



Ontario **Speed Skating**

**SHORT TRACK TECHNICAL BULLETIN
2019-2020 Season**

Revised December 13, 2019

PREAMBLE	3
ONTARIO SHORT TRACK COMPETITION FLOW CHART	4
COMMON COMPETITION PROCEDURES	5
PRE-SEASON MEETS	6
ONTARIO PROVINCIAL CIRCUIT	7
ONTARIO ELITE CIRCUIT	12
ONTARIO PROVINCIAL SHORT TRACK CHAMPIONSHIPS	19
MASTERS SHORT TRACK CHAMPIONSHIPS	21
ONTARIO ELITE SHORT TRACK CHAMPIONSHIPS	22
SELECTION CRITERIA FOR CANADA EAST SHORT TRACK CHAMPIONSHIPS	23
OUT-OF-PROVINCE SHORT TRACK SKATERS	24
MINI MEETS	25
HELMET COVER POLICY	26
OSSA SHORT TRACK RANKING LIST FORMAT AND PROCEDURES	27
APPENDIX A – SHORT TRACK ADVANCEMENTS	28
APPENDIX B – RACING POINTS	33
APPENDIX C – OVERALL POINTS AWARDS	34
APPENDIX D – GUIDELINES FOR INVITATION OF SKATERS TO THE ONTARIO ELITE CIRCUIT	36

PREAMBLE

The Short Track Technical Bulletin has changes this season to reflect the feedback OSSA received from coaches and officials in Ontario. The changes are also consistent with the new Canadian Sport for Life framework ([Long Term Development in Sport and Physical Activity 3.0](#)) which focuses on offering an appropriate and competitive racing experience for our speed skating members in Ontario. The goals of these changes are to improve the quality of speed skating racing in Ontario by providing meaningful racing for all OSSA speed skaters, including those who mature earlier or later than their chronological age; and by managing the duration of meets in both the Ontario Elite Circuit and the Ontario Provincial Circuit to provide a positive experience for all racers, coaches, officials and families.

The purpose of this Bulletin is to provide information concerning the format of Ontario-based competitions, competition regulations that define the running of competitions, and the eligibility of skaters for those competitions. The statements made in this Technical Bulletin remain in effect unless they are superseded in a later Bulletin.

The Technical Bulletin will be posted on OSSA's website at www.ontariospeedskating.ca/technical-bulletins/

The order of precedence for speed skating rules for events sanctioned by OSSA is: •

This Technical Bulletin (OSSA Technical Bulletin 2019-2020)

- SSC Red Book
- ISU Rule Book

PARTICIPANTS, COACHES, CLUB OFFICIALS, AND PARENTS ARE REMINDED THAT A RULING BY THE CHIEF REFEREE AT ANY EVENT IS FINAL AND IS ONLY SUBJECT TO PROTEST/ APPEAL IN ACCORDANCE WITH THE PROCESS SET OUT IN THE APPEALS POLICY.

In extenuating circumstances outside of competition, the Technical Committee has the final say on all matters.

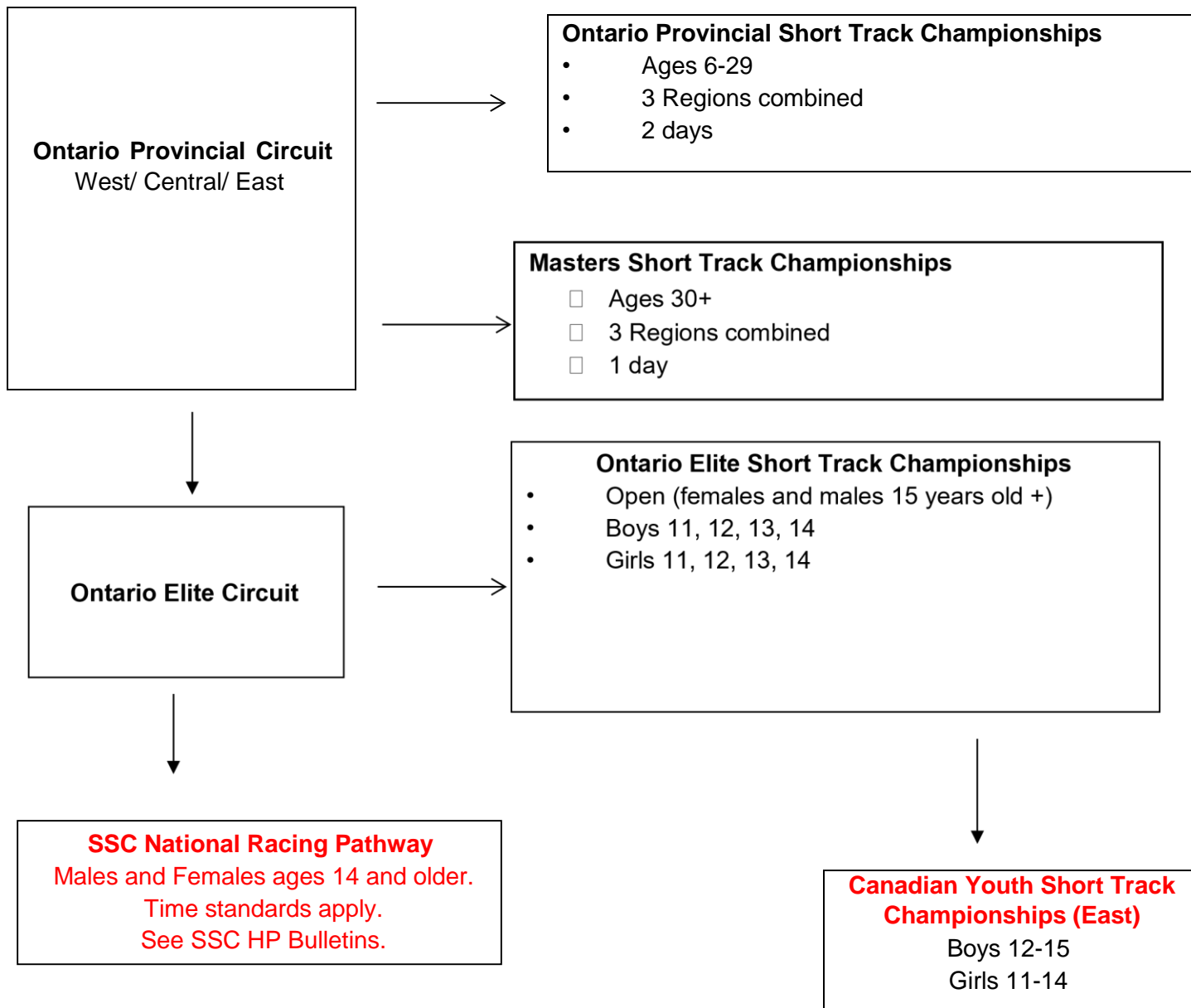
All athletes, coaches, officials, parents and volunteers are expected to abide by OSSA's Code of Conduct and Concussion Code of Conduct.

Questions about the content of this Technical Bulletin may be directed to the Sport Manager (sportmanager@ontariospeedskating.ca)

PROVINCIAL REGISTRAR

The Provincial Registrar helps to facilitate the registration process for the Ontario Provincial and Ontario Elite Circuit meets. The Provincial Registrar can be reached at (registrar@ontariospeedskating.ca). Host clubs will be contacted by the Provincial Registrar in advance of their meets. All entries will be confirmed with the clubs by email upon close of all registrations.

ONTARIO SHORT TRACK COMPETITION FLOW CHART



Please check www.speedskating.ca for updates regarding the National Racing Pathway.

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

COMMON COMPETITION PROCEDURES

Coaching Certification Requirements

All Meets:

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

Ontario Provincial (West, Central, and East) Circuit Meets:

Coaches in the coaches' box **must be a currently certified speed skating coach with the NCCP** (example – FUNDamentals Certified Coach or Introduction to Competition Certified Coach or Competition Development Certified Coach in speed skating).

Ontario Elite Circuit Meets:

Coaches in the coaches' box **must** be Introduction to Competition certified or Competition Development trained status in speed skating through the NCCP.

Out-of-province coaches are required to register as a Special Event member (no charge) with the Ontario Speed Skating Association 10 days in advance of the competition. Certification requirements are the same as listed above for Canadian coaches. American coaches must be approved by the Technical Committee. Ontario coaches may oversee out-of-province skaters.

Check-In and Coaches Meeting

Check in will take place prior to the warm up on the first day of competition. The coaches and officials meeting will take place before the start of competition. The location and time will be listed on the meet announcement.

Refunds

There will be **no refunds** for any Ontario Speed Skating Association competition **after the close of all entries (12:00 noon on the Friday, eight days prior to the start of the meet)**. No exceptions, including medical circumstances. Withdrawals made prior to the close of all entries (12:00 noon on the Friday, eight days prior to the start of the meet) will be permitted and refunds will be issued.

Equipment

Speed Skating Canada equipment requirements (Regulation D3-100) will be in effect for all OSSA sanctioned events. Reference may be made to <http://www.speedskating.ca/resources/safety/protective-equipment/short-track-protective-equipment>, or the above-noted regulation in the Red Book.

Please refer to the OSSA website throughout the season for any updated regulations.
(www.ontariospeedskating.ca)

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

Timing

Ontario Provincial (West, Central, East) Circuit Meets

Manual timing will be in effect unless electronic timing can be secured. When using manual timing, 0.2 seconds shall be added to manually captured times in accordance with ISU rules. The Ontario Provincial Short Track Championships is classified as a Provincial level meet.

Ontario Elite Circuit Meets:

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

PRE-SEASON MEETS

In the 2019-2020 season, Hamilton will host a 2-day Pre-Season meet on Sept 14-15, 2019 for skaters aged 11 years old and above.

PRE-SEASON MEET SKATER ELIGIBILITY

Skaters aged 11 years old and above who meet the Entry Time Standards are eligible to compete in the 2019-2020 Pre-Season Meet.

Skaters who are not listed on the 2018-2019 Ranking List and wish to race in the Ontario Elite Circuit in 2019-2020 must race at the Pre-Season meet to be eligible for an invitation to the Ontario Elite Circuit. These skaters must have their coach submit their intent to race at the Pre-Season Meet to sportmanager@ontariospeedskating.ca by **August 26, 2019**.

Out of Province skaters may be accepted into the Preseason Meet if they meet the Entry Time Standard and if space allows in each racing group.

PRE-SEASON MEET ENTRY TIME STANDARDS

Girls 11-12: 60.00 seconds 400m

Boys 11-12: 55.00 seconds 400m

Girls 13-14: 50.00 seconds 400m

Boys 13-14: 46.00 seconds 400m

Open Women: 15 years old: 171.00 seconds 400m+1000m; 16 years old +: 251.00 seconds 500m+1500m

Open Men: 15 years old: 168.00 seconds 400m+1000m; 16 years old +: 230.00 seconds 500m+1500m

PRE-SEASON MEET RACING FORMAT

All-Points, Ability Meet

There will be no medals awarded for this meet.

The Pre-Season Meet will have gender-specific racing only. Skaters will race their Ranking Distances based on their racing age.

PRE-SEASON MEET DISTANCES

✦ 11 and 12 year olds: 400m on the 100.0m track

✦ Open (13+): 500m and 1500m on the 111.12m track

PRE-SEASON MEET SCHEDULE

Saturday

11 and 12 year olds: 400m

13+ year olds: 1500m **Sunday**

13+ year olds: 500m

PRE-SEASON MEET RESULTS

Times from the Pre-Season meet will count towards the 2019-2020 Ontario Elite Circuit invitations.

If a skater does not participate in the Pre-Season meet, their year-end converted times from 2018-2019 will be used for 2019-2020 Ontario Elite Circuit invitations. For each skater who participates in the preseason meet, the fastest of their 2 times (2018-2019 year-end converted time or Pre-Season Meet time) will be used for 2019-2020 Ontario Elite Circuit invitations.

ONTARIO PROVINCIAL CIRCUIT

RACING FORMAT

These meets are All Points, Ability format. Mixed gender racing.

1. All points Ability format.

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

Ability: Competition in which seeding is primarily on ability. Times are used for seeding purposes.

2. At all Ability competitions, category names will be standardized by using the alphabetic call designations as follows: Alpha, Bravo, Charlie, Delta, Echo, Foxtrot, Golf, Hotel, India, Juliet, Kilo, Lima, Mike, November, Oscar, Papa, Quebec, Romeo, Sierra, Tango, Uniform, Victor, Whiskey, X-ray, Yankee, Zulu. The top ability grouping must be designated as Alpha and then proceed down.
3. The groups may be skated in the opposite order starting with the lowest group and finishing with the top group, the Alphas, at the discretion of the Meet Coordinator and the Chief Referee.

SKATER ELIGIBILITY:

Any competitive member who participates in an OSSA sanctioned competition that is not classified as an Ontario Elite Circuit skater will be considered an Ontario Provincial Circuit skater.

There are four different regions – West, Central, East, and Flex.

Skaters from the host region who have properly registered will have priority in registration.

East Region

Gloucester Ottawa St. Lawrence Kingston Kawartha Quinte

Central Region

Barrie Newmarket Markham Toronto Clarington Durham Brampton Vaughan

Western Region

Hamilton Milton London Oakville Cambridge Kitchener-Waterloo Niagara Golden Horseshoe

Flex Region *Can register skaters in any region

Sudbury Sault Ste. Marie Thunder Bay

Skaters who are classified as Ontario Elite Circuit Skaters

Skaters in the Ontario Elite Circuit may not compete in the Ontario Provincial Circuit.

Skaters who move from the Ontario Provincial Circuit to the Ontario Elite Circuit may no longer compete in the Ontario Provincial Circuit, nor the Ontario Provincial Short Track Championships.

Out-of-Province Skaters

An out-of-province skater is someone who is registered as a speed skater in another Province, Territory or State other than Ontario.

Out-of-province skaters are eligible to attend Ontario Provincial Circuit meets provided they register as per the posted timelines, they do not meet the Out-of-Province time standards for the Ontario Elite Circuit, and there are no remaining waitlisted skaters from in-province.

Special Olympics:

- Race opportunities for Special Olympics skaters to race as a separate category will take place at designated meets throughout the season. The Special Olympics Provincial Convenor will determine these meets prior to the start of the season. Any club with Special Olympics skaters wanting to race at these designated meets shall contact the Special Olympics Provincial Convenor at speedskating@specialolympicsontario.ca. In consultation with the Chief Referee, the Provincial Registrar, and the Special Olympics Provincial Convenor, the distances and racing agenda will be determined.
- Registrations shall be submitted using the Special Olympics Club Entry form available on the OSSA website. OSSA registration deadlines apply.
- The Special Olympics Provincial Convenor in consultation with the Chief Referee will determine how many skaters will be accepted into the Special Olympics designated meets.
- Please see the OSSA Membership Fees chart for more information regarding Special Olympics membership.
- Results shall be posted with the racing protocol.
- Host clubs are not expected to provide awards for the Special Olympics Skaters. Special Olympics Ontario provides awards for Special Olympics skaters.

REGISTRATION INFORMATION:

- See meet announcement for registration information. A target maximum of 150 skaters will be accepted into each 1-day meet.
- Ontario Provincial Circuit skaters from within the host region, all Flex skaters, and Special Olympic skaters (if it is a designated meet for Special Olympics) who have properly registered before the extended deadline will be granted entry into the Ontario Provincial Circuit meet regardless of whether the registration number surpasses 150.
- For participation at Ontario Provincial Circuit meets outside of their home region, Provincial skaters must register to join the waitlist before the close of all entries.
- Registrations received during the extension (Thursday 12:00am – Friday 12:00pm) are double the entry fee. No exceptions.

Once registration has closed, if the number of registrations (host region Provincial Circuit skaters, Special Olympics skaters, and Flex skaters) still remains below 150, the Provincial Registrar will then randomly draw waitlisted in-province skaters, followed by out-of-province skaters up to a maximum of 150 competitors.

Thus, the order of entries for Ontario Provincial Circuit meets shall be:

1. Provincial Skaters from inside the host region, Flex region skaters, and Special Olympic skaters.
2. Provincial Skaters from the outside regions by random draw.
3. Out-of-Province skaters.

RACING DETAILS

GROUP	GENDER FORMAT	TARGET GROUP SIZE and TRACK SIZE
6-9 years old	Race as mixed gender	Groups of 12-16 skaters. 100m track
8-12 years old	Race as mixed gender	Groups of 12-16 skaters. 100m track
Open (13+)	Race as mixed gender	Groups of 12-16 skaters. 111m track

Final group sizes will be determined by the Chief Recorder in consultation with the Chief Referee and the Provincial Registrar.

Skaters aged 8 and 9 will race in the 6-9 group, unless the skater has an official time faster than 57 seconds in the 400m at the registration deadline, in which case the skater will race in the 8-12 group.

ISU rules will be used to determine the number of skaters on the line. The Chief Referee may change the number of skaters on the line to meet the safety and logistical needs of the meet. Distances of 500m or less will use the ISU rules for the 500m.

RACING DISTANCES

GROUP	TRACK SIZE	DISTANCES
6-9 years old Learn to Train	100.0m track	Fastest division(s): 200m, 400m, 600m Super Final Subsequent division(s): 200m, 400m, 300m Super Final
8-12 years old Train to Train	100.0m track	Top 2 divisions: 200m, 400m, 1000m Super Final 3 rd and subsequent divisions: 200m, 400m, 800m Super Final
Open (13+ years) Competitive for Life	111.12m track	Top division: 500m, 1000m, 1500m Super Final 2 nd and subsequent divisions: at the discretion of the Chief Recorder and Chief Referee.

If there are sufficient registrations from Masters skaters for a Provincial Circuit meet, a designated group may be created for Masters skaters at the discretion of the Provincial Registrar and Chief Referee.

The number of divisions within the Learn to Train Group that skate 200, 400, 600 will be determined by the Chief Recorder in consultation with the Chief Referee and Provincial Registrar.

SEEDING OF RACERS

At Ontario Provincial Circuit meets, seeding into groups and into the first distance of a meet will be based on the ranking times listed below. Subsequent distances will be seeded on cumulative points earned during the competition.

- Competitive for Life (500m on a 111.12m track)
- Train to Train (400m on a 100.0m track)
- Learn to Train (400m on a 100.0m track).
- Out-of-province skaters will be seeded as follows:
 - o Competitive for Life: on the basis of 500m time
 - o Learn to Train and Train to Train: on the basis of 400m time. If the skater does not have 100.0m track times, the SSC Conversion charts will be used to determine a 400m seed time converted from the skater's 500m time on the 111.12m track.

ONTARIO PROVINCIAL CIRCUIT MEET RESULTS

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

FOR A PROVINCIAL SKATER TO MOVE TO THE ELITE CIRCUIT

On December 2, 2019, a maximum of 10 skaters will be invited to the Ontario Elite Circuit. This date ensures that there have been 2 Ontario Provincial Circuit competitions per region. Invites will be extended to the skater(s) with the fastest 400m time for 11-12 year olds, 500m time for 13-14 year olds, 500m + 1500m time for ISU Junior aged skaters. **The skaters must have raced in 2 Ontario Provincial Circuit competitions and meet the published time standard in order to be eligible to move to the Ontario Elite Circuit. Invites will be made at the discretion of the Technical Committee and the High Performance Director.**

A maximum of the following numbers of skaters in each age group specified in column 1 may be invited to the Ontario Elite Circuit from the Ontario Provincial Circuit:

Age	Criteria	Female	Male
11-12	Fastest 400m time	2	2
13-14	Fastest 500m time	2	2
ISU Junior (15-18)	Fastest 500m + 1500m time	1	1

Time standards will be established after the preseason meet. **Please see the chart below for time standards.** The skaters invited to the Ontario Elite Circuit will have to meet the established time standard to ensure that the invited skaters will be competitive in the Ontario Elite Circuit.

Age/Gender	Max # of skaters to be Invited	Distance	Time Standard
11-12 Girls	2	400m	53.00 sec
13-14 Girls	2	500m	55.00 sec
Junior Women	1	1500m + 500m	230.00 sec (3 min 50 sec)
11-12 Boys	2	400m	47.00 sec
13-14 Boys	2	500m	53.00 sec
Junior Men	1	1500m + 500m	208.00 sec (3 min 28 sec)

The skaters invited from the Ontario Provincial Circuit to the Ontario Elite Circuit must race in OEC #3 and OEC#4 to be eligible for Ontario Elite Championships. The deadline for OEC#3 (London) will be extended for these skaters only. The deadline for OEC#3 for these skaters will be Monday December 2, 2019.

Skaters who accept their invitation to the Ontario Elite Circuit will no longer be eligible for the Ontario Provincial Championships, even if they do not race in one or both of OEC#3, OEC#4.

ONTARIO PROVINCIAL CIRCUIT POINTS AWARDS

Certificates will be given to the five skaters aged 10 and below in each region who receive the greatest amount of cumulative points from all Ontario Provincial Circuit Meets within their own region, in accordance with the procedure set out in Appendix C. These certificates will be presented at the Ontario Provincial Short Track Championships awards ceremony.

INFORMATION FOR MEET COORDINATOR OF AN ONTARIO PROVINCIAL CIRCUIT MEET

Cradle classes may be run dependent on registrations.

Both 100.0m and 111.12m tracks need to be marked on the ice surface. 5 of each track should be marked, unless otherwise approved by the Technical Committee.

Sanctions must be obtained from OSSA for all Provincial Circuit competitions. Officials requirements are as follows: ○ The Chief Referee, Starters, Chief Recorder, Chief Manual Timer, and Chief Judge should be Level 2, but could be Level 1 if: supervised by a higher level official OR has chiefed at 2 Provincial Circuit meets. The Lap Counter should be Level 1.

- The Chief Referee, Chief Recorder and Starters will be assigned to Ontario Provincial Circuit meets by the Officials Development Committee and/or its identified collaborators.

Level 3 crash mat protection is required for Provincial meets. See SSC guidelines at www.speedskating.ca/resources/safety/crash-protection/short-track-crash-protection and Appendix D3 at www.speedskating.ca/appendices

ONTARIO ELITE CIRCUIT

RACING FORMAT

These meets are All Points Ability, gender specific. Single distance seeding format will be used. Each distance will be seeded based on the skaters' current season times in that distance. Skaters cannot register for only 1 or 2 or 3 distances. Registration for the meet includes all distances, and all distances will be used to accumulate points for final awards.

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

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

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

SKATER ELIGIBILITY

Racing age 11 and older, by invitation.

Invitations to the Ontario Elite Circuit

Invitations to the Ontario Elite Circuit will be determined by the Technical Committee in consultation with the High Performance Director.

Significant time gaps will be considered when inviting additional skaters due to declines.

The following number of skaters will be invited to the Ontario Elite Circuit at the beginning of the season per age category and gender:

- 11-12 year old girls: top 8 11 year olds, top 8 12 year olds, next fastest 4 girls aged 11 or 12 (20 total)
- 11-12 year old boys: top 8 11 year olds, top 8 12 year olds, next fastest 8 boys aged 11 or 12 (24 total)
- 13-14 year old girls: top 8 13 year olds, top 8 14 year olds, next fastest 8 girls aged 13 or 14 (24 total)
- 13-14 year old boys: top 8 13 year olds, top 8 14 year olds, next fastest 12 boys aged 13 or 14 (28 total)
- Top 36 (men) and 24 (women) open skaters aged 15+. A minimum of 12 male skaters and 8 female skaters who are 15 years old shall qualify for the Ontario Elite Circuit.

The qualifying times used to invite skaters to the Ontario Elite Circuit are as follows:

- 11-12 year old skaters: 400m (100.0m track) time
- 13-14 year old skaters: 400m+1000m (100.0m track) combined time
- Open Women: 15 years old: 400m+1000m (100.0m track) combined time; 16 years old +: 500m+1500m combined time
- Open Men: 15 years old: 400m+1000m (100.0m track) combined time; 16 years old +: 500m+1500m combined time

The top 8 male and female 11 year olds, 12 year olds, 13 year olds and 14 year olds from the 2018-2019 Year-End Ranking List (using the qualifying times listed above for each age category) will qualify directly to the 2019-2020 Ontario Elite Circuit. The remaining spots will be determined by time from the Pre-Season meet or the 2018-2019 Year-End Ranking List converted qualifying times.

The top 8 15 year old males from the 2018-2019 Year-End Ranking List will qualify directly to the 2019-2020 Ontario Elite Circuit. A minimum of 4 remaining spots for 15 year old males will be determined by time from the Pre-Season meet or the 2018-2019 Year-End Ranking List converted times so that a minimum of 12 15 year old males will be invited to the Ontario Elite Circuit in 2019-2020.

The top 6 15 year old females from the 2018-2019 Year-End Ranking List will qualify directly to the 2019-2020 Ontario Elite Circuit. A minimum of 2 remaining spots for 15 year old females will be determined by time from the Pre-Season meet or the 2018-2019 Year-End Ranking List converted times so that a minimum of 8 15 year old females will be invited to the Ontario Elite Circuit in 2019-2020.

The top 16 16+ year old males from the 2018-2019 Year-End Ranking List will qualify directly to the 2019-2020 Ontario Elite Circuit. The remaining spots will be determined by time from the Pre-Season meet or the 2018-2019 Year-End Ranking List times.

The top 11 16+ year old females from the 2018-2019 Year-End Ranking List will qualify directly to the 2019-2020 Ontario Elite Circuit. The remaining spots will be determined by time from the Pre-Season meet or the 2018-2019 Year-End Ranking List times.

For further clarity regarding Invitations to the Ontario Elite Circuit:

Age Group	Total Number of skaters invited to start the 2019-2020 Ontario Elite Circuit		Number of skaters who directly qualify for the 2019-2020 Ontario Elite Circuit based on times from the 2018-2019 Year-End Ranking List	Number of skaters who will qualify for the 2019-2020 Ontario Elite Circuit based on fastest times from the Pre-Season meet OR the 2018-2019 Year-End Ranking List
11-12 year old girls	20		11 year olds: 8 12 year olds: 8	combined 11 and 12 year olds: 4
11-12 year old boys	24		11 year olds: 8 12 year olds: 8	combined 11 and 12 year olds: 8
13-14 year old girls	24		13 year olds: 8 14 year olds: 8	combined 13 and 14 year olds: 8
13-14 year old boys	28		13 year olds: 8 14 year olds: 8	combined 13 and 14 year olds: 12
Open women (15 year olds)	Minimum of 8	Total of 24	6	Minimum of 2
Open women (16+ year olds)	Up to 16		11	Up to 5
Open Men (15 year olds)	Minimum of 12	Total of 36	8	Minimum of 4
Open Men (16+ year olds)	Up to 24		16	Up to 8

Seeding for Invitations to the Ontario Elite Circuit Based on Time

Skaters who have not directly qualified to the Ontario Elite Circuit will be selected for the Ontario Elite Circuit based on the following ranking time:

- 11-12 year old skaters: 400m (100.0m track) time as of Sept 17, 2019
- 13-14 year old skaters: 500+1500m (111.12m track) combined time as of Sept 17, 2019*
- Open skaters: 500+1500m (111.12m track) combined time as of Sept 17, 2019

*note: 13-15 year old skaters will skate on the 111m track at the Pre-Season meet. Skaters' season best times from 2018-2019 will be converted to 111m track times using the SSC conversion charts, and the better time (combined time from the Pre-Season meet or combined converted season-best times from 2018-2019) will be used for seeding for invitations to the Ontario Elite Circuit.

All times will be converted by OSSA.

To seed the groups for Ontario Elite Circuit invites for 2019-2020, the skaters in the respective age groups shall be ranked based on their ranking time stated above as of **September 17, 2019**. This ranking will include times from the Year-End Ranking List from 2018-2019 and times skated between August 1, 2019 and September 15, 2019, **but will not include the Nagano Skate Summer Camp Meet on August 17, 2019**. Please note that the times from the Nagano Skate Summer Camp Meet are eligible to be used for entries into national competitions.

A skater who has declined their invitation to the Ontario Elite Circuit at the beginning of the season will remain in the Ontario Provincial Circuit for the remainder of the season, regardless of whether the skater meets the criteria to move to the Ontario Elite Circuit again.

Special Considerations for Invites to the Ontario Elite Circuit

- The Open Groups will not be ballooned for skaters aged 19+.
- Although the 13 and 14 year-old skaters will race in the Open groups, they will qualify for the Ontario Elite Circuit against other 13 and 14 year-old skaters.
- Any skater who missed the entire 2018-2019 short track season will need to race at the Pre-Season Invitational meet in order to be listed on the Ranking List for consideration for the Ontario Elite Circuit for 2019-2020. A skater in this scenario should email sportmanager@ontariospeedskating.ca by **August 26, 2019** to submit their intent to skate the Pre-Season meet. Time standards are in effect for the Pre-Season meet and will also apply to these skaters.
- Once skaters have met the criteria and have been invited to race in the Ontario Elite Circuit, they may remain in the Ontario Elite Circuit for the duration of the competitive season. Skaters must confirm their intent to race in the Ontario Elite Circuit by **September 18, 2019**.
- Skaters may opt out of the Ontario Elite Circuit at any time and will be classified as an Ontario Provincial Circuit skater for the remainder of the season regardless of whether the skater subsequently meets the criteria to move to the Ontario Elite Circuit again. These skaters must provide written notification to the OSSA office (sportmanager@ontariospeedskating.ca).
- The number of skaters who are invited in each 11-12 and 13-14 year-old age class each season is based on the relative depth of such class. Please see Appendix D for further explanation.
- Should a given racing group (example Girls 11-12) not achieve the minimum quota for racers because of skaters who have declined the Ontario Elite Circuit invitation, the Technical Committee reserves the right to balloon another racing group (example Boys 11-12) to increase the racing numbers in the Ontario Elite Circuit, while maintaining group sizes that provide quality racing experiences.
- Ontario skaters based at a Training Centre outside of the province in the 2019-2020 season will not occupy 2019-2020 ranking spots, although they will be eligible to compete at Ontario Elite Circuit meets should they wish to do so and if their registration is approved by the Technical Committee. These skaters shall balloon the meet. Ontario skaters based at a Training Centre may not participate in the Ontario Elite Championships.

Out-of-Province Skaters

An out-of-province skater is someone who is registered as a speed skater in another Province, Territory or State, other than Ontario.

Out-of-Province skaters aged 11-12 or 13+ may attend an Ontario Elite Circuit meet if they meet the Out-of-Province time standard and if their registration is approved by the Technical Committee. If their registration is approved for an Ontario Elite Circuit meet, these skaters will balloon their respective racing group.

Please see page **24** for the Out-of-Province time standards.

Seeding for Invitations to the 2020-2021 Ontario Elite Circuit

The Technical Committee will release criteria for invitations to the 2020-2021 Ontario Elite Circuit during the 2019-2020 season.

REGISTRATION INFORMATION

- See meet announcement for registration information.
- Skaters in the Ontario Elite Circuit who have properly registered by the close of all entries will have priority in registering for Ontario Elite Circuit meets.
- Registrations received by the deadline (Wednesday at 11:59pm) are subject to the regular entry fee. Registrations received during the extension (Thursday 12:00am – Friday 12:00pm), are double the entry fee, no exceptions.

RACING DETAILS

The racing age groups are as follows:

- Group 1: 11-12 year olds
- Group 2: Open (13 years old and above).

Within the Open Group, divisions will be created as necessary (ie. Open A, Open B, Open C).

RACING DISTANCES

GROUP	TRACK	DISTANCES
11-12 years old	100.0m	Distances at all OEC meets: 200m, 400m, 1500m *note: the 200m will only be run as a pursuit at OEC#1. After OEC#1, all 200m races will be run as a mass start event. Additional distance: OEC#1: A final 2000m points race OEC#2: club relay OEC#3: A final 2000m points race OEC#4: club relay
Open (13+ years)	111.12m	Distances at all OEC meets: 500m, 1000m, 1500m Additional distance: OEC#1: A final 3000m points race OEC#2: club relay OEC#3: A final 3000m points race OEC#4: club relay

Note: Racing distances at the Ontario Elite Championships will reflect the SSC Competitions Bulletin to align with races at Canada East for each age group and gender.

A 4th distance may be scheduled for all skaters if time allows. This will be determined by the Chief Recorder and the Chief Referee in consultation with the High Performance Director after the close of all registrations.

A and B semis will be raced for distances that require semis (200m, 400m, 500m, 1000m). C and D semis may be raced if time allows.

ISU rules will be used to determine the number of skaters on the line. The Chief Referee may change the number of skaters on the line to meet the safety and logistical needs of the meet. Distances of 500m or less will use the ISU rules for the 500m, with the exception of the 200m races. Please refer to Appendix A for information about the format of the points races and 200m pursuits.

SEEDING OF RACES

Seeding for Ontario Elite Circuit #1 will be done based on times as of September 18, 2019.

Times posted in the database as of the Wednesday night entry deadline will be used to seed skaters for all subsequent Ontario Elite Circuit meets.

Single Distance Format seeding will be used for Ontario Elite Circuit meets. Under Single Distance Format, each distance is seeded based on the skaters' current season time in that distance.

Girls 11-12 and Boys 11-12

- The number of Divisions and skaters per Division shall depend on the number of registrations received for a particular meet.
- Any Out-of-Province skaters who so qualify for the Ontario Elite Circuit shall be seeded based on their times for each distance. If the skater does not have the correct times, the SSC Conversion charts will be used to determine a converted seed time for the skater where possible. If it is not possible to convert the skater's time, the skater shall be seeded at the bottom of the group for that distance.

Open Groups (13+)

- The number of Divisions and skaters per Division shall depend on the number of registrations received for a particular meet and will be determined at the discretion of the High Performance Director. Divisions will be called Open A, Open B, Open C etc. Divisions will be seeded based on skaters' 500m + 1500m combined time (111.12m track).
- Any Out-of-Province skaters who so qualify for the Ontario Elite Circuit shall be seeded into the Open Divisions based on their 500m+1500m times. Out-of-Province skaters will be seeded into each Distance based on their time in that distance. If the skater does not have the correct times, the SSC Conversion charts will be used to determine a converted seed time for the skater where possible. If it is not possible to convert the skater's time, the skater shall be seeded at the bottom of the group for that distance.

ONTARIO ELITE CIRCUIT MEET RESULTS

See Appendix B. Medals will be awarded to the top 3 finishers in each Group (11-12, Open A, Open B, Open C etc.) based on the cumulative points earned during the Finals of each distance.

ONTARIO ELITE CIRCUIT POINTS AWARDS

Certificates will be given to the three skaters who receive the greatest amount of points from all Ontario Elite Circuit Meets in each of the following groups: Open Ladies, Open Men, Boys 13-14, Girls 13-14, Boys 11-12, Girls 11-12. The award recipients will be determined in accordance with the procedure set out in Appendix C. These awards will be presented at the Ontario Elite Short Track Championships awards ceremony.

RELAYS

Relays at the 2019-2020 Ontario Elite Circuit meets will be Club Relay Format.

Club Relays will take place at Ontario Elite Circuit #2 and #4. Club Relays will be mixed gender 3000m relays on the 111.12m track.

In order to determine and seed relay teams into races, the sprint distance (400m or 500m) time of each skater at the time of the meet registration deadline will be used to divide the skaters into different brackets.

The times for each relay bracket are as follows:

Bracket #	500m time	400m time
1	Under 49.00 sec	Under 40.00 sec
2	48.00 - 52.00 sec	39.00 - 43.00 sec
3	51.00 - 56.00 sec	42.00 – 46.00 sec
4	Over 55.00 sec	Over 45.00 sec

Note: these times are aligned based on the SSC conversion charts.

Clubs will make teams of four (4) skaters within a given relay bracket. If a club cannot fill a relay team of four (4) skaters, they are encouraged to combine with another club to make a relay team within a bracket. Skaters are encouraged to practice with their relay teammates before they race.

Once a club submits a relay team, ALL registered skaters are expected to race on that relay team.

Due to the overlap between the brackets, some skaters will be eligible for more than one bracket. Skaters may race in only one bracket at each competition. Coaches should keep skater safety in mind when selecting a skater for any bracket.

Seeding of Teams

The sum of the four (4) skaters' seed times (at the time of the registration deadline for the given meet) will be used for all seeding purposes in each bracket.

More than one relay race may take place per bracket if the number of teams in a given bracket exceeds five (5). Races will have between 3-5 teams and will be divided at the discretion of the Sport Manager and the Technical Committee after the Club Relay teams are received. The sum of the four (4) skaters' sprint distance times will be used to seed them into evenly matched races. The winning team within a bracket will be the team with the fastest relay time raced.

The Sport Manager will post the list of skaters eligible for each relay bracket by the Monday prior to the meet at 11:59pm. Relay teams must be submitted to sportmanager@ontariospeedskating.ca by Thursday night prior to each meet at 11:59pm.

INFORMATION FOR MEET COORDINATOR OF AN ONTARIO ELITE CIRCUIT MEET

- Requires Olympic size ice pad (30 x 60 meters). 7 tracks are strongly recommended for the 111.12m track on Olympic sized ice pads. A minimum of 3 100.0m tracks are recommended.
- Both 100.0m and 111.12m tracks must be marked on the ice surface and certified as correct.
- Sanctions must be obtained from OSSA and SSC.
- Officials requirements are as follows:
 - The Chief Referee, Starters, Chief Recorder and Chief Electronic Timer will be assigned to the Ontario Elite Circuit meets by the Officials Development Committee and/or its identified collaborators. Availability, certification level, and experience will be factors in the assignments.
 - The Chief Manual Timer and Chief Judge should be Level 3, but could be Level 2 if supervised by a higher level official OR have chiefted at 2 Ontario Elite Circuit meets.
 - An E-Timer can be Level 1 but needs to be supported by a Level 2 Judge or above.
- Level 3 crash mat protection is required for Ontario Elite Circuit meets (SSC Sanctioned meets). See SSC guidelines D2-102 at <http://www.speedskating.ca/resources/safety/crash-protection/short-track-crash-protection> and Appendix D3 at <http://www.speedskating.ca/appendices>.

ONTARIO PROVINCIAL SHORT TRACK CHAMPIONSHIPS

This is a 2-day Age Class, All Points, gender specific meet. There is no cap on registration numbers for Championship meets. An SSC Age Class meet sanction shall be secured.

SKATER ELIGIBILITY

- Skaters aged 6-29 years old.
- Skaters must be a member in good standing of OSSA and have raced at a minimum of **2 (two)** OSSA sanctioned short track meets during the current season. Mini Meets do not apply.
- All Regions eligible to register.
- Ontario Elite Circuit skaters are not eligible (including those who started the season as Ontario Provincial Circuit skaters.)
- An Ontario Elite Circuit skater who has maintained eligibility for the Ontario Elite Short Track Championships but is unable to attend (for whatever reason) is not permitted to race at the Ontario Provincial Short Track Championships. An Ontario Elite Circuit skater who has maintained eligibility for the Ontario Elite Short Track Championships but withdraws from the Ontario Elite Circuit after Ontario Elite Circuit #3 is not permitted to race at the Ontario Provincial Short Track Championships.

RACING DISTANCES

All skaters will compete in individual distances, which will count towards their final overall placement. An additional event for all groups will be scheduled by the High Performance Director, Chief Referee, and Chief Recorder once registration has closed. The distance of the additional event will be determined based on the number of entrants in each age category, and will be time permitting. Additional events could be relays or drop-out races, skill-based events, or other. The additional event may also count toward overall placement.

6 year old	100.0m track	200m, 300m, 400m
7 year old	100.0m track	200m, 300m, 400m
8 year old	100.0m track	200m, 400m, 600m
9 year old	100.0m track	200m, 400m, 600m
10 year old	100.0m track	200m, 400m, 800m
11 year old	100.0m track	200m, 400m, 800m
12 year old	100.0m track	200m, 400m, 1000m
13 year old	111.12m track	500m, 1000m, 1500m
14 year old	111.12m track	500m, 1000m, 1500m
Open (15-29 years)	111.12m track	500m, 1500m, 1000m

A racing schedule will be made available just prior to the event.

Note: semis may be skated only where necessary with large groups.

Based on the number of registrants per group, racing groups of the same gender may be combined at the discretion of the meet organizers and the Technical Committee.

AWARDS

Racing Points and Results

See Appendix B.

Medals will be awarded to the top 3 overall finishers in each male age class and each female age class based on cumulative points earned during the finals of each individual distance. See Appendix B for the Final Racing Points.

If any groups are combined, the skaters in different age categories will receive separate points for each final, as if they are racing in their separate age categories. In this case, medals shall be awarded to the top three (3) overall finishers in each age class based on their ranking at the end of the competition within their own age class.

If any group is larger than 32 skaters, it shall be broken into two divisions (ie: Boys 10 – “A” and Boys 10 – “B”) to accommodate race advancements. OSSA Provincial Championship medals will only be awarded to division A.

Host clubs can provide additional awards at their discretion.

SEEDING

- Seeding for skaters ages 6-12 will be done on the 400m times. If any group is larger than 32 skaters, it shall be broken into two divisions (i.e.: Boys 10 – “A” and Boys 10 – “B”) to accommodate race advancements. Semis may be skated only where necessary with large divisions.
- Seeding for ages 13-29 will be done on 500m times. If any group is larger than 32 skaters, it shall be broken into two divisions (i.e.: Girls 14 – “A” and Girls 14 – “B”). Semis may be skated only where necessary with large divisions.

INFORMATION FOR MEET COORDINATOR OF THE ONTARIO PROVINCIAL CHAMPIONSHIPS

- SSC and OSSA sanctions are required for this meet.
- Cradle classes may be run at the discretion of the host club in consultation with the Technical Committee.
- Both 100.0m and 111.12m tracks need to be marked on the ice surface. 5 111.12 and 5 100.0m tracks should be marked.
- Chief Referee, Chief Recorder, Starters, Chief Manual Timer, and Chief Judge should be Level 2, but could also be Level 1, if supervised by an official of a higher level for upgrade evaluations.
- Level 3 crash mat protection is required for the Ontario Provincial Championships. See SSC guidelines at www.speedskating.ca/resources/safety/crash-protection/short-track-crash-protection and Appendix D3 at www.speedskating.ca/appendices

MASTERS SHORT TRACK CHAMPIONSHIPS

This is a one-day All Points, Ability competition. There is no cap on registration for Championship meets. An SSC Ability meet sanction shall be secured. The Masters Short Track Championships will be raced in conjunction with the Ontario Provincial Championships in 2019-2020.

SKATER ELIGIBILITY

- Skaters aged 30+ years old, 5-year increments.
- Masters skaters must be an OSSA member in good standing and have raced at least one Ontario Provincial Circuit or Ontario Elite Circuit meet in the current season.
- All Regions eligible to enter.

RACING DISTANCES

All skaters will compete in 4 distances that will count towards their final overall placement.

Age Class	Distances (all on 111.12m track)
30-34, 35-39, and so on	500m, 777m, 1000m, and a 1500M Super Final.

Note: semis may be skated only where necessary with large groups.

Racing Format and Seeding

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, over gender and age within the group. Seeding will be done on 500m times.

Racing Schedule

The schedule is dependent on the number of skaters and will be provided prior to the competition.

Racing Points and Results

See Appendix B. The category results will be separated to award medals in the appropriate gender and age classifications (5-year increments). Top points in each distance will be given to the skater in each age and gender group who skates the fastest time in the final, regardless of which final he or she is in. See Appendix B for the Final Racing Points.

ONTARIO ELITE SHORT TRACK CHAMPIONSHIPS

RACING FORMAT

This is a 2-day All Points, Age Class, gender specific meet. There is no cap on registration numbers for this Championship meet. An SSC Age Class meet sanction and an OSSA meet sanction shall be secured.

This Age Class competition will be used to select skaters to attend the Canada East Short Track Championships and to name the Ontario Open Provincial Champions. The format of the Canada East Short Track Championships meets is contained in the relevant SSC Competitions Bulletin which will be accessible on the SSC website.

At the close of the Ontario Elite Short Track Championships, the Ontario Speed Skating Association will identify the primary 2 racers per age category for Canada East and up to four (4) alternates per age category.

SKATER ELIGIBILITY

1. It is imperative that all skaters, coaches, clubs, and parents review the qualification criteria below, and the Bye Guidelines posted on the OSSA website. All skaters will be deemed to understand these criteria once they accept an invitation to the Ontario Elite Circuit.
2. All skaters who accepted the invitation to race the Ontario Elite Circuit and attend **3 out of the 4 Ontario Elite Circuit meets** in the 2019-2020 season are eligible to participate in the Ontario Elite Short Track Championships. If a skater does not attend 3 out of 4 meets, he or she must obtain a Bye for any missed competition(s) in accordance with the Bye Guidelines, in order to maintain eligibility for the Ontario Elite Short Track Championships. The Bye Guidelines and Bye Application Form are in a separate document.
3. A skater who starts a meet will be recognized as having attended the meet regardless of when s/he leaves the meet. An injured skater should review the Bye guidelines for additional information. If a skater leaves an Ontario Elite Circuit meet after a heat or semi without written documentation from the event medical staff, the skater will not receive points for the final of the distance. If a skater leaves an Ontario Elite Circuit meet without written documentation, the skater will be removed from the remainder of the meet. **Please see page 34 for more details about Point Eliminations.**
4. Skaters who have moved to the Ontario Elite Circuit from the Ontario Provincial Circuit and raced in Ontario Elite Circuit #3 and Ontario Elite Circuit #4 are eligible to register for the Ontario Elite Short Track Championships. Skaters who have moved to the Ontario Elite Circuit from the Ontario Provincial Circuit may not race at the Ontario Provincial Short Track Championships.
5. Any skater who skates at the Ontario Elite Short Track Championships is not eligible for the Ontario Provincial Short Track Championships.

OFFICIAL ELIGIBILITY

The Chief Referee, Chief Recorder, Starters, Chief Timer, and Chief Judge should be Level 3, but could also be Level 2, if supervised by an official of a higher level for upgrade evaluations.

Information about the Ontario Elite Short Track Championships format and distances will be released by OSSA at a later date pending release of the SSC 2019-2020 Competition Bulletin.

SELECTION CRITERIA FOR CANADIAN YOUTH SHORT TRACK CHAMPIONSHIPS (EAST)

Eligibility to participate as a member of Team Ontario at the **Canadian Youth Short Track Championships (East)** will be based on the criteria set by SSC.

Details of the SSC Short Track Championships are contained in the relevant SSC Competition Bulletins, which can be accessed at <http://www.speedskating.ca/competitions-bulletins>

While SSC establishes the primary criteria for the eligibility of any skater participating in the various championships, the selection criteria used by OSSA for selection to Team Ontario will be based on the following calculation: 50% of the average of the skater's points earned within a skater's individual age class from the final protocol results using the skater's best results from 3 of 4 competitions in the Ontario Elite Circuit and 50% of the skater's overall results at the Ontario Elite Short Track Championships.

Assigning Canada East Points

Each skater's **Season Points** and **Championships Points** will be added together to determine the skater's **Canada East Points**. **Please note, Canada East Points is the term that will be used to select skaters for Canadian Youth Short Track Championships (East).**

After each Ontario Elite Circuit Meet, racing groups (11-12 year olds, 13-14 year olds, 15 year old Open men) will be separated into individual age classes. Based on the final meet protocol results, the first place skater in an individual age class will be assigned 1000 points, the 2nd place skater in an individual age class will be assigned 816 points, and the 3rd place skater in an individual age class will be assigned 666 points and so on. Please see page 34 Appendix B – Racing Points.

The average assigned points for each skater from the skater's best 3 of 4 Ontario Elite Circuit meets will become a skater's **Season Points** and will contribute 50% of the skater's **Canada East Points**.

Using the final protocol from the Ontario Elite Championships, the first place skater in an individual age class at the Ontario Elite Championships will be assigned 1000 points, the 2nd place skater in an individual age class at the Ontario Elite Championships will be assigned 816 points and the 3rd place skater in an individual age class at the Ontario Elite Championships will be assigned 666 points, and so on. These assigned points from the Ontario Elite Championships will become a skater's **Championships Points** and will contribute 50% of the skater's **Canada East Points**.

Skaters who do not want to be considered for **Canadian Youth Short Track Championships (East)**, will be removed from the Season Points list above, and Season Points will be reassigned to the new 1st, 2nd, 3rd etc. place skaters. These skaters will also be removed when assigning Championships Points, so that Canada East Points can be calculated without the interference of skaters who do not want to be considered to race at **Canadian Youth Short Track Championships (East)**.

Ties for the last place position on a team will be decided on the basis of the skater with the fastest 400m **or 500m time** skated at the Ontario Elite Short Track Championships. This procedure will also be used to determine the order of alternates to be named to a team, if multiple skaters in an "alternate" position are in a tie position.

OUT-OF-PROVINCE SHORT TRACK SKATERS

An Out-of-Province skater is someone who is registered as a speed skater in another Province, Territory or State, other than Ontario.

Out-of-Province skaters may register to enter any regular season Ontario Provincial Circuit meet, provided that they do not meet the Ontario Elite Circuit Out-of-Province time standards set out below. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Technical Committee in consultation with the Chief Referee and Chief Recorder.

Out-of-Province skaters may register for any regular season Ontario Elite Circuit meet provided that they meet the age requirements for the racing circuit and they have satisfied the time standards set out below. Only times from this season and last season will count. Acceptance into the meet will be dependent upon space availability in the meet, and will be determined by the Technical Committee in consultation with the Chief Referee and Chief Recorder.

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

Out-of-Province skaters are not eligible to participate in the Ontario Provincial Short Track Championships, Ontario Elite Short Track Championships or the Masters Provincial Championships.

Out-of-Province Ontario Elite Circuit Time Standards:

Age Class	Required Distances	Time Standard (sec)
Girls 11-12	400m on 100m track	50
Girls 13-14 (to race in the open category)	500m + 1500m on 111m track	234.2
Open Ladies – Junior B (15-16), Junior A (17-18), Neo-Senior (19-22), Senior (23-29)	500m + 1500m on 111m track	217.3
Boys 11-12	400m on 100m track	47.5
Boys 13-14 (to race in the open category)	500m + 1500m on 111m track	223.5
Open Male – Junior B (15-16), Junior A (17-18), Neo-Senior (19-22), Senior (23-29)	500m + 1500m on 111m track	203.5

If submitted times are not raced on the required track, the times will be converted using the SSC conversion tables to determine skater eligibility for a given meet.

MINI MEETS

Mini meets shall consist of a combination of traditional racing (counter-clockwise on a track), non-traditional racing, and skill events for new racers and inexperienced skaters. Mini meets are considered a developmental format and are not to be considered as a competitive event. Clubs are open to format the mini meet in order to provide the most meaningful experience for all participants. Coaches and more experienced skaters may help on the ice and help train parent volunteers as officials.

- Half Day or 1 Day meets
- Olympic size or NHL size ice pad
- Both 100.0m and 111.12m tracks can be used
- Open to all skaters
- No minimum standard for officials.

The choice of events and the sequence is left to the discretion of the host club, in order to accommodate each club's unique hosting situation (i.e. venue, amount of ice time etc.).

Mini meets are participatory in nature. Results from a mini meet are therefore not considered for the OSSA Short Track Database. Times from a mini meet can be used as entry times for a skater's first Provincial Circuit meet.

Racing Formats

Clubs are encouraged to develop racing formats that suit the development of their skaters.

HELMET COVER POLICY

The Ontario Speed Skating Association (OSSA) has made helmet covers available for purchase for Ontario Provincial Circuit meets. These covers are the only covers that are permitted for use at OSSA sanctioned events. The following rules govern the use of OSSA helmet covers:

1. Helmet covers can be purchased from your home club or directly from the OSSA office. The number you are assigned will be your personal number for the entirety of your racing career. Helmet covers may not be transferred.
2. Once a skater has purchased a cover, the assigned number may not be used for another skater unless the first skater leaves the sport. At that time the cover can be reassigned to another skater of the same club, retired, or returned to OSSA. In all cases, OSSA must be notified of the change in writing.
3. If a skater loses their helmet cover (other than at a time during a meet), they must notify their club who can advise OSSA that the number has been lost. The skater can then purchase a new number from their club. If a skater realizes after a meet entry deadline, but prior to arriving at a meet, that they have lost their helmet cover they can be issued a new cover by their club without being fined for the change provided that the Meet Coordinator and Chief Recorder receive notification of the number change a minimum of 48 hours prior to the coaches meeting for that race. The club must also ensure OSSA is notified that the number has been lost.
4. Skaters who do not have a helmet cover are not permitted to participate in sanctioned events.
5. If skaters only skate once, they can 'rent' a cover for the weekend from their club or the meet organizers. A rental must be organized prior to the entry deadline of the meet so that the rented cover number can be included on the skater's entry form. The rental fee for a cover is \$20 + tax which is a deposit that is returned when the helmet cover is received back undamaged.
6. If a skater arrives at a meet and realizes they have forgotten their helmet cover, the organizers or their club can issue them a new helmet cover for the meet.
7. Sharing of helmet covers is not permitted during a meet.
8. A skater's helmet cover number should be noted on the Club entry form submitted when registering for a race.

Helmet Covers at Ontario Elite Circuit Meets

Race-specific helmet covers (numbered 1-9) will be used at Ontario Elite Circuit competitions. These helmet covers will be provided for each race and must be returned to the Clerk of the Course after each race.

Helmet Covers at Ontario Provincial Circuit Meets

A trial of the 1-9 numbered helmet covers will take place at an Ontario Provincial Circuit meet in the 2019-2020 season. The exact meet at which the trial will occur will be determined by the Technical Committee in consultation with the Meet Coordinator.

OSSA SHORT TRACK RANKING LIST FORMAT AND PROCEDURES

The OSSA Short Track Ranking List is maintained by the OSSA Technical Committee and is published when necessary throughout the season including:

- Before the Pre-Season meet
- After the Pre-Season meet
- After Ontario Elite Circuit #2
- After each Region has completed 2 Provincial Circuit Competitions (December 2, 2019)
- Before Ontario Elite Championships and Ontario Provincial Championships

The Ranking List may be updated at other times as necessary to update information that may not be correct or when deemed necessary by the Technical Committee.

Short Track Database of Times – this database is being investigated for the 2020-2021 season

In addition to the periodically published Ranking Lists noted above, the regular updating of the Ranking List will be replaced with a database of times with a “lookup” function for each skater.

Times from all distances will be recorded in the database, in order to seed skaters for single distance events. Times will be listed in 0:00.000 format.

A skater’s racing class shall be determined by his/her age on July 1st prior to the competition.

All Ontario skaters will start the 2019-2020 season with their Personal Best times from the 2018-2019 season. These times are necessary for sorting skaters into their assigned Racing Circuit. Once the season is underway, only current season (2019-2020) times will be maintained on the OSSA Short Track Database and will be used for sorting skaters into Divisions at each meet where necessary. The OSSA Database will note which skaters have qualified for the Ontario Elite Circuit vs. the Ontario Provincial Circuit.

In order for a time to be eligible to be included on the OSSA Short Track Ranking List or Database, the race must have been skated at a meet sanctioned by one of the following organizations:

- Speed Skating Canada
 - Excluding the Nagano Skate Camp meet August 17, 2019
- Ontario Speed Skating Association
 - Excluding the Nagano Skate Camp meet August 17, 2019
- Any other Provincial Branch as recognized by Speed Skating Canada
- US Speed skating at an American Cup event

For a 100.0m track race time to be eligible for seeding, the race must have been skated on a surveyed 100.0m track and be of a distance recognized by OSSA. For a 111.12m race time to be eligible for seeding, the race must have been skated on a surveyed 111.12m track and be of a distance recognized by OSSA.

With the exception of SSC Championship and/or National Trials events, skaters requesting to have a race result included for a race skated outside of Ontario must provide a copy of the meet registration form indicating that the meet is appropriately sanctioned, as noted above, and that the track skated was surveyed for the appropriate distance. The skater must also include a copy of the meet protocol page showing the name and date of the competition, the race distance and the time skated. It is the responsibility of the skater - with the assistance of their coach - to provide the requisite information to the OSSA Technical Committee. The Technical Committee is under no obligation to seek out-of-province racing information and will not include any race result on the ranking list in the absence of all requisite information.

The OSSA Technical Committee reserves the right to review the eligibility of all Out-of-Province meets prior to any results from that meet being included in the OSSA Database. This is to ensure that the meet eligibility requirements have been met.

Special Olympics skaters racing in the Special Olympics category will not be included on the OSSA Ranking Lists or Database. The Special Olympics Provincial Convenor will maintain Special Olympics Skaters’ season best times.

APPENDIX A – SHORT TRACK ADVANCEMENTS

ONTARIO ELITE CIRCUIT AND ONTARIO ELITE SHORT TRACK CHAMPIONSHIPS

The following advancements shall be used for all groups at all Elite Circuit competitions. Race sheets provided at the meet shall have the advancements for each event.

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

200m, 400m, and 500m Distances – 4 skaters per final

- 200m and 400m for 11-12 Years Old on 100m track
- 500m for Open skaters on 111.12m track

<u>Group</u>	<u>Program</u>	<u>Advancement to Semis</u>	<u>Advancement to Finals</u>
1 – 5	2 Super Finals		
6 – 10	2 Heats / 3 Finals		1 ^{sts} and 2 ^{nds} to Final A (2+0) 3 ^{rds} and 4 ^{ths} to Final B (2+0) 5 ^{ths} to Final C
11 – 15	3 Heats / 2 Semis / 4 Finals *Heats are 5 on the line	1 ^{sts} , 2 ^{nds} & 2 fastest 3 ^{rds} to Semis A-B (2+2) Remaining skaters straight to Finals C-D	Semis A-B: 1 ^{sts} and 2 ^{nds} to Final A (2+0) 3 ^{rds} and 4 ^{ths} to Final B (2+0) Finals C-D (no semis skated)
16 – 20	4 Heats / 2 Semis / 5 Finals *Heats are 5 on the line	1 ^{sts} & 2 ^{nds} to Semis A-B (2+0) Remaining skaters straight to Finals C-E	Semis A-B: 1 ^{sts} and 2 ^{nds} to Final A (2+0) 3 ^{rds} and 4 ^{ths} to Final B (2+0) Finals C-E (no semis skated)
21 – 25	5 Heats / 2 Semis / 7 Finals *Heats are 5 on the line	1 ^{sts} & 3 fastest 2 ^{nds} to Semis A-B (1+3) Remaining skaters straight to Finals C-G	Semis A-B: 1 ^{sts} and 2 ^{nds} to Final A (2+0) 3 ^{rds} and 4 ^{ths} to Final B (2+0) Finals C-G (no semis skated)

200m (100m track) Pursuit (2 skaters per race) + Final – 4 skaters per race

<u>Group</u>	<u>Program</u>	<u>Advancement to Finals</u>
Unlimited number of skaters	1 Pursuit (Heat) for every 2 skaters / 1 Final for every 4 skaters	4 fastest pursuit times to Final A (0+4) Next 4 fastest pursuit times to Final B Next 4 fastest pursuit times to Final C, etc.

1000m (111.12m track) for Open – 5 skaters per race

<u>Group</u>	<u>Program</u>	<u>Advancement to Semis</u>	<u>Advancement to Finals</u>
1 – 6	2 Super Finals		
7 – 12	2 Heats / 3 Finals *Heats are 6 on the line		1 ^{sts} , 2 ^{nds} & fastest 3 rd to Final A (2+1) Remaining 3 rd , 4 ^{ths} & 5 ^{ths} to Final B 6 ^{ths} to Final C
13 – 18	3 Heats / 2 Semis / 4 Finals *Heats are 6 on the line	1 ^{sts} , 2 ^{nds} , 3 ^{rds} & fastest 4 th to Semis A-B (3+1) Remaining skaters straight to Finals C-D	Semis A-B: 1 ^{sts} , 2 ^{nds} & fastest 3 rd to Final A (2+1) Remaining 3 rd , 4 ^{ths} & 5 ^{ths} to Final B Finals C-D (no semis skated)
19 – 24	4 Heats / 2 Semis / 5 Finals *Heats are 6 on the line	1 ^{sts} , 2 ^{nds} & 2 fastest 3 ^{rds} to Semis A-B (2+2) Remaining skaters straight to Finals C-E	Semis A-B: 1 ^{sts} , 2 ^{nds} & fastest 3 rd to Final A (2+1) Remaining 3 rd , 4 ^{ths} & 5 ^{ths} to Final B Finals C-E (no semis skated)
25 – 30	5 Heats / 2 Semis / 6 Finals *Heats are 6 on the line	1 ^{sts} & 2 ^{nds} to Semis A-B (2+0) Remaining skaters straight to Finals C-F	Semis A-B: 1 ^{sts} , 2 ^{nds} & fastest 3 rd to Final A (2+1) Remaining 3 rd , 4 ^{ths} & 5 ^{ths} to Final B Finals C-F (no semis skated)

1500m for 11-12 Years Old (100m track) and Open (111.12 track) – 7 skaters per race

<u>Group</u>	<u>Program</u>	<u>Advancement to Finals</u>
1 – 7	1 Final	
8 – 14	2 Heats / 2 Finals	1 ^{sts} , 2 ^{nds} , 3 ^{rds} & fastest 4 th to Final A (3+1) Remaining 4 th , 5 ^{ths} , 6 ^{ths} & 7 ^{ths} to Final B
15 – 21	3 Heats / 3 Finals	1 ^{sts} , 2 ^{nds} & fastest 3 rd to Final A (2+1) Remaining 3 rd , 4 ^{ths} & 2 fastest 5 ^{ths} to Final B Remaining 5 th , 6 ^{ths} & 7 ^{ths} to Final C
22 – 28	4 Heats / 4 Finals	1 st & 3 fastest 2 ^{nds} to Final A (1+3) Remaining 2 nd , 3 ^{rds} & 2 fastest 4 ^{ths} to Final B Remaining 4 th , 5 ^{ths} & fastest 6 th to Final C Remaining 6 th & 7 ^{ths} to Final D

Super Final: 1000m on 100m track for 11-12 Years Old – 6 skaters per race

<u>Group</u>	<u>Advancement to Finals</u>
1 – 6	1 Final
7 – 12	2 Finals
13 – 18	3 Finals
19 – 24	4 Finals
25 – 30	5 Finals

Super Final: 1500m on 111.12m track for Open – 7 skaters per race

<u>Group</u>	<u>Advancement to Finals</u>
1 – 7	1 Final
8 – 14	2 Finals
15 – 21	3 Finals
22 – 28	4 Finals

Points Race

- 2000m for 11-12 Year Olds on 100m track
- 3000m for Open skaters on 111.12 track

<u>Group</u>	<u>Advancement to Finals</u>
1 – 8	1 Final

ONTARIO PROVINCIAL CIRCUIT

The following advancements shall be used for all groups at all Regional Series competitions. Race sheets provided at the meet shall have the advancements for each event. Note: numbers on the line may differ due to safety concerns at the discretion of the Chief Referee.

Advancements shall be done on time. Ex. 1+2 → 1st place plus next 2 fastest times (no matter the position)

6-9 years old: 200m, 300m, and 400m (100m track) – 4 skaters per final

8-12 years old: 200m and 400m (100m track) – 4 skaters per final Open:

500m (111.12m track) – 4 skaters per final

<u>Group</u>	<u>Program</u>	<u>Advancement to Finals</u>
1 – 5	1 Heat / 2 Finals *Heats are 5 on the line	1 st & next 3 fastest times to Final A (1+3) Rest to Final B
6 – 10	2 Heats / 3 Finals *Heats are 5 on the line	1 ^{sts} & next 2 fastest times to Final A (1+2) Rest to Finals B-C in order of heat times
11 – 15	3 Heats / 4 Finals *Heats are 5 on the line	1 ^{sts} & next fastest time to Final A (1+1) Rest to Finals B-D in order of heat times
16 – 20	4 Heats / 5 Finals *Heats are 5 on the line	1 ^{sts} to Final A (1+0) Rest to Finals B-E in order of heat times

6-9 years old: 400m SF and 600m SF (100m track) – 5 skaters per race

8-12 years old: 800m SF and 1000m SF (100m track) – 5 skaters per race Open:

1000m (111.12m track) – 5 skaters per race

<u>Group</u>	<u>Program</u>	<u>Advancement to Finals</u>
1 – 5	1 Final	
6 – 10	2 Heats / 2 Finals	1 ^{sts} & next 3 fastest times to Final A (1+3) Rest to Final B in order of heat times
11 – 15	3 Heats / 3 Finals	1 ^{sts} & next 2 fastest times to Final A (1+2) Rest to Finals B-C in order of heat times
16 – 20	4 Heats / 4 Finals	1 ^{sts} & next fastest time to Final A (1+1) Rest to Finals B-D in order of heat times

Open: 1500m SF (111.12 track) – 7 skaters per race

<u>Group</u>	<u>Advancement to Finals</u>
1 – 7	1 Final
8 – 14	2 Finals
15 – 21	3 Finals

GUIDELINES FOR THE 2000m and 3000m POINTS RACE

2000m and 3000m Points Race:

Note: these rules apply to points races on both the 111.12m and the 100.0m tracks.

1. Skaters are to be seeded into this event based on the cumulative points earned in other distances in the meet. **A maximum of eight (8) skaters will be allowed to start in each race; however, if the last final has fewer than 5 skaters it can be raced concurrently with the prior final, as long as the prior final is not the A final. Ex- the C final can be run concurrently with B final, but B final cannot be run concurrently with A final.**
2. Skaters who are lapped prior to 7 laps (the lead skater has 7 laps to go) remaining must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater in the race. These lapped skaters shall retain all points earned earlier in the race. Skaters who are lapped following 7 laps remaining for the lead skater will continue to race and score points on the finishing lap. If a skater eliminates the entire field, the race will be declared over and the skater will earn 1st place points for all remaining point laps.
3. Final placing in the event will be determined by the total number of points earned by each skater in the race. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie.
4. Skaters in the A final will receive Final Points for positions 1 through 8.
5. Penalized skaters shall receive no points for the race; however, points earned by those skaters during the race will not be re-distributed. They will receive last place final points for their final.
6. During the 3000m points races there will be a bell rung with 22, 15, 8 and 1 lap to go to indicate that the next lap is a points lap. During the 2000m points race there will be a bell rung with 15, 8 and 1 lap to go to indicate that the next lap is a points lap.
7. Should the Referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the Referee however, the Referee must allow skaters to complete at least three (3) laps prior to points being awarded. In the case of a stoppage, skaters will retain all points earned up to that point, unless the laps remaining require the last points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last points earned in the first start (7 to go) and race for them again. Skaters who were lapped or penalized will not take part in the restart.
8. **3000m:** Skaters will score points when they cross the line with 21, 14, and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap i.e. lap 30 (100.0m track) or lap 27 (111.12m track).
9. **2000m:** Skaters will score points when they cross the line with 14, 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap. i.e: lap 20.

GUIDELINES FOR THE 200m PURSUIT AND MASS START FINAL

1. A 200m Pursuit will be skated as the qualifying round for the 200m Mass Start at Ontario Elite Circuit #1.
2. Skaters will be seeded into pairs based on their cumulative points obtained up until that point in the competition. The highest ranked pair shall skate first, followed by the next ranked pair and so on. In the case of an odd number of skaters, the lowest ranked skater will skate alone in the final pair.
3. The higher seeded skater in a pair shall start on the side of the start/finish line used for all other events.
4. Skaters will be marshaled on and off the ice with their entire racing group. Skaters that are not racing will be waiting on the ice with an official.
5. Use only the three (3) center tracks.
6. Following the pursuit heats, skaters will be ranked from fastest to slowest times and seeded into a 200m Mass Start Final with four (4) skaters on the line. The first four (4) fastest times will race in the A final, the next four (4) fastest times will race in the B final and so on.

Following Ontario Elite Circuit #1, the 200m will be raced as a mass start heat and final, rather than a Pursuit heat and a mass start final.

APPENDIX B – RACING POINTS

#1 Final 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		

#2 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.

#3 Penalties

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

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

All penalized skaters in a final will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race. Order of finish – No Time -- DNF – PEN - DNS.

#4 Point Eliminations

In the case of a skater who intends to skate, but is unable due to medical or logistical circumstances, the following list of scenarios holds true:

The skater's coach must communicate the skater's scenario with the Chief Referee as soon as they are made aware of the scenario in order for the skater to be eligible to continue participation in the competition.

If a skater does not participate (DNS) in a heat due to an approved logistical circumstance, he/she will be placed into the bottom final. If the skater is subsequently available to skate, he/she may skate the final but will not receive points for that distance. The time from the final will be recorded. If the skater does not participate (DNS) in the final he or she will not receive points for that distance. If the skater does not have approved written documentation explaining his/her absence in the distance, he/she will be removed from the remainder of the meet.

If the skater was unable to participate (DNS) in the heat due to medical circumstances and has supporting medical documentation from the on-site medical staff, the skater will be placed into the bottom final. If the skater is subsequently medically cleared to skate by the on-site medical staff, the skater may race the final and receive points that he/she earns in that final.

If a skater participates in the heat, but not the semi final (DNS) due to an approved logistical circumstance, he/she will be placed into the lowest eligible final for which he/she has qualified. The skater may skate the final but will not receive points for that distance. The time from the final will be recorded. If he or she again does not participate in the final, he or she will not receive points for the final, but may continue to participate in the overall competition if he/she has approved written documentation explaining his/her absence from the semi final/final.

If a skater participates in the heat but not the semi final due to medical circumstances and has supporting medical documentation from the on-site medical staff, the skater will be placed into the lowest eligible final for which he/she has qualified. If the skater is subsequently medically cleared to skate by the on-site medical staff, he/she may skate the final and receive points that he/she earns in that final.

If a skater participates in the heat and semi final, but not the final, he/she will not receive points for the final, but may continue to participate in the overall competition if he/she has approved written documentation explaining his/her absence from the final.

If the skater is unable to participate in the final due to medical circumstances and has supporting medical documentation from the on-site medical staff, the skater will receive last place points for that final.

If a skater does not participate (DNS) in the Super final or Points Race, he/she will not receive points for that distance. If he/she did not participate due to medical circumstances and has supporting medical documentation from the on-site medical staff, he/she will receive last place points for that final.

APPENDIX C – OVERALL POINTS AWARDS

Ontario Provincial Circuit

- The skaters aged 10 and under in the highest ranked division in the Train to Train group at each Ontario Provincial Circuit meet shall be eligible to receive points. There are no points given out in respect of the Ontario Provincial Short Track Championships as this award is designed to reward participation throughout the season.
- Only the skaters from the host region are eligible to receive points. In other words, only eastern skaters may receive points at eastern meets and so on.
- The top 8 skaters aged 10 and under in the above-noted division from the host region based on cumulative points at the end of each Provincial competition shall receive the following points: 34, 21, 13, 8, 5, 3, 2, 1. The highest ranked eligible skater shall receive 34 points, the next ranked eligible skater shall receive 21 points and so on.
- If there are not enough skaters from the host region in the highest ranked division in the Train to Train group to award all of the above-mentioned points, the remaining points will be allocated to skaters from the host region in the next division, based on their overall standing at the end of competition.
- If there are still not enough skaters from the host region in the Train to Train divisions, the next highest eligible skater from the Learn to Train Group will receive the next place points and so on.
- After all Ontario Provincial Circuit meets from each region have occurred, the points accumulated by all of the eligible skaters aged 10 and under at each meet shall be added together and the 5 skaters in each region who have accumulated the greatest amount of points will receive the following awards, to be handed out at the Ontario Provincial Championships:
 - Overall Ontario Provincial Circuit Points Champion
 - 1st Runner Up – Ontario Provincial Circuit Points Classification
 - 2nd Runner Up – Ontario Provincial Circuit Points Classification
 - 3rd Runner Up – Ontario Provincial Circuit Points Classification
 - 4th Runner Up – Ontario Provincial Circuit Points Classification

Ontario Elite Circuit

- The skaters in the highest ranked division in Open Women aged 15 years and above, Open Men aged 15 years and above, Open Ladies 13-14, Open Men 13-14, Girls 11-12, Boys 11-12 at each Ontario Elite Circuit meet shall be eligible to receive points. There are no points given out in respect of the Ontario Elite Short Track Championships as this award is designed to reward participation throughout the season. - Skaters from all regions are eligible to receive points.
- The top 8 skaters in each of the above-noted groups based on cumulative points at the end of each Ontario Elite Circuit competition shall receive the following points: 34, 21, 13, 8, 5, 3, 2, 1. The highest ranked skater shall receive 34 points, the next ranked skater shall receive 21 points and so on.
- After all 4 Ontario Elite Circuit meets have occurred, the points accumulated by all of the skaters at each meet shall be added together and the 3 skaters in each division who have accumulated the greatest amount of points will receive the following awards, to be handed out at the Ontario Elite Short Track Championships:
 - Overall Ontario Elite Circuit Points Champion
 - 1st Runner Up – Ontario Elite Circuit Points Classification
 - 2nd Runner Up – Ontario Elite Circuit Points Classification

APPENDIX D – GUIDELINES FOR INVITATION OF SKATERS TO THE ONTARIO ELITE CIRCUIT

The Technical Committee invites a certain number of skaters in each age class to attend the Ontario Elite Circuit competitions each year, based on the following goals:

- (1) to ensure, as much as is possible, minimum group sizes at the Ontario Elite Circuit meets and Ontario Elite Short Track Championships (ie. to be able to run heats and finals in each distance for each group);
- (2) to ensure, as much as is possible, an appropriate number of skaters attending each Ontario Elite Circuit competition and the Ontario Elite Short Track Championships;
- (3) to recognize that certain age groups are more competitive than others and to recognize the concept of proportionality;
- (4) to ensure that racing groups have numbers that work within meet formats; and
- (5) to recognize the development of skaters over the course of the season. It is OSSA's goal to have approximately 150 skaters at the Ontario Elite Short Track Championships.