2017-2018
LONG TRACK
SPEEDSKATING
RULES AND REGULATIONS
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**General Information**

Notwithstanding anything that may be printed in any written materials before or during a competition and any statements made orally at any time by any persons, including but not limited to US Speedskating (USS) Employees, Board Members, or others, the USS Long Track Speedskating Regulations shall take precedent in all instances. If there are amended Regulations or selection procedures then those shall be communicated to all competitors at least 10 days in advance of the commencement of the event. Those properly amended regulations shall supersede the original and any previously amended Regulations. Regulation proposals can be submitted to USS using the standard proposal form (Appendix A).

**USS Rules of Competition**

A) **General.** All Long Track U.S. Olympic Trials, U.S. Team Selection Competitions, and American Cup Racing Series events (“Competitions”) shall be conducted in accordance with applicable International Skating Union (“ISU”) Rules and Regulations except as otherwise stated.

B) **ISU.** All changes made by the ISU in rules and procedures that affect these Regulations shall be incorporated into these Regulations.

C) **Technical Representative.** It is recommended that a technical representative be appointed to all USS Am Cup and Team Selection Competitions.

D) **Qualifying Times/Seed Times for US Speedskating Competitions**

1. **Qualifying times and Seed Times** for USS competitions must meet the following criteria:
   a. Must be achieved in an ISU, any national governing body sanctioned competition, or an approved long track metric time trial event with proper officials (ISU Rule 210 (1) (a-e)) and must be printed in a published protocol or accessible online.
   b. Times must have been meet between July 1st, 2016 and prior to the entry deadline for the applicable competition.
   c. Qualifying times for the 2018-2019 season must have been achieved after July 1st, 2018

2. If reasonably requested by the USS Technical Representative, a skater may be required to substantiate seed times through production of a published protocol from an official competition.

E) **Opening Draw.**

1. **Opening Meeting:** US Speedskating will host a coaches meeting prior to the start of all competitions, any further team leader’s meetings will be subject to the referee and the USS technical representative. At the conclusion of the coaches meeting, the referees along with USS technical rep and timing and scoring officials will run the draw and hand out the pairs accordingly.

2. **Entries:** Start lists will be posted 60 minutes prior to the start of the coaches meeting for 30 minutes. It will be the coaches and or athlete’s responsibility to validate the distances their athletes or they will be skating for the specified competition during this time. Only the athlete or their designated coach as listed on the competition entry form will be able to modify the distances entered. All other withdrawals must be submitted through the USS withdrawal form.

3. **Grouping:**
   a. For all draws, skaters shall be grouped based on their seed times.
   b. At the Referee’s discretion, the skaters may be placed in groups of any size.
   c. The referee has the authority to adjust the grouping, pairings, and schedule to accommodate a successful competition.
   d. At the Referee’s discretion, based on conditions or scheduling, competition grouping orders may be reversed and/or draws may be conducted so that all skaters within a grouping start from the same lane.
   e. At the Referee’s discretion, Competition races may be conducted using quartet starts.

4. **Allround Competitions – Final Distance.** The final (longest) distance in Allround Competitions may be open to all skaters who compete in all of the Competition’s three shortest distances. However, if the referee determines it to be necessary or appropriate to limit the number of skaters racing the final distance, consistent with ISU Rule 240, Section 4 (a), the Referee will determine the number of skaters that start such distance.
5. **Out of Competition Racing.** US Speedskating and the hosting venue have the right to allow other races to be run in conjunction with the event subject approval by the USS technical representative and/or the USS events director.

F) **Eligibility.**

1. **Citizenship.** Competitions used to select U.S. Speedskating Teams for international competitions shall be open only to skaters eligible to represent the United States in the particular international competitions for which U.S. Speedskating Teams are being selected. Skaters must comply with ISU Rule 108, 109, and ISU Communication 1420 (re. Citizenship Status and Competition Eligibility) in order to be eligible to compete in USS Selection Competitions and represent the United States in international competitions. A skater must be a citizen of the United States to represent the United States at the Winter Olympic Games.

2. **Classification**
   a. **Junior**- members of USS who are at least 13 years of age as of July 1, 2017 and have not reached the age of 19 before July 1st, 2017.
   b. **Master**- members of USS who are at least 30 years of age as of July 1, 2017.
   c. **Overall/Senior**- Members of USS who are eligible by both age and qualifying time to compete in a USS event at the highest level.

G) **ISU Age Restriction.** Skaters selected to U.S. Speedskating Teams for international competitions must satisfy all applicable age requirements established by the ISU (please refer to ISU rule #108).

H) **ISU Qualifying Times.** Skaters selected to USS Teams for international competitions must achieve all applicable qualifying times established by the ISU by the end of the selection competition.

I) **Entry Deadline.** The entry deadline for each USS Competition will be clearly stated on the Competition announcement. All entries must be registered online five (5) days prior to the first day of Competition. If the entry deadline falls on a weekend or holiday, the entry deadline will be the first day after the weekend or holiday. Late entries (with an additional $100 late fee enclosed) must be received prior to the opening Team Leaders/Coaches Meeting. All entry forms submitted at the opening team leaders/coaches meeting must be paid in cash and are non-refundable. All cash late entry fees will be given directly to the local organizing committee.

J) **Entry Fees.** Entry Fees for 2017-2018 USS events run by this document will be published on the event registration site.

K) **Uniforms.** No skater may wear a current (2015-16 or 2016-17) USS issued Team uniform or skin suit in a Competition that he or she did not earn and which was not issued by USS to such skater personally. All uniforms worn in competition must comply with the USS Athlete Agreement. No member of USS may wear a uniform with the markings of a foreign country. The Technical Representative shall issue a warning and if no corrective action is taken, the referee may disqualify the skater.

1) For regulations regarding uniforms at US Olympic Trials please see Appendix B.

L) **Safety Equipment.** For all competitions covered in these regulations, current ISU rules will be followed with regard to required safety equipment. For mass start racing, ISU communication No. 2038 will be strictly followed.

1) **Control of safety measures for Mass Start**
   a) Safety measures will be controlled at a “check-in point” before the race, located at the transponder distribution area or as described during the Team leaders' meeting.
   b) Each Skater is responsible for wearing skates and safety equipment, as described in ISU Communication No. 2038, when appearing at the start and during the whole race.

M) **Re-Skates.**

1. For US Olympic Team Trials, US Junior Championships and Fall World Cup Qualifier, a re-skate not allowed by ISU rules may be granted if, in the judgment of the Referee in consultation with the appointed USS technical representative, a skater’s performance in a competition race is materially and negatively impacted by the following circumstances:
   a. An unintentional fall
   b. Skate equipment failure
   c. Verifiable medical issue
   d. Disqualification

2. Upon reasonable determination of the Referee, the Referee may permit the skater to re-skate such race in its entirety from a fresh start (a “Re-skate”), provided, however, a skater will be allowed no more than one Re-skate per race per day for disqualification due to false start (meaning, for avoidance of doubt, when two 500 meter races are contested on the same day, one Re-skate could be awarded for each race).
3. A skater shall not be permitted a Re-skate for the following reasons:
   a. At the reasonable determination of the Referee and or USS Technical Representative it is obvious that the athlete failed to follow the competition rules in order to gain an advantage.
   b. A race for which the skater did not start due to the skater’s failure to timely appear at the starting line unless in the reasonable determination of the Referee.
      i. The skater’s failure to appear at the starting line was not the result of the skater’s intention to obtain a competitive advantage for the skater (such as, without limitation, more favorable ice or weather conditions, a more competitive or favorable pairing or pairing order, or additional recovery time following an earlier race) or to create a competitive disadvantage to the detriment of the skater with whom the skater was initially paired.
      ii. The Re-skate is not likely to create an actual competitive advantage in favor the of skater (disregarding any advantage the skater might obtain due to pairing considerations, including pairing order), and the skater has not previously been awarded a Re-skate following the skater’s failure to timely appear at the starting line during any 2017-2018 competition.

4. Any skater desiring a Re-skate must notify the Referee or their designated coach must notify the Referee to request the Re-skate immediately following the race in which the skater’s performance is impacted.

5. Unless the Re-skate would otherwise have been permitted under applicable ISU Rules and Regulations, Re-skate times will be considered unofficial times and shall be disregarded in the determination of final competition standings. Re-skate times shall be used solely for team selection.

N) Stoppage of Races. The referee may stop a race if there are safety concerns in the case of a fallen or injured skater in accordance with ISU Rule 216. Re-skates shall be granted for the impeded skater.

O) Mass Start
   1) Distances: Overall: 16 Laps for ladies and Men  Masters and Juniors: 10 laps
   2) Start:
   3) Prime Laps: Completion of 4, 8, and 12  Masters and Juniors: Completion of 5
      a) Points Awarded: (1st) 10 points; (2nd) 8 points; (3rd) 6 points (bell rings when lap card show 13, 9, and 5 laps to go)
   4) Final Sprint: Completion of 16 Laps (bell rings when lap card shows 1 lap to go)
      a) Points Awarded: (1st) 80 points; (2nd) 40 points; (3rd) 20 points
   5) Overall Placement:
      a) At the completion of the race, the athletes will be ranked on total points earned during the race (Prime and Final sprints points added together). Those not earning points will be ranked according to their final sprint finish. The overall ranking list will then use the normal AmCup points system for overall points (p. 8).
      b) If there are any ties in points after the completion of a race, the final sprint result will be the tie breaker.
      c) A skater who does not finish the race will lose any intermediate sprint points earned. This includes skaters who are lapped by the lead skater or are disqualified. These points will not be transferred to any other skater.

Selection Criteria

A) Notification. Each skater selected to a U.S Speedskating Team must notify the USS Technical Representative (or his/her designated representative) in writing, whether such skater accepts or declines selection to compete in each event for which the skater has qualified. Such notification must be delivered no later than one hour following the completion of the applicable competition. The commitment effected by such notification shall be used for team management purposes, including travel planning and determining the number of positions potentially open to other skaters to fill individual event quotas and fill Team Pursuit Teams. Skaters should be prepared in advance of a selection competition to accept or decline each position for which they potentially may be eligible. Skaters must have appropriate information (passports, etc.) available for processing at the selection competition. Skaters are committed to race the events in which they have accepted selection to compete, unless determined otherwise by the appointed coaching staff and team leaders in attendance. If, notwithstanding such commitment, a skater should elect not to compete in an event for which the skater accepted selection, then, in addition to all other sanctions available under the USS Code of Conduct, all additional expenses incurred by USS in connection with such skater’s change of commitment, shall be the responsibility of the skater.
B) Other International Events: USS may identify competition opportunities for which it will select a traveling team. To select a traveling team the most recent qualifying competition may be used. USS HP Staff reserves the right to select skaters directly to the traveling team.

C) Reservation: The foregoing notwithstanding, USS shall not be obligated to staff, send, or fund a team to any particular ISU competition. USS will have the authority to make this determination. Funding decisions will be made by USS.

D) Medical Provision: Should any skaters be deemed medically unfit to compete by the USS medical staff in attendance in consultation with the USS Coaching Staff, that skater will forfeit their starting position until medically cleared by the USS medical staff in attendance.

E) Demonstration Events: Start positions in demonstration events contested during the 2017-2018 may be filled by interested members of the present Team, as determined by, and at the discretion of, the USS High Performance Staff in attendance.

F) USS Team Selection.

1) With the exception of Mass Start, athletes who violate the rules listed below will first receive a warning, a second violation will result in a disqualification. Athletes who are disqualified due to the items listed below can still be eligible for team selection with their time achieved in the race in which they were disqualified. These times will be used solely for team selection purposes. The athlete will still be disqualified from the event.
   a) Armband infraction (wrong armband, failure to wear armband, armband falling off or being removed during race)
   b) Failure to comply with timing equipment rules (i.e. transponders)

2) Transponders must be worn for Mass Start events where transponders are used as determined by USS, failure to wear transponders will result in a disqualification.

A) Medal Contender Status

1) 2017-18 USS Medal Contenders:
   a) Please see 2018 Winter Olympic Games Long Track Athlete Selection Procedures for Olympic Medal Contender Status
   b) The following athletes earned medal contender status for the 2017-2018 season through the criteria outlined in the 2016-2017 Long Track Speed Skating Rules and Regulations.

   • Heather Richardson:
     - 1st 1000m (WSD), 1st 1500m (WSD), 2nd Mass Start (WSD), 1st 1000m (WCFS), 1st 1500m (WCFS)
     - Medal Contender in the 1000m, 1500m, and Mass Start

   • Mia Manganello:
     - 6th Mass Start (WSD), 5th Mass Start (WCFS)
     - Medal Contender in the Mass Start

   • Shani Davis:
     - 5th 1000m (WSD)
     - Medal Contender in the 1000m

   • Joey Mantia:
     - 7th 1500m (WSD), 1st Mass Start (WSD), 5th 1500m (WCFS)
     - Medal Contender in the 1500m and Mass Start

   • Mitch Whitmore:
     - 4th 500m (WSD)
     - Medal Contender in the 500m

2) Implementation of Medal Contender Clause:
   a) Please see 2018 Winter Olympic Games Long Track Athlete Selection Procedures for Olympic Medal Contender Clause
   b) In the event that a Medal Contender in the 500m, 1000m, 1500m, ladies 3k/5k, men’s 5k/10k, or Mass Start should be reasonably prevented from qualifying for a team due to a verifiable illness or injury, the Medal Contender may submit a petition to the USS High Performance Staff, at or before the conclusion of the qualifying event, requesting to be named as an alternate to the team being selected and submit evidence from a qualified physician as to the condition which prevented such qualification. Such petition must be signed by the skater and parent or legal guardian (if the skater is a minor). The petition will be considered by USS. Medal Contenders must receive a clean bill of health from a qualified physician to be eligible for the right to skate off. Medal Contenders so selected as alternates will skate off for start positions according to the following:
      (i) The skate off will be with the lowest ranked qualified skater in the specific distance.
      (ii) The skate off will be held over two (2) 500m races (samalog or best!), one (1) 1000m, 1500m, 3000m(ladies), or 5000m men.
      (iii) Skate off will be held at a reasonable place and time determined by the USS High Performance Staff.
Coaching Policy

A) International Events. USS will select the coaches to represent USS and its teams at the international events listed herein. These coaches will be the USS National Training Program (NTP) coaches unless USS determines the need for additional support by Non-NTP coaches as members of the official USS coaching delegation, subject to the Non-NTP coach signing and complying with the USS Additional Official Agreement.

1. Non-NTP coaches selected as members of the official USS coaching delegation must be USS Certified Level 3 coaches or equivalent as determined by USS.

B) Domestic Events (as defined in this document). Skaters must designate on the entry form for each Competition, the coach who they designate to serve as their coach at such Competition. Only the coach designated by a skater competing will be entitled to receive a coaching credential for that particular Competition. For the 2017-18 season, all coaches must be a certified and current USS Level 2 coach or equivalent as determined by USS.

US Speedskating Time Standards

The USS time standards chart will be used for USS competitions and team qualifying.

**USS Time Standards Chart:**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Ladies</th>
<th>Men</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1/A2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>500m</td>
<td>38.88/39.65</td>
<td>35.07/35.77</td>
<td>Level 1 Qualifying Standards and USS World Cup Qualifying Standards (funded)</td>
</tr>
<tr>
<td>1000m</td>
<td>1:16.38/1:17.90</td>
<td>1:09.38/1:10.76</td>
<td>A1- Calgary and SLC Only</td>
</tr>
<tr>
<td>1500m</td>
<td>1:57.75/2:00.10</td>
<td>1:46.74/1:48.87</td>
<td>A2 - All other ovals</td>
</tr>
<tr>
<td>3000m</td>
<td>4:11.28/4:16.30</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>7:13.66/7:22.33</td>
<td>6:28.27/6:36.03</td>
<td></td>
</tr>
<tr>
<td>10,000m</td>
<td>X</td>
<td>13:33.35/13:49.61</td>
<td></td>
</tr>
<tr>
<td>B1/B2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>500m</td>
<td>40.00/40.50</td>
<td>36.20/36.60</td>
<td>B1- Level 2/ISU SLC and Calgary World Cup Qualifying Standards</td>
</tr>
<tr>
<td>1000m</td>
<td>1:20.00/1:21.00</td>
<td>1:11.90/1:12.80</td>
<td>B2- ISU Lowland World Cup Qualifying Standards</td>
</tr>
<tr>
<td>1500m</td>
<td>2:03.00/2:05.00</td>
<td>1:51.00/1:52.50</td>
<td>*ISU time must have been achieved after July 1st, 2016</td>
</tr>
<tr>
<td>3000m</td>
<td>4:24.00/4:28.00</td>
<td>X</td>
<td>*Level 2 times must have been achieved in the 2016-17 season</td>
</tr>
<tr>
<td>5000m</td>
<td>7:25.00 or 4:15.00/7:32.00 or 4:20.00</td>
<td>6:48.00/6:52.00</td>
<td></td>
</tr>
<tr>
<td>10,000m</td>
<td>X</td>
<td>13:40.00 or 6:35.00/13:50.00 or 6:40.00</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>500m</td>
<td>42.00</td>
<td>39.00</td>
<td>USS Level 3/ U.S. Championships and Fall World Cup Qualifier Standards</td>
</tr>
<tr>
<td>1000m</td>
<td>1:24.00</td>
<td>1:17.00</td>
<td></td>
</tr>
<tr>
<td>1500m</td>
<td>2:10.00</td>
<td>1:57.00</td>
<td></td>
</tr>
<tr>
<td>3000m</td>
<td>4:30.00</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>X</td>
<td>7:02.00 (Sr)</td>
<td></td>
</tr>
<tr>
<td>D1/D2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>500m</td>
<td>45.00/49.00</td>
<td>41.00/45.00</td>
<td>D1- USS Level 4 Qualifying Standards and Sr AmCup Racing Series Standards</td>
</tr>
<tr>
<td>1000m</td>
<td>1:29.00/1:37.00</td>
<td>1:20.50/1:29.00</td>
<td>D2- Jr and Masters AmCup Racing Series Standards and US Jr Champ Time Standards</td>
</tr>
<tr>
<td>1500m</td>
<td>2:15.00/2:30.00</td>
<td>2:03.00/2:15.00</td>
<td></td>
</tr>
<tr>
<td>3000m</td>
<td>4:49.00/5:10.00</td>
<td>4:50.00 (Jr)</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>X</td>
<td>7:25.50 (Sr)</td>
<td></td>
</tr>
</tbody>
</table>

- All USS time standards must have been achieved after July 1, 2016.
- A2 time standards are 2% slower than A1 time standards
- For the 2018-2019 “A” times must have been achieved after July 1st, 2018
U.S. DOMESTIC EVENTS
USS shall sanction the following Competitions during the 2017-2018 competition season:

2017-2018 American Cup Racing Series for Long Track Speedskating (ACRS)

A) Summary: The American Cup Racing Series for Long Track Speedskating (ACRS) is a season-long competition series combining both high performance and development racing. ACRS events include the Am Cup I, Am Cup II, and Am Cup Final. Only one ACRS ranking list will be maintained (Juniors, Seniors and Masters combined).

B) Divisions & Qualifications
1. The ACRS will have six (6) competition divisions: Overall men, Overall ladies, junior men and junior ladies and master men and master ladies.
2. In order for an athlete to compete in America’s Cups I, II and Final in any event other than the 500m and Mass Start events, they must have met a “D1” level time standard for Seniors and “D2” level time standard for Juniors and Masters (as presented above) prior to the event entry deadline. Athletes who do not have the USS time standards may only compete in the 500m and Mass Start races. Any D1 or D2 time standard will make an athlete eligible for all events.
3. Each ACRS competition will be conducted in a single distance championship format unless otherwise stated.
4. There will be no minimum age restrictions to the ACRS. Skaters achieving the posted qualifying standards will be eligible to compete. Any team selections made during the AmCup competitions will still follow all ISU age requirements.

C) Distances & Program
1. The race format for each ACRS competition shall be:
   a. AmCup 1
      Day       Ladies            Men
      1  500m #1, 3000m       500m #1, 5,000m
      2  500m #2, 1500m       500m #2, 1500m
      3  1000m, Mass Start   1000m, Mass Start
   b. AmCup 2
      Day       Ladies            Men
      1  500m #1, 3000m       500m #1, 5,000m
      2  500m #2, 1500m       500m #2, 1500m
      3  1000m, Mass Start   1000m, Mass Start
   c. AmCup 3
      Day       Ladies            Men
      1  500m #1, 3000m       500m #1, 3,000m
      2  1000m, Mass Start   1000m, Mass Start
      3  1500m             1500m
2. After each ACRS competition, skaters shall be ranked within the following ACRS competition divisions, in each distance, as follows (note that Mass Start points will only be used from AmCup 1&2):
   a. Overall Men (Sr, Jr and Masters): 500m, 1000m, 1500m, 3000/5000m combined, Mass Start (AmCup 1 &2)
   b. Junior Men: 500m, 1000m, 1500m, 3000/5000m combined, Mass Start (AmCup 1 &2)
   c. Master Men: 500m, 1000m, 1500m, 3000/5000m combined, Mass Start (AmCup 1 &2)
   d. Overall Ladies (Sr, Jr and Masters): 500m, 1000m, 1500m, 3000m, Mass Start (AmCup 1 &2)
   e. Junior Ladies: 500m, 1000m, 1500m, 3000m, Mass Start (AmCup 1 &2)
   f. Master Ladies: 500m, 1000m, 1500m, 3000m, Mass Start (AmCup 1 &2)
3. Within each ACRS competition division above, separate event and series rankings shall be maintained as follows:
   a. One ranking system will be maintained for all U.S. participants. International Skaters will not be a part of the ACRS point rankings. Rankings under this system shall be considered the official Competition rankings for the ACRS and shall be the basis for all ACRS Competition prizes and awards. International Competitors will be eligible for Am Cup single distance awards at each Am Cup event (if applicable).

4. Mass Start-
   a. Mass Start will be run in accordance with USS Rules of Competition (p.5 letter O.)
   b. Reservation. If any classification has fewer than 6 athletes competing, the event will not be given AmCup points. The referee in conjunction with the USS Technical Representative may combine races and alter distances in order to host competitive event.

5. Ranking points shall be awarded for each ACRS Competition event, in each ACRS competitive distance, and under each of the foregoing ranking systems as follows:
   a. At all ACRS Competitions including the American Cup Final, the following table shall be used:

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
<th>Place</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100</td>
<td>9</td>
<td>32</td>
<td>17</td>
<td>10</td>
<td>25+</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>80</td>
<td>10</td>
<td>28</td>
<td>18</td>
<td>8</td>
<td></td>
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<td>3</td>
<td>70</td>
<td>11</td>
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<td>19</td>
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<td>45</td>
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<td></td>
</tr>
<tr>
<td>7</td>
<td>40</td>
<td>15</td>
<td>14</td>
<td>23</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>36</td>
<td>16</td>
<td>12</td>
<td>24</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. At the conclusion of the season-long ACRS, overall ACRS Champions will be named in each ACRS competitive division and event under Section 1 above, based on the final ACRS rankings.

7. All ACRS Individual Distance Champions will be determined based on a final skater ranking of total points in the individual event earned over the course of the three (3) ACRS division competitions.
   a. Tie breaker for overall points will be based on results at the AmCup Final event.

E) Overall ACRS Sprint and Allround Champions: For overall ACRS points after all three ACRS events Sprint (500m and 1000m points combined) and Allround (1500m, 3k Ladies & 1500m, 3k/5k Men) there will be one male and one female per category awarded as AmCup Sprint and Allround Champions. Athletes awarded the overall Sprint and Allround Champions will be eligible for a one season scholarship in the FAST or ASE program. In order to be eligible for this, the skater must have met one of the “C” USS time standards in one of the Sprint/Allround events depending on which they qualified for. These time standards must have been met during the 2017-18 season. If no time standard has been achieved, the athlete will still be presented with the overall award and title but will not receive the scholarship invitation to the programs.

2017 Fall World Cup Qualifier

General Information

A) The Fall World Cup Qualifier will serve as the selection competition for the 2017 Fall World Cup Team. This event requires “C” qualifying standards as listed in US Speedskating Time Standards above.

B) Format: The Competition will be conducted over five-days with the following format:

<table>
<thead>
<tr>
<th></th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Mass Start #1</td>
<td>Mass Start #1</td>
</tr>
<tr>
<td>Day 2</td>
<td>Rest Day</td>
<td>Rest Day</td>
</tr>
<tr>
<td>Day 3</td>
<td>500m #1, 500m #2, 3000m</td>
<td>500m #1, 500m #2 5000m</td>
</tr>
<tr>
<td>Day 4</td>
<td>1500m, 5000m</td>
<td>1500m, 10,000m</td>
</tr>
<tr>
<td>Day 5</td>
<td>1000m, Mass Start #2</td>
<td>1000m, Mass Start #2</td>
</tr>
</tbody>
</table>
C) Qualification Standards: USS “C” time standards will be required to compete in this event. For Mass Start, any “C” level time standard can be achieved to be eligible.

D) Eligibility to Compete. The following criteria are used for athletes to be eligible to enter the 2017 U.S. Single Distance Championships/Fall World Cup Qualifier.

1. Skaters must have reached at least the age of 15 before the July 1, 2017 in order to compete.
2. Any skater who achieves one or more of the time standards listed in section C) above in his/her respective division shall be eligible to compete only in that distance at the 2017 U.S. Single Distance Championships. These times must have been met between July 1st, 2016 and prior to the entry deadline for the competition.

E) Selection Procedures for the 2017 Fall World Cup Team
The complete and detailed procedures are contained in this document titled 2017 Fall World Cup (p. 11)

2018 U.S. Olympic Team Trials

A) Event:
1) This event will be run as outlined in the US Speedskating Athlete Selection Procedures 2018 Winter Olympic Games
2) This event will serve as the qualification competition for the 2018 Olympic Speed Skating Team, 2018 Winter World Cups, 2018 World Allround Championships and 2018 World Sprint Championships.
3) The 2018 U.S. Olympic Trials will be conducted as a six day single distance competition in the following event format:

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3,000m</td>
<td>5,000m</td>
</tr>
<tr>
<td>2</td>
<td>1,000m</td>
<td>1,000m</td>
</tr>
<tr>
<td>3</td>
<td>5,000m</td>
<td>10,000m</td>
</tr>
<tr>
<td>4</td>
<td>500m #1 &amp; 500m #2</td>
<td>500m #1 &amp; 500m #2</td>
</tr>
<tr>
<td>5</td>
<td>1500m</td>
<td>1500m</td>
</tr>
<tr>
<td>6</td>
<td>Mass Start</td>
<td>Mass Start</td>
</tr>
</tbody>
</table>

2018 U.S. Speedskating Championships- Juniors

A) Event: This event will serve as the qualification competition for the 2018 World Junior Speedskating Team.

B) Format: The 2018 U.S. Junior Speedskating Championships will be held in conjunction with American Cup 2 and conducted as a three day single distance competition in the following format:

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
<th>C Ladies &amp; Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>500m, 3000m</td>
<td>500m</td>
<td>500m, 3000m</td>
</tr>
<tr>
<td>2</td>
<td>1500m</td>
<td>1500m, 5000m</td>
<td>1500m</td>
</tr>
<tr>
<td>3</td>
<td>1000m, Mass Start</td>
<td>1000m, Mass Start</td>
<td>1000m, Mass Start</td>
</tr>
</tbody>
</table>

1. Any skater who qualifies for or is selected for the 2018 US Winter World Cup Team or 2018 Olympic Team in a particular distance (Ladies 5000m will earn a 3000m start spot, Mens 10,000m will earn a 5,000m start spot) automatically qualifies for that specific distance at the 2018 Junior World Championships. If it is in a long distance event (ladies 3000m, mens 5000m) he/she will be entered in the allround competition at the 2018 Junior World Championships.
2. The allround total points will be determined using the following distances:
   a. Ladies: 500m, 1000m, 1500m, 3000m
   b. Men: 500m, 1000m, 1500m, 5000m
   c. C Ladies and Men: 500m, 1000m, 1500m, 3000m
3. The U. S. Junior Speed Skating Championships will be open to, and only to, skaters who are not yet 19 years of age before July 1, 2017, except as provided in subsection 5 below. A skater may compete only in the class designated for the skater’s age before July 1, 2017, as follows:
   a. Junior A: Ages 17 and 18 years
   b. Junior B: Ages 15 and 16 years
   c. Junior C: Ages 14 and below
4. Skaters will be ranked in the following categories for each single distance and for the overall classification:
   a. Junior Men and Junior Ladies – includes all USS Junior Ladies competitors and Junior A and B Men.
   b. Junior A Men and Women
   c. Junior B Men and Women
   d. Junior C Men and Women

5. A Junior C skater, aged 13 or 14 years, before July 1, 2017, who has achieved the time standard required for eligibility to compete under Section C below may apply to compete in the Junior B class by submitting a petition to USS, before the close of entries for the U.S. Junior Speedskating Championships, requesting permission to compete in the Junior B class and acknowledging that, by competing in said class, the skater will thereafter be ineligible for benefits in the Junior C class. Such petition must be signed by the skater and his or her personal coach and parent or legal guardian. Skaters under the ISU age of 13 that are eligible to compete based on achieving time standards, may not petition to skate above the Junior C class.

6. Junior C skaters are ineligible to qualify for team selection based on ISU age requirement (ISU RULE 108, paragraph 1) and fall under section 5. above.

C) Qualification Standards:
   a. All skaters that meet the age requirements as listed above will be eligible to compete.
   b. Any USS D2 time standard will make an athlete eligible for all events in their age group

D) Mass Start :
   a. Mass Start will be run in accordance with USS Rules of Competition (p.5 letter O.)

INTERNATIONAL EVENTS (2017-2018 Season)

2017-2018 World Cups – General

A) Entry Quotas: US Speedskating’s ISU entry quotas for the 2017 - 2018 World Cups shall be determined in accordance with applicable ISU Rules and Regulations.

B) Time Standards:
   Qualification Standards: A skater must have met the “A1 (Calgary or Salt Lake City) or A2 (All other rinks)” time standard between July 1, 2016 and the end of the selection competition to qualify for the USS World Cup Team.

C) Domestic Events: US Speedskating may be allocated additional quota spots for ISU events within the US. The US will still use its time standards for funding these events. US Speedskating will offer a reserve spot for all domestic events in order to try and fill the allocated quota spots.

2017 Fall World Cups

A) The U.S. Speedskating Team for the 2017 Fall World Cups (meaning World Cup events occurring prior to the 2018 U.S. Olympic Team Trials) shall be selected in accordance with the following:

   1. Team Selection: Skaters become eligible and qualify for positions on the 2017 Fall World Cup Team by meeting the following criteria in the stated order.
      a. Eligibility: Skaters become eligible for selection to the 2017 Fall World Cup Team by their ranking in each distance at the 2017 Fall World Cup Qualifier. The distances for Ladies are 500m (fastest one of 500m#1 or 500m #2), 1000m, 1500m, 3000m, 5000m. The distances for men are 500m (fastest one of 500m#1 or 500m #2), 1000m, 1500m, 5000m, 10,000m. The number of eligible skaters will not exceed U.S. Speedskating’s ISU entry quota for each, not including reserves or subs.
      b. USS Funded Qualification: Eligible skaters from Step 1a. (Eligibility) qualify for a funded position on the 2017 Fall World Cup team by meeting the “A1 or A2” time standards for a distance they are eligible for in from Step 1a. above. Times must have been skated between July 1, 2016 and the end of the 2017 Fall World Cup Qualifier.
c. **Non-Funded Qualification:** Athletes who qualify for a start position from step 1a. above, but do not have the “A1 or A2” time standard, may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) in order to qualify.

d. **Team Pursuit:** USS Long Track HP staff may name skaters to the 2017 Fall World Cup team as team pursuit athletes. USS staff present at the world cup events will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.

e. **Mass Start Events:** Fall World Cup Mass Start positions will be determined by the results of the 16 Lap Mass Start Races at the 2017 Long Track Fall World Cup Qualifier Event.

   **First Position:** The Competitor with the highest points total from the combined two (2) mass start events if they have achieved any one of the ISU/USS “B” qualifying standards.

   **Second Start Position (if applicable):** The Competitor with the second highest points total from the combined two (2) mass start events if they have achieved any one of the ISU/USS “B” qualifying standards.

   **Tie Breaker:** The final sprint finish (finish of the race) of the 16 lap mass start race shall serve as the tie breaker for any points ties for that individual race. The final sprint finish (finish of the race) of the 16 lap mass start race #2 shall serve as the tie breaker for any combined points ties.

   **Reserves:** If either of the above skaters cannot start an ISU World Cup race, or an additional world cup position is earned by the US, the present USS high performance staff at the competition will choose among present Fall World Cup team members to fill that spot.

   **Seeding:** Seeding of the athletes at world cup events will be done by the Long Track HP staff and may be discretionary.

   **Funding:** USS A1/A2 time standards do not apply to Mass Start events in the 2017-18 season.

f. **Discretionary Invites:** USS reserves the right to fill any remaining World Cup position(s) with discretionary invites for individual distances and/or team pursuit events. The discretionary invites must have met the USS “B1 or B2” time standard in order to compete. This time must have been meet between July 1st 2016 and the end of the qualifying competition.

g. **Limited ISU Quota Spots:** In ISU World Cup events that US Speedskating only has 1 or 2 ISU quota spots, USS reserves the right to modify World Cup entries in order to maximize World Cup, World Single Distance Championships or Olympic Games quota spots. The USS funding time standards will still be in effect for these potential move up positions.

2. **Vacancies:** USS Reserves the right to fill any unused World Cup start positions that may occur for any reason at any particular World Cup with members of the 2017 Fall World Cup. The Team member moving into a vacant start position must meet the 2017-2018 ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.

### 2018 Winter World Cups

A) The U.S. Speedskating Team for the 2018 Winter World Cups (meaning World Cup events occurring after the 2018 U.S. Championships) shall be selected in accordance with the following:

1. **Funding:** USS does not intend on funding a team for Winter World Cups

2. **Team Selection:** Skaters become eligible and qualify for positions on the 2018 World Cup #5 by meeting the following criteria in the stated order. Results from 2018 Olympic Trials will be used to determine starting positions for winter world cups. The number of eligible skaters will not exceed U.S. Speedskating’s ISU entry quota for each distance,

3. **World Cup Final:** The entries to this competition will be based on ISU rules and Regulations.

### 2018 Winter Olympic Games

A) Please see the US Speedskating Athlete Selection Procedures 2018 Winter Olympic Games

### 2018 World Allround Championships

B) The US Speedskating Team for the 2018 World Allround Championships shall be selected in accordance with this section.

C) **Funding:** USS does not intend on funding a team for the 2018 World Allround Championships
D) **Entry Quotas**: US Speedskating’s ISU entry quotas for the 2018 World Allround Championships shall be determined in accordance with applicable ISU Rules and Regulations.

E) **Team Selection**: Berths on the U.S. World Allround Team and World Allround Championships start positions for Ladies and Men shall be determined and ranked as follows:

1. Start positions will be allocated based on samalog results from the 2018 Olympic Trials (ladies 1500 & 3000; Mens 1500 & 5000) at the completion of the 2018 Olympic Trials. (Ex: Two (2) allocated positions per ISU communication 1891 will be given to the top two finishers in overall samalog at the 2018 US Olympic Team Trials)
2. Should skaters decline the invitation to compete in this event, additional skaters may be selected based on samalog results from the 2018 Olympic Team Trials (ladies 1500 & 3000; Mens 1500 & 5000).
3. All skaters earning start positions based on 1-2 above, must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)

### 2018 World Sprint Championships

The US Speedskating Team for the 2017 World Sprint Championships shall be selected in accordance with the following:

A) **Funding**: USS does not intend on funding a team for 2018 World Sprint Championships.

B) **Entry Quotas**: US Speedskating’s ISU entry quotas for the 2018 World Sprint Championships shall be determined in accordance with applicable ISU Rules and Regulations.

C) **Team Selection**: Berths on the World Sprint Team and World Sprint Championships start positions shall be determined, and ranked as follows:

1. Start positions will be allocated based on samalog results from the 2018 Olympic Trials. (2 x 500m, 1 x 1000m-doubled for samalog). **The 1000m samalog points will be doubled in order to achieve a 4 race samalog total.**
2. Should skaters decline the invitation to compete in this event, additional skaters may be selected based on samalog results at the 2018 Olympic Trials. (2 x 500m, 1 x 1000m-doubled for samalog). **The 1000m samalog points will be doubled in order to achieve a 4 race samalog total.**
3. All skaters earning start positions based on 1-2 above, must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)

### 2018 World Junior Speedskating Championships

The US Speedskating Team for the 2018 World Junior Speedskating Championships shall be selected in accordance with the following:

A) **Entry Quotas**: US Speedskating’s ISU entry quotas for the 2018 World Junior Championships shall be up to five (5) ladies and five (5) men. USS may elect to not to send a full team.

B) **Team Selection**: Berths on the 2018 World Junior Team and World Junior Championships start positions shall be determined and ranked as follows:

1. Any Junior skater who qualifies for the 2018 Winter Olympics shall be eligible for a starting position in each of the respective distances.
2. Allround Entries and Start Positions.
   a. The top two finishers, ladies and men, from the 2018 U.S. Speedskating Junior Championships Allround Total Points Classification Juniors, will earn a starting position in each of the allround distances (Ladies: 500m, 1000m, 1500m, 3000m; Men: 500m, 1000m, 1500m, 5000m).
3. Individual Distances Entries and Start Positions.
   a. Positions will be awarded to the junior aged skaters, ladies and men, who finish first in a distance classification for juniors, in one of the four (4) individual distances at the 2018 U.S. Speedskating Junior Championships (Ladies: 500m, 1000m, 1500m, 3000m; Men: 500m, 1000m, 1500m and 5000m) and meet the applicable time standard.
4. If the total number of entries exceeds US Speedskating’s ISU entry quota per ISU Communication 2103 and ISU Rule 208 after the above criteria are applied, a reduction process will be used by using the percentage in comparing the time
raced with the World Junior record at that distance. For the 500m, the fastest time skated will be used in computing the percentage.

5. If necessary, remaining positions will be awarded to the second (2nd) ranked skater from each individual distance with the time closest in percentage from the Junior World Record in that distance until the entry quota of five (5) ladies and five (5) men is reached. If all second ranked skaters are awarded positions and the entry quota of five (5) ladies and five (5) men is still not reached, the same process will be done with third (3rd) place finishers, then fourth (4th) place, then fifth (5th) in each individual distance if necessary.

6. Remaining starting positions will be filled based on the ranking of the Team members in the Distance Classification at the 2018 U.S. Speedskating Junior Championships.

7. Should not all starting positions be filled, the appointed U.S. Team coaches at the event will select the skaters to fill the remaining start positions.

8. If skaters are withdrawn or withdraw themselves from their race at the 2018 Junior World Championships, the USS Coaches and Team Leaders have the discretion to fill the spot with the other 2018 Junior World Team members.

C) Time Standards:

1. In addition to the team selection criteria above (B, #1-6), to participate in the 2018 World Junior Championships a skater must have met the following time standards in their specific distance(s) for individual distance and allround qualifiers after July 1, 2016 through the end of the 2018 U.S. Speedskating Championships (ISU times are also July 1, 2016 until the end of the U.S. Champs). USS may allow an athletes who earns a qualifying spot but does not have the ISU time, to achieve it prior to the entry deadline for the ISU Junior World Championships.

<table>
<thead>
<tr>
<th>Distances</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>500m</td>
<td>40.82</td>
<td>36.91</td>
</tr>
<tr>
<td>1000m</td>
<td>1:21.86</td>
<td>1:12.97</td>
</tr>
<tr>
<td>1500m</td>
<td>2:07.04</td>
<td>1:53.34</td>
</tr>
<tr>
<td>3000m</td>
<td>4:30.89</td>
<td>X</td>
</tr>
<tr>
<td>5000m</td>
<td>X</td>
<td>7:05.00 or 4.05.00</td>
</tr>
</tbody>
</table>

*Times are from the 20th place at the 2016 Junior World Speedskating Championships or the ISU Regulations depending on which is faster.

D) Team Pursuit:

1. Team Pursuit Teams for the World Junior Championships shall be selected from the World Junior Team members, and at the discretion of, the assigned US Team coaches and the USS Long Track Director and/or High Performance Director.

E) Mass Start:

1. The winner (first to cross the line at the completion of 10 laps) will earn an automatic start position in the Mass Start Event at the Jr World Championships. The winner will need to have one of the applicable ISU time standards (ISU communication 2037) in order to qualify under this section. There will be no move ups if winner is already qualified or if winner does not have a time standard.

2. If the winner does not have the time standard the Mass Start Event start positions for the World Junior Championships shall be selected from the World Junior Team members, and at the discretion of, the assigned US Team coaches and the USS High Performance Staff.

F) Vacancies: If a member of the World Junior Team withdraws from or elects not to compete in the World Junior Championships and USS elects to fill such vacancy, the vacancy will be filled by the next ranked skater per B above.
2017-18 Junior World Cup Speed Skating Events

A) Entry Quotas: US Speedskating’s ISU entry quotas for the 2017-18 Junior World Cup Events shall be determined by ISU Communication No. 2109. USS may elect to not to send a team.

1) Restrictions: Entries for Junior World Cups shall be subject to restrictions as outlined in ISU Communication 2109.

2017 Summer / Fall Junior World Cup Speed Skating Events

A) Junior Entries: Entries for all Junior World Cups occurring before the 2018 U.S. Junior Championships shall be determined and ranked as follows:

1. Jr World Team Members from the previous season who are returning Juniors.
2. Remaining spots will be filled based on results from Fall World Cup Qualifier. Athletes will be ranked based on percentage off ISU qualifying times as outlined in ISU Communication No. 2109.
3. There will be no move-ups to fill allotted quota spots.

B) Neo-Senior Entries: Entries for all Junior World Cups occurring before the 2018 U.S. Junior Championships shall be determined and ranked as follows:

1. Jr World Team Members from the previous season who have aged out of the Jr Division.
2. Remaining spots will be filled based on results from Fall World Cup Qualifier. Athletes will be ranked based on percentage off ISU qualifying times as outlined in ISU Communication No. 2109.
3. There will be no move-ups to fill allotted quota spots.

2018 Winter Junior World Cup Speed Skating Events

C) Junior Entries: Entries for all Junior World Cups occurring after the 2018 U.S. Junior Championships shall be determined and ranked as follows:

2. There will be no move-ups to fill allotted quota spots.

D) Neo-Senior Entries: Entries for all Junior World Cups occurring after the 2018 U.S. Junior Championships shall be determined and ranked as follows:

1. Athletes who have qualified based on criteria outlined in ISU Communication No. 2109 will be ranked based on their results from the fall world cups.
2. Remaining spots, if applicable, will be filled based on results from AmCup 2. Athletes will be ranked based on percentage off ISU qualifying times as outlined in ISU Communication No. 2109.
3. There will be no move-ups to fill allotted quota spots.

2018-2019 TRAINING AND ATHLETE DESIGNATIONS

Seniors

A) Overall National Ranking – Overall Senior – used to rank all skaters in all distances in one list.

1. 2018 Winter Olympic Games - ranked in order of the highest individual distance results in that competition. The second highest individual distance result will serve as the first tie breaker. The highest result placement at the U.S. Olympic Trials will serve as the next tie breaker. The third overall tie breaker will be best overall World Cup points ranking in any distance. Athletes competing in team events at the 2018 Winter Olympic Games will be ranked after the individual distance athletes.
2. 2017-2018 U.S. Senior World Cup Team from World Cups 1-4, ranked in order of best individual distance points ranking. The second best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Olympic Trials will serve as the next tie breaker. Athletes competing in team events at World Cups 1-4 will be ranked after the individual distance athletes only if they achieve a top eight (8) points ranking.

3. 2016-17 ACRS Final Classification ranked by highest placement in an individual ACRS distance points classification. Ties will be broken based on the next best overall ACRS individual distance points classification.

B) Overall National Ranking – Per Distance Senior – used to rank skaters in each individual distance.
1. 2018 Winter Olympic Games- ranked in order of individual distance results in that competition. Athletes competing in team events at the 2018 Winter Olympic Games will be ranked after the individual distance athletes.

2. 2017-2018 U.S. Senior World Cup Team from World Cups 1-4, ranked in order of best individual distance points ranking. The second best individual distance World Cup points ranking will serve as the first tie breaker. The highest result placement at the U.S. Olympic Trials will serve as the next tie breaker. Athletes competing in team events at World Cups 1-4 will be ranked after the individual distance athletes only if they achieve a top eight (8) points ranking.

3. 2017-2018 ACRS final points classification per distance. Ties will be broken based on the next best overall ACRS individual distance points classification.

C) 2018-2019 USS Medal Contender Status:
1. Medal Contender Status is used exclusively for computations for the Order of Eligibility and for the extreme circumstance of injury and/or illness that prevents an athlete from completing/competing in a qualifying competition.

2. To be considered as an athlete who earned Medal Contender status, an athlete must have met one of the following criteria:

3. Top eight (8) finish in an individual distance in the 2018 Winter Olympic Games.
   a. For the mass start events at the 2018 Winter Olympic Games, athlete must cross the finish line within the top 8 athletes in order to achieve medal contender status. Points will not be considered at an Olympic event for medal contender status.

4. Achieving a top 5 ranking in an individual distance in the 2017-2018 World Cup Final Standings (WCFS).

5. Team pursuit medalist in the 2018 Winter Olympic Games may be given special consideration as a team pursuit specialist for the 2018-2019 World Cup Season.

D) National Training Programs (NTP):
1. Teams:
   a. Sprint/Middle Distance Program- Salt Lake City, UT
      1) Maximum of 12 skaters to be named/invited to this team
   b. Allround/Middle Distance Program- Salt Lake City, UT
      1) Maximum of 12 skaters to be named/invited to this team

2. Size: Up to a maximum of 24 skaters may be named to the NTP through automatic invitations and discretionary invitations.

3. Automatic Invitations to the NTP:
   a. Automatic invitations to the National Racing Program will be limited to only the top 8 total athletes (4 Sprint (500, 1000, 1500) and 4 Allround (1500, 3k/5k, 5k/10k), Ladies and Men combined) from the Overall National Ranking – Overall Senior.

   For Example: Mens allround ONR list will be combined with Ladies allround ONR list to determine the 4 allround automatic invites. This could result in a single gender team.

   b. There will be no fill up provision to the Automatic Invitation List should one of the 8 (4 Sprint (500, 1000, 1500) and 4 Allround (1500, 3k/5k, 5k/10k) skaters decline the invitation.

4. Additions (Discretionary Invitations): Remaining positions may, but need not, be filled by the USS High Performance Staff. Athletes may be added at any point as approved by the USS High Performance Staff.

5. Other skaters outside of the program may be invited to train with the NTP from time to time for a targeted period, as recommended by the USS High Performance Staff.

6. Letter of Commitment: Skaters invited to join the NTP must sign and return to USS a letter of commitment, prepared by the USS High Performance Staff, by the date indicated on the letter of commitment. Failure to return the signed letter of intent results in loss of NTP status, title and benefits.
7. Athletes who decline their NTP invitation may not be eligible for all benefits that are tied to the particular NTP. Please refer to the USS Athlete Services grid.

8. **Standards:** Athletes named to the national team may be required to meet performance criteria set by either their coach or the USS long track HP Staff. Athletes failing to meet said criteria may be removed from the national team.

**Juniors**

**A) Overall National Ranking – Overall Junior** – used to rank all Junior skaters from all distances in one list.

1. 2018 Winter Olympic Team, ranked by highest individual placement. Second best individual placement will serve as first tiebreaker.
2. U.S. Senior World Cup Team from World Cups 1-4 ranked in order of best individual distance points ranking. The second best individual distance World Cup points ranking will serve as the first tie breaker.
3. 2018 ISU World Junior Championships individual distance medalist. The second best finish at the 2018 ISU World Junior Championships in an individual distance will serve as the first tie breaker. If still tied, the result placement at the U.S. Speedskating Championships will serve as the third tie breaker.
4. 2018 ISU World Junior Championships Team Pursuit medalist. The best finish at the 2018 ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the 2018 U.S. Junior Speed Skating Championships will serve as the third tie breaker.
5. 2018 ISU World Junior Championships team members, ranked in order of placements in an individual distance at the 2018 ISU World Junior Championships.
6. 2017-18 ACRS Final Classification ranked by highest placement in an individual ACRS distance classification. Ties will be broken based on the next best overall ACRS individual distance classification.

**B) Overall National Ranking – Per Distance Junior:** used to rank skaters in each individual distance

2. U.S. Senior World Cup Team from World Cup 1-4, ranked in order of best individual distance points ranking.
3. 2018 ISU World Junior Championships individual distance medalist.
4. 2018 ISU World Junior Championships Team Pursuit medalist. The best finish at the 2018 ISU World Junior Championships in an individual distance will serve as the first tie breaker. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the 2018 U.S. Speedskating Championships will serve as the third tie breaker.
5. 2018 ISU World Junior Championships team members, ranked in order of placements in an individual distance at the 2018 ISU World Junior Championships.

**C) 2017-2018 ACRS Final Classification per distance.**

1. **Junior National Team:** US Speedskating Junior National Team for the 2018-19 season shall be awarded in accordance with this section.
2. All Junior National Team eligible athletes must be of the ISU Junior Age (not reached the age of 19 before July 1, 2017) for the 2018-2019 season.
3. Senior Olympic, World Cup and World Championship team members
   a) All juniors who qualify for the Olympic Games, ISU senior world cup or world championship team in the 2017-18 season will be added to the Junior National Team.
4. Junior World Team Members
   a) Members of the 2018 Junior World Team who have placed in the top 20 in individual events at the 2018 Junior World Championships will be added to the Junior National Team.

**D) Junior Development Team:** U.S. Speedskating Junior Development Team for the 2018-2019 season shall be awarded in accordance with this Section.

1. **Qualifications:** One male and female Athlete from each Junior Division (Neo, Junior A, Junior B, Junior C) from the 2017-2018 Overall Junior National Ranking List who are not already on the Senior or Junior National Team.

**2018-19 Level Status**

**A) Level 1:** U.S. Speedskating Level 1 status for the 2018-2019 season shall be awarded in accordance with 1. or 2. below.
1. **Olympic Team Members**: Members of the 2018 Olympic Team shall be automatically awarded Level 1 status. Both Junior and Senior skaters are eligible under this section. Time standards as presented in section B are not required if qualified under this section.

2. **Time Standard**: Skaters achieving the “A1 or A2” time standard requirements shall be eligible for Level 1 status. Both Juniors and Seniors are eligible for Level 1 status under this section. Qualifying times must be achieved any time during the 2017-18 season between June 1, 2017 and April 15, 2018. Skaters qualifying under section A) above, are not required to meet the time “A1 or A2” time standards.

B) **Level 2**: U.S. Speedskating Level 2 status for the 2018-2019 season shall be awarded in accordance with 1, 2, or 3 below.

1. **Qualification**: The top 5 skaters in individual distance overall Am Cup Points rankings (500m, 1000m, 1500m, 3000m-ladies, 5000m-men) at the end of the 2017-18 season will earn Level 2 status, subject to the “B1 or B2” time standard requirements set forth in Section C.

2. **World Cup Members**: Members of the 2017-2018 World Cup 1-4 Team

3. **Time Standard**: Skaters eligible for Level 2 status pursuant to Sections 1 and 2 above shall be awarded Level 2 status if, and only if, they achieve the “B1 or B2” time standard in their respective qualification distance. Qualifying times must be achieved between June 1, 2017 and April 15, 2018.

C) **Level 3**: U.S. Speedskating Level 3 status for the 2018-2019 season shall be awarded in accordance with 1 below.

1. **Qualification**: Skaters achieving the “C” time standard requirements shall be eligible for Level 3 status. Qualifying times must be achieved between June 1, 2017 and April 15, 2018.

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**REGULATIONS AND RACING RULES FOR AGE GROUP PACK STYLE COMPETITIONS AND MARATHON RACING**

**AGE CLASSIFICATIONS**

A) The following definitions shall prevail to establish the age classification of skaters for the National Age Group Championships. Please refer to each Championship section for specific division and distance information.

1. The age of the skater shall be that age the competitor is before July 1st preceding the competition.
   - Master 70+ - 70 years of age or older.
   - Master 60-69 - 60 years of age or older.
   - Master 50-59 - 50 years of age or older.
   - Master 40-49 - 40 years of age or older.
   - Master 30-39 - 30 years of age or older.
   - Senior – 19 years of age or older.
   - Junior A – 17-18 years of age.
   - Junior B - 15-16 years of age.
   - Junior C – 13-14 years of age.
   - Junior D – 11-12 years of age.
   - Junior E – 10 years of age and at least age 7 to be eligible to compete in the Junior E Division at the National Age Group Championships.

B) At a National Age Group Championship meet, a skater may compete in an advanced age group up to and including the Senior division. In the event the skater scores points, the skater shall be disqualified from compete in a lower age group at the next National Age Group Championship meet. This disqualification shall not apply to Master skaters scoring points in one of the Master divisions. Skaters scoring points in a Master division may skate in a lower age group down to and including the Senior division. The division changes permitted by this paragraph are the only ones that shall be allowed. This does not apply to open, local or exhibition meets. In non-national championship meets, a skater may compete in advanced age group providing the skater has obtained the permission of the referee or competitor steward of the meet. The competitor steward or referee may combine divisions if competitive conditions warrant without jeopardy to a skater’s division status.
C) A skater may compete in an advanced age group in National Age Group Short Track competition without jeopardizing his current or future lower age status in National Age Group Long Track competition and vice versa. If a skater is placed in an advanced age group as a result of combining classes but did not sign up for that division and scores points, they will not be required to skate in that advanced age group for future National Age Group Short Track or Age Group Long Track Championships.

D) A skater may compete in only one division at a championship competition and in only one competition when competitions are combined.

E) If there is only one skater registered in a division, they will be combined with the next age appropriate division.

EQUIPMENT OF SKATERS

A) All long track skaters must be equipped with:
   1) Gloves or mitts
   2) Long sleeved and long legged clothing
   3) Skates that conform to the most current ISU regulations, currently as follows:
      a) A skate that is a passive mechanical extension of the leg, meant to facilitate the gliding technique. The skate consists of a blade and a shoe of any material with dimensions which do not change significantly during a competition, and a construction which connects the shoe to the blade. This construction may allow any translation and rotation of the shoe relative to the blade, in order to enable an optimal utilization of the physical capacity of the skater, as far as it does not jeopardize the safety of the skaters. The skate does not contain any element that would violate the requirement that all energy expended during the speed skating exercise originates from metabolic work liberated by the skater during the race. There is no connection between the skater and the skate, and no transmission of energy, matter or information to the skate, other than via the anatomical structures of the lower leg and foot. In particular, it is not permitted to heat the blades of the skates from any external source or by means of any artificial mechanisms.
      b) If deemed necessary in order to avoid confusion as to what kind of equipment is permitted for speed skating competitions, the ISU may issue further specifications concerning the definition of allowable skates.
      c) The use of skates that do not conform to the above definition and requirements is a cause for disqualification.
   4) USS recommends that athletes follow ISU long track communication No. 2038 and short track communication No. 1265. These recommendations may be future USS required safety equipment.

B) Racing Uniforms
   1) No skater may wear a current (2014-15 or 2015-16) USS issued Team uniform or skin suit in a Competition that he or she did not earn and which was not issued by USS to such skater personally. No member of USS may wear a uniform with the markings of a foreign country. The referee may disqualify a skater who refrains from following these rules.

ENTRIES

A) All National Age Group Championship entries except for the National Marathon and North American Marathon are required to be done online through the USS website.

B) All entries shall be completed with the name of the competitor, age/date of birth, address, name of club or program, name of Association (if applicable), USS membership number, name of coach and the requested seed time information.

C) National Age Group Championships is only open to USS members with US citizenship and Permanent or Temporary Resident Card Holders.

D) The USS National office shall process all entries and fees for the National Championships. For meets held in Canada, the fees shall be paid to Speedskating Canada. No surcharge may be added to the entry fee for any reason.

E) Entry fees for the National Championships will be $99. Entries must be received 10 days prior to the event. Late entries will be accepted up to 5 days prior to the first day of competition. If the late entry deadline falls on a weekend or legal holiday, the late entry deadline will be the first day after the weekend or legal holiday. Late entries are subject to $100 late fee in addition to the event entry fee ($199 total).

F) Entry fee for the National Marathon and North American Marathon meets shall be listed on the entry form. Entries must be received at least 48 hours prior to the start of the first race to avoid a late fee. Late entries shall include a late fee and the following information should be provided: 1) a signed USS membership application. 2) Proof of age and citizenship (birth certificate or passport) 3) Payment of applicable membership dues.
   1) Any skater who is not a member of USS, or of an ISU affiliate organization, may purchase a single event race license to compete in a designated USS-sanctioned marathon event. USS shall designate those events at which the single event license will be available. At events not so designated, the single event license will not be available.
   2) The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.
RACING RULES

A) Conduct of races for long track mass start competitions

1) Skaters shall not travel inside the blocks. A skater who does so must return to the competition track where the skater left it.
2) Skaters shall keep within one lap of the leader in the race; and if lapped, may be declared distanced and be called out of the race by the Referee. For awarding points/medallions, removed skaters shall retain their position as when removed.
3) Be deemed lapped when the leader has gained a lap on them but has not actually passed them, and if it appears that they are in any way impeding or attempting to set pace for the leader or leaders, they shall be called out of the race by the Referee.

B) Infringements of Racing Rules

1) The general racing rule is that the competitors by their way of skating shall contribute to honest sporting and safe progress of the race in order to determine the result of the race on its merits.
   a) Breaches of the racing rules are considered as follows:
      b) OFF-TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks;
      c) IMPEDING: Deliberately impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby deliberately causing contact;
      d) ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race, nor to a push or other assistance in a Team Pursuit race.
      e) KICKING OUT: Deliberately kicking out of any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden.

3) The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:
   a) Loafs, competes to lose, coaches during the race, or uses unfair team work by blocking or impeding other competitors.
   b) Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
   c) The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.
   d) The Referee may call out of a heat or race any competitors who are disqualified.
   e) The Referee may disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.
   f) When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart. The skater for whom the race was stopped shall be excluded from the restart.
   g) If during the race any irregularity affecting the result does take place, the Referee may stop the race and order an immediate re-start of the race. If the distance has been completed the Referee may order a re-run of the race. Should any of the skaters have been disqualified in the initial part of the race they will not take part in the re-start or re-run.
   h) At any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor’s act from time for first check-in, during and until completion of presentation of awards.

4) For Long Track Mass Start Competition, the Referee may disqualify a competitor for failure to observe the following passing rules:
   a) Upon gaining the inside or pole position, the skater has the right of way and may be passed on the right side; but should the skater stray from the pole position, any competitor has the privilege of passing such skater on the left providing there is ample room. When passing, the responsibility for collision or obstruction is upon the passing skater, provided that the skater being passed does not act improperly.
   b) Keep in their respective positions from the start to finish in all races on straightaway track. In all races with one or more turns, competitors shall not cross to the inner edge of the track except when they can do so without interfering with other competitors.
   c) Upon entering the homestretch, competitors must stay in a straight line without deviation to the right or left until reaching the finish line. If the skater is far enough ahead so that his changing lanes will not interfere with the following skater, he may cross to another lane.

C) Sanctions for infringement of the Racing Rules

1) The term “disqualification” as used in ISU Rule 297 paragraph 5 shall be understood to describe the various sanctions mentioned in this Rule including without limitation the following type of sanctions:
   a) PENALTY: In the case of an infringement of the Racing Rules a penalty will be given. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone. Points/results accrued prior to that race will not be affected.
b) YELLOW CARD: If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the yellow card twice in the same competition will be sanctioned by a red card, will be excluded from the competition immediately and will not be ranked in the final classification.

c) RED CARD: 1) In the case of an infringement which is deemed by the Referee to be intentionally dangerous or grossly negligent, the Skater will be shown a red card. 2) In the case a Skater is shown two yellow cards in the same competition, the Skater will be shown a red card. 3) For any action, either on or off ice, not in compliance with Rule 125, a red card may also be shown to the Skater. The Skater who is shown a red card will be excluded immediately from the competition and will not be ranked in the final classification. In the case a Skater is shown a red card in a Relay race, his Relay Team will be excluded immediately from the Relay competition and will not be ranked in the final Relay classification. Individual sanctions for the Skater(s) concerned will also apply.

D) Team Pursuit

1) Pursuit races may have either 3 or 4 skaters racing on each team. In both cases the finishing time of the team will be determined as the finishing time of the third skater in the team. If less than three Skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified.

2) In Team Pursuit races the two teams shall start simultaneously at each side of the track, at the middle of straight. If the heats have been composed according to a ranking of the teams, the best ranked team shall start on the ordinary finishing straight. Otherwise the starting positions will be determined by a draw.

3) The track must be laid out with only one competition lane, e.g. by making use of the demarcation between the inner lane and the warm-up lane on a standard track.

4) If some skater(s) of a team is overtaken by skaters from the other team, this competitor shall be disqualified. ISU Rule 258, paragraph 2, applies.

5) If the competition format for the Team Pursuit competition is based on elimination races to promote teams to the next phase of races, a team overtaking the other team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking is in this case that the third positioned skater of the team has overtaken the third positioned skater of the other team.

E) The Start of Races

1) On the command "go to the start" the Skaters shall place themselves at their respective dot at the starting line. The Skaters have to stand still until the Starter calls "ready", whereupon they have to take their starting position immediately with the center of the body over the respective dot and keep this position absolutely until the shot is fired; However, if more than 5 Skaters are starting in a race, the starting dots will not be used, and the Starter will direct the Skaters in the respective order of their position to the starting line. If due to the number of Skaters in a race a second row is required at the start then the Skaters at this line will be positioned as far as possible to the outside of the track and the warm-up lane on a standard track.

2) If a Skater takes his starting position before the command "ready" or leaves his position or moves any part of his body after the command "ready" and before the shot is fired, it is a false start.

3) If a Skater places his skate partially or completely on or over the starting line, it is a false start.

4) If a Skater does not have both skates on the ice, i.e. full contact over the length of the blades, it is a false start (effective as of July 1, 2015)

5) For Short Track, if a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to make a new start according to subparagraph 1. For Long Track, if a skater is interfered with and falls within 25 meters past the starting line, the Skaters shall be called back to make a new start according to sub paragraph1.

6) If a false start takes place, the Skaters will be recalled with a second shot, or blast with a whistle. The Skaters must return to the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.

7) If all Skaters remain in the starting position despite a false start, the Starter shall re-start the race using only the command ‘ready’. If the Skaters must be re-assembled for the start, the complete starting procedure shall be respected. The Skater or Skaters who made the false start, will be assessed a false start.

8) If more than one skater is responsible for a false start they shall all be assessed a false start.

9) If one of the skaters breaks from his marks, thereby causing other skaters to follow him, only the skater at fault shall be assessed a false start.

10) After a race has been called back for a false start, then any subsequent false start by any of the Skaters will result in a penalty for the Skater(s) concerned.

11) Any skater that by his action delays the start will receive a warning. In the case of a false start or a second warning to a skater who has already received a warning, the starter shall tell the skater that he gets a penalty. Any warnings for delays do not affect the other skaters on the starting line.
12) In the event of a misfire by the starter’s gun, or an official’s delay in the start of a race, the complete starting procedure with all verbal commands shall be used. If the skaters have left the starting area, the starter shall command their return to the starting line with a whistle. Skaters shall return without delay. All false starts or penalties shall remain in effect.

F) PROTESTS
1) All protests will follow ISU rule No. 123

NATIONAL AGE GROUP LONG TRACK CHAMPIONSHIPS

A) Entries
1) Junior C divisions through Master divisions shall furnish a 1000m seed time, Junior D division shall furnish a 500m seed time and Junior E division shall furnish a 200m seed time. Seed time provided may have been achieved at either a metric or mass start (Long or Short Track) competition.

B) Format: Progression on each distance from the first round to the final will be by elimination. If the 5th distance is run as a Super Final, skaters will be advanced to the Super Final according to points in the overall classification.

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Mandatory Distances for National Championship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior E (7-10)</td>
<td>200 300 400 500 600 / 600 SF</td>
</tr>
<tr>
<td>Junior D (11-12)</td>
<td>300 400 500 600 800 / 800 SF</td>
</tr>
<tr>
<td>Junior C (13-14)</td>
<td>300 500 800 1000 1500 1500 / 1500 SF</td>
</tr>
<tr>
<td>Junior B (15-16)</td>
<td>500 800 1000 1500 3000 / 3000 SF</td>
</tr>
<tr>
<td>Junior A (17-18)</td>
<td>500 800 1000 1500 3000 / 3000 SF</td>
</tr>
<tr>
<td>Senior (19 years +)</td>
<td>500 800 1000 1500 3000 / 3000 SF</td>
</tr>
<tr>
<td>Master 30-39</td>
<td>500 800 1000 1500 3000 / 3000 SF</td>
</tr>
<tr>
<td>Master 40-49</td>
<td>500 800 1000 1500 3000 / 3000 SF</td>
</tr>
<tr>
<td>Master 50-59</td>
<td>500 800 1000 1500 1500 / 1500 SF</td>
</tr>
<tr>
<td>Master 60-69</td>
<td>500 800 1000 1500 1500 / 1500 SF</td>
</tr>
<tr>
<td>Master 70+</td>
<td>500 800 1000 1500 1500 / 1500 SF</td>
</tr>
<tr>
<td>Team Pursuit</td>
<td>Ladies-6laps  Men-8laps</td>
</tr>
</tbody>
</table>

Clerking table for the National Age Group Long Track Speedskating Championship

<table>
<thead>
<tr>
<th>Divisions</th>
<th>mandatory distances for national championship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior E</td>
<td>200 300 400 500 600 / 600 SF</td>
</tr>
<tr>
<td>Skaters in Final</td>
<td>6 6 8 (6) 8 8</td>
</tr>
<tr>
<td>Junior D</td>
<td>300 400 500 600 800 / 800 SF</td>
</tr>
<tr>
<td>Skaters in Final</td>
<td>6 6 6 8 8</td>
</tr>
<tr>
<td>Junior C</td>
<td>300 500 800 1000 1500 1500 / 1500SF</td>
</tr>
<tr>
<td>Skaters in Final</td>
<td>6(5) 6(5) 8 8 8</td>
</tr>
<tr>
<td>Junior B, Junior A, Senior, Master 30-39 Master 40-49</td>
<td>500 800 1000 1500 3000 / 3000SF</td>
</tr>
<tr>
<td>Skaters in Final</td>
<td>6(5) 8(6) 8 8 15</td>
</tr>
<tr>
<td>Master 50-59, Master 60-69, Master 70+</td>
<td>500 800 1000 1500 1500 / 1500SF</td>
</tr>
<tr>
<td>Skaters in Final</td>
<td>6(5) 8(6) 8 8 15</td>
</tr>
</tbody>
</table>

(Narrow Track Changes in Bold Numbers)

Seeding the first qualifying round for the first distance
1. Skaters shall be ranked from fastest to slowest seed time submitted by the skater.
2. Ties on seed time shall be randomly drawn.
3. Once the skaters are ranked, they shall be seeded into heats in a serpentine fashion.

<table>
<thead>
<tr>
<th>Heat 1</th>
<th>Heat 2</th>
<th>Heat 3</th>
<th>Heat 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>7</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
</tbody>
</table>

4. After the makeup of each heat, the order in which the heats will race will be randomized.

Subsequent rounds within the same distance
1. Skaters that advance shall be ranked by placement, then by time and then on advancements from previous round and seeded into the next qualifying round.
2. The order in which the heats will race will be randomized.

Seeding the first qualifying round of subsequent distances
1. The most current overall classification will be used.
2. Ties for seeding will be broken by random draw.

Lane Position
1. Skater position on the start line will be random for the first qualifying round of a distance.
2. Skater position on the start line for subsequent rounds and finals will be by time in the previous round.

C) Points

<table>
<thead>
<tr>
<th>Points</th>
<th>34</th>
<th>21</th>
<th>13</th>
<th>8</th>
<th>5</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place</td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
<td>4th</td>
<td>5th</td>
<td>6th</td>
<td>7th</td>
<td>8th</td>
</tr>
</tbody>
</table>

1. A division champion will be determined by the greatest number of points won in all final events.
2. Final points are awarded in final races only.
3. No points will be awarded to skaters or relay teams who receive a penalty, did not start, did not finish, yellow card, or red card.
4. In case of a tie, all skaters involved in a tie will receive the points awarded for that finish position. If two skaters are involved in a tie, the points for the following finish place will not be awarded, in the case of three skaters involved, the following 2 finish places will not be awarded.

D) Final and Overall Classification Ranking
1) Total number of final points earned over the scheduled distances.
2) By combined ranking over all distance classifications.
3) Finish place in the last distance of the scheduled program.
4) By highest ranking achieved in one of the distances and subsequent other best rankings.
5) By best time over the longest distance of the scheduled program.

E) Team Pursuit
1) Team Pursuits shall consist of male team(s) and/or female team(s) from associations, registered clubs and/or team(s) of direct skaters. Associations, registered clubs or teams of direct skaters which do not have at least four skaters entered in the junior C through Master 30-39 divisions will be allowed to combine with another association, registered club or with direct skaters that are entered in the competition to form a team.
2) Entries for the team pursuit shall be submitted to the Competitor Steward by the completion of the coaches meeting held the day before the competition begins. Entries shall specify the name of the coach responsible; names of skaters are not required.
3) Team Pursuit races will be conducted if time is available.

F) Coaches
1) Only coaches designated by a competing skater will be entitled to receive a coaching credential for any specific competition.
2) Coaches must register at least ten (10) days prior to the first competition in which they would request coaching credentials to be listed on the approved coaching list and be eligible for coaching credentials.
3) Coaches will be listed on the approved coaching list for the entire season, unless revoked for cause.
4) All coaches must be Level 2 certified and be compliant with requirements for certification renewal.

G) National Club Championship
1) The club earning the highest points in final events in each division (Pony – Master 70+) will be National Club Champions.

Eligibility
1. A skater must be a member of a current registered USS club.

<table>
<thead>
<tr>
<th>Place</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

Points will be awarded 1st through 4th place in all division final events.
1. Points earned will accumulate for their respective club.
2. Club points will not be scored in the case of a penalized skater in a final event

NATIONAL SPEED SKATING MARATHON/NORTH AMERICAN SPEED SKATING MARATHON

A) Entries
   1) Entries shall be received at least 48 hours prior to the start of the first race. Late entries shall include a late fee and the following information should be provided. 1) A signed USS membership application. 2) Proof of age and citizenship (birth certificate or passport) 3) Payment of applicable membership dues.
   2) Any skater, who is not a member of USS or of an ISU affiliate organization, may purchase a single-event race license to compete in a designated USS-sanctioned marathon event. USS shall designate those events at which the single-event license will be available. At events not so designated, the single-event license will not be available. The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

B) Divisions for the National Speedskating Marathon

<table>
<thead>
<tr>
<th>Master Men 70+</th>
<th>Master Women 70+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Master Men 60-69</td>
<td>Master Women 60-69</td>
</tr>
<tr>
<td>Master Men 50-59</td>
<td>Master Women 50-59</td>
</tr>
<tr>
<td>Master Men 40-49</td>
<td>Master Women 40-49</td>
</tr>
<tr>
<td>Master Men 30-39</td>
<td>Master Women 30-39</td>
</tr>
<tr>
<td>Senior Men 19-29</td>
<td>Senior Women 19-29</td>
</tr>
<tr>
<td>Junior Men (18 and under)</td>
<td>Junior Women (18 and under)</td>
</tr>
</tbody>
</table>

1) Divisions for the North American Speedskating Marathon
   a) The divisions in the table above may be used or otherwise determined by the host country and organizing committee.

C) Distances
   1) The distances for the National Speedskating Marathon shall be 25 kilometers and 50 kilometers.
      a) The distances for the North American Speedskating Marathon shall be determined by the host country and organizing committee.

D) Final Classification
   1) For each race in the National Marathon, the Class Champion will be the contestant who completes the course in the fastest time. (Points do not apply)