

2025-2026 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. Coaches who are coaching Special Olympic athletes are not required to meet the Coaching guidelines set out by SSO in the Technical Bulletin for access to the coaches box. If coaches are coaching both Special Olympic athletes and mainstream athletes they must meet the SSO Coaching guidelines.

Coach Registration, Check-in, and Meetings

All coaches are required to register via IceReg prior to each competition. When submitting your club entry form to the SOO Provincial Convenor at speedskating@specialolympicsontario.ca please indicate what coaches will be attending. If you have any scratches please notify the Provincial Convenor as soon as possible. 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 an 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 follow the late registration guidelines set out in the SSO Technical Bulletin.

Skaters choosing Stream 1 or Stream 2 will only be required to register via the Meet Entry Form. To ensure that there are no issues, please do not register via IceReg if you are in either of these streams. 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. A 1500m will be offered only if there is interest. 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. Please note that distances offered at each meet for Stream 3 skaters cannot be guaranteed.

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 the 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.

Application of Ice Rules for Stream 1 Skaters

ISU YC-Lap Rule:

- This yellow card rule refers to failure to give way to a skater lapping. This rule will not be applied to skaters skating in the Special Olympics designated group at designated meets. There will be an exception if Referees feel that there is an obvious attempt made by a skater to prevent another skater from lapping them.

Did Not Finish / No Time:

- All Special Olympic skaters skating in the Special Olympics designated group at designated meets will be allowed to complete their race, regardless of where they are in the race and/or if they have been issued a penalty.

False Starts:

- A false start penalty will only be issued to a skater skating in the Special Olympics designated group at designated meets if they have committed 2 false starts in the race. The penalty is issued to the individual skater not to the line.

Designated Special Olympics Competitions

For the 2025-2026 Season the following competitions will offer designated Special Olympics groups:

- Provincial Circuit East #2 – Quinte – November 9, 2025
- Provincial Circuit West #3 – Brampton – November 29, 2025
- Provincial Mid-Season – Kingston – December 20-21, 2025 *Please note the Stream 1 skaters will only skate on December 20th. Those choosing Stream 2 will skate both days.
 - o Note: Special Olympic skaters do not need to attend a competition prior to the Mid-Season event in order to be eligible to attend.
- Provincial Circuit West #4 – Milton – January 24, 2026
- Provincial East #4 – Toronto – February 15, 2026

End of Year Event

Special Olympic skaters will have the opportunity to attend the Elite Circuit Championships March 7-8, 2026 in Cambridge. This will be a 2-day event and will give skaters an opportunity to experience 2 days of competition including heats and finals.

Skaters must have attended at least 1 competition during the 2025-2026 season to be eligible to attend. *Please note this requirement does not apply to Thunder Bay due to travel requirements. Skaters hoping to attend Provincial Games are strongly encouraged to attend this event.

Provincial Games Eligibility

A traditional Qualifier will not be held for the 2025-2026 Season due to the low number of skaters overall in Ontario.

In order to be eligible to attend Provincial Games during the 2026-2027 Season skaters will need to have attended at least 3 competitions:

- 1 competition during the 2024-2025 Season
- 1 competition during the 2025-2026 Season
- 1 competition during the 2026-2027 Season