 18+ YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	THE ALLWORTHY CUP
500 metres	FREDA LARNER MEMORIAL TROPHY
1,000 metres	BENETFINK CUP
1,500 metres open handicap (Senior and Junior 16-17 mixed)	JESSON CUP
1,500 metres (indoor only)	LEO EASON TROPHY
10,000 metres points	KENNY HODDER MEMORIAL TROPHY
15,000 metres elimination	ENGLISH SPORTS CUP
42,000 metres Marathon	CLIFF SHEARD MEMORIAL TROPHY
3,000 metres relay (indoor and 2 skaters only – Senior and Junior 16-17 mixed)	SILVESTER MEMORIAL TROPHY
5,000 metres relay (up to 3 skaters only – Senior and Junior 16-17 mixed)	BURGOYNE SHIELD
Overall Senior Mens Champion TROPHY	ALBERT CHARLES PORTER MEM.

#### SENIOR WOMEN 18+ YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	BEAUMONT CUP
500 metres	FREDA LARNER MEMORIAL TROPHY
1,000 metres	DAVIS CUP
1,000 metres open handicap (Senior and Junior 16-17 mixed)	No Trophy
1,500 metres (indoor only)	PAT HARRIS-EASON TROPHY
3,000 metres elimination	GEORGE FRENCH CHALLENGE SHIELD
5,000 metres points	SHEPHERD CUP
42,000 metres Marathon	THE JOHN GIBBONS CUP
3,000 metres relay (indoor and 2 skaters only – Senior and Junior 16-17 mixed)	CRICKLEWOOD CUP
3,000 metres relay (up to 3 skaters only – Senior and Junior 16-17 mixed)	CHAMBERS TROPHY
Overall Senior Womens Champion	JULIE ORGILL MEMORIAL TROPHY

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## JUNIOR BOYS 16-17 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	KATESKATE T/T TROPHY
500 metres	FISS MILLENIUM TROPHY
1,000 metres	NINJA CUP
1,500 metres open handicap (refer to Senior Men)	
1,500 metres (indoor only)	THE FOX TROPHY
5,000 metres elimination	HUGH DOGGETT TROPHY
10,000 metres points	RATAE RSC CHALLENGE SHIELD
42,000 metres Marathon	SAM EASON TROPHY
3,000 metres relay (indoor and 2 skaters only – refer to Senior Men)	
5,000 metres relay (up to 3 skaters only – refer to Senior Men)	
Overall Junior Boys Champion	RE-UNION CUP

## JUNIOR GIRLS 16-17 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	No Trophy
500 metres	No Trophy
1,000 metres	No Trophy
1,000 metres open handicap (refer to Senior Women)	
1,500 metres (indoor only)	No Trophy
3,000 metres elimination	No Trophy
5,000 metres points	No Trophy
42,000 metres Marathon	No Trophy
3,000 metres relay (indoor and 2 skaters only – refer to Senior Women)	
3,000 metres relay (up to 3 skaters only – refer to Senior Women)	
Overall Junior Girls Champion	No Trophy

## CADET BOYS 13-15 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	AMISON CHALLENGE CUP
500 metres	JACK ABREY CUP
1,000 metres (indoor only)	BIRMINGHAM RSC JUNIOR TROPHY
3,000 metres points	RICHARD ISRAEL DAVIS CUP
5,000 metres elimination	CHARLES JULIAN DAVIS CUP
21,000 metres Half Marathon TROPHY	CADET BOYS HALF MARATHON TROPHY
2,000 metres relay (indoor and 2 skaters only – Cadet 13-15 and Pupil 10-12 mixed)	STAFFORD CUP
3,000 metres relay (up to 3 skaters only – Cadet 13-15 and Pupil 10-12 mixed)	JOHN FAULKNER CHARITY TROPHY
Overall Cadet Boys Champion	DEREK WINTER MEMORIAL TROPHY

## CADET GIRLS 13-15 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	LUCAS CUP
500 metres	PAMPLONA CUP
1,000 metres (indoor only)	EASON SHIELD (GIRLS)
3,000 metres points	BFRS CHALLENGE TROPHY
5,000 metres elimination	DRAKE CUP
21,000 metres Half Marathon	NICHOLAS HARRIS TROPHY
2,000 metres relay (indoor and 2 skaters only – Cadet 13-15 and Pupil 10-12 mixed)	BATE CUP
3,000 metres relay (up to 3 skaters only – Cadet 13-15 and Pupil 10-12 mixed)	BIRMINGHAM RSC LADIES SHIELD
Overall Cadet Girls Champion	MURPHY CUP

## PUPIL BOYS 10-12 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	TEAM BELOTTI BOYS CUP
500 metres	SOUTH WOODHAM FERRERS ATM AWARD
800 metres (indoor only)	THE FERRERS BOYS CUP
2,000 metres points	MORRISON CHALLENGE CUP
3,000 metres elimination	ROXA SHIELD
5,000 metres Midi Marathon	PUPIL BOYS MIDI MARATHON TROPHY
2,000 metres relay (indoor and 2 skaters only – Refer to Cadet Boys)	
3,000 metres relay (up to 3 skaters only – Refer to Cadet Boys)	
Overall Pupil Boys Champion	GEORGE MADDOCK MEMORIAL TROPHY

## PUPIL GIRLS 10-12 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	TEAM BELOTTI GIRLS CUP
500 metres	SOUTH WOODHAM FERRERS ATM AWARD
800 metres (indoor only)	THE FERRERS GIRLS CUP
2,000 metres points	FISS CHALLENGE CUP
3,000 metres elimination	GUERNSEY OPEN ROLLER SPEED TROPHY
5,000 metres Midi Marathon	PUPIL GIRLS MIDI MARATHON TROPHY
2,000 metres relay (indoor and 2 skaters only – Refer to Cadet Girls)	
3,000 metres relay (up to 3 skaters only – Refer to Cadet Boys)	
Overall Pupil Girls Champion	JEFFERSON CUP

## MINI BOYS 6-9 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	BFRS ROLLERSPEED BOYS T/T CUP

500 metres	ED LEE CUP
500 metres (indoor only)	EASON (BOYS) SHIELD
1,000 metres	FEDERATION (BOYS) TROPHY
3,000 metres Mini Marathon	MINI BOYS MINI MARATHON TROPHY
Overall Mini Boys Champion	BFRS MINI BOYS OVERALL TROPHY

#### MINI GIRLS 6-9 YEARS

200 metres time trial (even years – eg: 2004)	
300 metres time trial (odd years – eg: 2005)	TIME TRIAL TROPHY
500 metres	500 METRES CHALLENGE TROPHY
500 metres (indoor only)	SANDWELL (GIRLS) SHIELD
1,000 metres	FEDERATION (GIRLS) TROPHY
3,000 metres Mini Marathon	MINI GIRLS MINI MARATHON TROPHY
Overall Mini Girls Champion	BFRS MINI GIRLS OVERALL
TROPHY	

#### VETERAN MEN OVER 35 YEARS

500 metres		2009
1500 metres (indoor only)	CRICKLEWOOD RINK CUP	
3000 metres	CONRAD DAVIS CHALLENGE TROPHY	
5,000 metres points		
42,000 metres Marathon	VETERAN MENS MARATHON TROPHY	

#### VETERAN WOMEN OVER 35 YEARS

500 metres		2009
1500 metres (indoor only)	SANDWELL (LADIES MASTERS) SHIELD	
3000 metres	VETERAN WOMENS 3000M TROPHY	
5,000 metres points		
42,000 metres Marathon	VETERAN WOMENS MARATHON TROPHY	

Awards are also annually given by FISS and its members for the following:

FISS will determine which male skater shall hold the award for the “most successful male skater in both national and club competitions throughout the previous season”. The winner shall hold the GEORGE LORD MEMORIAL TROPHY.

FISS will determine which female skater shall hold the award for the “most improved female skater of that year”. The winner shall hold the COGGINS MEMORIAL TROPHY.

The donators of the M & T EASON AWARD or a named nominee, will determine which male or female skater between the ages of 6 years and 12 years shows the most promise from the performances in that years British Championships. The winner shall hold that trophy.

The donators of the PAT & LEO EASON TROPHY or a named nominee, will determine which male or female skater has shown the most outstanding effort from the performances in that years British Championships. The winner shall hold that trophy.

The FISS membership will determine by vote which skater, male or female, shall hold the award as being recognised as Speedskater of the Year for the previous season. The winner shall hold the SPEEDSKATER OF THE YEAR TROPHY.

## Art. 9 - Types of competitions

- a. Individual Time Trials
- b. Team Time Trials
- c. Elimination races
- d. Mass start races
- e. Endurance races
- f. Points races
- g. Relay races
- h. Stage races
- i. Pursuit races
- j. Elimination + points races
- k. Knockouts (one-on-one)
- a. Individual Time Trials

Races against time may take place either on a track or on the road. In such competitions there is a certain number of skaters who cover a circuit while their times are taken by means of a timekeeper.

These trials will be skated individually according to the order decided by the draw of competitors by FISS prior to the distribution of the Official Race Programme

### b. Team Time Trial

Team races against time may take place either on a track or on the road. Teams of three competitors who cover a circuit while their times are taken by means of a timekeeper run these races.

Only one team skates and starts together on the track or on the road at one time. The time will be registered when the second skater crosses the finish line.

### c. Elimination races

Elimination races may take place on both the track or the road. This competition is carried out through direct elimination of one or more competitors on one or more fixed points of the course. The Referee communicates the rules of elimination before starting the competition. **Four** skaters will usually be left on to contest the finish. Where there are less than five competitors this shall be reduced to two.

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In the case of heats, usually only two heats are skated. Whenever possible, the heats should have the same number of skaters and the heats will cover the official distance of the event. The draw will be done by FISS prior to the event. Entries on the day will be appointed heats by the Referee.

The elimination system will be determined by the number of skaters, in the heats as well as the final, keeping in mind the length of the track.

The heats will be planned in such a way that the number of athletes remaining after the last elimination will coincide with the number of skaters that will advance to the final.

One lap before each sprint, at the passing of the finish line by the lead skater, the bell will sound. Whenever possible, no elimination sprint should take place during the first lap, especially on small tracks. Whenever an athlete leaves the competition in which the heat or the final is taking place, be it because of a fall or fatigue, this retirement will count as the corresponding elimination or eliminations. Also, if during an elimination sprint an athlete violates any rule, the Referee may eliminate him in replacement for the skater who crossed the finish line last.

The determination of who is the last athlete is based on the last point of the last skate to cross the finish line.

#### d. Mass start races

Such races can be carried out both on the track or on the road. In these races an unlimited number of competitors can participate at the same time. When the number of registered athletes is too high in relation of the size of the track or the road, preliminary heats may take place, followed by a final event. Eliminated athletes can be ranked according to the time registered by each one of them.

Specifically for the 500 metres and the 1000 metres British Championships the following rules apply:

#### 500 Metres

FISS will determine the number of heats (or in the case of entries on the day, the Referee) to take place in the elimination phase, bearing in mind in each of these, that the number of athletes is about the same as the metres of the track's width. FISS will determine as well, how many athletes of each heat classify to the semi-finals and how many to the final. In each round at least two athletes must advance.

The heats will be made up according to the result of 200 or 300 metres individual Time Trial and the serpentine system.

The following is an example of an approximately six metre track:

1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16
21	22	23	24	25
30	29	28	27	26

The vertical columns represents each of the heats. The numbers correspond to the classification of the 200 or 300 metres individual Time Trials. In this case of 30 competitors, five heats of six skaters each will be skated. The first heat, for example, will be skated by skaters whose numbers are 1,10,11,21, and 30.

Athletes that did not take part in the 200 or 300 metres individual Time Trial will be seeded as number 31 onwards in the order determined by FISS or the Referee if the competitor enters on the day of the event.

A certain number of skaters will classify to the semi-finals, based exclusively in the order in which they finish the elimination heat.

Furthering with our example, a possible decision would be to classify the first three skaters of each heat, for a total of fifteen skaters that would advance to the finals.

These fifteen skaters are then sub-divided into three semi-finals heats. To do this the winners of each elimination heat are divided among the first, second and third heats; that same procedure is followed who classified second and third.

1 1^heat	1 2^heat	1 3^heat
2 1^heat	1 5^heat	1 4^heat
2 2^heat	2 3^heat	2 4^heat
3 2^heat	3 1^heat	2 5^heat
3 3^heat	3 4^heat	3 5^heat

Another possible decision could have been to classify the first two skaters of each elimination heat: two semi-finals heats would take place, each one with five skaters, as follows:

1 1^heat	1 2^heat
1 4^heat	1 3^heat
1 5^heat	2 1^heat
2 3^heat	2 2^heat
2 4^heat	2 5^heat

The winner of the first heat will compete in the first semi-final, the winner of the second heat will compete in the second semi-final and so on, according to the serpentine system.

The final will be skated by the first two skaters of each semi-final heat for a total of six skaters, or in the second case with the first three skaters of each semi-final.

The athletes who do not participate in the final will be classified according to the times obtained in the different phases (heats and semi-finals).

#### 1000 Metres

FISS will determine the number of heats (or in the case of entries on the day, the Referee) to skate in the elimination phase, keeping in mind in each one of them that the number of athletes is about a half metre of the track's width.

FISS will inform also, how many losers times will classify to the semi-finals and final phases, in addition to the winners of each of the heats.

The heats will be made up according to the classification of the 200 or 300 metres individual Time Trials, following the serpentine system.

Example for a six metres width track, with a group of forty competitors: 4 heats of 10 skaters each, will take place.

1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20
24	23	22	21
25	26	27	28
32	31	30	29
33	34	35	36
40	39	38	37

In the first heat, the skaters who obtained places 1, 8, 9, 16, 17, 24, 25, 32, 33, 40 will participate. Athletes that did not take part in the 200 or 300 metres individual Time Trial will be seeded as number 41 onwards in the order determined by FISS or the Referee if the competitor enters on the day of the event.

The winner of each one of the elimination heats will classify into the semi-final phase, plus a certain number of losers according to the times registered in those heats.

Furthering with the example, one possible decision would be to classify the four winners, and the twelve best times of all the losers, for the two semi-final heats with eight skaters each.

The semi-final heats will be arranged according to the times registered in the heats.

The winners of each one of four heats will be placed according to serpentine system, the first being the one who registered the best time and so on. Those who classified by losers times (twelve) are then organised again, according to the times registered and the serpentine system.

1	1
1	1
LT	LT
LT	LT
LT	LT
LT	LT
LT	LT
LT	LT

The final would be skated, by the winner of each heat and the best six losers times, for a total of eight skaters.

Note For the 500 metres race and the 1000 metres race, skaters may choose their position on the starting line according to their ranking in the 200 or 300 metres race and according to the number of positions foreseen by the Referee. The starting line will be marked in one metre sections.

For general mass start races of 1000 metres or less, the competitors in each heat will be determined by FISS prior to the event, and in the case of entries on the day, the

Referee. All other rules governing these races will be as per the 500 metres and 1000 metres British Championship rules identified above.

### *Marathons*

This race is organised as a final without heats, preferably in open road with the required width and security.

Companion vehicles are not allowed. The only authorised vehicles are one guide car, one car with enough capacity for the withdrawal skaters, in which there must be a Judge, and is located behind the last contestant, one or more ambulances and the number of motor-cycles required by FISS and the Judges for the best control of the race.

The skaters should use preferably the right side of the road. FISS will determine and communicate prior to the event the number of places where drinks will be supplied to the skaters, their location, and the system of distribution.

If the races are organised on closed circuits, the circuit must be at least 1.5 km in length. It is up to the Referee to decide whether a lapped skater can or can't continue the race.

There must be adequate notification, announcing the proximity of the finish line (1 km, 500 Mts. and arrival).

#### e. Endurance races

Such races may take place both on the track and on the road. For these races a time limit is fixed and athletes are ranked according to the order they achieved at the expiration of the time allowed, taking into account the course already covered.

#### f. Points races

Points races may take place on both the track and the road. This competition awards a score for each competitor after each fixed point of the course. At the completion of the distance a greater score will be awarded. The competitor totalling the highest number of points wins the race. The Referee will communicate to the athletes the points rules before the start of the event. Points shall be awarded in all cases as 2 points to the first athlete to cross the line on a points scoring lap and 1 point to the second athlete to cross the line, except the finish which shall be 3-2-1 for the first three skaters.

If a skater does not finish the race, that athlete will lose the points earned for this race. If there is a tie in points among two or more skaters, their final positions will be decided by who was the first of them at the finish line in the last lap. This person shall be awarded the higher placing.

If in the opinion of Referee an athlete commits a fault on any point sprint, the Referee may change of order of the arrival and the assignment of points.

#### g. Relay races

Such competition can take place both on track and on road. Teams comprised of two or more competitors, but not more than the specified maximum team size, who are to cover a fixed distance and can arrange relays in a given area run these races. According to the size of the track, FISS will determine whether heats will take place, and if so, they will indicate how many teams of each heat will go on to the final. FISS will determine the draw for heats, unless there are entries on the day when this will be done by the Referee.

At the time of the relay, competitors must touch their mate. The relay will be completed by touching or pushing from the arriving skater to the starting skater. Pull relays are not permitted.

The relay zone will be assigned on the straightaway that contains the finishing line and a waiting zone is also assigned for the relaying skaters. In the case a relaying athlete enters the relay zone but is not touched by the team mate, the team will be eliminated. The relay must start and be completed inside the relay zone but not continue also after the second line. Where a relaying athlete falls, his team mate must not continue

The last relay is to be made before the last lap, according to the distance of the course, unless changed by the Referee in the interests of safety. This change must be communicated no less than 10 minutes before the competition. Each member of the competing team must skate at least 1 lap. Each team is free to decide after how many laps to relay.

The Referee will advise how the athletes who are relayed should return and the path they must use, done in such a way that it does not interfere with development of the race. If an athlete commits a disqualifying act, the whole team is disqualified.

During relay races only Judges and athletes are allowed to stay on the course.

The competitors of a team should wear identical uniforms. In case the uniforms of two teams are sufficiently similar, the Referee can order the modification of one of them by draw.

#### h. Stage races

Stage races can take place only on a regular road course. They are a combination of middle distance, long-distance, and against-time races, combined and arranged together according to specific regulations. The final ranking results from the total of the different times or points obtained by each competitor after covering the fixed distances, which are called "stages".

For each stage some bonus, such as point or time allowance, can be granted to the athlete or athletes according to their placements. This bonus must be included in the program.

If several athletes get the same time, the final ranking is to be made according to the best result attained for each stage.

The competition can take place on one day or on several consecutive days according to the number and length of the stages. Some rest days may be included.

i. Pursuit race

This competition is carried out both on track and closed road circuits in the form of preliminary heats by two competitors or by two teams that start from two points equidistant from each other and that covers a fixed distance. When a competitor or team passes the opponent, the preliminary heat is over. Teams shall be composed of three or four athletes. As far as pursuit races by teams are concerned, the penultimate athlete is the one who establishes the ranking or the elimination.

j. Elimination + points races

This competition is carried out through direct elimination of one or more competitors on a fixed point on the course. A single point score will be assigned to the leading competitor on the same lap. At the completion of the last lap a score of 3-2-1 will be awarded to the first three athletes. Points awards and eliminations will take place on the same lap. The skater who is eliminated will lose the points obtained up to that moment.

The Referee will communicate to the athletes the points rules before the start of the event. There will be 5 skaters left to contest the final lap unless the number of entries is less than 10, then there will only be 3 skaters left to contest the final lap. The competitor, still in the competition, totalling the highest number of points, wins the race. Where there is only one entry the skater will complete the distance without being awarded any points during the event.

If there is no elimination because of withdrawal or fall of one or more skaters points continue to be awarded.

k. Knockout (one-on-one)

Knockout competitions are conducted by drawing pairs of competitors who will race each other over a specified distance. The winner of each race will progress into the next round until there are just two skaters left to compete in a final round.

In the event that an odd number of athletes are entered into the competition, at the first round stage some athletes may be given a “bye” into the next round in order that the final round will consist of just two skaters.

General Note

For all competitions (usually age group), with the exception of mini, midi, half or full marathon distances, where there is only one athlete, a series of time standards shall be set to determine if the athlete shall receive an award and what that award should be – ie gold, silver, bronze or no award at all. These time standards shall take into account the technicalities of the track or road and shall be determined by an appointed assessor. The assessor shall be appointed by the Referee on the day of competition.

## **Art. 10 - The start**

1. For every competition, only starts without fixed supports on the surface are permitted. The starting signal is to be given either through a gunshot or the blowing of a whistle.
2. In any competition, in the case of a false start, the Starter shall call back competitors to the starting line. Athletes resume their positions and the start is repeated.
3. If a competitor does not answer the starting Judge after being called twice, at one-minute interval from each other, he is eliminated.

## **Art. 11 - Starting conditions**

1. The starting signal is given when the athletes are standing behind the starting line at 50 centimetres from each other. In mass start events the initial starting positions are determined by the random draw of Membership Cards that must be submitted during registration. In the case of athletes failing to submit a Membership Card these athletes shall be positioned by the Starter after those who have submitted a card have been positioned. In the case of preliminary heats, these will be seeded by FISS and communicated to the athletes by the Referee.
2. For mass starts, the rows of competitors are to be approximately 50 centimetres from each other (except in the case of distances of 1000m or less where the athletes shall be a minimum of 1 metre apart). Athletes are to stand behind the starting line. The Starter gives the start through two signals. He first says "ATTENTION" and then he fires a shot or blows a whistle. The start may only be repeated under the following circumstances and only by the Referee (except where the Starter may declare a false start):
  - a. in races against time, when an athlete falls down because of a mechanical defect or any other reason for which he is not responsible;
  - b. in mass starts, when the falling down of one athlete causes the falling of several others, within 130 metres from the starting line;
  - c. when an athlete starts before the signal is given, the start is cancelled and the athlete involved is penalised; after three violations, he is eliminated;
  - d. when a serious fault occurs at the start of any 500 metre heat, semi-final or final that may influence the outcome of the race in the opinion of the Referee.
3. For individual time trial competitions, the start will be as follows: both skates or parts of these must touch the ground and must not be moving. The oscillation of athlete's body is allowed. A dashed line must be drawn 60 centimetres from the starting line. The skater must have at least one skate within the two lines. The first movement of the skate must be in the direction of the competition.
4. For individual time trials, the Starter authorises the competitor to go. The athlete has 15 seconds to initiate the competition and if he does not do, a false start will

be declared. Neither the "ATTENTION" order nor the shot of the gun are required.

5. For team time trial the start will be with all the 3 athletes and Starter will say "ATTENTION" and fires the gun.
6. The photocell for the start of the race must be between 20 cm and 25 cm distance from the surface of the course.

## **Art. 12 - Facilities, equipment and miscellaneous services**

The racecourse is to be provided with facilities, equipment and miscellaneous services according to the type of event.

1. For closed circuit road or track competitions:
  - a. loudspeakers;
  - b. a scoreboard indicating the number of laps to be still covered;
  - c. a bell or any other device indicating the last lap;
  - d. first-aid centre, duly equipped;
  - e. a room with refreshments for Officials;
  - f. a separate place to stand provided with table and chairs for Timekeepers and Finishing Judges;
  - g. sufficient lighting equipment in the case of night events;
  - h. electronic timing in the case of time-trial events;
  - i. flags (minimum 4 x blue, minimum 4 x yellow, minimum 2 x red) size 12" x 12" on a 15" pole;
  - j. marker tubs (where required);
  - k. gun (plus sufficient cartridges);
  - l. whistle;
  - m. official Judges slips;
  - n. official recorder sheets;
  - o. stop watches (3 x minimum accurate to 1/100<sup>th</sup> second)
2. For open road courses competitions:
  - a. a canvas stripe reading "FINISH LINE" to be placed above the finishing line. If there are preceding finishing lines, it will be written on the ground;
  - b. a signal indicating the last 500 metres of the course;
  - c. signals indicating possible obstacles and road signs for the competitors;
  - d. a refreshment stand (for competition exceeding 20 kilometres). It shall be placed approximately at the middle of the course;
  - e. transportation means: (cars and motorbikes with drivers) provided with a special identification mark enabling the Referee to follow the competition;
  - f. some cars for the transportation of injured athletes or of those who withdrew from the competition. Such vans shall include everything necessary for first-aid assistance, and an Official who will write down all the athletes withdrawn, keeping account of their withdrawn order so as to prepare their final placement;
  - g. safety devices such as hay bales to be installed in the points which the Referee may consider as dangerous;
  - h. loudspeakers;

- i. first-aid centre, duly equipped;
- j. a room with refreshments for Officials;
- k. a separate place to stand provided with table and chairs for Finishing Judges;
- l. sufficient lighting equipment in the case of night events;
- m. gun (plus sufficient cartridges);
- n. whistle;
- o. official Judges slips.

Failure to supply any of the equipment as listed which results in the cancellation of an event will render the organising club to disciplinary measures, as decided by FISS, which may include a fine up to a maximum of è.

### **Art. 13 - Finish line in the different types of competition**

1. In mass start (elimination, point, relay and so on), preliminary heats, team time trial and races against time, the ranking position of the athletes is determined according to the time at which his/her front tip of the skate crosses the finishing line. At the finishing line, the leading skate must be in contact with the track or road surface. If the first skate is not in contact with the ground then the front tip of his/her second skate decides the placement.
2. In the elimination race, the elimination will be established on the last part of the last skate crossing the finishing line.
3. In endurance races, the finish line is represented by the exact point where the athlete is at the expiration of the fixed time.
4. If used the photocell for the finish of the race must be maximum 10 cm high from the surface of the course.

### **Art. 14 - Placement of lapped athletes**

In mass start races on track or on closed road courses, the athletes who have been lapped or who are about to be lapped, and who may hinder the competition, may be eliminated. Athletes who have been lapped and eliminated or withdrawn will be placed in the order opposite to their elimination.

Lapped and not eliminated athletes must cover the distance of the competition, except in the case of races on closed road circuits greater than 500m. Here the lapped athletes shall be classified once the first skater has completed the distance. The bell, signifying the final lap, rings only for the first athlete.

### **Art. 15 - Ex-aequo placement in mass start competitions**

In mass start competitions, when a group of athletes crosses the finish line all together, and thus it is not possible to determine their exact finishing order, all of these athletes involved will be awarded the same placement position and will be listed in alphabetical order.

## **Art 16 - Tiebreak trial and races against time**

In order to determine the first-placed skater in races against time, when two or more athletes obtain the same time, the trial shall be repeated in order to establish the placement order.

The time obtained by each competitor in individual competitions must be immediately communicated after arriving at the finish.

## **Art 17 - Order at the finish line**

1. The athlete leading the race on the last straightaway of the course, shall not obstruct the runner-up and must continue in a straight path. Athletes violating this rule will be reduced in rank and placed after the skater obstructed.
2. At the end of each competition, the Referee shall verbally communicate the official order at the finish line. Any protests against the order at the finish line may be allowed. Any protest against the order at the finish shall be submitted in writing to the Referee within 15 minutes from the official announcement of the order at the finish line, along with the corresponding fee of £20.00. In British Championship events a further appeal with a further appeal fee of £20.00 to FISS may be made on the Referee's decision. The decision of FISS will be final. The presentation ceremony will be held only after the official announcement of the order at the finish line.

## **Art. 18 - Maximum time in road competitions**

Maximum time in road competitions is computed by increasing by 25% the time obtained by the first competitor.

## **Art. 19 - Competition uniform**

1. Participants of both sexes are to wear uniforms depicting Club colours and to a design agreed by FISS. Those who are not properly equipped may be excluded from the competition.
2. The competition uniform is the following:
  - a. all skaters of the same Club in the same event must wear the same uniform with long or short sleeves, with the registered Club colours
  - b. integral hard headgear, without protuberances.
  - c. wrist guards (strongly recommended for under 13yrs of age)
3. Sponsorship advertisements are free. Nevertheless those advertisements must never hinder the easy identification of the official colours of the Club.

Athletes must wear their official uniforms during the award presentations. There will be no wearing of hats or caps, and in the case of tracksuits only those showing official Club colours shall be worn. Deviations from this shall only be at the discretion of the Referee.

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4. Skates should always be worn during presentations unless otherwise instructed by the Referee on the day.

#### **Art. 20 - Skates**

Skates with two pairs of wheels fastened parallel to each other or skates having a maximum of six wheels fastened in line are permitted. The skate must not exceed 50cm. in length and the wheels must not exceed 110mm diameter or 100mm for Minis, Pupils and Cadets. Skates must be firmly attached to the shoes and axles are not to protrude from the wheels or frames. Brakes are forbidden. Clap skates are allowed without propulsive gear. Frames must contain a complete set of wheels on departure from the start in a race.

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#### **Art. 21 - Race numbers**

Athletes are identified by means of two numbers. They are applied to the hip facing the Finishing Judges and on the back. If a third number is supplied, it is placed on the opposing hip. Numbers are to be clearly visible.

Upon becoming a new member of FISS each athlete will be required to pay a one off payment of £10.00 and will be given a set of race numbers. He/she will use these numbers as means of identification in all FISS sanctioned events whilst that person remains a FISS member.

Each skater is responsible for the number allocated to them in any one racing season.

In the event of lost numbers, additional numbers can be purchased from FISS at a cost of £10.00 per set.

In the event of forgotten numbers, a different set of numbers maybe borrowed for a returnable fee of £10.00.

#### **Art. 22 – Doping**

Concerning the anti-doping control, FISS Medical Regulations will be observed.

#### **Art. 23 - General rules**

1. Competitors are strictly forbidden to accept any sort of physical help.
2. Two way radios may be used between athletes and coaches in all open competitions.
3. Competitors are to reach the finish line along the shortest imaginary line, without loops or lateral deviations.
4. In no case, shall the passing of other athletes cause difficulty to other competitors.
5. In no case can athletes push other competitors or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct or help any competitor.
6. In road or track closed circuit competitions, athletes who are lapped shall not obstruct or help another competitor.
7. Athletes are not allowed to touch with their skate the ground outside the lines

determining the course.

8. Athletes can repair a damaged skate, being careful not to obstruct the race. They can only receive from a third party the new skate or tools to repair them.
9. In the case of a fall, competitors who are still able to continue the race must stand up without any help from a third party. Otherwise, they shall be excluded from that competition.
10. Athletes violating the above mentioned rules might be excluded from that competition.
11. All the athletes must take part in races fairly.
12. In mass start races on open circuit roads, athletes must comply also with the above-mentioned rules, always keep to their right and in no case can they overcome the centre of the road. Furthermore, athletes must strictly observe instructions given by the organiser.
13. Athletes who withdraw from the race should go to the finishing line and inform a Finishing Judge, so that they will be ranked according to their position.

# PART “B” - BASIC REGULATIONS

2009

(General Rules as referenced in the FISS Articles of Association)

## Art. 1 - Constitution

The Federation of In-Line Speed Skating (FISS) is a technical body of the British Roller Sports Federation (BRSF). The FISS Head Office is located at the residence of the current Secretary.

## Art. 2 - Tasks

FISS are committed to the Memorandum of Association which is in addition to (and in some cases includes) the following tasks:

- a. to organise, develop, encourage and promote roller speed-skating activities throughout the UK and prepare and administer the relative regulations;
- b. to establish and maintain close relationships with other National Federations and organisations affiliated with CERS and FIRS;
- c. to make sure that it's members and all the affiliated Clubs and their members comply with FISS Regulations which include the FISS Child Protection and Procedures Handbook;
- d. to amend FISS Regulations whenever necessary;
- e. to make sure that all Club and national competitions have FISS approval when FISS Regulations demand it;
- f. to make sure that the behaviour of competitors, accompanying people and skaters comply with the rules established by FISS;
- g. to make sure that any doping control takes place according to FIRS Medical Regulations;
- h. to decide on the second appeal on the protests submitted by the affiliated Clubs and rejected by the Referee, (Judge of the first appeal) in all British Championships;
- i. to disqualify, by establishing the period of time, the athletes who resulted positive on any anti-doping control in accordance to FIRS Medical Regulations.

## Art. 3 - Duties of FISS Committee Members

1. The Chairman presides over the Annual General Meeting and FISS Committee meetings and is responsible for any administrative and financial matter regarding the Committee. He/she has the casting vote and represents FISS in every official circumstance.

2. The Vice Chairman assists him and when necessary takes his place, if invited to do so. He is responsible for the measures to be taken according to the FIRS Medical Regulations.
3. The other members carry out individual functions assigned to them during the first FISS meeting after the AGM, and are the following:
  - a. to assist the Chairman in any sport matter, especially in the organisation of British Championships;
  - b. to assist the Chairman in any administrative matter and in the improvement of the Regulations according to the needs coming from development. Among these, public relations for the British Championships, liaison with the press (press conferences) and the television;
  - c. the FISS Chairman shall take care of and co-ordinate matters concerning international Referees and Judges.

#### **Art. 4 - The Secretary and Finance Officer of the Committee**

The Chairman appoints a Secretary and a Finance Officer who shall be confirmed by FISS. The Secretary tasks include all secretarial work and the drawing up of the minutes of the meetings. The Finance Officer looks after the financial matters of the committee, for which he/she also works as a treasurer.

#### **Art. 5 - The Annual General Meeting**

The Annual General Meeting takes place according to paragraph 8, General Meetings of Articles of Association of the Federation of In-line Speed Skating Limited.

The agenda shall include the following items;

1. Chairman's welcome
2. Appointment of scrutineers
3. Reading of the previous AGM minutes
4. Chairman's Report
5. Financial Report
6. Approval of the Financial Report
7. Elections, when necessary or required
8. Proposals to FISS to change Sport Regulations
9. Details of major international competitions and domestic events for the following year
10. Any other business.

#### **Art. 6 - Dismissals**

FISS Committee members who are absent for three consecutive times at the meetings, without any valid justification, or hindering the Committee with their negligent or inadequate behaviour, will be invited to resign before the end of their office.

## **Art. 7 - Nationality and age requirements**

There are no nationality restrictions on athletes wishing to take part in FISS sanctioned domestic Club events, including British Championships, as long as they are affiliated to a recognised Club by a recognised national federation or are recognised FISS members.

Athletes taking part in British Championships and competing for an affiliated Club must prove that they have a UK passport or proof that they have resided in the UK for a period of no less than 3 years at the time of the start of the competition.

Non-British athletes will be invited to compete in British Championships but will not be eligible for any of the awards regardless of their final placement in any particular event.

- a. The minimum age to compete in a FISS sanctioned event is 6 years at the time of or prior to the event. All limits of age established in these rules are to be considered at January 1st of the concerned year. Presenting a copy of a passport or official document to FISS proves age and nationality;
- b. FISS does not require a laboratory gender verification documentation. However, in conformity with IOC guidelines, FISS is entitled to conduct some tests on specific occasions. This would mean laboratory tests could be done if there is a suspicion than an athlete is competing in the wrong category.

## **Art. 8 - Revenue and expenditures**

1. FISS revenues consist of:
  - a. fees from individual membership;
  - b. fees from affiliated Clubs membership;
  - c. permit fees from domestic events
  - d. fees for refused appeals;
  - e. sponsorships;
  - f. fees from entries to FISS organised events.
2. FISS expenditures are:
  - a. common administrative expenditure;
  - b. insurance premiums;
  - c. BRSF, CERS and FIRS affiliation fees
  - d. costs for FISS organised events
3. Every financial transaction is registered on separate accounts. The accounts are administered in accordance with paragraph 16 of the Articles of Association of the Federation of In-line Speed skating.

## **Art. 9 – Complaints**

- a. Any Member may refer a complaint to the Secretary of the FISS at any time.

- b. The complaint shall be in writing and shall specify
  - i) The person (s) against whom the complaint is made and
  - ii) The grounds of the complaint
- c. If the Chairman of FISS is of the opinion that the written complaint does not sufficiently specify the matters referred to in (b) above, he shall request the complainant to give particulars in writing and if such particulars are not supplied within a reasonable time, he must refer the complaint to the FISS Committee who shall decide whether to dismiss or further consider the complaint.
- d. Upon receipt of a written complaint and the further particulars thereof (if any), the Chairman shall refer the matter to the FISS Committee at its next meeting.
- e. Unless the FISS Committee is satisfied that the complaint does not raise any matter involving a breach of the Constitution or of the Rules or any other matter fairly deserving of investigation the FISS Committee shall appoint a Complaints Committee consisting of not less than 3 and not more than 5 Members to consider the Complaint.
- f. No Member having any particular interest in the subject matter of the complaint shall be eligible to serve on the Complaints Committee, but the eligibility of any member to serve is in the absolute discretion of the FISS Committee.
- g. Following the appointment of a Complaints Committee, the Chairman shall notify by writing to each persons against whom the complaint is, the grounds of the complaint against him/her, sending a copy of each such notification to the complainant.
- h. The hearing or (as the case may be) first hearing of the complaint shall take place not less than three weeks following the date on which the last notification referred to in (g) above was posted.
- i. The Chairman will not send to any of the persons against whom complaint is made the complainant's letter of complaint or further particulars or any copy thereof. Provided that, in exceptional circumstances, the Chairman may, in his absolute discretion, decide to disclose the said documents to the person or persons against whom complaint is made, if it appears to him that the said person or persons cannot fairly be expected to meet the allegations made against them without seeing the said documents.
- j. Where in accordance with the proviso to (i) above, the person or persons against whom the complaint is made, has received a copy of any of the said documents he/she (or they) shall keep the contents thereof confidential. It is to be used for the purposes of the hearing of the complaint for any appeal and for no other purpose whatsoever. All copies returned thereof to the Chairman following the conclusion of the hearing or appeal. Provided that, this paragraph, shall not prevent any person(s) from disclosing such documents to his/her solicitors or Counsel for the purpose only of receiving advice, relating to the complaint.
- k. If at any time it appears to the FISS Committee that the Chairman has any

particular interest in the subject matter of a complaint, it shall appoint another person to act in his place for the purpose of such complaint.

- l. On the hearing of the complaint, the Complaints Committee shall hear the complainant and the persons against whom the complaint's made and any other persons whom any party wishes the Complaints Committee to hear as witnesses.
- m. On the hearing of the complaint, no party will be entitled to raise any matter which in the opinion of the Complaints Committee is not fairly related to the grounds of the complaint as set out in the Chairman's written notification referred to in (g) above.
- n. Following the conclusion of the hearing the Complaints Committee shall notify by writing each party of its decision and of any disciplinary action, it may have decided to take. The Complaints Committee shall report its findings to the FISS Committee.
- o. Within three weeks following the receipt of the notification referred to in (n) above, any party may by writing to the Secretary indicate his intention to appeal to the FISS Committee. The Chairman shall report the matter to the FISS Committee at its next meeting and require the Complaints Committee to make a full report of its findings and decision in writing to the FISS Committee.
- p. Each party to the complaint shall be entitled to receive a copy of the report of the Complaints Committee and heard on the appeal, but otherwise the conduct of the appeal shall be in the entire discretion of the FISS Committee.
- q. In the opinion of the other Members of the FISS Committee present and voting, no Member of the FISS Committee, who has any particular interest in the subject matter of the complaint/appeal shall be entitled to be present as a member of the FISS Committee. This includes the hearing of appeal or on the Chairman's reference of a complaint to the FISS Committee under (d) or (e) above.
- r. No party to a complaint or appeal will be allowed to be legally represented on the hearing of the complaint or appeal unless the Complaints Committee or, in the case of an appeal, the FISS Committee, in its entire discretion decided to allow legal representation, all parties shall be allowed it.

#### **Art.10 – Agreements with other bodies and film, radio and television events**

- a. FISS shall have power on behalf of its members to enter into agreements with the Governing Bodies of other sports with reference to Competitions.
- b. FISS may enter into agreements to accept sponsorship from any source.
- c. FISS may enter into agreement to assign the Film, Radio or Television rights of any of its events or participation by skaters, subject to such conditions that may be thought fit.
- d. Any approach to Film, Radio, Television or other Media Authorities for coverage of any event held under the jurisdiction of FISS must be approved by FISS who will normally acquire all resultant fees and rights. No sponsor or sponsor's agent shall make contact or negotiate fees on behalf of FISS with the above-mentioned media unless specifically requested to do so by FISS.

- e. The provisions of permits for competitions do not include the film, radio, television or other media rights.

#### **Art. 11 – Club affiliation**

1. All affiliated Club Secretaries shall forward within one month after the beginning of the new season, a list of its members, along with the names and addresses of its members wishing to be recognised as Race Officials for that year.
2. Each affiliated Club must identify the following officers as a minimum requirement:
  - a. Chairman
  - b. Secretary
  - c. Treasurer
  - d. Child Protection Officer

The Club Secretary must be a member of FISS. Any one person can be responsible for each, some or all of the above positions.

3. When registering the Club Child Protection Officer with FISS the Club Secretary must submit an original authentic Person Record document obtained from the National Identification Service via a local constabulary. Once verified by FISS Head Office, this original document shall be returned to the person named on the Person Record.
4. The Club Child Protection Officer will follow the guidelines as identified in the supplement “FISS Child Protection and Practices Handbook”. When an updated Child Protection Policy becomes available from the BRSF, this will immediately supersede the “FISS Child Protection and Practices Handbook” and the Club Child Protection Officer must then immediately follow the new policy.

#### **Art. 12 – Other business**

1. All FISS minutes, letters and copies of administrative documents or any other document shall be kept by the Secretary. Such documents shall be given to his/her successor.
2. Matters, which are not included in these regulations will be settled by FISS, whose decisions shall be ratified during the following Annual General Meeting.

# PART “C” - TECHNICAL REGULATIONS

## Chapter A - Competitions in general

### Art. 1 – Eligibility to organise events

Only FISS and Clubs associated with FISS can organise official competitions. No Club, which in some way is part of the FISS structure, may participate as a Club in any privately organised domestic or international event, or in any event organised by groups not belonging to FISS, CERS or FIRS.

### Art. 2 – Eligibility to compete

Open events are those which may be entered by an amateur who is either:

- a. a member of an affiliated Club and a member of a recognised National Federation;
- b. a direct member of the Federation (unless Art. 9 (1) applies)

### Art. 3 – Single club events

Any Club event in which only members of that Club can participate, does not need FISS approval.

### Art. 4 – Race permits for open competitions (see also Art.12)

1. A Race Permit shall be necessary for all open speed skating events except those held by the Federation
2. Where a Race Permit is granted, a Federation appointed Referee should be in control of the meeting. He/she shall have control of and the right to alter any appointed officials at the meeting.
3. All applications must be made in writing to the FISS Secretary. A permit fee of £1.25 per entrant will be deducted from the entry fees paid to FISS before the remainder of the entry fees is forwarded to the club hosting the event.
4. All applications for Race Permits shall be made so as to reach the Secretary of the FISS Committee at least 21 days prior to the event. Full particulars of the event must be given which must include
  - a. place, opening date and duration;
  - b. whether the tracks are indoor or outdoor, condition of the track (material and dimensions), facility capacity;
  - c. entry fee for participant;
  - d. possibility of training on the track;
  - e. number of Clubs invited;
  - f. any prize money to be awarded;
  - g. specification of First Aid facilities;
  - h. list of awards.

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5. All Race Permits shall be signed by the Chairman and Secretary of the FISS, who shall report to the Committee from time to time particulars of permits granted and refused.
6. For all events for which a Race Permit has been granted a copy of the programme with the results and times marked thereon must be forwarded by the promoting body within 7 days to the Records Officer of the FISS Committee.
7. The organiser shall be responsible for ensuring that the Race Permit is displayed at the place of the event on all days when the Race Permit applies, and that a statement appears in all advertisements, entry forms, programmes and other media that the competition is held under FISS regulations
8. Representatives of FISS must be given free admission to the event

#### **Art. 5 – Travelling abroad with unaccompanied minors**

1. Clubs taking minors (under 18 years old), not accompanied by a parent/legal guardian, to race abroad must inform the FISS Secretary a minimum of 7 days before travelling, including the dates and venue of the race meeting, and include one copy each of the FISS Parent/Guardian Permission to travel abroad form and the FISS Medical Details form.
2. The main copies of these documents should be carried by the person consenting to act as guardian as defined by the Parental/Guardian Permission to travel abroad form at all times from the time when they take responsibility of the minor until they hand them back to their parent/guardian.

#### **Art. 6 – Insurance**

FISS annually insures itself and its members against public liability and third party claims up to \_ million for events sanctioned by FISS and held within the British Isles.

Public liability covers legal liability for accidental bodily injury to any third party (including fatal accident) and accidental loss or damage to third party's property (not in your custody or control).

Members are liable for any acts of negligence. The policy provides an indemnity for any officer or member of the insured club in their respective capacities as such as though each such party was individually named as the insured.

For international open events and competitions (including major International Championships) of any kind every member, individual or Club, are advised to ensure that they have travel insurance and personal medical insurance cover to include third party and accidents whilst skating.

In the event of FISS Members being selected for a international competition or Championship, and travelling by road as an Official FISS party, the driver, or drivers if more than one, must be willing to undergo, if requested, an examination by the FISS Honorary Medical Advisor to indicate whether they are fit and capable of undertaking such duties.

## Art. 7 – Entries to open competitions

All open competitions held or sanctioned by FISS shall comply with the following:

- a. Postal entries shall close not later than 7 days before an event and no entry received after the closing date shall be considered. Online entries shall close not later than 7 days before an event and no entry received after the closing date shall be considered. (Exceptions to this regulation may be made at the discretion of the FISS Committee).
- b. No entry shall be made or accepted unless the FISS official entry form is completed properly or the online entry process has been fully completed.
- c. No entry, unless accompanied by the entrance fee, shall be tendered or accepted
- d. Every entry to be made in the real name of the competitor. Pseudonyms are not permitted.
- e. The promoting body shall have the right to refuse any entry without assigning a reason.
- f. Entry forms to be completed in block letters and signed by the entrant who shall be responsible for all statements therein or omissions there from. Any form not correctly or completely filled in may be refused.
- g. For team events, entry forms shall be signed by the Hon. Secretary of the Club or his/her duly appointed deputy.
- h. All entry forms to be sent directly to the FISS Secretary before the closing date.
- i. A member of the FISS Committee will ensure that all entry forms are made available to the Referee on the day of the competition.
- j. Entries accepted on the day must be from athletes registered with a national federation and will incur an administration fee of £5.00 in addition to the standard fee(s) for the event - except for new members who have registered with FISS after the closing date for race entries.
- k. A skater may skate for only one Club in any one season, unless permission to change clubs is granted by the FISS Committee. A letter from both Club Secretaries must be sent to the FISS Committee requesting and agreeing to the change, but this will not guarantee permission being granted. This will be at the discretion of the FISS committee.
- l. Applications for new FISS membership will not be processed on the day of an event but may be submitted to the Membership Secretary in sealed envelopes for processing after the event. If a non-member of FISS wishes to take part in an event, they may apply at registration on the day of the event for a day-licence to participate.

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## **Art. 8 – Unattached competitors**

1. Should a competitor be in his/her first season of open racing and not wish to be a member of an affiliated Club, he/she may, for the remainder of that season, race in neutral colours or race in colours approved by the Referee of the day, as an unattached competitor but must become a direct member of FISS.
2. Under exceptional circumstances skaters may be allowed to race unattached in subsequent seasons.  
Skaters should apply to FISS in the first instance, stating the reasons why they need to skate unattached.  
Rules for skinsuits/informing FISS still apply.  
The member should apply to FISS each year upon renewing membership.
3. Competitors skating unattached must inform the FISS Secretary and the Secretaries of the affiliated Clubs, in order that correspondence can be forwarded to them.

## **Art. 9 – Competitors who are not FISS members**

1. Only skaters who are members of recognised national federations may compete in FISS sanctioned events. In the period where the skater is not a FISS member, he/she must have, and show upon request, written permission from a recognised national federation before he/she is permitted to compete.
2. Skaters registered with national federations other than FISS may compete in Club or FISS open competitions a maximum number of 3 times in any one season without becoming a member of FISS, but must adhere to the entry regulations of that event regarding entry fees. If they wish to compete more than this a day-licence must be obtained for each event. Alternatively, the skater can join FISS under the current rules of membership (see Art. 16). All entry fees are to be paid to FISS or the Club holding the event.

## **Art. 10 – Post event club requirements**

Clubs holding events shall send to FISS:

- a. the list of results;
- b. a written report about the event organised by them, immediately after the end of the competition.

## **Art. 11 – Competitions - general**

Races on road or track can be organised by all the different affiliated Clubs for all the recognised FISS categories.

## **Art. 12 – Event date applications**

All domestic competitions must be authorised by FISS. Clubs must submit their requests for an event to FISS by December 15th of each year in order to establish the official calendar for the following year.

Exceptionally, events whose application is submitted at least 30 days prior to the beginning date will be authorised. Approved events already on the calendar will have priority.

### **Art. 13 – Communication of event details**

Details of participating Officials for each competition must be expressly communicated to FISS by the organiser no later than 7 days before the start of the event.

### **Art. 14 – Race programmes**

1. Clubs must have their race programmes approved by FISS before sending notification of the events out to other affiliated Clubs.
2. A minimum of 15 minutes should be set aside for officials' breaks in each hour of racing events, i.e. if there is two hours racing, a minimum break of 30 minutes should be allowed.
3. Entry forms for an event are to be received at Head Office at least 13 days before the date of the event.
4. Each Club shall be responsible for the provision of first aid helpers/a medical facility on the day of the event or request FISS to supply this service, with a fee for supplies and service.
5. Passes should be issued where necessary, by the organising Club or FISS in the case of FISS organised events to all Club Secretaries in respect of their members competing in the event concerned.
6. All programmes for International events in the UK shall be agreed by the FISS.

### **Art. 15 – Event postponements and cancellations**

Should it be necessary to postpone a competition, the organiser shall promptly notify the new date to each Club Secretary. FISS must also be informed. Entries that have been already submitted remain valid unless otherwise notified.

In the case of a cancellation FISS may fine a club at its discretion up to a maximum of £20.00 if within 14 days of the event.

### **Art. 16 – Membership and registration**

FISS membership is open to any person of any nationality or ethnicity, regardless of religion, age or gender. Any British subject / citizen (with the exception of dual nationals) who is a member of FISS and another recognised National Federation other than FISS, must first recognise FISS rules and regulations before any other rules and regulations pertaining to that other National Federation, for the period until their FISS membership expires. Failure to do so will render that person liable to disciplinary measures being taken in accordance with these FISS rules and regulations.

All members of FISS will receive a Membership Card on application or renewal each year. This card will be submitted by athletes during registration at events to the Competitor's Stewards and shall be used by the Starter to determine the draw of starting in mass start events that require such.

Registration shall close at 30 minutes before the start of the first event. Late registrations shall only be considered as acceptable by the Referee.

Membership covers the period 1st January to 31st December inclusive and fees must be paid before skaters or officials can take part in FISS sanctioned events. All Judges must be members of FISS. No person will be allowed to take part in any open event unless he/she has paid his or her subscription fees. Members will be informed by post one month before fees are due, payment and amount of fees will be acknowledged under the current rules of membership regarding fee payment.

### **Art. 17 - Handicapping**

1. No person other than the recognised FISS appointed handicapper shall at any time alter any handicap mark or allowance allotted by the handicapper, unless such alteration is required to correct a clerical or print error.
2. No person shall be entitled to compete in any heat other than that in which his/her name is printed on the programme, unless authorised by the Referee where appointed.
3. On tracks measuring 150 metres or over for each lap the system of handicapping by time is permitted. This requires that each competitor skates the full distance of the event but is started from the start line a given number of seconds or minutes before the scratch person

### **Art. 18 – Sponsorship**

1. A competitor may wear the name of a sponsor on his/her race uniform. The design or logo must be approved and registered with FISS.
2. A competitor may wear clothing showing a sponsor's name in any open events
3. No sponsor can advertise at British Championship events without the express permission of FISS. Applications must be made to FISS in writing prior to the event. Upon granting permission FISS may apply an appropriate fee which must be received before any sponsor material can be displayed. Verbal agreements must be confirmed in writing before any action is taken.

### **Art. 19 – Prizes**

1. A prize awarded to a successful competitor shall be deemed and taken to be so awarded, subject that such competitor being eligible to compete and to the statements in his/her entry form being strictly accurate. Should it be subsequently shown that he/she was not eligible to compete or that any of the statements in his/her entry form were inaccurate, the competitor who received a prize to which he/she was not entitled shall be required to return it forthwith.

2. FISS shall have power to provide prizes for such of the competitions as are held by them but no Federation die medals shall be given by them except for British Championship events.

#### **Art. 20 - Liabilities**

Neither FISS or FISS Sub-Committees shall be liable for accidents or damage however caused to all members, affiliated clubs and their members, competitors, candidates for tests or officials appointed by FISS or FISS Sub-Committees, arising out of or in connection with the activities of FISS on outdoor or indoor surfaces.

### **Chapter B - British and International Championships**

#### **Art. 21 – Frequency of competition**

British Championships will be organised only once a year. The winners of each competition are the official holders of the title until the following competition of the same kind.

#### **Art. 22 – Entries - general**

Championships held by FISS must be in accordance with these regulations. The Committee is entitled to refuse any entry without a reason assigned, or to limit the entry.

#### **Art. 23 – Eligibility to compete**

1. British Championships are open to all members of FISS who have paid their membership fees, who are British nationals (or have resided in Great Britain for a period of 3 years or more at the time of the competition) and have given confirmation of their participation according to the terms established by FISS.
2. Non British nationals are invited to take part in British Championship events according to their age group, and providing that they are members of a recognised National Federation and affiliated to a recognised Club, (and can produce a race permit from their National Federation upon request), or have declared themselves to be skating “unattached” (Part C – Art. 8). However, their placing will not be recognised in determining the National Champion.
3. The FISS Chairman appoints by means of a written letter, sent at least thirty (30) days before the beginning of a Championship, the Officials for that event.
4. The British Championships will be held each year on either track or road.
5. The age of a skater will be determined by their age on the 1st of January of the same year. Skaters wishing to compete in a higher age group shall make their request in writing no later than 30 days before the start of the competition. A skater having participated in a higher age group Championship shall not

participate in any lower age group Championship from that day forward (with the exception of the Veteran category).

6. Those wishing to compete in the British Championships and who are eligible for Veteran and Senior events are not restricted to which category they choose and may compete in both British Championship categories in any one year except races where the Veteran and Senior categories are combined.

#### **Art. 24 – Equipment for ascertaining British Records**

Where feasible FISS must put at disposal all necessary equipment for the verification of British records

#### **Art. 25 – Delegation of British Championship organisation**

FISS can delegate one of its affiliated Clubs to organise the Championships. Nonetheless, FISS will still be completely responsible, without exceptions, should any unexpected incidents arise. The organising Club is always responsible towards FISS.

#### **Art. 26 – Suspended athletes**

Athletes who are suspended or disqualified by FISS cannot take part in any British Championship event

#### **Art. 27 – Elimination of events**

The course lengths valid for the British Championships are established in Part A of the FISS Regulations. Should the need arise to reduce the number of races during the Championships, as a result of circumstances beyond control, FISS Committee Members are then to decide which races to eliminate.

#### **Art. 28 – Anti-doping**

Where anti-doping control is used, FISS will provide and pay for the use. A minimum of all winners and preferably one random athlete from each event will be tested.

#### **Art. 29 – Overall British Champions**

For Overall British Champion, the rankings per athlete are calculated by adding the points obtained in each event, including indoor events and the marathon. Athletes placed first in each competition will receive 10 points; athletes placed second will receive 9 points; athletes placed third will receive 8 points; and so on until the athlete placed 10<sup>th</sup>, who obtains only one point. Disqualified athletes and non-British nationals do not receive any score. For athletes on equal points the overall champion will be the athlete with the greater number of 1<sup>st</sup> places finishes. Where necessary 2<sup>nd</sup> and 3<sup>rd</sup> place finishes will be taken into account.

### **Art. 30 – British Championship awards - general**

1. The winner of each Championship competition is named Champion of that speciality and holds the title until the following Championship.
2. The first, second and third place winners of each Championship competition receive gold, silver and bronze medals, supplied by FISS.

### **Art. 31 – Trophies**

1. The winner (or winners) of any Championship or competition to which a challenge trophy is attached shall be entitled on his/her (their) giving security for the return of the same in such a manner, except where Art. 31 (2) applies. Also to such amount as may be required by FISS, to hold possession of the challenge trophy so long as he/she/they retain(s) the title, or until requested for its return, but no challenge trophy may be won outright, nor may any trophy be taken out of the United Kingdom. Any person failing to return a trophy in the allotted time or in a clean and presentable condition (determined by the Trophy Officer) shall be liable to a minimum fine of £5.00 per trophy – payable to FISS within 28 days. Failure to comply will result in sanctions being imposed on the athlete.
2. For certain trophies of high value, FISS reserve the right to retain the trophy for insurance purposes. These trophies shall be communicated before the start of the event.

### **Art. 32 – Training times**

FISS will establish and communicate the schedule of training times

### **Art. 33 – Communication of dates and programme**

The dates and programme for each Championship are determined and communicated by FISS to all Club Secretaries not less than 60 days prior to the event

### **Art. 34 – Protests and appeals**

Each participating Club has the right to make a protest during the British Championships concerning only the order of arrival. The reasons behind the protest must be described in writing and signed by the Club Secretary or recognised appointed delegate, and given to the Referee within 15 minutes of the end of the event or after the announcement of the result, along with a fee of £20.00. The Referee will examine the protest in the first instance. If rejected, the complaining Club can, within 15 minutes from the official announcement of the decision of the Referee, submit an appeal to FISS Committee Members, along with the payment of another fee of £20.00.

The decision of appeal taken by FISS Committee Members is final.

The decisions of the first and second appeals shall be verbally communicated to the Club Secretary or recognised nominated delegate of the complaining Club, and then made official.

Should the appeal be accepted at any stage, the fees shall be returned. The fees of non-accepted protests will be confiscated by FISS.

### **Art. 35 – Selection for International Championships and competitions**

For International Championships and competitions, the National Team Manager may at his/her absolute discretion, select skaters and invite them to compete in these competitions irrespective of their order or placing in any section of a National Championship. Reserves, who are nominated, will be invited to compete if thought fit. All selected representatives will be ratified by the FISS Committee prior to the selection announcement to any one individual.

### **Art. 36 – National Team pre-selective bond**

All skaters and accompanying management who wish to be considered to represent Great Britain at World and European Championships, shall be required to pay a pre-selective bond. This bond shall be used by FISS to ensure all travel and accommodation arrangements for selected athletes and accompanying management can be met without disruption and with maximum efficiency. The bond will form part of the overall costs and shall be determined as follows:

100% Travel costs  
20% Accommodation Costs

For athletes, the overall cost will also include individual entry fees into the Championship events as determined by CEC/CIC.

The remainder of the costs will be paid to FISS no later than two weeks prior to the departure date . Failure to do so may result in FISS ceasing to carry out any further arrangements and the forfeiting of the individuals right to attend the event as a Great Britain team representative.

Where the travel and accommodation costs are not known, the initial bond value will be determined by FISS. The amount shall be communicated in writing to all eligible athletes and accompanying management no less than 26 weeks before the due date. The due date shall be set by FISS and communicated to all athletes at the earliest opportunity.

To be considered for selection the bond must be paid in FULL either on or before the due date by cheque, postal order or bankers draft and made payable to FISS. Any athlete who is not selected to represent Great Britain shall have his / her bond refunded in full.

Any athlete or accompanying manager wanting to withdraw his / her wish to be considered for selection or representation should inform FISS as soon as possible. Where a bond has been paid this will be refunded in full if notification is received prior to the due date. Where notification is received after the due date, only monies not paid to third parties will be refunded.

The bond value and due dates for World and European Championships shall be set separately. Any single bond paid shall be clearly identified for which event it is intended.

Payment of bonds will be seen as authority for FISS to use in the arrangement of travel and accommodation only. Use of all bonds will only take place after the due date. No prior consultation with athletes or accompanying management is required after the due date. In the unlikely event that any monies need to be paid to third parties prior to the due date, it shall only be done so after consultation with all athletes and management concerned.

All monies paid to FISS shall be acknowledged by receipt. Details of actual travel and accommodation costs will only be made available to individuals who have paid bonds. These details will only be made available after written request.

## **Chapter C – Records and FISS speed tests**

### **Art. 37 - Eligibility**

A British record can only be achieved in the following circumstances:

- a. Events sanctioned by FISS or a bona fide international federation or governing body
- b. An individual race against time on the recommendation of an affiliated Club or member of FISS that the individual has a reasonable chance of success (and for which at least 14 days notice must be given to FISS)
- c. A time recorded during a FISS speed test may be recognised as a record
- d. The individual(s) claiming a record will be affiliated to a Club or a member of FISS

### **Art. 38 – Circuit ratification**

The length of track must be measured and certified by a surveyor or experienced member of FISS, but no restriction shall be made on the width of track

### **Art. 39 – Timing equipment**

All times recorded for distances of 500 metres or less for determining British records shall be done so using electronic timing equipment. For times recorded for distances greater than 500 metres, electronic timing or hand held timing shall be permitted.

### **Art. 40 – Hand timing**

In the event of hand timing the time must be taken by at least three competent time keepers appointed or approved by FISS or international federations or governing bodies, and the regulations for determining times (found in Part D Art. 14) must apply. The watches used must be proved to be accurate to within at least 1/100<sup>th</sup> second.

#### **Art. 41 – Disclosure of recorded times**

Timekeepers must exhibit their watches to the Referee if called upon immediately each race is completed.

#### **Art. 42 – Application for record attempts**

Any member of FISS who is afforded the facility at attempting new a new British record on any one day for which the special attendance of the necessary officials is required shall pay a fee of £30.00 to FISS and meet the travel expenses of those Officials attending. In the case of records requiring the approval of FIRS or CERS details will be supplied upon application.

#### **Art. 43 – Claiming of a British Record**

The claiming of a British record shall be conducted by the following methods:

- a. Where the event is sanctioned by FISS or an international event where a skater is representing FISS it shall be the responsibility of the FISS Records Officer to determine if a British record has been achieved. The new record holder(s) will be notified by FISS within 14 days of the record being achieved.
- b. In the case of an international Club competition it shall be the responsibility of the affiliated Club secretary to submit a claim in writing to FISS Head Office within 28 days of the time being achieved. The claim must be supported by original documented evidence of the individual's name, time achieved, date of achievement, distance, age group and be counter-signed by the Referee. If sanctioned the new record holder will be notified of his/her achievement by FISS through his/her affiliated Club secretary.

#### **Art. 44 – Sanction of a British Record**

No British record claim will be recognised by FISS unless it is fully supported and sanctioned by the appointed FISS Records Officer.

#### **Art. 45 – Appeals against non-sanctioning**

In the event of an appeal for the non-recognition by the FISS Records Officer of a British record the following shall apply:

- a. Where the event is sanctioned by FISS or an international competition where the skater is representing FISS, if an individual believes he/she to have achieved a British record but has not had notification from FISS within 14 days of the event, then the affiliated Club Secretary shall make a written claim to FISS Head Office within 7 days of this date stating the individual's name, time achieved, date of achievement, distance, age group, any supporting documentation thought necessary to support the claim and a corresponding appeal fee of £20.00. The FISS Committee will consider the claim and notify the affiliated Club Secretary of the decision.
- b. In the case of an international Club competition the affiliated Club Secretary shall submit in writing to FISS Head Office their case for appeal within 14 days of

receiving notification of “non-recognition” correspondence along with a corresponding appeal fee of £20.00. The FISS Committee will consider the appeal and notify the affiliated Club Secretary of their decision.

- c. Any decision made by the FISS Committee following an appeal shall be final and no further correspondence shall be entered into. Should an appeal be upheld the fees shall be returned, otherwise these fees shall be confiscated by FISS.

**Art. 46 – British Record distances**

Only the following individual distances for the specified age groups, track and road, shall be recognised by FISS for British record achievement:

6-	9	10-	12	13-	15	16-	17	18+
200m	200m	200m	200m	200m	200m	200m	200m	200m
300m	300m	300m	300m	300m	300m	300m	300m	300m
500m	500m	500m	500m	500m	500m	500m	500m	500m
800m	800m	800m	800m	800m	1000m	1000m	1000m	1000m
1000m	1000m	1000m	1000m	1000m	1500m	1500m	1500m	1500m
1500m	1500m	1500m	1500m	1500m	2000m	2000m	2000m	2000m
2000m	2000m	2000m	2000m	2000m	3000m	3000m	3000m	3000m
3000m	3000m	3000m	3000m	3000m	5000m	5000m	5000m	5000m
5000m	5000m	5000m	5000m	5000m	10000m	10000m	10000m	10000m
	10000m	10000m	10000m	10000m	15000m	15000m	15000m	15000m
		15000m	15000m	15000m	20000m	20000m	20000m	20000m
		20000m	20000m	20000m	21000m (road only)	21000m	21000m	21000m
		(road only)	(road only)	(road only)	30000m	30000m	30000m	30000m
		21000m (road only)	21000m (road only)	21000m (road only)	30000m	30000m	30000m	30000m
		30000m	30000m	30000m	42000m (road only)	42000m	42000m	42000m
		(road only)	(road only)	(road only)	50000m	50000m	50000m	50000m
							84000m	84000m
								(road only)

Only the following team distances for the specified age groups, track and road, shall be recognised by FISS for British record achievement:

6- 9

1000m 3 man team time trial or pursuit  
2000m 3 man relay

10- 12

1500m 3 man team time trial or pursuit  
3000m 3 man relay

13- 15

1500m 3 man team time trial or pursuit  
3000m 3 man relay  
5000m 3 man relay

16- 17

1500m 3 man team time trial or pursuit  
3000m 3 man relay  
5000m 3 man relay  
10000m 3 man relay

18 +

1500m 3 man team time trial or pursuit  
3000m 3 man relay  
5000m 3 man relay  
10000m 3 man relay

Times obtained by teams where there are mixed age categories in a particular team will only be used for British record determination for the age group of the oldest skater and above.

**Art. 47 – Skating tests and test fees**

1. The standard times for tests in Speed Skating shall be fixed by the FISS Committee. Such times will depend upon the shape, construction and conditions existing at each track and the standard times fixed will be communicated to test candidates at least 14 days before the date of the test.
2. All Speed Skating tests shall be skated at a venue in Great Britain before a duly appointed Judge and at least two duly appointed timekeepers.
3. No test candidate shall touch the tubs or track markers at a turn and no pace making shall be permitted in tests.
4. The starter shall stand behind and out of sight of the candidate.
5. Test Fees:
  - a. Each candidate for a Speed Skating Test shall pay a fee of £10.00 for each attempt at such test.
  - b. Where a candidate has failed in a Speed Skating Test and wishes to make a second attempt, this may be allowed at the discretion of the officials concerned and without additional payment of the test fee, as follows:
    - i. When time permits
    - ii. That the second attempt to be taken following the first attempt if, in the opinion of the officials concerned, the candidate has a reasonable chance of passing his/her declared test.

## **Chapter D – Ranking Regulations**

### **Art. 48 – Ranking regulations**

1. Ranking points for affiliated Club members or members of the FISS shall only be appointed to individuals who take part in Category races held within the UK and that are fully sanctioned by the FISS. No points will be awarded for age group racing.
2. The number of skaters taking part shall determine the number of points awarded. Thus, the lowest placed skater in the lowest Category shall receive one point, and the highest placed skater in the top Category (1) shall receive points equal to the number of competitors across all Categories.
3. In the event of heats in a particular Category for certain distances, those that do not qualify for the next round shall be placed in that Category according to their time.
4. Points will only be awarded where all Categories have an equal number of events. Should any particular Categories have an additional event, which results in an unequal number of events per Category being raced, those Categories having the additional event shall not get points awarded for the longer distance. In the event that Categories are grouped for certain events, as long as each Category has the same number of races, each grouping will be taken as one Category.
5. The points awarded will reflect the overall national ranking of skaters who are members of FISS and that have taken part in race events during that year.
6. At the end of each racing season, each skater will be placed in an age group determined by his/her age on 1st January that year. His/her points obtained in the overall national rankings shall be used to determine his/her final position in the age group ranking.
7. The appointed Race Programmes Officer by the FISS will be responsible for ensuring that all skaters are categorized correctly before each event according to their abilities and based upon the calibre and number of entrants for a specific event prior to the issuing of the race programme.
8. Changes to the race programme prior to an event in terms of moving skaters between Categories can only be done at the request of an affiliated Club secretary. Any requests must be made in writing to FISS a minimum of 7 days before the event. In the case of an athlete in his/her first race the FISS Race Director will determine the category on the day .
9. In the event that additional entries on the day might result in changes to the race programme, these shall be done so at the discretion of the Referee after prior consultation with other race officials or Race Programmes Officer.

# **PART “D” - REFEREEING REGULATIONS**

## **Chapter A – General Regulations**

### **Art. 1 - Composition and tasks**

The FISS Chairman must agree all Officials annually and verify their activity. The FISS Chairman will use the co-operation of suitable and necessary people in order to carry out such work.

### **Art. 2 - FISS powers**

1. To guarantee the uniform interpretation and application of Technical Regulations and any other directions issued by FISS for domestic competitions and the British Championships.
2. To appoint from time to time collaborators who shall examine future domestic Judges.
3. FISS will appoint the Judges and Referee for all domestic and national speed events.

### **Art. 3 - Classification**

Officials are classified in the following categories:

- a. Referees;
- b. Judges;

Referees are those who have been for at least two years Judges and who, in the opinion of FISS, have already demonstrated in previous domestic events to be able to carry out perfectly all the tasks included as an official (curve Judge, starting Judge, finishing Judge, course Judge).

### **Art. 4 - Restrictions**

Judges having relatives participating in the British Championships or who are trainers or managers of participating athletes must be excluded if possible from the list of officials

When appointed, Judges in such a situation must explain this to the Referee who will consider their position in the assignment of tasks.

The Referee may not referee at an event hosted by the club to which they are affiliated unless specifically requested to do so by FISS. If a Referee's affiliation to a club is in question, the FISS Committee will determine which club they are deemed affiliated to.

## **Art. 5 - Duties of Judges**

Judges appointed to competitions must respect and strictly enforce all regulations and other rules issued by FISS without any reference to their own Club. The infringement of this rule is a severe disciplinary violation.

## **Art. 6 - Disciplinary measures**

FISS can punish a Judge for violating the present regulations or any other legitimate international regulations. This can be done by means of warning, suspensions of one year or a final removal from the Roster.

Disciplinary measures taken against Judges by FISS are definitely recognised as valid and applicable also by CEC and CIC.

## **Art. 7 - Officials**

1. Each competition is directed by Officials. The Referee is the President of Officials and he is responsible for the proper conduct of the competitions. The Referee vouches directly for his own actions to FISS. On the occasion of competitions, FISS itself appoints the Referee by selecting him among the regularly registered Judges.
2. For competitions, the minimum composition of Officials shall be the following:
  - a. one Referee;
  - b. three finishing Judges;
  - c. up to three time-keepers (if possible);
  - d. one starting Judge;
  - e. one Judge appointed as a lap-scorer.

Some Officials may, at the discretion of the Referee, take up more than one position. No event shall take place with less than 3 Officials

## **Art. 8 - Sport uniform**

In competitions, the uniform of Judges consists of white jersey, white trousers (or for women, a white jersey and skirt or white trousers), white socks and white shoes.

## **Art. 9 - Tasks of the Referee**

1. Besides the specific tasks provided in the various articles of these sport regulations, the Referee is in charge of the technical and disciplinary control of the competition. Therefore, he shall:
  - a. guarantee that all competitors enforce the regulations and decide about any technical problems that might arise during a competition, even when not covered in these regulations;
  - b. assign to each member of the Officials his/her particular task;
  - c. direct the work of the Judges, co-ordinate, control and decide in case of

discrepancy. He shall also prepare a report on the work of the Officials and submit it to FISS;

- d. exert his disciplinary power towards competitors, trainers and FISS members, when their behaviour on the course site requires the adoption of sanctions, provided in these regulations;
  - e. direct the repetition of any event, when in his opinion any of them has been carried out in an irregular way. This applies also to time trials, in the case of mechanical failure or in the other cases included in the regulations;
  - f. check that the Judges are in the right place and that timekeepers are ready before ordering the Starter to give the starting signal;
  - g. in case of immediate disqualification, check that it is announced and that the disqualified athlete immediately leaves the track;
  - h. immediately disqualify those athletes who do not comply with Judges warnings;
  - i. warn the athletes who have been reprimanded by the Judges for minor irregularities;
  - j. remove or replace those Judges who, in his opinion, do not completely carry out their duties;
  - k. make changes to the race programme as required which must be communicated no less than 10 minutes before the start of the event;
  - l. provide a written summary report to FISS within 14 days of the completion of the event, which must include details of any disqualifications and/or declassifications.
2. He shall decide in the first instance on the protests, about the order of arrival, submitted by the Clubs of the athletes participating in the competitions.

### **Art. 10 - The Starter**

The tasks of the Starter are the following:

- a. before the beginning of each event he should gather the competitors and give them the last directions. Checking their uniform and competition number. Those not properly attired will be excluded from the event. Athletes who are not found at the starting line at the moment of the starting signal are excluded from the event;
- b. he checks that all the skates of all competitors are behind the starting line;
- c. he gives the starting signal only after the Referee's consent;
- d. ensuring that he is standing behind the skaters so as to be out of sight, he says

the word "ATTENTION", then there is a pause and soon after this he shoots the starting gun or gives a signal by means of his whistle;

- e. in case of a false start, he shoots the starting gun again in order to call back the competitors and warns the skaters who, in his opinion, have caused the false start;
- f. in a handicap race where two or more competitors start from the same handicap mark, the Starter (or an Official) shall ask the competitors to draw for their positions on the start line, the start positions to count from the inside of the track

#### **Art. 11 - Course Judges**

1. The tasks of the course Judges are the following:
  - a. to supervise the progress of the event for the portion of track for which they are responsible;
  - b. to immediately inform the Referee about any irregularities which took place during the events;
  - c. to take note of lapped competitors, and of those athletes who withdrew and inform the Referee.
2. According to their respective positions along the track, course Judges are called in the following ways:
  - a. straight Judges
  - b. corner Judges
  - c. relay Judges
  - d. auxiliary Judges

#### **Art. 12 - Finishing Judges**

1. The task of the Finishing Judges is to exactly establish the order of arrival of competitors.
2. In mass start distance races, the number of Judges shall be established according to the requirements. The Referee shall assign specific tasks to each Judge.
3. Finishing Judges must be a minimum of three. According to the requirements, such a number can be increased but shall always be an odd number. In case of discrepancies the majority will make the decision. In any case, when photo finish or video scanner is used, the photo finish or video scanner results are final.

#### **Art. 13 - Lap scorer Judge**

1. The lap scorer Judge shall:
  - a. take note of the number of laps covered;

- b. signal the laps still to be covered using the counting device at his disposal;
  - c. signal the leading athlete;
  - d. cross a lap, when covered by leading competitors;
  - e. provide that the last lap to be covered is signalled by means of a bell.
2. In case of long-lasting competitions, organisers must agree with the Judge the method of determination of times to be adopted.
  3. A lap scorer device, reporting the number of laps, shall be placed at least 3 metres in front of the finish line, where possible on the inner part of the track.

**Art. 14 - Manual determination of times**

1. If no photo finish, photoelectric cells or video scanner are available, the task of the time-keepers is to determine the time achieved by skaters in each single event and report them directly to the Referee.
2. In order to guarantee the exact determination of times, it is necessary to observe the following:
  - a. times are to be taken by three officially recognised timekeepers;
  - b. stop-watches are to be of a special type approved for competitions and supplied with a certificate attesting the recent control of the same;
  - c. when two out of three stopwatches are in agreement, the time indicated by such two will be considered valid;
  - d. when the three stop-watches indicate three different times, the average of the three times is considered valid; if one time is plus or minus 0.5 sec. from the other two, it must be excluded, and the average of the other two times will be considered valid;
  - e. when only two stopwatches register the time, the worse time indicated will be considered valid.
3. Time-keepers must stand near the starting line, turning their back to the Starter. In competitions where the starting line is far from the finishing line, timekeepers can be located on the finishing line and start their stopwatches as soon as they see the smoke of the gun or hear the starting-signal.
4. All timekeepers must report the fractions of the seconds at least in hundredths. In road races, organisers must also provide transportation for the timekeepers, in order to carry them from the starting line to the finish line.

## **Art. 15 - Stewards**

1. Track Stewards will be appointed as and when required.
2. Competitors Stewards shall conduct the Registration of athletes and he/she shall report to the Judges at least 15 minutes before the time of the race any absent competitors or non-starters. They shall be responsible for collecting the fees for skaters who enter events on the day at double the advertised entry fee.
3. Spectator Stewards - Clubs are requested, when organising events, to provide adequate stewards for the control of spectators if required

## **Art. 16 – Yellow flag**

Where a competitor has been or is being lapped, and in the opinion of the Judges, their presence may cause the race to result other than on its merits, the Judges may signal the skater concerned by means of a yellow flag to give way to the oncoming competitors.

When flagged in this way, the flagged skater should allow right of way without hindrance, by going to the outside of the track, to the oncoming skater or skaters, but being still in the race, should stay on the track and otherwise carry on as usual.

Where a skater is giving way after being so flagged, he/she carries the onus of any collision, providing the overtaking skater or skaters do not act improperly.

## **Art. 17 – Blue flag**

A skater shown the Blue Flag by an official must leave the track forthwith, making sure that in doing so he/she in no way impedes any other skaters.

A skater will generally be shown the Blue Flag when he/she is lapped, or it is considered by one or more Judges that his/her presence on the track could cause a hindrance to other competitors, or in some way, cause the race to be won otherwise than on merit.

## **Art. 18 – Red flag**

Skaters shown the Red Flag by any Judge must skate at slow speed and are not allowed to overtake until the Referee has decided otherwise. The lapboard must remain static under waved Red Flag conditions

## **Art. 19 - Sanctions**

Disciplinary measures that can be adopted during the competition, towards athletes responsible for violations to the Officials instructions or the principles of sport ethics, are the followings:

- a. warnings;
- b. reduction in rank in the order of arrival (declassification);
- c. disqualification from the competition;
- d. suspension for a pre-determined period of time from all competitions.

#### **Art. 20 - Warnings**

Warnings may be given for minor violations, in addition to those cases that are expressly included in FISS Regulations. Generally, warnings precede reduction in rank or disqualification (except for very serious infringements). They are added up and when an athlete is responsible for three warnings even though of minor importance, he/she may be disqualified from the competition according to the unquestionable judgement of the Referee.

Any Judge in charge of the progress of the competition can give warnings and shall immediately inform the Referee,. The Referee only must communicate the warnings to the athlete.

Warnings are not carried forward to the next heat or final.

#### **Art. 21 - Reduction in rank (declassification)**

1. During a competition and particularly in the final stages, when a competitor has made himself responsible for a fault towards one or several opponents, he may be reduced in rank according to the opinion of the Referee. Where times apply, competitors declassified shall have a five (5) second penalty applied to his/her time, per place declassified. The time skated plus any time penalty shall become his/her official time, which shall determine whether or not he/she competes in the next round in accordance with the conditions of contest
2. If the damage has been serious, the athlete responsible for it may be disqualified from the competition.

#### **Art. 22 – Disqualification and suspension**

1. Disqualification measures may be applied:
  - a. due to sum of three warnings;
  - b. for serious infringements;
  - c. in the case of very serious infringement, especially when one skater makes a fault in order to let his or her team-mate win. In this case competitors may be disqualified by FISS from all the events;
  - d. FISS has the ultimate power to adopt disqualification measures, even for an indefinite period of time (suspension);

- e. when a competitor has used doping substances or has not presented himself/herself at the doping-control, it will be up to FISS to establish the sanction to be inflicted.
2. Measures indicated in a. and b. points above are applied by the Referee and the sanction shall be made public. In point c. it is the responsibility of the Referee to communicate to FISS about this serious fault.
3. All suspensions shall be communicated to the person concerned and the Secretary of the Club to which they belong. CERS and FIRS shall only be made aware if the decision to suspend is upheld after any appeal.

#### **Art. 23 – Appeals against suspension**

Any FISS member suspended by FISS has the right of appeal. Appeals must be lodged with FISS within 14 days of notification. That member will be invited to state their case before the FISS Committee at the next Committee meeting after receiving notification of the appeal, provided that the time between the notification and the next meeting is not less than 7 days, otherwise it shall be the meeting after that.

Pending the appeal hearing, the member may continue to be active in FISS activities unless the suspension is related to allegations recognised in the FISS Child Protection Procedures and Practices Handbook.

#### **Art. 24 - Disciplinary measures of the Officials**

Any member of the Officials who is affected before, during or after a competition by any offence or violence of any kind on the part of a competitor or another person, may immediately inform the Referee who shall adopt the necessary measures and shall forward a specific report to FISS.

#### **Art. 25 - Sanctions taken in relation to Members or Third Parties**

FISS Members or recognised Third Parties, whether members of FISS or not, but are recognised as having a direct involvement with a Club or competitor must behave according to the principles of sport, honesty and fair play. The Referee, according to the seriousness of the infringement made, shall warn them and forward a special report to FISS. FISS may take sanctions against Clubs or competitors as a direct result of actions of either themselves or of recognised Third Parties.

### **Chapter B - Claims**

#### **Art. 26 - Claims regarding the admittance of competitors**

1. Claims regarding the admittance of a competitor to a competition may be submitted:
  - a. by a Club Secretary or nominated Club delegate who believes that one of his skaters has not been admitted though he was eligible;

- b. by all Club Secretaries or nominated Club delegates believing to have been damaged because of the admittance to the competition of a skater belonging to another Club, who does not have the right to participate.
2. Claims are to be signed by the Club Secretary or nominated Club delegate and submitted in writing to the Referee thirty minutes prior to the beginning of the competition.
3. When a Referee believes he has adequate information to admit a competitor to a competition, and that such an admittance is the subject of a dispute, he can admit said competitor with due reservation, leaving the final decision to FISS that will take care of any necessary control;
4. This decision must be made known to the Club Secretaries or nominated Club delegates before the start of the competition

#### **Art. 27 - Claims against the decision of the Officials**

Any claims against decisions made by the Officials, about the order of arrival only, must be given to the Referee within the 15 minutes following the end of the competition involved or of the reading of the order of arrival, with exclusive reference to the ranking.

#### **Art. 28 - Claims fee**

A fee in the amount of £20.00 shall accompany any claims. Such an amount shall be given back only when the claim is upheld, otherwise it will be kept by FISS. In British Championships appeals can further be submitted to FISS along with the payment of a further fee of £20.00, within 15 minutes from the official announcement of the Referee. The decision taken by FISS is final.

#### **Art. 29 - Claims Commission**

1. For all competitions supervised by FISS, the Claims Commission shall be constituted by FISS Committee Members. There must be at least three present, and their decisions will be final.
2. When only two (2) Committee Members are present to constitute the Claims Commission, a third person, selected by both Committee Members of FISS from among the Secretaries or nominated delegates of the participating Clubs, is added to the Commission.
3. In competitions where there are no FISS Committee Members a Claims Commission composed by 3 representatives from the Club Secretaries or nominated delegates of participating Clubs will be appointed. The Commission can at no time be composed of any member of the Club submitting the claim.

### **Chapter C – International Judges**

#### **Art. 30 - Availability of International Speed Judges**

Each year FISS must send to CIC and CEC a list of its International/European Speed Judges registered within the UK already qualified as "international", by January 31st.

Such Judges shall, upon notification by FISS, renew their card every year with the CIC and CEC and pay the fee established by CIC and/or CEC by January 31st.

Only International/European Speed Judges recognised by CIC and/or CEC and registered for the current year can be appointed as members of the Juries for the World or Intercontinental Championships, and for all the international events with participation of two or more countries of different continents.

FISS must communicate to CIC and CEC the names of their international Judges who have been suspended, expelled or for any reasons have interrupted their activity.

### **Art. 31 - Examinations and appointment of International Speed Judges**

1. By the 31st of December of each year, FISS shall communicate to CIC and CEC the names of the new Speed Judges they want to propose as International/European Judges, indicating their sports curricula. Each candidate must have officiated at least for two (2) years at the maximum category within the UK. Such candidates must have a senior high school certificate, they must be fluent in one of the two official languages of FIRS (English and Spanish) and must be less than 50 years old at the 1st of January of the same year.
2. If FISS calls for an exam for International/European Judges in a period in which no World or Intercontinental Championship takes place, it shall pay travel and accommodation expenses for the examiners. The journey from the examiner residence to the place of the exams will be recognised as being 1st class by train or, when difficult for the distance, economy class by plane.
3. If an International/European Judge does not officiate at his/her own national or domestic events for two consecutive years, FISS will not endorse any requests for consideration to continue in that capacity and shall inform CIC and CEC of such.

### **Art. 32 - Honorary Judges**

International Judges who have achieved the age limit of 65 and have successfully carried out their international activity for at least 10 years may be appointed by CIC as "Honorary Judges" receiving a proper certificate, upon proposal of FISS.

### **Art. 33 - Other business**

Any point not covered in these Regulations will be decided in accordance with FISS Statutes.

## PART “E” - TABLE OF FISS FEES

### Art. 1 - Membership fees

Senior 18+	1 <sup>st</sup> January to 31 <sup>st</sup> December inc.	£35.00
	1 <sup>st</sup> July to 31 <sup>st</sup> December inc.	£20.00
Junior 6-17	1 <sup>st</sup> January to 31 <sup>st</sup> December inc.	£25.00
	1 <sup>st</sup> July to 31 <sup>st</sup> December inc.	£15.00
Veterans 35+	1 <sup>st</sup> January to 31 <sup>st</sup> December inc.	£35.00
	1 <sup>st</sup> July to 31 <sup>st</sup> December inc.	£20.00

2009

One off payment for numbers £10.00

Family membership – minimum 4 persons, maximum 2 adults, with one contact address- 33% off the total membership fee.

#### (Non-active) Full Membership

Senior 18+	£10.00
Junior 6-17	£10.00
Judge/Referee	£10.00

Day Licence £10.00

#### Recognised Life Members -

There will be no fee for Recognised Life Members, but members should complete a membership form annually in order that contact details are up to date in order to receive correspondence..

Life members are welcome to make a donation to FISS towards costs

Club Affiliation £50.00

### Art. 2 - FISS permit fees

Race Permit application fee for domestic events £1.25 per entrant

2009

International Club Competition Individual Permit Fee- Included in Membership Fee

Club organisation fee for British Championship events to be negotiated on an individual basis

### **Art. 3 - Entry fees for British Championships**

Seniors 18+	Open Handicap	£ 6.00
	Individual Championship events	£ 7.00
	All outdoor events discount (exclud. Marathon & H'cap)	£30.00
	Team Championship events	£15.00
Juniors 16-17	Open Handicap	£ 6.00
	Individual Championship events (exclud. Marathon)	£ 7.00
	All outdoor events discount (exclud. Marathon & H'cap)	£30.00
	Team Championship events	£15.00
Cadets 13-15	Individual Championship events	£ 6.00
	All outdoor events discount (exclud. Half Marathon)	£20.00
	Team Championship events	£12.00
Pupils 10-12	Individual Championship events	£ 6.00
	All outdoor events discount (exclud. Midi Marathon)	£20.00
	Team Championship events	£12.00
Minis 6-9	Individual Championship events	£ 5.00
	All outdoor events discount (exclud. Mini Marathon)	£12.00
Veterans (over 35)	Individual Championship events	£ 7.00

ENTRY FEES FOR MARATHON CHAMPIONSHIP EVENTS SHALL BE COMMUNICATED ANNUALLY AND SHALL BE AT THE DISCRETION OF THE ORGANISING BODY (IF DIFFERENT FROM FISS) WITH THE AGREEMENT OF FISS.

NON BRITISH NATIONALS MAY ENTER BRITISH CHAMPIONSHIPS AT 50% OF THE ADVERTISED ENTRANCE FEE. NORMAL RULES OF ENTRY WILL APPLY

**The payment of such fees must be made either by post on or before the closing date. Should registration take place on the day of competition there will be NO DISCOUNT for applicants wishing to enter all events.**

### **Art. 4 - Appeal fees**

Appeal fee to the Referee (order of arrival only)	£20.00
Appeal fee to FISS – against Referee decision (British Championships only)	£20.00
Appeal fee to FISS – against non-validation of British Record application	£20.00

**Art. 5 - Fees for International Speed Judges (payable to CIC)**

First entry fee for International Judges (badge included) CHF.100

Affiliation fee (annual renewal) CHF. 50

**Art. 6 - Fees for European Speed Judges (payable to CEC)**

First entry fee for European Judges (badge included) Euro.20

Affiliation fee (annual renewal) Euro.35

## DOCUMENT CHANGE RECORD

Issue	Changes
2009	<p>Minor amendments as shown by side bars in right margin where text has been added or altered this is also highlighted in yellow</p> <p>Part A amendments Article 6 page 8 Article 8 pages 9 &amp; 12 Article 9 section c page 13 Article 19 page 23 Article 20 page 24</p> <p>Part B amendments Subtitle added page 26</p> <p>Part C amendments Article 4 page 32 Article 7 part a &amp; j page 34</p> <p>Part D no amendments</p> <p>Part E amendments Article 1 page 57 Article 2 page 57</p>