



**SPEED
SKATING
ONTARIO**

**2024-2025
Short Track
Technical Bulletin**

**September, 2024
Updated September 16, 2024**

INTRODUCTION

Speed Skating Ontario (SSO) recognizes the need to offer quality racing experiences for our members that focuses on athlete development, providing social experiences, and meeting the needs of skaters of all abilities. SSO will continue to use Speed Skating Canada's (SSC) racing ages from the SSC Red Book and offer racing distances appropriate for each age, where possible. SSO also recognizes the need to provide a robust racing experience for both skaters progressing on the national pathway and the growing number of new skaters at the grassroots level. A strong emphasis on grassroots racing will strengthen the speed skating community.

The following racing circuits will make up the 2024-2025 SSO competition season:

Ontario Regional Racing Program

- Racing in 3 regions (+ flex region) across the province for skaters aged 4-8 and new racers of any age.
- Skaters experience local racing with skaters from nearby Clubs.
- 2-4 hour meets on evenings and weekends.
- Simple structured meets run by Clubs using the Ontario Regional Racing Program guidelines.
- Introduction to competition formats and racing skills with the focus on fun.
- Times are recorded for development purposes only on SSO's Season's Best List, not formal ranking.

Ontario Provincial Circuit Meets

- Racing in 2 regions across the province for: skaters aged 9-12, Special Olympic skaters, and skaters aged 13+ who do not meet the Ontario Elite Circuit time standard or who choose not to race in the Elite Circuit.
- Recommended time standard of 1:08.00 in the 400m for skaters aged 9-12
- Development of speed and racing skills.
- Introduction to all-points racing where skaters advance through rounds of heats and finals.
- Introduction to relay racing for skaters aged 10-13.
- Skaters aged 9-13 race together on the 100m track.

Ontario Elite Circuit Meets

- Province-wide racing for skaters aged 13-29 who meet a time standard.
- Refinement of racing skills and decision making at high speeds.
- Development of relay racing skills.
- 13 year old skaters will be offered 100m track racing intermittently to prepare for Canadian Youth Short Track Championships.

Ontario Time Trials

- Province-wide racing for skaters aged 13-29 who meet a time standard.
- Opportunity to set seed times. There are currently no Time Trials scheduled for the 2024-2025 season.

Ontario Masters Meets

- Province-wide racing for skaters aged 30+ and senior skaters aged 19-29 who opt to race with Masters.
- These meets will be run in conjunction with Provincial Circuit meets on the 111m track.

SPEED SKATING ONTARIO RACING CIRCUIT OVERVIEW

	Regional Racing Program	Ontario Provincial Circuit	Ontario Elite Circuit
Division	3 Regions, plus Flex Region	2 Regions, plus Flex Region	Province-wide
Clubs	<p><u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha</p> <p><u>Central:</u> Durham, Markham, Newmarket, Barrie, Toronto, Brampton</p> <p><u>West:</u> Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London</p> <p><u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay</p>	<p><u>East:</u> Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor</p> <p><u>West:</u> Newmarket, Barrie, Brampton, Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London</p> <p><u>Flex:</u> Sudbury, Sault Ste Marie, Thunder Bay</p>	Province-wide
Number of regular season meets	Approximately 4 meets per Region	4 meets per Region and the Mid-Season Provincial Meet in December	4 meets throughout Ontario
Eligibility	<p>Skaters aged 4-8</p> <p>Clubs can add racing for appropriate Novice, Special Olympic or Masters skaters.</p>	<p>Skaters aged 9-12</p> <p>Skaters aged 13-29 that do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit.</p> <p>Recommended time standard of 1:08.00 in the 400m for skaters aged 9-12.</p> <p>Special Olympic skaters</p> <p>Masters Skaters</p>	<p>Skaters aged 13-29 who meet the Elite time standard on the SSO Ranking List since August 1, 2023 and choose to race in Elite meets.</p> <p>500m: M: 1:00.00; F: 1:05.00 400m: M: 0:48.98; F: 0:53.06</p>
Duration	2-4 hours	1 day (Mid-Season Meet and Championships are 2 days)	2 days
Track	100m for skaters aged 4-8 111m for appropriate Novice, Special Olympic and Masters skaters	100m for skaters aged 9-13 111m for skaters aged 14-29 and Special Olympic skaters	111m Exhibition super final for 13 year olds on the 100m track (400m or 1500m)
Advancements	Super Finals only. No advancements.	X + Y where Y is based on time only.	X + Y where Y is based on place, then time.
Format	Determined by host club with consideration of the Regional Racing Guidelines.	Ability seeding. Mixed gender racing. Relays for 10-13 year olds.	Ability seeding. Gender-specific racing. Relays for 13 year olds (and more if possible).
Championship	1-day celebration event Please see the Regional Racing Championship Celebration bulletin for additional information.	2-day Provincial Championships Please see the Provincial Championship Bulletin for additional information	2-day Elite Championships Please see the Provincial Championship Bulletin for additional information

SPEED SKATING CANADA RED BOOK RACING AGES

Speed Skating Canada's racing ages:

Category	Age *
Club Skater	6
Club Skater	7
Club Skater	8
Club Skater	9
Club Skater	10
Youth 11	11
Youth 12	12
Youth 13	13
Neo-Junior 14 (C2)	14
Neo-Junior 15 (B1)	15
Junior 16 (B2)	16
Junior 17 (A1)	17
Junior 18 (A2)	18
Neo-Senior 19 (B1)	19
Neo-Senior 20 (B2)	20
Neo-Senior 21 (A1)	21
Neo-Senior 22 (A2)	22
Senior	23+
Masters 30+	30-34
Masters 35+	35-39
Masters 40+	40-44
Masters 45+	45-49
Masters 50+	50-54
Masters 55+	55-59
Masters 60+	60-64
Masters 65+	65-69
Masters 70+	70-74
Masters 75+	75-79
Masters 80+	80-84
Masters 85+	85-89
Masters 90+	90+

*Age of participant before July 1st prior to the competitive season

Skaters aged 3-5 will be called Active Start skaters.

COMMON COMPETITION PROCEDURES

Coaches Box Requirements

There is a maximum of two (2) club coaches permitted in the coaches' box per club. These coaches must be registered in IceReg as a **coach**. If a club has 18 or more skaters registered in a meet, three (3) coaches per club are permitted in the coaches' box for that meet. Coaches must wear their SSO nametag if such is provided.

Provincial Circuit Coaching Requirements

Coaches in the coaches' box at Provincial meets must be a currently certified speed skating coach with the NCCP - 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 this season.

Elite Circuit Coaching Requirements

Coaches in the coaches' box at Elite meets must be a currently certified speed skating coach in Introduction to Competition or Competition Development streams or Trained in at least one of these streams with the intention to complete certification this season.

Out-of-Province Coaches

Out-of-Province coaches are required to register with SSO ten (10) days in advance of the competition. Certification requirements are the same as listed above for Canadian coaches. Out-of-Country coaches must be approved by Speed Skating Ontario.

Coaching at Provincial and Elite Circuit Meets

All clubs are expected to send the appropriate certified coach with their skaters to all provincial and elite circuit meets.

If clubs are unable to send a coach, clubs need to have a designated individual that will be responsible for confirming skater participation on the morning of racing, managing scratches throughout the day, etc. There should also be a designated coach (a coach from another club) to act on their skater's behalf and manage any racing scenarios that arise and need to be addressed with the referee in the coach's box. Speed Skating Ontario needs to be aware of the designated individual and coach in advance of the meet.

Coach Registration, Check-in, and Meetings

Coaches are required to register for a meet 3 days in advance of the meet and indicate which clubs they are coaching during the coach registration process.

The coach registration link can be found on the Meet Information page on SSO's website. 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. Meetings may be held virtually on the evening before the meet.

Close of all Entries

Meet registrations will close at 11:59pm on the Wednesday that falls ten (10) or eleven (11) days prior to the meet. **Late registrations will not be accepted.**

Refunds

There will be no refunds for any Ontario Provincial or Elite Circuit meets after the close of registration.

Equipment

Speed Skating Canada equipment requirements (Regulation D3-100 in the [Red Book](#)) will be in effect. Full cut resistant suits are strongly recommended at Ontario Provincial Circuit meets/Championships and required at Ontario Elite Circuit meets/Championships. There is no minimum on the level of cut resistance, as long as the cut proof material covers all skin below the head.

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

National team suits (any country) or Ontario suits are not permitted to be worn in mainstream competition. Special Olympics skaters and Masters skaters are eligible to wear their provincial and national team suits.

Timing

Manual timing will be in effect at Provincial Circuit meets and Championships. 0.2 seconds shall be added to manually captured times in accordance with ISU rules.

Electronic Timing will be in effect at Elite Circuit meets and Championships, and Provincial Circuit Meets where possible.

Mat Requirements

Level 3 mats are required for all Ontario Provincial and Elite Circuit Meets and Championships.

Mats at Regional Circuit meets must meet Level 2 Crash Protection for Competition as described in the SSC Red Book and must be securely placed for the duration of the event (i.e. the mats are not prone to falling over or coming loose during the event).

Helmet Covers

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

First Aid Requirements

Please see Appendix B Medical Personnel, Equipment and Emergency Response

In addition to the required medical personnel, the Club must designate an individual as outlined in SSO's Concussion Policy who will work with the Medical Personnel to implement the SSO Concussion Policy.

Racing Rules

The order of precedence for speed skating rules at Ontario Provincial and Elite Circuit meets is as follows:

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

A ruling by the Chief Referee at any event is final. In extenuating circumstances outside of competition, the Technical Director has final say on all matters.

Missed Races

If a skater misses a race, Coaches must immediately (by the end of the next division at the latest) notify the Chief Referee with the reason for the missed race to be considered for eligibility to re-enter the meet in the lowest seeding of the next round of racing.

If a skater misses their heat or semi:

And there is no valid reason, they are out for the rest of the distance and will receive no points.

And there is a valid reason, they will be left in for finals and will be eligible to race for points in the bottom available final.

If a skater misses their final:

And there is no valid reason, they will receive no points.

And there is a valid reason, they will receive bottom points in their final for that distance.

If a skater does not skate the full distance (heat, (semi) and final), or a super final, they will not be awarded points.

Skaters that miss a race due to an injury must be medically cleared before returning to competition.

Every skater with a suspected concussion must be referred to a medical doctor (MD) or nurse practitioner (NP) and must not return to the competition until medically cleared to do so in accordance with the SSO's Return to Speed Skating Protocol.

Code of Conduct

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

Speed Skating Ontario's Commitment to the True Sport Principles

The True Sport Principles are the expressed commitment by Speed Skating Ontario to ensure a safe, inclusive, welcoming and positive environment for athletes, supported by coaches, parents, officials and administrators. Speed Skating Ontario believes that adhering to these field of play principles will encourage an optimal sport environment for all participants.

The True Sport Principles are as follows:

- **Go for It** – Rise to the challenge – always strive for excellence. Be persistent and discover how good you can be.
- **Play Fair** – Understand, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.
- **Respect Others** – Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.
- **Keep it Fun** – Find the joy in sport and share it with others. Remember what you love about sport and why you play.
- **Stay Healthy** – Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.
- **Include Everyone** – Recognize and celebrate strength in diversity. Invite and welcome others into sport.
- **Give Back** – Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

Speed Skating Ontario's True Sport Policy can be found on the SSO website.

ONTARIO PROVINCIAL CIRCUIT MEETS

The Ontario Provincial Circuit is comprised of four (4) 1-day meets for each of the East and West regions, the Mid-Season Provincial Invitational, and the Ontario Provincial Championships. Provincial Circuit meets can be viewed on the [SSO Competition Calendar](#).

Eligibility

Age Requirement

Skaters must have reached a minimum age of 9 years old before July 1, 2024 to be eligible for Ontario Provincial Circuit racing. All skaters aged 9, 10, 11 and 12 will race in the Provincial Circuit. Skaters aged 13+ who do not meet the Elite Time Standard or who opt not to race in the Elite Circuit are eligible to race in the Ontario Provincial Circuit.

Recommended Time Standard

It is **strongly** recommended that skaters meet the recommended time standard or have potential to reach the recommended time standard to provide suitable and meaningful racing for all skaters. This guideline allows coaches to determine who is suitable for the Provincial Circuit racing. **The recommended time standard is 1:08.00 in the 400m for skaters aged 9-12.**

Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Provincial Circuit Meets.

Out-of-Region Skaters

If space allows, skaters are eligible to race in Provincial Circuit meets in the opposite region. Skaters can attend more than one out-of-region meet. Skaters will be accepted in the following priority:

1. Within Region skaters
2. Out-of-Region skaters who have not yet attended an out of region meet
3. Out-of-Region skaters who have already attended an out of region meet

Out-of-Province Skaters

An out-of-province skater 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 Provincial Circuit Meets provided they register as per the posted timelines, they meet the age requirement, their speed is not better suited for the Elite Circuit, if they are 13 years old or older, 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, Competitor Steward and Technical 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. Out-of-Province skaters are not eligible to participate in the Ontario Provincial Championships.

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 should contact the Special Olympics Provincial Convenor at speedskating@specialolympicsontario.ca

Please see the Special Olympics Technical Bulletin posted on the SSO website for further information on Special Olympic racing and designated meets.

Masters

Master's skaters are eligible to race in all Provincial meets.

Masters will skate in a designated Masters racing group at the following Provincial meets: Kitchener-Waterloo, Kingston, Toronto, Gloucester, and the Provincial Mid-Season meet.

At all other meets, SSO will create a designated Masters racing group if there are enough skaters (minimum 6) registered for the meet, otherwise Masters skaters will join the Open group.

Registration

Meet Announcements posted on the Competitions Page on the SSO website will share pertinent details for registration. All meet registrations are done through IceReg.

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). **Late registrations will not be accepted.**

One day Provincial Circuit Meets are optimized for 120 skaters. Clubs will be informed whether their skaters who are seeking entry into an Out of Region meet are accepted on the Monday before the meet.

Race Format

Ontario Provincial Circuit meets are All Points and Ability format with mixed gender racing.

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 racing group. Seeding will be based on a skater's time in one distance, which is specified later in this section.

Racing Groups

The racing age groups are as follows:

- Group 1: 14-29 year old skaters
- Group 2: 9-13 year old skaters
- Group 3: 30+ year old skaters

Divisions within groups will be created as necessary (i.e. Group 1A, Group 1B etc.). Final division sizes will be determined for each meet by the Technical Director in consultation with the Chief Referee and Competitor Steward.

Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee. Distances for the top Division in each Group are listed in the chart. Subsequent Divisions may have shorter distances. Racing distances for subsequent divisions will be determined based on age and ability by the Technical Director in consultation with the Chief Referee.

Group	Track	Distances for Top Division	
Group 1 Skaters 14-29 years old and Special Olympic skaters	111m	500m, 777m; 1000m or 1500m super final	* A fourth distance, relays or a heat/final of the super final distance may be scheduled for all skaters if time allows. This will be determined by the Technical Director in consultation with the Chief Referee and the Competitor Steward after the close of all registrations.
Group 2 Skaters 9-13 years old	100m	400m, 800m; 1000m or 1500m super final Potential: 200m, 600m 1200m - 2000m relay	
Group 3 Masters	111m	500m, 777m; 1000m or 1500m super final	

Seeding Distances

- Group 1 (14-29 years old) – 500m on 111m track
- Group 2 (9-13 years old) – 400m on 100m track
- Group 3 (Masters) – 500m on 111m track

Note: if a skater does not have times on the appropriate track, the SSC Conversion formula will be used.

Seeding of Racers

Seeding into Divisions within a racing group and into the first distance of the meet will be based on:

- Each skater's 2023-2024 season-best time from the SSO Final Ranking List for the skater's first provincial meet of the season.
- Each skater's 2024-2025 season-best time from the SSO Final Ranking List for subsequent provincial meets.
- If a skater does not have times recorded on the SSO Ranking List, the skater's coach or meet registrar may submit a time from a Regional meet or a practice to suitably seed the skater into a division. All efforts should be made to submit an appropriate seed time for each skater. **Times must be skated and submitted to the Provincial Registrar before the registration deadline for the meet.** Skaters that do not have a seed time by the registration deadline will be seeded at the bottom of the group.

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

Number of Skaters on the Line

The Chief Referee, Technical Director and Competitor Steward 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.

False Starts

Modified false start rule. The first false start results in the skater moving 2m back and to the outside lane. Subsequent false start(s) result(s) in a penalty.

Advancements

Advancements shall be based on time. Ex. X + Y where Y is based on time only, regardless of place.

Semi Finals

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

Results

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 may provide additional awards at their discretion.

Relays

Relays will be hosted for the top 16 Group 2 skaters based on fastest 400m time entering the competition per gender where possible. If time allows, relays may be scheduled for other racing Groups and Divisions.

Medals will be awarded to the top three relay teams.

ONTARIO ELITE CIRCUIT MEETS

The Ontario Elite Circuit is comprised of four (4) 2-day meets and the Ontario Elite Championships. Elite Circuit meets can be viewed on the [SSO Competition Calendar](#).

Eligibility

Age Requirement

Skaters must be 13-29 years old before July 1, 2024 to be eligible to race in the Ontario Elite Circuit.

Membership Requirement

All SSO skaters must have a SSO Competitive Membership to participate in Ontario Elite Circuit Meets.

Time Standards

Entry Time Standards for Elite (skated since Aug 1, 2023 in an SSC or SSO sanctioned meet) are as follows:

Distance (Track)	Girls/Women	Boys/Men
500m (111m)	1:05.00	1:00.00
400m (100m)	0:53.06	0:48.98

Out of Province Skaters

An out-of-province skater 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 Elite Circuit Meets provided they register as per the posted timelines; they meet the age requirement and time standards and requirements. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Chief Referee, Competitor Steward and Technical Director.

Out-of-Province skaters are not eligible to participate in the Ontario Elite Championships.

Extenuating Circumstances

In exceptional cases, a skater under 13 may not have suitable or meaningful racing in the Provincial Circuit. Age exemptions will be granted at the discretion of the Technical Director. Please see Appendix C for the requirements to request an exemption.

Age exemption requests will not be considered until October 27, 2024, when both the Provincial East and Provincial West regions have hosted their first provincial meet, to provide SSO the opportunity to assess the racing circuits.

Registration

Meet Announcements are posted on the Meet Information Page on the SSO website will share pertinent details for registration.

Registrations are due at 11:59pm on the Wednesday that falls 10 days prior to the competition. **Late registrations will not be accepted.**

Ontario Elite Circuit Meets are optimized for 120 people.

Race Format

Ontario Elite Circuit meets are All Points and Ability with Single Distance Seeding. Racing will occur in gender-specific racing categories.

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 racing group.

Single Distance Seeding: Format in which each distance is seeded based on skaters' current time in each distance.

Racing Categories

Skaters will race in either the girl's/women's category or the boy's/men's category. Groups within categories may be created as necessary (ie. Open Women A, Open Women B, Open Women C etc.). Final group sizes will be determined by the Technical Director in consultation with the Chief Referee and Competitor Steward.

Selection of Racing Category

Skaters can compete in the gender category with which they identify, or in which they feel most comfortable. Skaters can change their racing category once per season and must race in that category for the remainder of the season but are not required to do so in perpetuity. Any skater wishing to make a racing category change should notify SSO by emailing events@ontariospeedskating.ca prior to the registration deadline of the next Ontario Elite Circuit meet.

Skaters wishing to represent Canada at International Competitions sanctioned by ISU must provide SSC with the minimum required information to demonstrate compliance with the ISU Transgender Policy ([ISU Communication No.2440](#)).

Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee after the close of all registrations. Distances may include 500m, 777m, 1000m, 1500m, 3000m Relay.

Seeding of Skaters into Divisions

If multiple divisions are required, skaters will be seeded into divisions based on their combined 500m + (1500m/3) time.

Seeding of Distances

Single distance seeding will be used for the first round of each distance excluding superfinals.

Seed Time Requirements

For Elite #1 the better of times on the 2023-2024 SSO Final Ranking List and the 2024-2025 SSO Ranking List as of the entry deadline will be used.

Following Elite #1, times will be taken from the 2024-2025 SSO Ranking List for seeding into events as of the entry deadline.

If a skater does not have 111m track times, the SSC conversion formula will be used.

Number of Skaters on the Line

The Chief Referee, Technical Director and Competitor Steward 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.

False Starts

No false starts allowed. The first (and subsequent) false start(s) result(s) in a penalty.

Advancements

Advancements shall be based on place then time. Ex. X + Y where Y is based on place, followed by time.

Semi Finals

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

Results

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 may provide additional awards at their discretion.

Relays

3000m relays will be hosted for the top 16 skaters per gender after the first day of racing where possible. If time allows, relays may be scheduled for more skaters.

Medals will be awarded to the top three relay teams.

ONTARIO MIDSEASON MEET

All provincial skaters are required to compete in one (1) provincial meet prior to participating in the Ontario Midseason Meet.

Skaters in the Flex regions are strongly encouraged to have competed in one provincial meet prior to participating in the Ontario Midseason meet but this is not a requirement.

ONTARIO CHAMPIONSHIPS

Please see the 2024-2025 Ontario Championships Bulletin for information on the Ontario Provincial Championships and the Ontario Elite Championships.

ONTARIO MASTERS MEETS

Master's skaters are eligible to race in all Provincial meets.

Masters will skate in a designated Masters racing group at the following Provincial meets: Kitchener-Waterloo, Kingston, Toronto, Gloucester, and the Provincial Mid-Season meet.

At all other meets, SSO will create a designated Masters racing group if there are enough skaters (minimum 6) registered for the meet, otherwise Masters skaters will join the Open group.

APPENDIX A: RACING POINTS

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 heat will not be placed into a semi-final but 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.

APPENDIX B: Medical Personnel, Equipment and Emergency Response

For the purposes of this section, the following definitions shall apply:

Advanced Care Paramedic	An Advanced Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Advanced Care Paramedic level by the official registering body in the province or territory in which the event is taking place.
Advanced Medical Responder	An Advanced Medical Responder is defined as a person with a minimum number of hours of advanced responder training, as outlined in requirements set by the Canadian Ski Patrol System, Canadian Red Cross, St John Ambulance, or an equivalent agency.
Medical Coordinator	The Medical Coordinator is an individual designated to ensure that all emergency response requirements are put in place for a given competition and that appropriate arrangements have been made with local medical professionals and hospital(s), and is responsible for implementing the SSO Concussion Policy.
Physician	A Physician for a speed skating competition may be a Licensed Sports Medicine Doctor, an Emergency Doctor, an Internist or a Doctor with emergency room experience.
Primary Care Paramedic	A Primary Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Primary Care Paramedic level by the official registering body in the province or territory in which the event is taking place.
Sports Therapy Professional	For the purposes of these regulations, Sports Therapy Professionals are recognized as a Certified Athletic Therapist or a Sports Physiotherapist.
SCAT6	A standardized tool for evaluating concussions designed for use by Health Care Professionals (HCP). The SCAT6 is intended to be used in the acute phase, ideally within 72 hours and up to 7 days, following injury.
Child SCAT6	A standardized tool for evaluating concussions in children ages 8-12 years and designed for use by Health Care Professionals (HCP). The Child SCAT6 is intended to be used in the acute phase, ideally within 72 hours and up to 7 days, following injury.
Concussion Recognition Tool	The Concussion Recognition Tool used for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Requirements for All SSO Sanctioned Events

The following regulations are in place to ensure appropriate response and treatment of skaters in the event of injury for all SSO sanctioned competitions. Additional measures may be put in place as deemed necessary by other sanctioning bodies.

Medical Team

Medical teams must meet the following requirements.

Practice and Warmup Sessions (2 personnel)	Competition (2 personnel)
One (1) Personnel from the following list: Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional Medical Coordinator or Two (2) Personnel from the above list.	Two (2) Personnel from the following list: Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional

At least one member of the medical team must be rink side at all times while skaters are on the ice, including warm-ups and practice sessions. The Competition must be able to proceed if one medical personnel is occupied.

All medical personnel should be easily recognizable by their uniform.

Equipment

The following equipment must be available to the medical team:

1. A communications system which provides a link between the medical team, and the Medical Coordinator
2. Medical room where possible, medical equipment and fully stocked first aid kits.
3. Appropriate footwear to walk on the ice

Before an event begins, the medical team must ensure that all equipment is in proper working condition and that all medical team members are familiar with the event's Emergency Action Plan.

Emergency Response

When an emergency occurs on the ice, the Referee will stop the race and signal the nearest Medical Personnel to enter the ice safely.

Medical Personnel is empowered to respond independently in situations where the Chief Referee may be unaware or unable to make a decision, such as in cases of severe life-threatening injury. It's important for the Chief Referee and the medical team to connect prior to the event to discuss their communication plan for on-ice emergencies.

1. The Medical Personnel will enter the ice surface and assess the Skater.
2. The Skater is removed from the ice surface by the Medical Personnel and taken to the medical room if available, for further assessment.
3. Following assessment, the Medical Personnel must complete a SSO injury report form.

Location of Medical Personnel

Medical personnel must be located rink side with an unobstructed view of the ice surface and near a door giving direct unobstructed access to the ice surface.

On-site Medical Room

An adequately equipped medical room based on the nature of the event should be available within the event venue where possible.

Emergency Action Plan

All SSO sanctioned events must have an Emergency Action Plan (EAP) in place based on the nature of the event. An EAP is required to be submitted to SSO in order to receive a sanction for the event. Medical team members and on-ice Chief Officials must be fully aware of the plan and their duties in implementing the plan.

Injury Reporting

The Medical Coordinator, or the Meet Coordinator is responsible for ensuring that all injuries that occur during an event are documented using SSO's Injury Report Form and duly submitted to SSO immediately following the competition.

All medical documents must be kept secured at all times during the competition.

APPENDIX C EXCEPTIONAL SKATER REQUEST

In exceptional cases, a skater under 13 may not have suitable or meaningful racing in the Provincial Circuit. Age exemptions to move racing circuits will be granted at the discretion of the Technical Director.

To apply for an exemption the skater's coach must submit a written request outlining the extenuating circumstances that includes the skater's times and any information that supports the request to Speed Skating Ontario.

The request must outline in detail including data, why this skater's needs won't be met in their current circuit and include a letter of support from both the skater's parents' and the skater's coach.