

Ontario **Speed Skating**



Return to Competition **Technical Bulletin**

Version 3.0 December 2021

Ontario Speed Skating Return to Sport

Ontario Speed Skating's Return to Sport Protocols (Protocols) are the rules and guidelines intended to enable a safe return to sport. The Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Ontario Speed Skating's desire to make our sport safe for all.

Ontario's Roadmap to Safely Reopen the Province, the province's current regulations and Ontario Speed Skating's Return to Sport Protocols can be found on OSSA's website.

All clubs must also operate in compliance with the advice, recommendations and instructions of public health officials including any advice, recommendations or instructions on vaccinations, physical distancing, gathering limits, masks and cleaning and disinfecting.

Clubs are also required to follow the requirements set by their local facility where they train. Both the local public health and facility requirements may be more restrictive than these protocols and the Government of Ontario regulations. Clubs are expected to adhere to all rules that are in place within their municipality.

Return to Competition 2021-2022 Season TECHNICAL BULLETIN

Introduction

The Ontario Speed Skating Association (OSSA) recognizes the need to host modified racing formats while public health restrictions remain in place during the COVID-19 Pandemic. In addition to the need for a Return to Competition structure that allows for safe competitive opportunities for OSSA skaters, OSSA also recognizes the need for improved skater and racer development across the province, starting at the grassroots level and the need for competitions and programs that rebuild our community and attract new members.

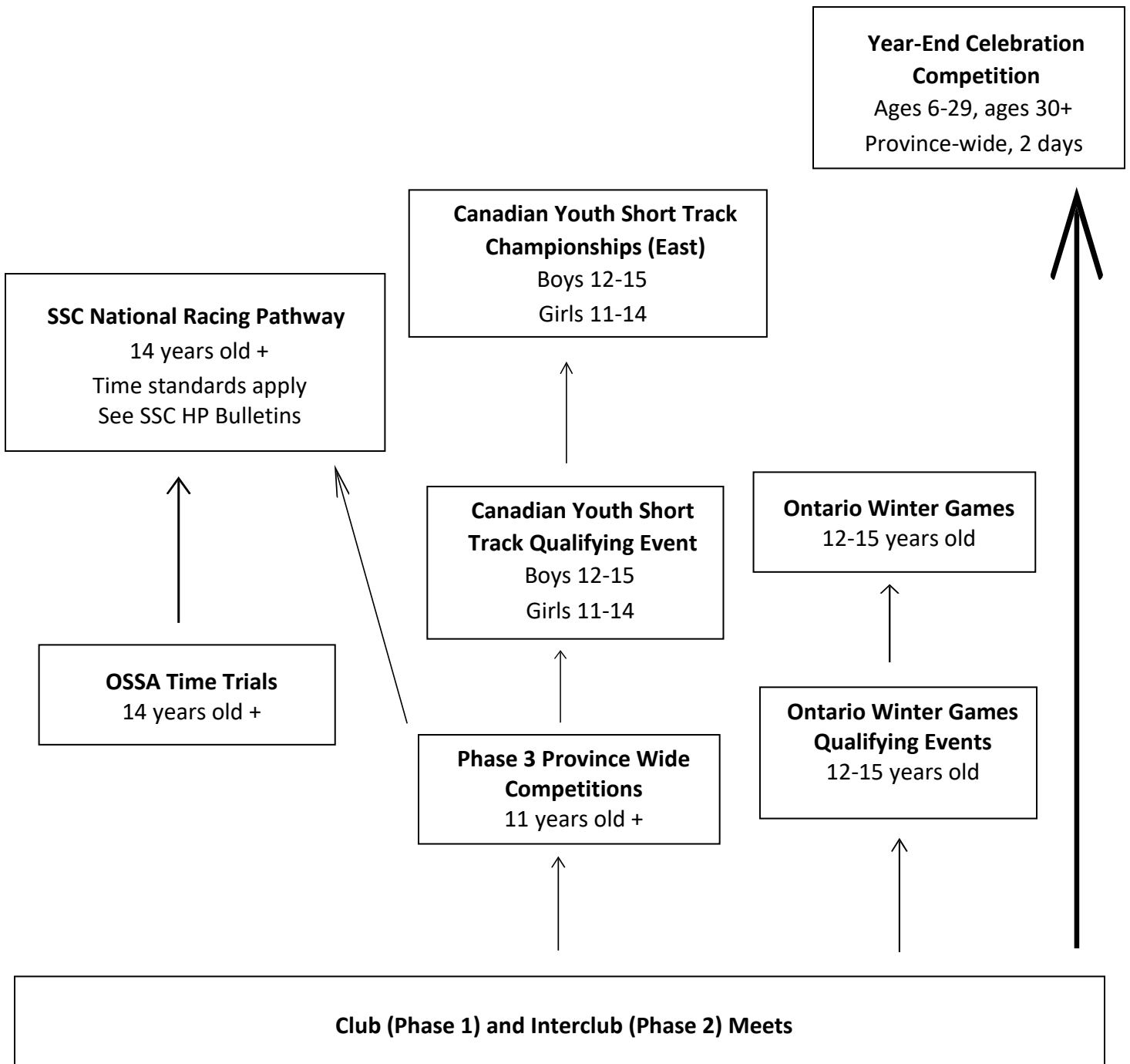
The proposed Return to Competition structure will address both the need for safety and the need to strengthen the base of the Ontario Speed Skating pyramid. Our goal is to provide racing opportunities for all levels of skaters so they can be reacquainted with their technical, physical and mental skills.

The 2021-2022 competition season will follow a progression of three (3) phases of return to competition, beginning with local and regional racing in simple meet formats, and progressing to the resumption of province-wide competitions.

The progression from Phase 1 to Phase 3 will be dependent upon Government and Public Health guidelines, as well as facility restrictions and availability. The OSSA Return to Competition model will start with Phase 1 racing, in order to offer competitive opportunities that foster skater and racer development.

Each Phase will allow skaters requiring times for national competitions the opportunity to race. Where necessary, Ontario Speed Skating will host events to ensure skaters requiring times have the opportunity to attempt to achieve the times needed for national competition.

ONTARIO SPEED SKATING RETURN TO COMPETITION FLOW CHART



SSC High Performance Short Track Bulletins can be found here:
<https://www.speedskating.ca/teams/short-track/bulletins-hp-short-track-committee>

The following is a progression of the Return to Competition in Ontario:

Phase 1 (Club Meets)

- Local racing at skaters' home Club
- Simple structured meets run by Clubs
- Reintroduction to skills-based racing

Phase 2 (Inter-Club Meets)

- Continue with local racing and broaden the skater pool to include skaters from other Clubs
- By expanding invites geographically, skaters will be introduced to bigger and varying pools of racers
- Where necessary, the first round of each Phase 2 Competition will be used for seeding for future meets
- The timed racing could be complemented with:
 - Racing development days/afternoons for T2T and L2C
 - Skill development days/afternoons for FUN and L2T

Phase 3 (Province-Wide Meets)

- Resumption of province-wide racing
- Continuation of local and regional racing to build the base of the Ontario Speed Skating athlete pyramid.

*OSSA is targeting the beginning of January to resume province-wide competitions.

Further details for Phase 3 province-wide competitions are now available on page 11 of this Technical Bulletin.

This bulletin contains recommended racing formats for each level of athlete development for clubs to consider when meet planning during Phase 1 and Phase 2.

PHASE 1 AND PHASE 2

The recommended racing formats provided in this bulletin aim to maximize resources, shorten meet set up and takedown times, limit the use of complicated equipment and software, shorten the period of time spent in the arena, eliminate the need for volunteer snacks and lunches, and limit group gatherings and touch points within the facility. Our research has shown that OSSA Clubs have excellent ideas to deliver fun and efficient competitions that meet the needs of their members. The recommended racing formats in this bulletin aim to build on Clubs' existing mini meet formats.

Club or Inter-Club Meets

The purposes of Club or Inter-Club Meets are to:

- Limit amount of travel families undergo to access competitions
- Limit the time spent in the arena
- Use regular practice times for competitions
- Require little to no certified officials
- Allow skaters to return to a competitive environment in a safe manner
- Allow skaters, in a fun format, to practice new skills learned
- Allow skaters to be introduced to developmentally appropriate activities
- Allow skaters to challenge themselves individually
- Provide a feeling of belonging to a team
- Provide an opportunity for social interaction including parents and coaches
- Provide an opportunity to support others in their community in a meaningful way
- Provide an opportunity for older skaters to take on leadership roles

The general format of Club or Inter-Club Meets:

- All races are mixed gender. Mixed gender racing increases the pool of skaters in any given group/cohort and promotes quality racing.
- Racing development and skill development camps could precede a meet for older skaters
- Club and Inter Club meets can include both individual and final team events. Teams can be made up after registration is received and should be flexible to accommodate skaters who arrive after registration or for registered skaters who do not attend the full event.
- Coaches will determine which skills will be introduced and practiced prior to the event. This will guide the races included in each meet schedule.
- Clubs should consider asking older skaters to assist with meets for younger skaters.

What is required to hold a Club or Inter-Club Meet:

- Event sanction submitted to OSSA 2 weeks prior to event
- Event announcement to be shared by the club 1-2 weeks prior to event
- Volunteer sign-up sheet or electronic document
- As a general guideline, 2-3 hours of ice for Club Meet, 3-6 hours of ice for Interclub Meet
- As a general guideline, 30-60 skaters. More skaters may be appropriate if enough ice time is secured and facility guidelines allow.
- All distances are run as finals
- All events must include real distance races

Active Start (0-6) & FUNdamentals (girls 6-8, boys 6-9)

Time allotted	Half-day
Number of participants	30-60 skaters
Warm-ups	Off-ice to save on ice time. Learning opportunity for young skaters to practice off-ice warm up routines.
Distances	2 “real” distances – all short in duration: 200m, 400m, 300m, 100m (this is order of preference, i.e. if only time for 2 real distances, then 200m and 400m are preferred, depending on skater ability)
	Each distance is completed once Using a final-only format rather than a heats-finals format is desirable due to time limitations and to allow a greater variety of distances. At this level, race variety is more important than learning to race for advancement. Most skaters at this level skate as fast as possible each race, regardless of the advancement.
	If time for 3 distances, skaters should race 2 real distances + 1 “special event” chosen by the club. Special events include: (see Appendix A) <ul style="list-style-type: none"> • “Skills based” • Team event • Endurance event
	Optimal format would include 3 real distances plus 1 special event, but 2 real distances plus 2 special events (or more) is also an option.
	Because there is no need for heats/finals/seeded super finals, real distances and “skills based” distances can be run in any order, but a team event or endurance event should be last in the program.
Number of distances/events	This will depend on number of skaters and available ice time, but the number of events should be maximized based on ice time available.
Racing format	Cohorted ladder format Cohorts of 12-18 skaters, depending on total number of skaters First distance: skaters in each cohort are randomized into races Subsequent distances: “one up, one down” format as follows: (assuming 3 races of 4 skaters) <ul style="list-style-type: none"> • Race A of distance 2 = the skaters who placed 1-2-3 in race A of distance 1 + the skater who placed 1st in race B of distance 1 • Race B of distance 2 = the skater who placed 4th in race A of distance 1 + the skaters who placed 2+3 in race B of distance 1 + the skater who placed 1st in race C of distance 1 • Race C of distance 2 = the skater who placed 4th in race B of distance 1 + the skaters who placed 2-3-4 in race C of distance 1 DQ skater is last in their race and moves down for the next race.

Reasoning behind race format	<p>To ensure variety in competition for each skater in a manner that does not heavily burden volunteers, who must produce heat sheets quickly.</p> <p>Volunteers only need to know skater placements to seed the next race.</p> <p>No need to track race points.</p> <p>Skaters experience racing that promotes the importance of placement, while offering the flexibility to run a greater variety of events, because each distance does not need to be run twice.</p>
Recording	<p>Excel spreadsheet or Google Sheet to keep track of advancements.</p> <p>Times can be recorded for PBs or for awards, if enough volunteers.</p>
Awards	<p>Fastest time in each distance (regardless of which race it occurred)</p> <p>Top 3 skaters in the last Race A of the event receive ribbons</p> <p>Honorary mention/most improved for any skater who improves from the bottom all the way to the top or the skater who made the biggest improvement from their original randomly assigned race.</p>

To avoid:

- Except as described in Appendix A, clubs should avoid backwards racing on the track due to safety hazards.
- Clockwise racing should be avoided, unless the whole event is clockwise and the mats are set up appropriately for clockwise racing.
- Avoid any other events that have track patterns/directions that require the moving of mats. Moving mats between events can waste valuable ice time and create more touch points.

Learn to Train (girls 8-11, boys 9-12)

Time allotted	Half day, or 3 to 3-½ hours practice ice time weeknight or weekend. Aim for 30-minute flights, including floods if possible.
Number of participants	30-60 skaters Ideally, look for other clubs to run simultaneous events. Each club can host an event targeted at a specific training group to make the groups more competitive and the races more meaningful.
Warm-ups	To save on time, and because younger athletes don't require full on-ice warm-ups, here are some options: <ul style="list-style-type: none"> • Activation warm-ups off-ice • Warm-up as you put up the mats • Very short warm-ups on ice if necessary (<5 min) • Allow the skaters to complete a couple laps when they enter the ice for their first race.
Distances	200m, 400m, 800m Purpose of the 800m event is to begin to expose skaters to racing with strategy and tactics. This distance is long enough to introduce strategy but not too long to fatigue skaters and spread out the pack. Option to run 200m and 400m distances one event and 800m at another, relay competition at another. Finish each competition with a fun skill such as crazy starts, a pivot competition etc.
Number of distances/events	Aim for six races per skater per competition.
Racing format	Simple advancements based on place, or cohorted ladder format
Reasoning behind race format	More racing of short distances creates more fun. Grouping skaters from different clubs together at events provides exposure to more meaningful racing for skaters that are usually isolated.
Special events	Relays, start relays (or any suggestions from FUNdamentals and Appendix A)
Recording	Use the system that is the simplest for the club. Recording 200m times is recommended for seeding for future events.
Positions needed	One referee, one starter, 4 track stewards, timers/line judges as needed, one recorder, one clerk.
Awards	Awards can be given at the discretion of the host club.

Train to Train (girls 11-15, boys 12-16)

Time allotted	Half-day to all-day meet Schedule 3-5 minutes per race, which includes debriefing after each race (~40 minutes per series) plus a 10-min flood.
Number of participants	Smaller pools at different locations 20* Males and 20* Females for a short event (more if the day is longer)
Warm-ups	See Learn to Train suggestions or provide short on-ice warm-ups if time allows.
Distances	500m, 1500m, 1000m, Relay and/or Special event Clubs should consider choosing a focus distance for the day of racing and alternate distances, i.e. first competition only 1000m + relays, next competition: 2 x 500m + 1x1500m
Number of distances/events	As many as possible with ~5 skaters per race.
Racing format	All races seeded from fastest to slowest, based on a distance time that can be collected by the club. Heats could be seeded based on: <ul style="list-style-type: none"> • Serpentine, with place advancements, or • Fastest to slowest, with time advancements. <p>Have coaches rotated off the bench to talk to skaters right after their race to discuss strategy, thought process and technical skills during the race.</p> <p>Offer opportunities for different coaches to provide strategies and feedback for skaters from different clubs.</p> <p>Referees could also connect with skaters and their coach to explain penalties and share information from the referee's perspective.</p>
Reasoning behind race format	Treat these events as learning opportunities so that skaters can explore different strategies, mental skills and refine their technique at high speeds.
Special events	See FUNdamentals, Learn to Train and Appendix A
Recording	Use the system that is the simplest for the club. Recording 500m times is recommended for seeding for future events.
Positions needed	One referee, one starter, 4 track stewards, timers/line judges as needed, 1-2 recorders, one clerk.
Awards	Awards can be given at the discretion of the host club.

Learn to Compete (females 15-17, males 16-18)

Time allotted	3h to a 1 day Schedule 3-4 minutes per race, which includes debriefing where possible (~40 minutes per series) plus 10-min flood.
Number of participants	Smaller pools at different locations 20 Males and 20 Females for a short event (More if longer day)
Warm-ups	See Learn to Train suggestions or provide short on-ice warm-ups if time allows.
Distances	500m, 1000m, 1500m Relays or special events
Number of distances/events	As many as possible based on ice time and number of skaters.
Racing format	Groups based on ability to assure good racing opportunities for all skaters (taking size/age into account). Heat - final: advancement based mostly on placement. Encourage quality racing in skaters who are learning to compete and striving to compete at a higher level. Emphasis on strategy, not on time.
Reasoning behind race format	Optimize the engine and learn to compete. Speed Skating specific skills and fitness. Offer real race experiences in a low risk environment, where results do not matter, to encourage trying new things.
Special events	Ladder format based on placing – emphasizes strategy and place over time Relay competition (relay day) – evenly-matched teams based on speed (skating order could be assigned so that skaters of a similar ability are on the track at the same time to keep teams together). If possible, run a relay heat and final to: encourage learning how to race a relay; create the opportunity to skate at higher speeds in a pack; and do more laps at a high speeds. Points race – to train for strategy during longer distances. Points amounts could increase as race progresses to encourage strategy (ex: first points lap is 1x points, next is 2x points, 5x points at finish; or mimic long track Mass Start)
Recording	Use the system that is the simplest for the club and/or use event to train new volunteers. Recording 500m times is recommended for seeding for future events.
Positions needed	One referee, one starter, 4 track stewards, timers/line judges as needed, 1-2 recorders, one clerk.
Awards	Awards can be given at the discretion of the host club.

Additional Interclub Information

Understanding that Clubs have encountered many obstacles when attempting to secure ice for Province-Wide (Phase 3) events, OSSA is strongly encouraging Clubs to host Interclub (Phase 2) events that offer skaters regular access to quality racing opportunities. OSSA has set a limited schedule of Phase 3 competitions that are necessary to select and seed skaters for identified events (outlined in the next section of this bulletin).

Interclub events will allow the focus of training to return to racing skills and tactics, and serve speed skaters in Ontario by offering the benefits listed on page 3 and 4 of this bulletin. Interclub events will also allow skaters to set seed times for the identified Phase 3 events.

Times from Interclub events will count towards OSSA seeding as long as the following 3 criteria are met:

1. a minimum of 2 clubs are present at the Interclub meet
2. the meet has 1 Certified Referee (minimum Level 1)
3. the track(s) used for the competition has/have been certified by a Surveyor or P.Eng.

Times must be submitted to OSSA using the OSSA Time Submission Chart spreadsheet. Email [OSSA](#) to access this spreadsheet. All submitted information must be accurate.

Interclub Meet Formats:

- Approximately 3-6 hours of ice time.
- Parents of skaters should volunteer for the event to limit the amount of additional individuals at the rink.
- Host Clubs may request an OSSA Referee to be assigned to their Interclub events if they do not have access to a Referee at their club.
- Times from Interclub Meets are not eligible for SSC events.
- OSSA will promote Interclub events on Social Media if photos and details are shared in advance of the event.
- Skaters DO NOT need to upgrade their OSSA membership to Competitive to participate in an Interclub event.
- Clubs must fill out the OSSA Sanction Request Form to host a Club or Interclub meet. There is no fee associated with the sanction; instead, it allows OSSA to be aware of where events are occurring across the province, an insurance requirement.
- Interclub meets could be hosted without meeting any of the 3 criteria above, but times would not be eligible for time submission for OSSA Phase 3 events without meeting the 3 criteria.

In addition to the suggestions in the Train to Train and Learn to Compete sections of this bulletin, clubs should consider offering the following timed distances for selection and seeding to the identified events in the next section of this bulletin. Identified events include Ontario Winter Games (OWG) and Canadian Youth Short Track Championships (CYST) Trials.

Age	Distance	Other
11	200m, 400m (100m track)	800m, if appropriate for the skater
12	200m, 400m, 1500m (100m track for CYST) 500m, 1500m (111m track for OWG)	800m, if appropriate for the skater
13	500m, 1500m (111m track)	200m, 400m, 1500m (100m track) to prepare for CYST
14	500m, 1500m, 1000m (111m track)	200m, 400m, 1500m (100m track) to prepare for CYST
15	500m, 1500m, 1000m (111m track)	Male: 200m, 400m, 1500m (100m track) to prepare for CYST
Junior (16-18)	500m, 1500m, 1000m (111m track)	

Note: we recognize that some ages require multiple distances and tracks. If skaters are not able to achieve all times on all tracks, OSSA will convert times as needed. The track must be clearly indicated when submitting times to OSSA.

PHASE 3 COMPETITION

OSSA has set a limited schedule of Phase 3 (Province-Wide) competitions that are necessary to select and seed skaters for identified events. The identified Phase 3 events hosted by OSSA in the 2021-2022 season are listed in the chart below:

OSSA Event Title	Location	Date	Eligibility
Ontario Winter Games Qualifying Event	Gloucester and London	December 11/12, 2021	Skaters aged 12-15 as of July 1, 2021.
Ontario Winter Games	Hosted by Renfrew County – Speed Skating taking place at the Bell Sensplex in Kanata	Racing on Friday February 25 and Saturday February 26. The Games schedule starts on Thursday February 24. Skaters should be available starting on Thursday.	Skaters aged 12-15 as of July 1, 2021. (32 female, 32 male)
Phase 3 Meet A	Toronto	Sunday February 6, 2022	Skaters aged 11+ who have raced at least 1 Interclub Meet in the 2021-2022 season
Phase 3 Meet B	Barrie	Saturday February 19, 2022	Skaters aged 11+ who have raced at least 1 Interclub Meet in the 2021-2022 season
Phase 3 Meet C	Kingston	Sunday February 27, 2022	Skaters aged 11+ who have raced at least 1 Interclub Meet in the 2021-2022 season. Skaters attempting times for Short Track Canada Cup Junior Final should consider attending this event.
Canadian Youth Short Track Championships Qualifying Event	Oakville	March 6, 2021	Female skaters aged 11-14 and male skaters aged 12-15 as of July 1, 2021
OSSA Year-End Celebration/ Competition	Gloucester	March 19-20, 2021	TBC

Note: Specific details for the events listed as TBC will be released in the new year pending updated Public Health guidelines. All dates and locations are subject to change.

The order of precedence for speed skating rules at Phase 3 meets is as follows:

- This Technical Bulletin
- SSC Red Book
- ISU Rule Book

A ruling by the Chief Referee at any Event is final and is only subject to appeal in accordance with the process set out in the Ontario Speed Skating Appeals Policy. In extenuating circumstances outside of competition, the Technical Committee has final say on all matters.

All athletes, coaches, officials, parents and volunteers are expected to abide by OSSA's Code of Conduct and Concussion Code of Conduct.

Common Competition Procedures for Phase 3 Meets

Coaching Certification Requirements

There is a maximum of two (2) club coaches permitted in the coaching box per club and they must be registered with OSSA. If a club has 18 or more skaters registered in a meet, three (3) coaches per club are permitted in the coaching box for that meet. They must also wear their OSSA designated nametag if such is provided.

Coaches in the coaches' box must be a currently certified speed skating Coach with the NCCP (example – FUNdamentals Certified Coach or Introduction to Competition Certified Coach or Competition Development Certified Coach in speed skating), or Trained with the intention to complete certification in the next 12 months.

Out-of-province coaches are required to register with the Ontario Speed Skating Association 10 days in advance of the competition. Certification requirements are the same as listed above for Canadian coaches. American coaches must be approved by the Technical Committee.

Check in and Coaches Meeting

Check in will take place prior to the warm up 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 by the event hosts. Where possible, meetings are encouraged to be held virtually the evening before the meet.

Refunds

There will be **no refunds** for any Phase 3 meets **after the close of all entries (11:59pm on Wednesday, 10 or 11 days before the meet)**. The only exception to this rule is if a skater has received a positive COVID diagnosis and/or has been told to self-isolate by public health. Withdrawals made prior to the close of all entries will be permitted and refunds will be issued.

Equipment

Speed Skating Canada equipment requirements (Regulation D3-100 in the [Red Book](#)) will be in effect.

Full cut resistant suits are required at Ontario Winter Games (OWG). Full cut resistant suits are strongly recommended at Phase 3 Competitions. There is no minimum on the level of cut resistance, as long as the cut proof material covers all skin below the head.

National team suits (any country) or Ontario suits are not permitted in Phase 3 meets unless otherwise noted in a subsequent bulletin. Special Olympics skaters and Masters skaters are eligible to wear their provincial and national team suits.

Timing

Electronic timing will be provided at all Ontario Phase 3 Meets. Manual timing will be in effect as a back up to the electronic timing. When using manual timing, 0.2 seconds shall be added to manually captured times in accordance with ISU rules.

Mat Requirements

Level 3 mats are required for all Phase 3 Meets.

Helmet Covers

1-9 numbered Helmet Covers will be used at all Phase 3 Ontario meets in the 2021-2022 season. These helmet covers will be provided for each race and must be returned to the Clerk of the Course after each race.

Skaters' yellow helmet cover numbers may be collected (if the skater has one) in order to assign the skater a number for the sake of E-Timing.

First Aid Requirements

For Phase 3 meets, medical coverage must include at least two (2) individuals meeting the definition of one or more of the following: Physician, Advanced Care Paramedic, Advanced Medical Responder, Primary Care Paramedic, Sports Therapy Professional. In addition to these 2 individuals, the Club should also designate a Control Person who works with the designated First Aid providers. The First Aid providers and the Control Person must be familiar with the OSSA Concussion Policy and be comfortable to implement it.

Eligibility for Phase 3 Meets

Age Requirement

Skaters must have reached a minimum age of 11 years old by July 1, 2021 to be eligible for Phase 3 Meets in Ontario. Skaters aged 10 years and under will continue with Interclub Phase 2 Racing this season. Skaters aged 11 years and older may continue with Interclub meets if Interclub racing better suits their needs (example- novice or Active For Life skaters).

Membership Requirement

All OSSA skaters must have an OSSA Competitive Membership in order to participate in Phase 3 meets.

Out of Province Skaters

An out-of-province skater is someone who is registered as a speed skater in another Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend Ontario Phase 3 Meets provided they register as per the posted timelines, they meet the age requirement, they abide by all COVID restrictions and requirements and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Chief Recorder and High Performance Director.

Out-of-Province skaters will be placed within an age group based on their date of birth and will skate the track appropriate to that age group. A skater's racing class shall be determined by his/her age on July 1st prior to the competition.

Out-of-Province skaters are not eligible to participate in the Ontario Year End Celebration.

Special Olympics

- Race opportunities for Special Olympics skaters to race as a separate category will take place at designated meets throughout the season. Any club with Special Olympics skaters wanting to race at these designated meets shall contact the Special Olympics Provincial Convenor at speedskating@specialolympicsontario.ca. In consultation with the Chief Referee, the Provincial Registrar, and the Special Olympics Provincial Convenor, the distances and racing agenda will be determined.
- Registrations shall be submitted using the Special Olympics Club Entry form available on the OSSA website. OSSA registration deadlines apply.
- The Special Olympics Provincial Convenor in consultation with the Chief Referee will determine how many skaters will be accepted into the Special Olympics designated meets.
- All skaters must be registered members of OSSA in order to participate in Phase 3 meets.

Masters Racers

If there are sufficient registrations from Masters skaters for a Phase 3 meet, a designated group may be created for Masters skaters at the discretion of the Chief Referee, Chief Recorder and High Performance Director.

Registration for Phase 3 Meets

The Meet Announcement for each Phase 3 Meet will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition (or 11 days prior, if the event is on a Sunday). There is no extended deadline for Phase 3 meets.

Ontario Speed Skating hopes to accommodate all eligible skaters in Phase 3 meets; however, 1-day Ontario Phase 3 Meets are optimized for 150 people. If the number of registrations exceeds 150 skaters, skaters will be accepted on a first-come-first-served basis. Clubs will be informed whether their skaters are accepted on Monday before the meet.

Race Format for Phase 3 Meets

These meets are All Points, Ability, gender specific. For ease of entry for all skaters, seeding will be based on a skater's time in one distance, which is specified later in this document.

All Points: Format in which all skaters advance to finals and therefore accumulate points.

Ability: Competition in which seeding is primarily on ability. Seed times prevail for seeding purposes, within the skater's appropriate gender and age category.

Racing Groups

The racing age groups are as follows:

- Group 1: Train to Train (11-12 years old)
- Group 2: Open (13-29 years old)
- Group 3: Active for Life (30+ years old)

Divisions within groups will be created as necessary (ie. T2TA, T2TB, T2TC; Open A, Open B, Open C; A4LA, A4LB, A4LC etc). Final division sizes will be determined by the High Performance Director in consultation with the Chief Referee and Chief Recorder.

Number of Skaters on the Line

The Chief Referee, High Performance Director and Chief Recorder will determine the number of skaters on the line. Safety will be kept as top priority based on the size of the rink and ability of the skaters.

Advancements

Advancements at Phase 3 meets shall be done on place then time. Ex. 1+2 → 1st place plus next 2 fastest 2^{nds}

Semi Finals

May be raced if needed based on group size. Not all groups or racers are guaranteed semi finals.

Racing Distances

GROUP	TRACK	DISTANCES
Train 2 Train 11-12 years old	100m	200m, 400m, 1500m super final
Open (13-29 years old)	111m	500m, 1500m, 1000m super final
Active For Life (30+ years old)	111m	Recommended: 500m, 777m, 1500m super final Distances may be shortened based on registrations.

A fourth distance or a heat/final of the super final distance may be scheduled for all skaters if time allows. This will be determined by the Chief Recorder and the Chief Referee in consultation with the High Performance Director after the close of all registrations.

Seeding of Racers

The number of Divisions and skaters per Division shall depend on the number of registrations received for a particular meet. Seeding into Divisions within a racing group and into the first distance of the meet will be based on each skater's season-best time (after August 1, 2021 in an OSSA or SSC sanctioned event) as of the Wednesday night entry deadline in the ranking distances listed below.

- Train to Train – 400m on a 100m track*
- Open – 500m on 111m track
- Active For Life – 500m on a 111m track

*If a skater does not have 100m track times, the SSC Conversion charts will be used to determine a 400m seed time converted from the skater's 500m time on the 111m track.

Subsequent distances will be seeded based on cumulative points earned during the competition.

Missed Races

Skaters must follow all regulations in the Ontario Speed Skating Concussion Code of Conduct, which reflects the Rowan's Law regulations. A skater with a suspected concussion cannot return to competition the same day.

Skaters that miss a race for a reason other than suspected or confirmed concussion are eligible to re-enter the meet in the lowest seeding of the next round of racing, if they have been medically cleared.

Results

See Appendix B. Medals will be awarded to the top three overall finishers in each Division based on the cumulative points earned during the Finals of each distance. Host clubs can provide additional awards at their discretion.

Relays

In order to limit the amount of physical contact and interaction between skaters from varying regions of the province, relays will not be hosted at this point.

Appendix A: Special Events Suggestions

Skills Based Racing

The format of the Skills Based Races runs as any real distance would within that cohort and the results are treated the same (i.e. award given for best time, use the one up/one down format if other races follow).

Skills based race examples are below in the next several sections.

1-Lap Race with Alternative Start

- Reason behind race format: emphasizes agility and quickness, balance, athleticism
- Start options:
 - Starting from kneeling (2 knees down or 1 knee down)
 - Starting from prone position (ie. lying with belly on ice)
 - Start skating backwards and transition to forwards once you hit the blue line
 - Backwards Crossover start with everyone facing the center of the ice (ie. a left over right crossover)
 - Etc.

1-Lap Race with Alternative End

- Reason behind race format: emphasizes balance, positioning on blades/edges, efficient glide
- Start options:
 - Half lap start + half lap glide in basic position
 - Half lap start + half lap glide grabbing undersides of skates
 - Cannot take any steps after half a lap

Slalom Race

- Straight line slalom is the safest option if mats do not extend around the entire rink
- Must have 2 feet on the ice for the whole slalom
- Standing start from the goal line
- Skaters sprint to 1st blue line
- Skaters slalom from blue line to blue line
- Race ends at 2nd blue line
- Each race should have 4-5 skaters
- If possible with facilities restrictions, multiple races can be on the ice for quick succession
- Emphasizes edge control and balance
- Kicking or missing a block results in a penalty, which means the skater moves down a race for subsequent rounds.

Hook Race

- Blocks are placed on only the far corner
- Skaters start on goal line and sprint all the way down straightaway
- Skaters skate the far corner and end the race at the far red line
- Emphasizes straightaway proficiency, plus allows for one well timed pass on the corner

Lightning Race

- Starting on 1st blue line, skaters skate forwards to 2nd blue line, backwards to red line, forwards to 2nd blue line where the race ends
- Lanes should be clearly marked with blocks so that skaters do not come too close, or veer into another skater's path when stopping/turning
- Kicking a block or going out of your lane results in a penalty, which means the skater moves down a race for subsequent rounds.

Team Based Events

These events allow skaters to work on communication skills, mental skills, reactivity, starts, and endurance as they build connections with their racing community.

Relays

- Randomize skaters in each cohort onto teams.
- If needed to meet COVID restrictions, skaters can tag rather than execute a full relay push or a skate guard can be used as a baton. Check with your public health guidelines.
- 2 laps 2x each skater
 - This is easy for young skaters to remember (“2 laps, 2 times”)
 - This only works with even numbers of skaters on each team
 - Preferred number of skaters on a team is 4, but this event is possible with any number of skaters on a team, as long as the teams are evenly matched in number:
 - A group of 12 can be 3 teams of 4 (or vice versa)
 - A group of 14 can be 2 teams of 7
 - A group of 15 can be 3x5 (or vice versa)
 - A group of 16 can be 4x4
 - A group of 18 can be 6x3
- Max number of teams on the ice is 6.

Team Sprint

Teams must be evenly matched in size. Smaller teams are better (ie. in a group of 14 skaters, a team of 2 is preferred over a team of 7) *Resource coming soon*

Long Track Relay (this is possible on Short Track or Long Track)

Teams must be evenly matched in size. *Resource coming soon*

Endurance Events

These events allow skaters to have fun while working on endurance. Endurance events present skaters with unusual challenges that they must use strategy and tactics to solve.

- 7 lap races (combine races to save time – i.e. races A+B race together and C+D race together)
- Dropout race (the whole cohort races at once). No lapping the last skater.
- Fight for second place. There is a set leader and all other skaters attempt to move into or stay in second place.

Keirin races, where skaters sprint for victory after a set amount of speed-controlled laps behind a specific skater or coach.

Appendix B: Racing Points for Phase 3 Meets

Ontario Racing Points

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

Ties

A tie for 1 st	1000 points each, next skater 666 points
A tie for 2 nd	816 points each, next skater 543 points
A tie for 3 rd	666 points each, next skater 443 points
A tie for 4 th	543 points each, next skater 362 points
A tie for 5 th	Etc.

Penalties

Penalties in a heat will be placed into the lowest final.

Penalties in a semi-final will be placed into the lowest eligible final.

All penalized skaters in a final will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race.

Order of finish – No Time -- DNF – PEN - DNS.