

2024-2025 Special Olympics Ontario Speed Skating Technical Bulletin

Goal

To provide meaningful and appropriate competition for all Special Olympic athletes within Ontario.

Coaches Box Requirements

All coaches must be registered in IceReg as a coach and with Special Olympics Ontario (SOO). Coaches must wear their Speed Skating Ontario (SSO) nametag if such is provided. There is a maximum of two (2) club coaches permitted in the coaches' box per club at any given time.

Coach Registration, Check-in, and Meetings

All coaches are required to register prior to the competition. This can be done by emailing the SOO Provincial Convenor at speedskating@specialolympicsontario.ca or by indicating names on the Entry Form. Check-in will take place prior to the warmup or start of racing on the first day of competition. The coaches and officials meeting will take place before the start of competition. The location will be shared in advance of the competition.

Options for Racing

Special Olympics (SO) designated meets will be identified prior to the start of the season at select SSO Provincial Circuit meets. These meets will provide a designated SO racing group, SO racing distances, and SO generated results and awards.

Skaters are asked to choose one (1) racing stream at the beginning of the season, where they will remain for the entire season. There are 3 options available:

- **Stream 1**: Skaters may choose to skate as a SO skater in an SO designated group at an SO designated meet. In order to skate in this group skaters need to be either registered in IceReg as a Special Olympics skater (for those clubs not connected with a mainstream SSO club) or as a Competitive skater with their mainstream club. For this option, SSO competition regions are not applicable.
- **Stream 2**: Skaters may choose to skate as a Mainstream skater in a Mainstream group (ie. Alpha, Bravo) at an SO designated meet. This would allow a skater who has further developed skills to have more competition while still traveling with their coach and team. These skaters need to be registered in IceReg as either a Special Olympics skater (for those clubs not connected with a mainstream SSO club) or as a Competitive skater with their mainstream club. For this option, SSO competition regions are not applicable.
- **Stream 3**: Skaters may choose to skate as a Mainstream skater in a Mainstream group (ie. Alpha, Bravo) at any competition in their region (ie. East or West). These skaters must be registered in IceReg as a Competitive skater. For this option, SSO competition regions are applicable. At these competitions there will not be SOO representation producing results.

Skaters choosing Stream 1 or Stream 2 are guaranteed entry into the SO designated meets. Skaters choosing Stream 3 are not guaranteed entry into their regional meets due to registration capacities.

Entries

Meet registrations will close at 11:59pm on the Wednesday that falls ten (10) or eleven (11) days prior to the meet. See Meet Announcement for specific entry deadlines. Entries are to be submitted via Meet Entry Form to (registrar@ontariospeedskating.ca). Late registrations will not be accepted.

Skaters choosing Stream 1 or Stream 2 will only be required to register via the Meet Entry Form. Skaters choosing Stream 3 are required to register via the IceReg link included on the Meet Announcement and are requested to also notify the Provincial Convenor via email.

Entry fees for skaters in Stream 1 or Stream 2 can be made via cheque made out to Speed Skating Ontario or e-transfer to Speed Skating Ontario. Entry fees for skaters in Stream 3 will be electronic payment through IceReg at time of registration.

Refunds

There will be no refunds for any Ontario Circuit meet after the close of all entries.

Times

For the first meet of the season, season best times from the previous season will be used to create racing groups. For all following meets, a skater's current season best time will be used to create racing groups.

Races

The following distances will be offered for SO designated groups: 111m, 222m, 333m, 500m, 777m, and 1000m. These groups will race between Group 1 and Group 2 at Provincial Circuit meets. Skaters selecting Stream 3 will skate the assigned distances for their age group as laid out in the SSO Technical Bulletin.

Equipment

Speed Skating Canada (SSC) equipment requirements will be in effect. Full cut resistant suits are strongly recommended at Ontario Provincial Circuit meets. There is no minimum on the level of cut resistance, as long as the cut proof material covers all skin below the head. SO skaters are eligible to wear their provincial and national team suits.

SSC has released updated equipment overview and visuals that should be referenced by all skaters and their families. The resources can be accessed [HERE](#).

Helmet Covers

1-9 numbered Helmet Covers will be used for all Provincial Circuit meets. These helmet covers will be provided for each race and must be returned to the Clerk of the Course after each race.

Code of Conduct

All athletes, coaches, officials, parents and volunteers are expected to abide by Special Olympics Ontario Athlete Code of Conduct, Speed Skating Ontario's Code of Conduct and Ethics, Concussion Policy, and Concussion Code of Conduct.

Regional Circuit

Skaters are allowed to attend any of the Regional Circuit meets within their region. There is no SOO representation at these meets and times are not tracked.