SPEED SKATING ONTARIO

2026-2027 Short Track Technical Bulletin

Updated October 30, 2026

INTRODUCTION

Speed Skating Ontario (SSO) recognizes its responsibility to provide quality racing experiences for its members, which enable athlete development and foster social connection, ultimately leading to the development of confidence, competence, and character in skaters of all abilities. Racing ages, distances, and formats are informed by Speed Skating Canada's (SSC) Red Book, which outlines minimum safety standards, racing rules, and guidance for developmentally appropriate racing (where possible) for skaters of all ages and in every stage of development. SSO also recognizes the need to provide a robust racing experience for both skaters new to speed skating, those progressing on the national pathway and the growing number of skaters engaging in competition for lifelong recreation and health.

A strong emphasis on racing at the local level will strengthen the speed skating community, help keep the sport affordable and accessible, and set skaters up for long-term success, both in the sport and in life.

The following racing circuits and events will make up the 2026-2027 SSO competition season:

Ontario Regional Racing Program

The purpose of the Ontario Regional Racing Program events is to introduce skaters to formal competitions, with a focus on fun and introducing racing skills. The Regional Racing Program is offered in 3 regions (+ flex region*) across the province. The Program is intended for skaters aged four (4) to eight (8) and new racers of any age. Skaters experience local racing with skaters from nearby Clubs. Simple structured meets run by Clubs using the Ontario Regional Racing Program guidelines. Times are recorded for development purposes only on SSO's Season's Best List, without ranking.

Ontario Provincial Circuit

The purpose of the Ontario Provincial Circuit is to provide fun and challenging racing opportunities that allow skaters aged 9-13 to develop their racing skills and foster relationships with skaters from other communities. In this circuit, skaters are introduced to multi-round racing, on the 100m track where skaters advance through rounds of heats and finals. Beginning at age 10, skaters are also introduced to relay racing to build teamwork and relay-specific skills. The Ontario Provincial Circuit prepares youth aged skaters to race in the Canadian Youth Short Track Championships (East). The Ontario Provincial Circuit also hosts racing for young Competitive for Life athletes.

Ontario Elite Circuit

The purpose of the Ontario Elite Circuit is to provide developmental racing opportunities for athletes seeking entry to the Junior National racing circuit. The Ontario Elite Circuit also supports athletes in their final year of youth eligibility in preparing for the Canadian Youth Short Track Championships.

The Ontario Elite Circuit is for skaters aged 13–29 who meet the established time standard. Skaters focus on refining racing skills and developing advanced tactics, decision-making, and the ability to maintain proper technique while skating at speed and under pressure, particularly when fatigued. Skaters will also have opportunities to develop and strengthen their relay racing skills. To prepare for the Canadian Youth Short Track Championships, 13-year-old skaters are offered opportunities to race on the 100m track on an intermittent basis.

Ontario Single Distance Event

The purpose of the Ontario Single Distance Event is to reintroduce racing for the season and provide opportunities for athletes to set seed times for entry into national competitions or for developing junior athletes to enter the Ontario Elite Circuit.

Ontario Winter Short Track Open

The purpose of the Winter Short Track Open is to provide a racing opportunity for athletes aged 9 and older to race during the holiday break, and provide racing that will count towards the Ontario Provincial Championships and Ontario Elite Championships qualification. The Winter Short Track Open will run concurrently with the Canada Winter Games Trials event, which helps to provide the appropriate rest period for the Trials athletes.

Canada Winter Games Short Track Trials

The purpose of Ontario's Canada Winter Games Trials Event is to select the qualified and alternate athletes that will represent Team Ontario at the 2027 Canada Winter Games in Québec City in March 2027. Details about the Canada Winter Games Trials can be found in the CWG Short Track Selection Bulletin on the SSO CWG webpage. The event will start at 4pm on Friday January 1, 2027.

Ontario Masters Designated Meets

The purpose of Masters Designated meets is to allow Masters racers (and Neo-Seniors and Seniors who opt to race with Masters) to experience fun and challenging racing in an environment with other adult racers.

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

*Flex Region

The intent of the flex region is to allow athletes who train at Clubs located farthest from the mass of Clubs located along the 401 corridor to have options for meet registration. Having meet options between the west, central and east regions allows these athletes to align their competition calendar with logistical travel needs so that they can attend enough competitions to meet their development needs and satisfy the requirements for Championships attendance. Athletes at flex clubs will be granted entry to up to 4 Ontario Provincial Circuit meets, and after this point, they must join the waitlist like an out-of-region skater.

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	East: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha Central: Durham, Markham, Newmarket, Barrie, Toronto, Brampton, Meteor, York, Richmond Hill West: Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London Flex: Sudbury, Sault Ste Marie, Thunder Bay	East: Ottawa, Gloucester, St. Lawrence, Kingston, Quinte, Kawartha, Durham, Markham, Toronto, Meteor, York, Richmond Hill West: Newmarket, Barrie, Brampton, Milton, Oakville, Hamilton, Niagara, Cambridge, Kitchener Waterloo, London Flex: Sudbury, Sault Ste Marie, Thunder Bay	Province-wide
Number of regular season meets	Approximately 4 meets per Region	4 meets per Region and the Provincial Mid-Season Meet in December	3 meets throughout Ontario and the Single Distance Event
Eligibility	Skaters aged 4-8 New racers of any age are eligible. Clubs can add racing for appropriate Novice, Special Olympic or Masters skaters.	Skaters aged 9-12 Skaters aged 13-29 who do not meet time standards for the Elite Circuit, or who decline racing in the Elite Circuit. Recommended time standard of 1:08.00 and mandatory time standard of 1:18.00 in the 400m for skaters aged 9-12. Special Olympic skaters Masters Skaters will race in a designated group at designated Ontario Provincial or Elite Circuit Meets.	Skaters aged 13-29 who meet the Elite time standard on the SSO Ranking Database since August 1, 2025 and choose to race in Elite. Ontario athletes currently training at Regional Training Centres will be granted automatic entry. Retired, nationally ranked skaters who met the current Elite time standard before their retirement may request entry without a current seed time. 500m: M: 1:00.00; F: 1:05.00 400m: M: 0:48.98; F: 0:53.06
Duration	2-4 hours	1 day (Mid-Season Meet and Championships are 2 days)	2 days
Track	100m for skaters aged 4-13 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. 13 year olds on the 100m track for Non-Points events
Advancements	Super Finals only. Advancements from heats to finals are not recommended.	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 where possible.
Championship	1-day celebration event Please see the Regional Racing 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 *
Active Start Skater	3-5
Club Skater	6-10
Youth Skater	11-13
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

SPEED SKATING CANADA PROVINCIAL REPRESENTATION RULE

Provincial/Territorial Representation (B3-201 from the 2026 SSC Red Book)

Registrants may be affiliated with multiple clubs and Provincial/Territorial Sport Organizations (PTSOs) during a given season. However, they must designate a single PTSO that will serve as their official provincial or territorial representation. This designation is important for determining eligibility and representation at national competitions and enables PTSOs to effectively administer athlete eligibility, team selection, and other participation requirements.

Change of Provincial/Territorial Representation (B3-202 in the SSC Red Book)

A registrant who wishes to change their provincial/territorial representation during the season must submit a written request to Speed Skating Canada (SSC).

The request must include the rationale for the proposed change and written confirmation of consent from both:

- the registrant's current PTSO; and
- the proposed receiving PTSO.

No change of representation shall take effect unless and until it has been approved by SSC and both affected PTSOs.

SSC may consider the following factors when evaluating and approving a change in provincial/territorial representation:

- Change of address;
- Change of training location;
- Support from the relevant PTSO(s);
- Any previous changes in representation;
- The rationale provided by the skater; and
- Any other factor relevant to sport integrity or athlete eligibility.

To protect the integrity of competitions and selection processes, any request for a change in provincial or territorial representation that is intended to obtain a competitive advantage or to influence eligibility, rankings, team selection, or qualification outcomes shall be denied.

A registrant who fails to qualify for a national competition while representing their designated PTSO shall not be eligible to compete in that same competition during the same season under the representation of another PTSO, regardless of any subsequent change in provincial or territorial representation.

Unless otherwise approved by the NSO, a registrant may change their provincial/territorial representation no more than once during a season.

ONTARIO REGIONAL MEETS

Introduction

SSO is dedicated to developing skaters aged 4–8 across Ontario by providing opportunities to build technique, speed, fitness, and racing skills. SSO also recognizes the need to welcome and attract new racers at the grassroots level as we build the speed skating community in Ontario. Ontario Regional Meets provide a fun introductory racing opportunity for young skaters, where families are not required to travel excessive amounts or spend excessive time in the arena to access quality competitions.

Ontario Regional Meet Goals

- Provide racing in 3 provincial regions for racers aged 4-8 years old or novice skaters of any age.
- Limit the amount of competition travel and time spent in the arena for families of skaters at this age..
- Give skaters a local racing experience with a skater pool that includes skaters from other Clubs.
- Provide simple structured meets run by Clubs.
- Introduce skaters to meet formats and racing skills.
- Use regular practice times for competitions, where possible.
- Require little to no certified officials. Encourage parents to volunteer.
- Allow skaters, in a fun format, to practice new skills learned.
- Allow skaters to be introduced to developmentally appropriate distances.
- Allow skaters to challenge themselves individually.
- Provide a feeling of social interaction and belonging to a team.
- Provide an opportunity to support others in the community in a meaningful way.
- Provide an opportunity for older skaters to take on leadership roles such as coaching or officiating.
- Provide an opportunity for new volunteers and families to gain experience at meets in preparation for higher level competitions.

Please see the Regional Racing Program Guidelines found on the Speed Skating Ontario website for further information.

COMMON COMPETITION PROCEDURES FOR SSO SANCTIONED COMPETITIONS

The following common competition procedures apply to Speed Skating Ontario sanctioned competitions outlined in this bulletin, other than Regional Meets, which have their own guidelines.

Meet 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. To be eligible to race in a particular meet, individuals must be registered in IceReg for that particular meet as a skater.

The Early Registration Deadline allows skaters to register at least twenty-one (21) days in advance of a meet with a reduced fee. Please see the Meet Announcements posted on the SSO website for further details.

The close of registrations for all meets is 11:59pm on the Wednesday that falls ten (10) or eleven (11) days prior to the meet.

If space allows, late entries may be accepted, until Friday at 12:00pm following the close of registrations. In addition to the registration fee, a $100 + HST late fee for two-day meets and a $50 late fee for one-day

meets, will apply. Late registration skaters should register as a Late Registration Skater on IceReg for the meet they wish to attend. SSO will not accept registration requests by email.

Refunds

Refunds will be issued for medical withdrawals **in advance of the meet**. A medical note signed by a Medical Doctor (MD) or Nurse Practitioner (NP) must be provided to Speed Skating Ontario within 14 days following the meet to receive a refund. Upon receipt of a medical note, the meet registration fees less the processing fees will be refunded through IceReg.

Coach Screening Requirements

Coaches are required to complete the following online training from the Coaching Association of Canada:

- Safe Sport Training
- Making Headway in Sport
- Understanding the Rule of Two

Head Coaches, Coaches who travel with athletes and Coaches and Athlete Support Personnel such as Team Managers and physiotherapists are also required to complete NCCP's Making Ethical Decisions. Please see SSO's Screening Policy for details.

Coaches' Box Requirements

There is a maximum of two (2) club coaches permitted in the coaches' box per club. 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 should have their 2026-2027 season coach tag with them in the coaches' box.

Speed Skating Ontario will enforce SSO's Screening Policy, training and certification requirements for entry into the coaches' box at all meets.

Coaches have one (1) year from their course completion date to certify and will be allowed access to the coaches' box during this time.

Entry requirements into the Coaches' Box

Coaches seeking entry into the coaches' box must:
1. Be registered as a Coach in IceReg for the current season
2. Be signed up as a Coach for the meet in IceReg
3. Meet the Coach Certification requirements for the type of meet, as listed in the chart below:

Ontario Provincial Circuit	Ontario Elite Circuit	Out-of-Province Coaches
Currently NCCP Certified Speed Skating Coach in at least one of the following streams: -FUNdamentals Certified Coach -Introduction to Competition Certified Coach -Competition Development Certified Coach	Currently NCCP Certified Speed Skating Coach in at least one of the following streams: -Introduction to Competition Certified Coach -Competition Development Certified Coach	Register with SSO ten (10) days in advance of the competition. Be a registered coach in IceReg in their own province. Out-of-Country coaches must be members in good standing of an ISU-recognized national speed skating federation and be approved by Speed Skating Ontario.

Other individuals such as photographers or translators must have Speed Skating Ontario's permission to be in the coaches' box. An accreditation badge will be provided, if permission is granted.

Coaching at Provincial and Elite Circuit Meets

All clubs are expected to send an appropriately certified coach with their skaters to all Provincial and Elite Circuit meets.

If clubs are unable to send a coach, they must have a designated individual who will be responsible for managing skater scratches on race morning or throughout the day, managing the flow of information to the skaters, and other related tasks.

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

Coaches are required to register for a meet at least 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 IceReg registration page for each event.

Coaches and Officials Meeting

Information about the coaches and officials meeting will be shared along with the Meet Distribution sent to your club's Meet Registrar in advance of the meet. Coaches are expected to attend the meeting.

Equipment

Speed Skating Canada equipment requirements (Regulation D3-100 in the Red Book) will be in effect. Please see Appendix D of this bulletin for the SSC Equipment Rules.

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.

When not wearing puncture resistant material, hard plastic shin guards are required. (from the SSC Red Book: "When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption.")

Speed Skating Canada has equipment overview documents and visuals that should be referenced by all skaters and their families. The resources can be accessed HERE.

The following suits are not permitted to be worn in mainstream Speed Skating Ontario competitions:

- National team suits of any country, unless the athlete is currently in the national team program for that country
- Suits that say the name of another country
- Ontario suits

Special Olympics and Masters skaters are eligible to wear their provincial and national team suits.

Timing

Where possible, Electronic Timing will be used.

When Manual Timing is used, 0.2 seconds will be added to manually captured times in accordance with ISU rules.

Mat Requirements

Level 3 mats are required for all Ontario Provincial and Elite Circuit Meets and Championships. Please see Appendix E of this bulletin for SSC Mat Diagrams.

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 Team 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.

Competition Scratches

Scratches leading up to the start of the competition must be communicated to the Provincial Registrar via email (registrar@ontariospeedskating.ca).

Scratches on the day of racing must be communicated to the Competitor Steward as soon as it is known.

Missed Races

If a skater misses a race, Coaches are responsible to immediately (by the end of the next division at the latest) notify the Chief Referee with the reason for the missed race. The Chief Referee will apply the following criteria:

If a skater misses their heat or semi:

- And there is no valid reason, or no reason is provided, 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 lowest available final.

If a skater misses their final:

- And there is no valid reason or no reason is provided, they will receive no points.
- And there is a valid reason, they will receive the lowest points in their final for that distance.

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

Skaters who miss a race due to an injury must be medically cleared by a member of the SSO designated on-site medical team before returning to competition.

Every skater with a suspected concussion must be assessed by 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.

Combining Races

A race with only one (1) skater will be combined with the previous race, if space allows.

In exceptional circumstances, a race with two (2) skaters may be combined with the previous race at the discretion of the Chief Referee and Chief Competitor Steward.

Skaters in a combined race will fill the start line from inside to outside, with skaters in the lower-seeded race filling positions immediately outside skaters from the higher-seeded race. An additional row will be added only if all positions on the existing line have been filled.

Code of Conduct

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

Speed Skating Ontario's Commitment to the True Sport Principles

The True Sport Principles represent Speed Skating Ontario's expressed commitment to ensuring 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.

Yellow Cards (YC)

Development rules will be followed for Yellow Cards:

YC-2 or YC-LAP penalties will not be enforced as Yellow Cards, and instead will be treated as a penalty, where the skater is permitted to continue to race in the proceeding round(s) and will earn points based on their final placement.

YC – Behaviour will be treated as a true Yellow Card, where the skater is removed from the rest of the distance and they earn no times and no points for that distance.

Changing Racing Circuits

If a skater meets the eligibility criteria of a circuit, they may move to that circuit. If deemed inappropriate for their needs, the skater may return to their original circuit and must remain there for the remainder of the season.

Neo-Senior and Senior skaters may opt to race in any of the following circuits: Elite (if eligible by time), Provincial or Masters Designated racing. Neo-Seniors and Seniors will have the opportunity to participate in a different circuit, if eligible, and may return to their original circuit and must stay in that circuit for the remainder of the season.

ONTARIO PROVINCIAL CIRCUIT MEETS

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

One-day Provincial Circuit Meets are optimized for 120 skaters.

Eligibility

Age Requirement

Skaters must have reached a minimum age of 9 years old before July 1, 2026 to be eligible for Ontario Provincial Circuit racing. 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

Provincial Time Standard

The recommended and required time standards for skaters aged 9-13 to enter the Ontario Provincial Circuit are outlined in the chart below. It is strongly recommended that skaters meet the recommended time standard for the Ontario Provincial Circuit, or be able to reach it at the meet, to provide suitable and meaningful racing for all skaters. This guideline allows coaches to determine who is suitable for the Provincial Circuit racing.

Recommended Time Standard (400m)	Required Time Standard (400m)
1:08.00	1:18.00

Membership Requirement

All SSO skaters must have a current 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, if space allows. 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 Region skaters and flex region skaters who have already attended 4 meets that are interested in racing in an Out of Region meet are required to join the Waitlist for the meet they would like to attend in IceReg.

Out of Region skaters and flex region skaters who have already attended 4 meets, will be emailed by SSO following the close of registration and informed if they have been accepted into the meet. Out of Region skaters will then be provided with a passcode to complete their registration. Registration for the meet must be completed by 11:59 PM on Saturday following the close of registration. Payment for the meet will be paid through IceReg.

Only skaters registered on the waitlist will be considered for acceptance into the meet.

Skaters who register for a meet outside of their region in IceReg before being accepted into the meet will be removed from the meet and issued a refund less the processing fees and a $5.00 administrative fee.

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 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. Out-of-province skaters can email events@ontariospeedskating.ca for more information or to request access to a Speed Skating Ontario meet.

At its sole discretion, SSO may guarantee entry to a group of Out-of-Province skaters travelling as a team for developmental purposes or as part of an exchange program, where it is deemed to enhance the development of Ontario skaters and/or contribute to the development of speed skating. The travelling team's PTSO must make the requests at least 30 days in advance.

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

Masters Skaters will race in a designated group at Masters designated Ontario Provincial and Elite Circuit Meets in 2026-2027.
Please see the Ontario Masters Racing section for more information.

Race Format

Ontario Provincial Circuit meets are held in an Ability format with mixed-gender racing. All skaters advance to finals and 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

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 and Competitor Steward. Recommended 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, ability and number of racers.

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 Or 500m, 1000m; 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, 1200m or 1500m super final Or 400m, 400m; 1000m, 1200m or 1500m super final Potential: 200m, 600m 1200m - 2000m relay	

Seeding Distances

- Group 1 (14-29 years old) – 500m on 111m track
- Group 2 (9-13 years old) – 400m on 100m 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 2025-2026 season-best time from the SSO Final Ranking List for the skater's first provincial meet of the season.
- Each skater's 2026-2027 season-best time raced as of the meet registration deadline for subsequent provincial meets.
- If a skater does not have times recorded on an 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 the 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

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

Awards will be given to the top relay team.

Eligibility for the Ontario Provincial Championships

Skaters are eligible to participate in the Ontario Provincial Championships if they:

- are aged 9-29 years old before July 1, 2026 and
- have ended their season in the Provincial Circuit and
- have competed in at least two of the following meets in the 2026-2027 season:
    - Ontario Provincial Circuit meets
    - the Ontario Provincial Mid-Season Meet
    - the SSO Winter Short Track Open

If the skater moved from the Provincial Circuit within the 2026-2027 season and ended their season in the Elite Circuit, they are not eligible for the Ontario Provincial Championships.

ONTARIO ELITE CIRCUIT MEETS

The Ontario Elite Circuit consists of three (3) 2-day meets and the Ontario Elite Championships. Elite Circuit meets can be viewed on the SSO Competition Calendar

Ontario Elite Circuit Meets are optimized for 120 people.

Eligibility

Age Requirement

Skaters must be 13-29 years old before July 1, 2026 to be eligible to race in the Ontario Elite Circuit.

Ontario athletes currently training at Regional Training Centres will be granted automatic entry.

Retired, nationally ranked skaters who met the current Elite time standard before their retirement may request entry without a current seed time.

Membership Requirement

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

Time Standards

Entry Time Standards for Elite (skated since Aug 1, 2025 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 Competitor Steward and Technical Director. Out-of-province skaters can email events@ontariospeedskating.ca for more information or to request access to a Speed Skating Ontario meet.

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 19, 2026, 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.

Masters

Masters Skaters will race in a designated group at Masters designated Ontario Provincial and Elite Circuit Meets in 2026-2027. Please see the section titled Ontario Masters Racing for more information.

Race Format

Ontario Elite Circuit meets are held in an Ability format with Single Distance Seeding. Racing will occur in gender-specific racing categories. All skaters advance to finals and 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 event 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.2595).

Racing Distances

Racing distances will be determined by the Technical Director in consultation with the Chief Referee after the close of all registrations. Distances will include 500m and 1500m. Distances may include 777m, 1000m, 3000m Relay, 2000m or 1800m Mixed Team Relay, 400m for 13 year old skaters.

Seeding of Skaters into Divisions

If multiple divisions are required, skaters will be seeded into divisions based on their 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 2025-2026 SSO Final Ranking List and the 2026-2027 SSO Ranking List as of the entry deadline will be used. Following Elite #1, times will be taken from the 2026-2027 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.

If a skater does not have times on the 2025-2026 SSO Ranking List or raced more recently, their most recent time skated in an SSC or PTSO or other NSO (example US Speedskating) sanctioned event will be used. These seed times must be provided by the skater or coach to the Provincial Registrar registrar@ontariospeedskating.ca by the meet registration deadline.

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. 2000m Mixed Team Relays may be hosted.

Awards will be given to the top relay team.

Eligibility for the Ontario Elite Championships
Skaters are eligible to participate in the Ontario Elite Championships if they:

- are aged 13-29 years old before July 1, 2026 and

- have ended their season in the Elite Circuit and

- have competed in two (2) Ontario Elite Circuit Meets in the 2026-2027 season plus at least one of the following:

    - a third Ontario Elite Circuit Meet

    - the Ontario Single Distance event

    - the SSO Winter Short Track Open

    - an SSC National Competition

    - a Long Track Competition sanctioned by a PTSO or SSC

13-year-old athletes who race both Short Track and Long Track may participate in one (1) Ontario Elite Circuit Meet in the 2026-2027 season plus two (2) events from the list above.

If the skater moved from the Provincial Circuit within the 2026-2027 season and ended their season in the Elite Circuit, the requirement of attendance at Ontario Elite Circuit Meet(s) could be satisfied by attendance at Provincial Circuit Meet(s).

ONTARIO SINGLE DISTANCE EVENT

There will be one (1) SSO Single Distance Event in the 2026-2027 season, hosted in Barrie on September 13, 2026. See the SSO Competition Calendar for more information.

Age Requirement
Skaters must be 13-29 years old before July 1, 2026 to compete in the Ontario Single Distance Event.

Ontario athletes currently training at Regional Training Centres will be granted automatic entry.

Retired, nationally ranked skaters who met the current Elite time standard before their retirement may request entry without a current seed time.

Membership Requirement

All SSO skaters must have a SSO Competitive or National Membership to participate in the Ontario Single Distance Events.

Time Standards

Entry Time Standards for Ontario Single Distance Events (skated since Aug 1, 2025 in an SSC or SSO sanctioned meet) are as follows:

Event	Distance (Track)	Girls/Women	Boys/Men
SSO Single Distance in Barrie	500m (111m)	1:10.00	1:05.00
	400m (100m)	0:57.14	0:53.06

If a skater does not have previously recorded times on the 2025-2026 SSO Ranking List, the skater's coach or meet registrar may submit a time from a practice to be considered for entry into the meet.

Out of Province Skaters

An out-of-province skater is registered as a speed skater in a Province, Territory or State other than Ontario. Out-of-province skaters may be considered to attend the Ontario Single Distance Event, provided they register as per the posted timelines, they meet the age requirement and time standards and there are no remaining waitlisted skaters from in-province. Acceptance into the meet will be dependent upon space availability in the meet, to be determined by the Competitor Steward and Technical Director.

Race Format

Single Distance meets are hosted with an Ability format using linear Single Distance Seeding and mixed gender racing. There are no points or medals awarded for Single Distance events.

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 that distance.

Racing Distances

Racing distances on the 111m track will include: 1000m, 500m(1), 500m(2), 1500m, 500m(3). Other distances and relays may be added.

Seeding of Skaters

Single distance seeding will be used for each distance.

Seed times for the start of the meet will be the better of a skater's times on the 2025-2026 SSO Final Ranking List and the 2026-2027 SSO Ranking List as of the entry deadline. If a skater does not have 111m track times, the SSC conversion formula will be used.
If a skater does not have previously recorded time in a particular distance, the skater's coach or meet registrar may submit a time from a practice to suitably seed the skater into racing. Time submissions are due to the Provincial Registrar by the final entry deadline. All efforts should be made to submit an

appropriate seed time for each skater. Skaters that do not have a seed time by the registration deadline will be seeded at the bottom of the group.

Races will be seeded from fastest to slowest seed times, using linear seeding format. For example, the fastest 5 skaters will be in Race A, the next fastest 5 skaters will be in Race B, etc.

The first race of each distance will be seeded using each skater's seed time in the distance.

The 500m(2) will also be seeded using each skater's seed time in the distance.

The 500m(3) will be seeded using the fastest of each skater's seed time / 500m(1) / 500m(2).

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 the ability of the skaters registered for the meet.

False Starts

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

ONTARIO MIDSEASON MEET

All provincial skaters are required to compete in one (1) Ontario Provincial Circuit meet prior to participating in the Ontario Midseason Meet. Consideration will be given to skaters from flex clubs for entry into the Midseason Meet without meeting this requirement.

ONTARIO WINTER SHORT TRACK OPEN MEET

Eligibility: athletes who race in the Ontario Provincial Circuit or the Ontario Elite Circuit are eligible for this event.

This event will be run using racing rules from the Ontario Elite Circuit.

Athletes aged 9-12 will be seeded together from fastest to slowest using their 400m seed time and will race in mixed gender ability divisions on the 100m track.

Athletes aged 13-29 will be seeded together from fastest to slowest using their 500 + 1500m/3 seed time and will race in mixed gender ability divisions on the 111m track.

Athletes aged 30+ will be seeded together from fastest to slowest using their 500m seed time and will race in mixed gender ability divisions on the 111m track.

Division sizes, number of racers on the line, distances and other meet logistics will be determined by the Technical Director in consultation with the Provincial Registrar and the Chief Referee. Relays may be hosted if time allows.

ONTARIO CHAMPIONSHIPS

Please see the 2026-2027 Ontario Championships Bulletin for information on the Ontario Provincial Championships and the Ontario Elite Championships.

ONTARIO MASTERS RACING

Masters' skaters and Neo-Senior and Senior-aged skaters who opt to race in Masters Designated racing are eligible to race in a designated masters racing group at Ontario Masters Meets which will run concurrently with either Ontario Provincial Circuit or Ontario Elite Circuit meets.

Neo-Senior and Senior-aged skaters who wish to opt to race in the Masters Designated racing for the season must notify SSO by emailing registrar@ontariospeedskating.ca by the registration deadline of their first meet of the season.

Designated Masters racing groups will exist at the following meets:

October 10: Provincial East #1 in Kingston
October 17: Provincial West #1 in KW
January 2-3: SSO Winter Open in Ottawa
January 9-10: Elite #3 in London
March 13-14: Elite Championships in Toronto

At other Ontario Provincial Circuit Meets, Masters may register if space allows after all non-masters skaters are accepted into the meet. To submit their interest, Masters must join the waitlist for non-Masters-Designated meets and will be invited to register if space allows. Medals will not be awarded for Masters racing at non-Masters-designated meets.

The Modified False Start Rule is used for Masters-designated racing.

Membership Requirement
All SSO skaters must have a SSO Competitive Membership to participate in Ontario Masters racing.

Seeding Distance
500m on 111m track.

Possible Distances
500m, 777m, 1000m, 1500m, 3000m relay if time allows.

Passing Rules
Masters Designated Racing lapping rules will follow the wording in the ISU Short Track Guidance to the Racing Rules 2026 which can be referenced here in section 2.2.7 on page 26: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Sports-Rules/Short-Track-Rules/Constitution-and-General-Regulations-2025/Guidance-to-the-racing-rules-2026-2027-Short-Track-1784795531-7922.pdf

The wording indicates: If a Skater or a Team is one lap behind (or more) and Skaters / Teams are catching up and about to pass them, the Skater / Team about to be lapped, must clear the path and stay out of obstructing the race. Failing to do so may result on a YC-Lap.

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 1st	1000 points each, next skater 666 points
A tie for 2nd	816 points each, next skater 543 points
A tie for 3rd	666 points each, next skater 443 points
A tie for 4th	543 points each, next skater 362 points
A tie for 5th	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 and associated Points allocations will be in the following order:
No Time
DNF
Penalties, YC-2 and YC-Lap
DNS
YC-Behaviour

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.
Designated Person	A designated person under Rowan's Law is any individual (or individuals) chosen by a sport organization to enforce and manage concussion safety protocols—including removing athletes suspected of concussions, facilitating medical follow-up, and ensuring safe return to activity.

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 requirements may be put in place as deemed necessary by other sanctioning bodies.

Where the event has been sanctioned by SSC, Speed Skating Ontario will follow SSC's medical requirements as outlined in the SSC Red Book.

Medical Team

Medical teams must meet the following requirements.

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

How to be the Designated Person Under Rowan's Law: https://www.coachesontario.ca/programs-resources/concussion/#jumplink_Designated_Person.

FAQ on the roles and responsibilities of the Designated Person Under Rowan's Law: https://www.coachesontario.ca/programs-resources/concussion/faq/.

At least one member of the medical team must be rink side at all times while skaters are on the ice, including during 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.

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 Designated Person, 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 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 aged 12 years old may not have suitable or meaningful racing in the Provincial Circuit, or a skater aged 8 years old may not have suitable or meaningful racing in the Regional Circuit. Age exemptions to move racing circuits may be granted at the discretion of the Technical Director.

The following will be taken into consideration:

Athletes moving circuits should not be in the bottom third of the circuit they are accepted into.
Coach support for the change should be communicated to 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.

APPENDIX D: SSC SHORT TRACK EQUIPMENT RULES

The following rules from the 2026 SSC Red Book section D3-100 will be followed at SSO events:

Equipment	Intent, Minimum Requirement and Guidance
Racing suit – Rest of body protection	Intent: Prevent cut and puncture wounds for all areas covered by the racing suit. Protection may be integrated into the suit (one piece) or can be worn as a full undergarment underneath the racing suit, as long as the protective material offers complete coverage. Minimum Requirement: All skin below the top of the neck must not be bare. All skaters must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. Where a racing suit does not cover all the necessary areas, additional equipment is worn to ensure complete coverage. The transition from the racing suit to additional equipment must not have any gaps, allowing skin to show. Ankle Coverage: Skates to Racing suit transition Wrist Coverage: Gloves to Racing suit transition Neck Coverage: Extension from Racing suit to top of neck as required Guidance: The minimum requirement for "rest of body protection" is recommended for all other activities outside of sanctioned events. The more cut and puncture resistance, the better.

Ankle Protection	Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. Minimum Requirement: When the cut resistant suit does not cover the transition to the boots, a cut and puncture resistant anklet made of Kevlar, Dyneema or similar material must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots. No skin may be visible in the ankle area at any time. The ankle region must remain fully covered during racing, and all protective equipment must be worn correctly and remain securely in place throughout the race. Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.
Eye Protection	Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object. Minimum Requirement: Shatter-resistant glasses are required for all skaters. All glasses must be held in place by a strap. Guidance: Dark or mirrored lenses are prohibited. A lightly tinted lens is permitted providing the pupil is still visible. Evaluation: For a lightly tinted lens, printed text placed behind the lens must be readily legible.
Hand Protection	Intent: Prevent cut and puncture wounds on the hands from blades. Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn. Guidance: The more cut and puncture resistance of the gloves, the better.

Head Protection	Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards, and crash pads. Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet. For Learn to Skate and Learn to Speed Skate programs, as well as training for Club Skaters, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski, or skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.
Knee Protection	Intent: Prevent puncture and blunt force impact wounds to the knees. Minimum Requirement: Full frontal knee coverage is required, providing complete coverage of the patella and made of puncture resistant (e.g., Kevlar, Dyneema, or similar material) and impact absorbing (e.g., high-density foam) material. Protection may be worn over a skater's skin suit, or it can be integrated in the suit. Guidance: The more puncture resistance and blunt impact energy absorption, the better.

Neck Protection	Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries. Minimum Requirement: All skaters must wear neck protection fully covering the neck and covering all soft tissue in a line from the lower jaw on either side of the face to just below the chin. Large gaps are not permitted, and separate neck protection must be worn if not covered by the built-in suit protection. Neck protection shall extend below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, ballistic nylon, or similar material. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn, it must be fastened securely. Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better. ISU Communication 2721 provides a visual example of the correct coverage for neck protection.
Shin Protection	Intent: Prevent cut and puncture wounds along the shin from blades, as well as provide some measure of blunt impact protection from hitting hard objects/bodies. Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage must extend from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skinsuit, or it can be integrated in the suit. Guidance: The more cut and puncture resistance and impact protection of the shins, the better.

Skate Blades	Intent: Reduce the puncture making capacity of the blades. Minimum Requirement: All skates must have the tubes closed. The rear and front tips of the blades shall be rounded to a minimum radius of 1cm. Guidance: The rounder the tips, the better. Evaluation: Tips must be rounded to the approximate radius of a Canadian nickel.

Skate-Tec Pro Visor Helmet 025

The Skate-Tec Pro Visor Helmet 025 is equipped with a magnetic, removable visor. It meets all relevant safety certification standards and is approved for use at international competitions by the ISU.

In the 2024-2025 season, Speed Skating Canada (SSC) reviewed the safety implications of this helmet in consultation with the Sport Development Advisory Council. Based on this review, SSC provided the following guidelines regarding its use.

Guidelines

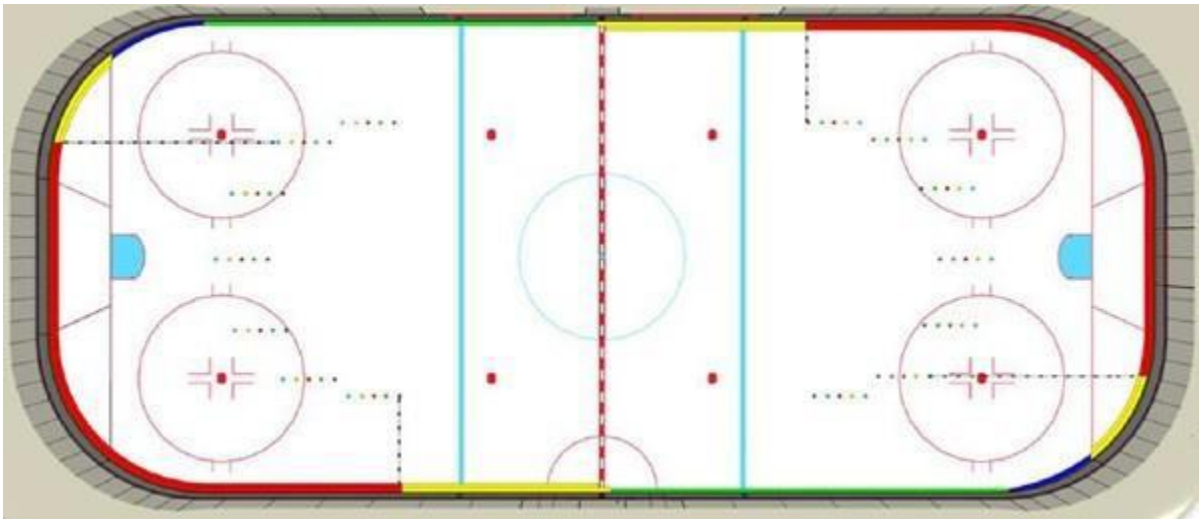
Although the SSC *Red Book* does not specifically address visors, the helmet complies with safety requirements outlined in section D3. As such, SSC established the following guidelines for its use:

1. Wearing without the visor: Skaters may use the helmet without the visor, ensuring the magnets are covered by the removable magnet covering piece. Glasses with a strap must still be worn.

2. Wearing with the visor: Skaters may wear the helmet with the visor attached, provided they wear glasses with a strap underneath the visor.

Officials (chief referees) should inspect these helmets before events to ensure the visor or protective magnet piece is securely attached and does not pose any immediate safety risks. This inspection should follow the same procedures applied to any other piece of equipment.

APPENDIX E: SSC TRACK AND MAT RULES



RED ZONE	The Red Zone shall extend from where a straight line drawn from the second series of track markers hits the end boards, through to the track marker closest to the rink's center line on the corner exit.
YELLOW ZONE	The first Yellow Zone shall extend from the icing line (or 1m from the end of the rink if there is no icing line) to where a straight line drawn from the second series of track markers hits the end boards. The second Yellow Zone shall extend from the track marker closest to the rink's center line on the corner exit to the rink's center line.
BLUE ZONE	The Blue Zone shall extend from the end of the Green Zone to the beginning of the first Yellow Zone.
GREEN ZONE	The Green Zone shall extend from the rink's center line to the beginning of the curvature of the corner boards.

Placement of Crash Protection

Pads should be ruggedly connected to adjacent pads with Velcro at both the fronts and backs of pads and must be attached to the boards. Pads should be positioned and secured so that skaters do not tend to slide under the pads in case of a crash into them, and the weight of the pads must rest on the ice. Should additional, or thicker, padding be available in excess of the requirements outlined below, it should be placed in priority at:

- the end of the Red Zone nearest to the Yellow Zone, working back towards the Blue Zone,
- in the Yellow Zone, and finally,
- in the Blue Zone.

Thickness of Crash Protection

Pads in the Red Zone cannot be comprised exclusively of soft foam. The final pad length can be changed to Yellow Zone padding on rinks narrower than 28m (92') at the discretion of the Head Coach for training or the Chief Referee for competition.

Level 1

Level 1 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are below 0.30.

Thickness of Crash Protection

	Maximum Layers of Pads	**Minimum Thickness (Competition)**		**Minimum Thickness (Training)**	
		111.12m Track	**100m Track**	**111.12m Track**	**100m Track**
RED ZONE	1	20 cm (8")	20 cm (8")	20 cm (8")	20 cm (8")
YELLOW ZONE	1	20 cm (8")	20 cm (8")	20 cm (8")	15 cm (6")
BLUE ZONE	1	15 cm (6")	15 cm (6")	N/A	N/A

Level 2

Level 2 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.30 and below 0.60.

Thickness of Crash Protection

	Maximum Layers of Pads	Minimum Thickness (Competition)		Minimum Thickness (Training)	
		111.12m Track	100m Track	111.12m Track	100m Track
RED ZONE	2	40.0 cm (16”)	30.5 cm (12”)	40.5 cm (16”)	30.5 cm (12”)
YELLOW ZONE	2 (Comp.) 1 (Train.)	25.5 cm (10”)	20 cm (8”)	20 cm (8”)	20 cm (8”)
BLUE ZONE	1	20 cm (8”)	15 cm (6”)	20 cm (8”)	N/A

Level 3

Skaters requiring Level 3 Crash Protection should compete and train on rinks which are no shorter than 59.4m (195 feet) long and no narrower than 26m (85 feet) wide.

Level 3 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.60 and below 0.90.

Thickness of Crash Protection

	Maximum Layers of Pads	Minimum Thickness (Competition)		Minimum Thickness (Training)	
		111.12m Track	100m Track	111.12m Track	100m Track
RED ZONE	2 (Comp.) 3 (Train.)	51 cm (20”)	51 cm (20”)	51 cm (20”)	40.5 cm (16”)
YELLOW ZONE	2	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)	25.5 cm (10”)
BLUE ZONE	2	30.5 cm (12”)	20 cm (8”)	25.5 cm (10”)	15cm (6”)

Level 4

Level 4 Crash Protection is the highest minimum standard of crash protection available for boarded rinks. Skaters requiring Level 4 Crash Protection should compete on rinks which are no shorter than 59.4m (195 feet) long and no narrower than 28m (92 feet) wide. It is also recommended that skaters requiring Level 4 or Level 5 Protection train on rinks of the same minimum size.

Level 4 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.90 and below 1.15.

Where the KEF is less than 0.90 and competition is conducted on a 100 m track, an Adapted* Level 4 Crash Protection may be used on rinks measuring at least 59.4 m (195 ft) in length and 25.9 m (85 ft) in width.

Skaters requiring Level 4 or Level 5 Crash Protection should train on rinks that meet the applicable minimum dimensions set out above.

Thickness of Crash Protection

	Maximum Layers of Pads	**Minimum Thickness (Competition)**		**Minimum Thickness (Training)**	
		111.12m Track	**100m Track**	**111.12m Track**	**100m Track**
RED ZONE	2 (Comp.)*** 3 (Train.)	71 cm (28”)*	71 cm (28”)*	61 cm (24”)*	61 cm (24”)*
YELLOW ZONE	2	40.5 cm (16”)	40.5 cm (16”)	40.5 cm (16”)	40.5 cm (16”)
BLUE ZONE	2	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)
GREEN ZONE	1	20cm (8”)	20cm (8”)	N/A	N/A

*Adapted Level 4 - For events using 100m Tracks and conducted on rinks between 25.9m (85 feet) and 28 m (92 feet) wide, the SSC Technical Representative and Chief Referee assigned to the competition will collaborate with the host to establish the effective minimum requirements to meet an Adapted Level 4 Crash Protection.

** Last pad in Red Zone should be tapered.

*** 3 layers of padding in competition may be approved by SSC once verified by the SSC Technical Representative and Chief Referee for the competition

Certification of Tracks (C2-100 SSC Red Book)

The track measurements shall be certified prior to all competitions. Track certification must be completed by a qualified engineer or surveyor for all competitions. Written proof of this certification must be submitted to the Chief Referee prior to the commencement of the competition or event.

At venues where permanent, certified markers are installed (e.g., directly in the concrete slab), upon which the track markers are located, surveyor certifications will be valid for a period of five (5) years from the date on the certificate.

At venues without permanent, certified markers, where the ice and track markers have NOT been removed at any period after the track survey was performed, surveyor certifications will be valid for a period of three (3) years from the date on the certificate.

At venues without permanent, certified markers AND where the ice and/or track markers have been removed since the last survey, recertification is required prior to application for a competition/event sanction. Track certification is valid for one (1) year or until the ice and/or track markers have been removed, whichever comes first.

If the Chief Referee has reason to believe that a track not requiring certification is unsafe, they may request certification prior to the start of the competition or event.

APPENDIX F: ISU PENALTY CODES 2026-2027

code	
PEN	PENALTY to Skater or Team
YC-B	YELLOW CARD for Bad Behavior
YC-2	Yellow Card for 2 Penalties in a single race
YC-LAP	Yellow Card for Impeding the Race
RC-B	Red Card for extremly Bad Behavior
RC-COC	Red Card for Breach of Code of Conduct
RC-LAP	Red Card for Impeding the Race
ADV	Advancements

	Infringements in the straight	7th block to 2nd block
S1	In the Straight | Lane Change	from Outside to In
S2	In the Straight | Lane Change	from Inside to Out
S3	In the Straight | Arm Block	
S4	In the Straight | Arm Push	
S5	In the Straight | Contact from behind	
S6	End of Straight | Illegal Late Pass	
S7	End of Straight | Illegal Opening and Closing	
S8	End of Straight | Inside Skater Failure to Give Way	
S9	End of Straight | Outside Skater Not Giving Space	

	Infringements in the corner	2nd block to 7th block
C1	In the Corner | Lane Change	from Outside to In
C2	In the Corner | Lane Change	from Inside to Out
C3	In the Corner | Arm Block	
C4	In the Corner | Arm Push	
C5	In the Corner | Contact from behind	

	Infringements at the Start	Start line to 7th block
ST1	At the Start | Lane Change	from Outside to In
ST2	At the Start | Lane Change	from Inside to Out
ST3	At the Start | Arm Block	
ST4	At the Start | Arm Push	
ST5	At the Start | Contact from behind	
ST6	At the Start | False Starts	

	Infringements at the Finish	Last block to finish line
F1	At the Finish | Lane Change	from Outside to In
F2	At the Finish | Lane Change	from Inside to Out
F3	At the Finish | Arm Block	
F4	At the Finish | Arm Push	
F5	At the Finish | Contact from behind	
F6	At the Finish | Kicking Out at Finish Line	

	Others :
OFF	Off Track
EQP	Equipment Violation
ASS	Assistance
SR	No penalty - Shared Responsibility
DNF	Failing to cross the Finish Line
NRV	No Rule Violation
EMB	Embellishment

	Specific to Relay:
R1	Missed Relay Touch
R2	Illegal Relay
R3	Blocking in the Infield
R4	Inactive Skater on the track causing Obstruction
R5	Lane Change during Exchange causing Contact/Obstruction
R6	Leg Blocking during Exchanges
R7	Impeding the Race Entering or Exiting for an Exchange