2019-2020
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 Speed Skating Regulations shall take precedence 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.

USS Rules of Competition

A) General: All competitions listed in this document (“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 American Cup Racing Series (ACRS) and Team Selection Competitions.

D) Selection Competitions: USS may host selection competitions in conjunction with other competitions.

E) 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 competition, 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) Qualifying and Seed Times must have been met within the timeframe outlined for each competition.

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.

F) Drawing Procedures:

1) Opening Meeting: US Speedskating will conduct a coaches meeting prior to the start of all competitions, any further coaches meetings will be subject to the referee and the USS technical representative.

2) Draw: The referees along with USS technical rep and timing and scoring officials will run the draw and distribute the pairs accordingly.

3) Grouping: The referee in conjunction with USS has the authority to adjust the grouping, pairings, and schedule to accommodate a successful competition.

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 3(a), the Referee will determine the number of skaters that start such distance.

5) Sprint Competitions: In competitions where the 500m is contended twice the second race shall be paired according to the time ranks from the first race, in such a way that the participants change starting lanes, unless otherwise noted.

6) 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 to approval by the USS technical representative and/or the USS events director.

G) Eligibility:

1) Citizenship: Skaters must comply with ISU Rule 108, 109, and ISU Communication 2030 (re. Citizenship Status and Competition Eligibility) in order to be eligible to 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, 2019 and have not reached the age of 19 before July 1st, 2019.
   b) Master- members of USS who are at least 30 years of age as of July 1, 2019.
   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.
H) 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).

I) 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 unless otherwise stated.

J) 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 late entry forms must be paid in cash and are non-refundable. All cash late entry fees will be given directly to the local organizing committee.

K) Entry Fees: Entry Fees for USS events listed herein will be published on the event registration site.

L) Uniforms: No skater may wear a USS issued Team uniform or skin suit from the current season or the previous season 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 or skin suit 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.

M) Safety Equipment:
   1) For all competitions covered in these regulations, except for marathons, current ISU rules will be followed with regard to required safety equipment. For mass start and pack style racing, ISU communication No. 2195 section 2.1 “Safety Measures” will be followed. Competitions not listed in this document are not required to meet this safety requirement but USS highly recommends following these guidelines.
      a) Leather gloves will be considered cut resistant for National Age Group Long Track Championships.

N) Re-Skates:
   1) For US Championships, 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 2019-2020 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 and subsequent point totals shall be used solely for team selection.

O) 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.

P) Mass Start:
1) Mass Start will be run in either of the below described formats as specified for a particular competition. The competition Referee in consultation with USS may hold a semi-final round if they deem necessary.
2) Distances:
   a) 16 Lap
      i) Intermediate Sprint Laps: Completion of lap 4, 8, and 12
         - Intermediate Sprint Points: 1st) 10 Points, 2nd) 8 Points, 3rd) 6 Points
      ii) Final Sprint: Completion of 16 Laps
         - Final Sprint Points: 1st) 80 Points, 2nd) 40 Points, 3rd) 20 Points, 4th) 10 Points, 5th) 6 Points, 6th) 3 Points
   b) 10 Lap
      i) Intermediate Sprint Lap: Completion of lap 4 and 7
         - Intermediate Sprint Points: 1st) 10 Points, 2nd) 8 Points, 3rd) 6 Points
      ii) Final Sprint: Completion of 10 Laps
         - Final Sprint Points: 1st) 80 Points, 2nd) 40 Points, 3rd) 20 Points, 4th) 4 Points, 5th) 2 Points, 6th) 1 Point
   c) Elimination Mass Start
      i) ISU Mass Start safety rules and regulations will be used.
      ii) First lap no athletes will be eliminated but athletes are allowed to pass
      iii) After the first “safety” lap the athlete that crosses the finish line last will be eliminated from the race until a final competitor remains and a winner is declared.
      iv) Race distance will be directly related to the number of entries.
3) Overall Placement
   a) Mass Start:
      i) At the completion of the race, the athletes will be ranked on total points earned during the race (Intermediate 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 ACRS points system for overall points (p. 8).
      ii) If there are any ties in points after the completion of a race, the final sprint result will be the tie breaker.
      iii) 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.
   b) Elimination Mass Start
      i) Competitors will be ranked according to their position when eliminated.
      ii) The winner of the race will be the only competitor not eliminated.

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 Team and Team Sprint 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 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 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 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 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) 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) Arm band infraction (wrong arm band, failure to wear arm band, arm band 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) 2019-20 USS Medal Contenders:
   a) The following athletes earned medal contender status for the 2019-2020 season through the criteria outlined in the 2018-2019 Long Track Speed Skating Rules and Regulations.

   • Brittany Bowe:
     • 1st 1000m (WSD), 3rd 1500m (WSD), 5th 500m (WC Standings)
       o Medal Contender in the 500m, 1000m, 1500m

   • Mia Manganello:
     • 6th Mass Start (WSD)
       o Medal Contender in the Mass Start

   • Joey Mantia:
     • 1st Mass Start (WSD), 8th 1500m (WSD)
       o Medal contender in the Mass Start and 1500m

2) Implementation of Medal Contender Clause:
   a) 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 USS 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 in the distance(s) petitioned for by the medal contender athlete.
      iii) Mass start medal contenders will be awarded positions at the discretion of the USS High Performance Staff.
      iv) Skate off will be held at a reasonable place and time determined by the USS High Performance Staff.
      v) The lowest ranked qualified skater may voluntarily decline their right to a skate off.

   b) Team Pursuit Medal Contender may be given special consideration as a Team Pursuit Specialist.
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 the Competition. Only the coach designated by a skater competing will be entitled to receive a coaching credential for that Competition. 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></td>
<td></td>
<td></td>
<td>Level 1 Qualifying Standards and USS World Cup Qualifying Standards (funded) A1- Calgary and SLC Only A2 - All other ovals *Times must have been achieved as noted in the selection procedures for each event.</td>
</tr>
<tr>
<td>500m</td>
<td>39.60/40.10</td>
<td>35.70/36.10</td>
<td>B1- Level 2/ ISU SLC and Calgary World Cup Qualifying Standards B2- ISU Lowland World Cup Qualifying Standards *ISU time must have been achieved after July 1st, 2018</td>
</tr>
<tr>
<td>1000m</td>
<td>1:19.00/1:20.00</td>
<td>1:11.20/1:12.10</td>
<td></td>
</tr>
<tr>
<td>1500m</td>
<td>2:00.00/2:02.50</td>
<td>1:49.00/1:50.50</td>
<td></td>
</tr>
<tr>
<td>Mass Start Any individual distance time</td>
<td>Any individual distance time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3000m</td>
<td>4:19.00/4:23.00</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>6:28.27/6:36.03</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>10,000m</td>
<td>13:33.35/13:49.61</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</td>
</tr>
<tr>
<td>1000m</td>
<td>1:24.00</td>
<td>1:17.00</td>
<td></td>
</tr>
<tr>
<td>1500m / Mass Start</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>7:02.00 (Sr)</td>
<td>4:10.00/4:50.00</td>
<td>D1- USS Level 4 Qualifying Standards and Sr ACRS Racing Series Standards D2- Jr and Masters ACRS Standards and US Jr Champ Time Standards</td>
</tr>
<tr>
<td>500m</td>
<td>45.00/49.00</td>
<td>41.00/45.00</td>
<td></td>
</tr>
<tr>
<td>1000m</td>
<td>1:29.00/1:37.00</td>
<td>1:20.50/1:29.00</td>
<td></td>
</tr>
<tr>
<td>1500m / Mass Start</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>4:25.00/4:50.00</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>8:10.00/8:59.00</td>
<td>7:25.00/8:10.00</td>
<td></td>
</tr>
</tbody>
</table>

- All USS time standards must have been achieved after January 1, 2019 unless otherwise noted.
- A2 time standards are 2% slower than A1 time standards.

U.S. DOMESTIC EVENTS
USS shall sanction the following Competitions during the 2019-2020 competition season:

**2019-2020 American Cup Racing Series for Long Track Speed Skating (ACRS)**

A) **Event**: The American Cup Racing Series for Long Track Speedskating (ACRS or AmCup) is a season-long competition series combining both high performance and development racing. ACRS events include the AmCup I, AmCup II, and AmCup Final. Each ACRS competition will be conducted in a single distance format.

B) **Format**: 
1) **Divisions:** Overall men, Overall ladies, Junior men and Junior ladies and Master men and Master ladies. Individual distance rankings will be maintained for each division. In addition; Sprint and Allround rankings will be maintained for Overall men and Overall ladies. Points shall be earned for overall sprint and allround based on the chart below.

<table>
<thead>
<tr>
<th>Event</th>
<th>Overall Allround Distances</th>
<th>Overall Sprint Distances</th>
</tr>
</thead>
<tbody>
<tr>
<td>AmCup #1</td>
<td>1500m, 3000m (Ladies) / 5000m (Men)</td>
<td>2x500m, 1000m</td>
</tr>
<tr>
<td>AmCup #2</td>
<td>1500m, 3000m, 10 Lap Mass Start</td>
<td>2x500m, 1000m</td>
</tr>
<tr>
<td>AmCup Final</td>
<td>1500m, 3000m (Ladies) / 5000m (Men), Elimination Mass Start</td>
<td>2x500m, 1000m</td>
</tr>
</tbody>
</table>

a) International skaters will not be ranked.

2) The race format for each ACRS competition shall be:

a) **AmCup #1 Milwaukee**

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>16 Lap Mass Start x 2</td>
<td>16 Lap Mass Start x 2</td>
</tr>
<tr>
<td>2</td>
<td>Rest Day</td>
<td>Rest Day</td>
</tr>
<tr>
<td>3</td>
<td>2x500m, 3000m</td>
<td>2x500m, 5,000m</td>
</tr>
<tr>
<td>4</td>
<td>1000m, 5,000m</td>
<td>1000m, 10,000m</td>
</tr>
<tr>
<td>5</td>
<td>1500m, Team Pursuit</td>
<td>1500m, Team Pursuit</td>
</tr>
</tbody>
</table>

b) **AmCup #2 Roseville (1.5xPoints)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2x500m, 3000m</td>
<td>2x500m, 3000m</td>
</tr>
<tr>
<td>2</td>
<td>1500m, 10 Lap Mass Start</td>
<td>1500m, 10 Lap Mass Start</td>
</tr>
<tr>
<td>3</td>
<td>1000m, Team Pursuit</td>
<td>1000m, Team Pursuit</td>
</tr>
</tbody>
</table>

c) **AmCup Final Salt Lake City**

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2x500m, 3000m</td>
<td>2x500m, 5,000m</td>
</tr>
<tr>
<td>2</td>
<td>1500m, Team Pursuit</td>
<td>1500m, Team Pursuit</td>
</tr>
<tr>
<td>3</td>
<td>1000m, Elimination Mass Start</td>
<td>1000m, Elimination Mass Start</td>
</tr>
</tbody>
</table>

C) **Qualification Standards:**

1) **Qualification:** To compete in an ACRS competition in any event other than the 500m and Marathon, competitors must have met a “D1” level time standard for Seniors and “D2” level time standard for Juniors and Masters (as presented above) after January 1st 2019 and prior to the event late entry deadline. Athletes who do not have the USS time standards may compete in the 500m and Marathon races. Any D1 or D2 time standard will make an athlete eligible for all events except the 5,000m for ladies or the 10,000m for men. Skaters who wish to compete in the 5,000m ladies or 10,000m must have met the “C” time standard in the 3000m for ladies and 5000m for men.

D) **Ranking points:**

1) Ranking Points will be awarded in accordance to “B” above.

2) The American Cup Racing Series will use the following table to award points:

3) Athletes who are disqualified will receive last place points.

4) AmCup #2 will receive 1.5x points (points will be truncated)

<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>
<th>Place</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
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<td>60</td>
<td>9</td>
<td>32</td>
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<td>19</td>
<td>30</td>
<td>11</td>
<td>38</td>
<td>3</td>
</tr>
</tbody>
</table>
E) Final Ranking:
   1) At the end of the ACRS, Champions will be named based on total points earned in each of the following divisions:
      a) Overall Sprint
      b) Overall Allround
      c) Overall Individual Distances
      d) Junior Individual Distances
      e) Master Individual Distances
   2) Tie breaker for overall points will be based on results at the ACRS Final event.
   3) 2nd tie breaker will be the athlete closest in time to the world record in the distance tied in or any one of the distances represented in the point series where multiple distances are factored.
   4) There will be one male and one female Overall ACRS Sprint and Allround Champion. Athletes awarded as the overall Sprint and Allround Champion will be eligible for a partial to full scholarship in the FAST or ASE program. These skaters must have met one of the “C” USS time standards during the current season in the Sprint or Allround distances depending on which they qualified for to be eligible. 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 to the programs.

F) ACRS Competition Incentives
   1) Competition Travel Incentives
      a) AmCup #1
         (i) Top 3 Junior (Ladies& Men) and Top 2 Neo (Ladies& Men) (Neo as defined by ISU) will receive up to $300 reimbursement for travel costs to CanAm in Calgary, Alberta. Junior athletes will receive up to $TBD (minimum of $300) towards travel costs related to the Junior World Cups #1 and #2.
      b) AmCup #2
         (i) Top 2 Junior (Ladies & Men) and Top 1 Neo (Ladies& Men) (Neo as defined by ISU) will receive up to $300 reimbursement for travel costs to CanCup #3 (Lake Placid) or World University Games.
      c) AmCup Final
         (i) Top 3 Junior (Ladies & Men) and Top 2 Neo (Ladies& Men) (Neo as defined by ISU) will receive up to $300 reimbursement for travel costs to Calgary Finale.
   2) Ranking for funding will be determined using the following criteria
      a) Juniors
         (i) Funding positions #1 & #2 (Ladies & Men) will be awarded to the competitor with the lowest point total over 4 distances (500m, 1000m, 1500m, 3k or 5k).
         (ii) Funding Position #3 will be awarded to the competitor with a finish time closest to the Jr. World Record in that respective distance, not including competitors who have earned a funding position based on points above.
      b) Neo-Senior
         (i) Positions #1 & #2 (Ladies & Men) will go to the competitor with a finish time closest to the Sr. World Record in that respective distance.

U.S. Single Distance Championships
A) This event will be run within AmCup #1 and serve as qualification for the Fall World Cup Team.

US Championships
A) Event: This event will serve as the qualification competition for the Winter World Cup Teams as well as World Sprint, World Allround and World Single Distance Championships when applicable. Reference each of these sections for team selection criteria.
B) Format: US Championships will be conducted as a three-day single distance competition in conjunction with the U.S. Junior Championships and run with the following event format:

<table>
<thead>
<tr>
<th>Day</th>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>500m, 3000m</td>
<td>500m, 5000m</td>
</tr>
</tbody>
</table>
C) Qualification Standards: USS “C” time standards will be required for each distance a skater intends to compete in.
   1) For the Mass Start, the 1500m “C” level time standard will be required to be eligible.
   2) These times must have been met after January 1st, 2019 and before the late entry deadline for the competition.
   3) For 5k (ladies) or 10k (men), the 3k (ladies) 5k (men) time standard will be required to be eligible.

D) Eligibility to Compete: The following criteria are used for athletes to be eligible to enter the U.S. Championships
   1) Only skaters eligible to represent the United States in international competition.

U.S. Championships-Juniors

A) Event: This event will also serve as the qualification competition for the Junior World Championships. Reference “Junior World Speed Skating Championships” for team selection procedures.

B) Format: The U.S. Junior Speed Skating Championships will be conducted as a three day single distance competition for drawing purposes and run in conjunction with the U.S. Senior Championships. Point totals will be used to determine selection to the Jr. World Team, see World Junior Championships section.

<table>
<thead>
<tr>
<th></th>
<th>Ladies</th>
<th>Men</th>
<th>C Ladies &amp; Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>500m, 3000m</td>
<td>500m, 5000m</td>
<td>500m, 3000m</td>
</tr>
<tr>
<td>Day 2</td>
<td>1000m, 10 Lap Mass Start</td>
<td>1000m, 10 Lap Mass Start</td>
<td>1000m, 10 Lap Mass Start</td>
</tr>
<tr>
<td>Day 3</td>
<td>1500m, Team Pursuit</td>
<td>1500m, Team Pursuit</td>
<td>1000m, Team Pursuit</td>
</tr>
</tbody>
</table>

C) Final Ranking:
   1) The Allround Total Points Classification will be determined using the following distances:
      a) Ladies: Jr. A, B and C 500m, 1000m, 1500m, 3000m
      b) Men: Jr. A and B 500m, 1000m, 1500m, 5000m
      c) Jr. C Men: 500m, 1000m, 1500m, 3000m

D) Qualification Standards:
   1) Any USS D2 time standard will make an athlete eligible for all events in their age group

E) Eligibility to Compete:
   1) The U. S. Junior Speed Skating Championships will only be open to skaters who are not yet 19 years of age before July 1, 2019. A skater may compete only in the class designated for the skater’s age before July 1, 2019, 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
   2) A Junior C skater, aged 14 years, before July 1, 2019, who has achieved the time standard required for eligibility to compete 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 14 that are eligible to compete based on achieving time standards, may not petition to skate above the Junior C class.
   3) Junior C skaters are ineligible to qualify for team selection unless they meet appropriate ISU age requirement (ISU RULE 108, paragraph 1).

INTERNATIONAL EVENTS

World Cups – General

A) Entry Quotas: US Speedskating’s ISU entry quotas for World Cups shall be determined in accordance with applicable ISU Rules and Regulations.
   1) USS reserves the right to move up a maximum of one athlete into any unused quota spot. Results achieved at World Cups by the move up athlete will not be used for determining their overall national ranking.

B) Funding:
1) **Time Standards:** A skater must have met the “A1 (Calgary or Salt Lake City) or A2 (All other rinks)” time standard as outlined by the end of the selection competition to qualify for funded travel to the USS World Cup Team.

2) **Athlete Agreement:** A skater must have signed the USS Athlete Agreement for the current season to receive funded travel.

C) **Domestic Events:** US Speedskating may be allocated additional quota spots for ISU events within the United States. USS 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.

**Fall World Cups**

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

B) **Entry Quotas:** Entry Quotas for Fall World Cups shall be determined in accordance with applicable ISU rules and regulations.

C) **Team Selection:** AmCup #1 shall serve as the selection competition for the Fall World Cups. Skaters become eligible and qualify for positions on the Fall World Cup Team by meeting the following criteria in the stated order.

1) **Time Trial Events:** Skaters become eligible for selection to the Fall World Cup Team by their ranking in each distance at the selection competition. 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.

2) **Team Events:**

   1) **Team Pursuit:** USS may name skaters to the 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.

   2) **Team Sprint:** USS may name skaters to the Fall World Cup team as team sprint 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 sprint must be ISU eligible for the event.

3) **Mass Start Events:** Fall World Cup Mass Start positions will be determined by the results of the 16 Lap Mass Start Races at the selection competition.

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

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

   c) **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. The final sprint finish of the 16 lap mass start race #1 shall serve as a second tie breaker if needed.

   d) **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, USS staff present at the competition will choose among present Fall World Cup team members to fill that spot.

D) **Seeding:** Seeding of the athletes at World Cup events will be done by the USS and may be discretionary.

E) **Discretionary Invites:** USS reserves the right to fill any remaining World Cup position(s) with discretionary invites for individual distances and/or team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards in order to compete.

F) **Limited ISU Quota Spots:** In ISU World Cup events that USS 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 any potential move up positions.

G) **USS Funded Qualification:** Eligible skaters qualify for a funded position on the Fall World Cup team by meeting the following criteria:

   1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between January 1st, 2019 and the end of the selection competition.

      a) **USS A1/A2 time standards do not apply to Mass Start events**

   2) Signing the Athlete Agreement from the current season.
H) **Non-Funded Qualification:** Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.

I) **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 Fall World Cup Team. The Team member moving into a vacant start position must meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the particular World Cup.

**Winter World Cups**

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

B) **Entry Quotas:** Entry Quotas for Winter World Cups shall be determined in accordance with applicable ISU rules and regulations.

C) **Team Selection:** Skaters become eligible and qualify for positions on the Winter World Cup Team by meeting the following criteria in the stated order.

1) **Time Trial Events:**
   a) World Single Distance Team Members will be eligible for the distances they have qualified at WSD.
   b) Remaining positions will be determined based on the results from US Championships. The distances for Ladies are 500m, 1000m, 1500m, 3000m, 5000m. The distances for men are 500m, 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.

D) **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 ISU Time Standard in order to compete.

1) **Funding:** Funding for this competition will be based on achieving one of the following criteria:
   a) World Single Distance Team and a signed athlete agreement.
   b) Achieving a USS A1 or A2 time standard for the distance they are eligible for and a signed athlete agreement. Times must have been skated between January 1st, 2019 and the end of the selection competition.

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

**World Single Distance Championships**

A) **Entry Quotas:** Entry quotas for World Single Distance Championships (WSD) shall be determined in accordance with applicable ISU Rules and Regulations Special Qualification Ranking List (SQRL).

E) **Team Selection:** Skaters become eligible and qualify for positions on the WSD Team by meeting the following criteria. The number of eligible skaters will equal U.S. Speedskating’s ISU entry quota for each distance. SQRL reserve positions will be considered for eligibility at the discretion of the USS Long Track Program Director.

1) **Time Trial Events:** Starting positions for the WSD Team shall be determined and ranked as follows:
   a) **Pre-Qualification:** Up to one (1) spot per distance may qualify for WSD based on the criteria outlined below:
      i) A skater will earn a starting position for a distance by winning a medal in that distance at one of the qualifying World Cup events. If multiple skaters win medals the higher ranking medal will earn the pre-qualification spot. Ties will be broken based on better SQRL ranking.
      ii) Skaters with a top five (5) ranking on the SQRL will earn a starting position for the distance they have the top five (5) ranking in. Should multiple skaters have a top five (5) ranking in a particular distance the pre-qualification spot will go to the skater with the better SQRL ranking.
   b) **US Championships:** Remaining positions will be based on the following. Skaters become eligible for selection to the WSD Team by their ranking in each distance at the US Championships.
      i) The distances for Ladies are 500m, 1000m, 1500m, 3000m, 5000m.
      ii) The distances for men are 500m, 1000m, 1500m, 5000m, 10,000m.

2) **Team Events:** Team events will be selected based on the criteria outlined below.
a) **Team Pursuit:** USS may name skaters to the WSD team as team pursuit athletes. USS staff present at WSD will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
b) **Team Sprint:** USS may name skaters to the WSD team as team sprint athletes. USS staff present at WSD will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.

3) **Mass Start:** Starting positions for the WSD Team shall be determined and ranked as follows:

   a) **Pre-Qualification:** Up to one (1) Mass Start spot may qualify for WSD based on the criteria outlined below:
      i) A skater will earn a Mass Start starting position by winning a medal in Mass Start at one of the qualifying World Cup events #1-4. Ties will be broken based on SQRL ranking.
      ii) Skaters with a top five (5) ranking on the Mass Start SQRL after the 4th World Cup will earn a starting position. Should multiple skaters have a top five (5) ranking the pre-qualification spot will go to the skater with the better SQRL ranking.

   b) **US Championships:** Remaining start positions in the Mass Start will be selected based on the final point ranking from the three (3) Mass Start events contested between ACRS #1 and US Championships.
      i) **Tie Breaker:** The final sprint finish of the 16 Lap Mass Start race at US Championships will be the tie breaker for any overall points ties.

4) **Seeding:** Seeding will be based on ISU Rules and Regulations.

   B) **Vacancies:** USS Reserves the right to fill any unused start positions that may occur for any reason with members of the WSD Team. Any Team member moving into a vacant start position must meet the ISU Qualifying Time for that distance. These decisions will be made solely at the discretion of the USS staff at WSD.

### 4-Continent Championships

**A) General:** The U.S. Speedskating Team for the 4-Continent Championships shall be selected in accordance with the following:

**B) Entry Quotas:** Entry Quotas for the 4-Continent Championships shall be determined in accordance with applicable ISU rules and regulations.

**C) Team Selection:** U.S. Championships shall serve as the selection competition for the 4-Continent Championships. Skaters become eligible and qualify for positions on the 4-Continents Team by meeting the following criteria in the stated order.

1) **Time Trial Events:** World Single Distance Team Members will be eligible for the distances they have qualified for WSD.
2) Remaining positions will be determined based on the results from US Championships. The distances for Ladies are 500m, 1000m, 1500m, 3000m, 5000m. The distances for men are 500m, 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.

3) **Team Events:**
   1) **Team Pursuit:** USS may name skaters to the 4-Continents team as team pursuit athletes. USS staff present at the 4-Continents event will determine the composition and order of the team competing. All athletes entered in the team pursuit must be ISU eligible for the event.
   2) **Team Sprint:** USS may name skaters to the 4-Continents team as team sprint athletes. USS staff present at the 4-Continents event will determine the composition and order of the team competing. All athletes entered in the team sprint must be ISU eligible for the event.

4) **Mass Start:** Starting positions for the 4-Continents shall be determined and ranked as follows:
   1) **Pre-Qualification:** Up to one (1) Mass Start spot may qualify for 4-Continents based on the criteria outlined below:
      a) A skater will earn a Mass Start starting position by winning a medal in Mass Start at one of the qualifying World Cup events. Ties will be broken based on SQRL ranking.
      b) Skaters with a top five (5) ranking on the Mass Start SQRL after World Cups #1-4 will earn a starting position. Should multiple skaters have a top five (5) ranking the pre-qualification spot will go to the skater with the better SQRL ranking.
   2) **US Championships:** Remaining start positions in the Mass Start will be selected based on the final point ranking from the three (3) Mass Start events contested between ACRS #1 and US Championships.
      a) **Tie Breaker:** The final sprint finish of the 16 Lap Mass Start race at US Championships will be the tie breaker for any overall points ties.

**D) Seeding:** Seeding of the athletes at 4-Continent events will be done according to ISU rules.
E) **Discretionary Invites:** USS reserves the right to fill any remaining 4-Continent position(s) with discretionary invites for individual distances and/or team pursuit and team sprint events. The discretionary invites must have met the ISU Time Standards (USS “B1 or B2”) time standard in order to compete.

F) **USS Funded Qualification:** Eligible skaters qualify for a funded position on the 4-Continents team by meeting the following criteria:

1) Achieving a USS A1 or A2 time standards for a distance they are eligible. Times must have been skated between January 1st, 2019 and the end of the selection competition.
   a) USS A1/A2 time standards do not apply to Mass Start events
2) Signing the Athlete Agreement from the current season.

G) **Non-Funded Qualification:** Athletes who qualify for a start position but do not have the “A1 or A2” time standard, or who have not signed the Athlete Agreement for the current season may fund their own way to compete in the qualified events. These athletes must have met the ISU time standards (USS B1 or B2) to qualify.

H) **Vacancies:** USS Reserves the right to fill any unused 4-Continent start positions that may occur for any reason with members of the 4-Continent Team. The Team member moving into a vacant start position must meet the ISU World Cup Qualifying Time for that distance. This will be solely at the discretion of the USS staff at the 4-Continent Championships.

**World Allround Championships**

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

A) **Funding:** USS intends to fund athletes that meet the following requirements

1) Achieved a top 5 finish at any of World Cups #1-4 in the 1500m, 3000m, 5000m or 10000m
2) Achieved a top 10 finish at any of World Cups #1-4 in both the 1500m and 3k/5k (Ladies) 5k/10k (Men)

B) **Entry Quotas:** Entry quotas for the World Allround Championships shall be determined in accordance with applicable ISU Rules and Regulations.

C) **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) **Pre-Qualification:** Up to one (1) spot per distance may qualify for the World Allround Team based on the criteria outlined below:
   a) A skater will earn a starting position for a distance by winning a medal in one of the following distances 1500m, 3000m, 5000m or 10000m at World Cups #1-4. If multiple skaters win medals the higher ranking medal will earn the pre-qualification spot. Ties will be broken based on SQRL ranking in that distance.
   b) Skaters with a top five (5) ranking in the 1500m, 3000m, 5000m or 10000m on the SQRL, after World Cups #1-4, will earn a starting position. Should multiple skaters have a top five (5) ranking in a particular distance the pre-qualification spot will go to the skater with the better SQRL ranking.
2) Additional quota spots will be allocated based on allround points totals from the US Championships (ladies 1500 & 3000; Mens 1500 & 5000).
3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)

**World Sprint Championships**

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

A) **Funding:** USS intends to fund athletes that meet the following requirements

1) Achieved a top 5 finish at any of the World Cups 1-4 in the 500m or 1000m
2) Achieved a top 10 finish at any of the World Cups 1-4 in both the 500m and 1000m

B) **Entry Quotas:** US Speedskating’s ISU entry quotas for the 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) **Pre-Qualification:** Up to one (1) spot per distance may qualify for the World Sprint Team based on the criteria outlined below:
a) A skater will earn a starting position for a distance by winning a medal in one of the following distances 500m or 1000m at one of the Fall World Cups #1-4. If multiple skaters win medals the higher ranking medal will earn the pre-qualification spot. Ties will be broken based on SQRL ranking in that distance.

b) Skaters with a top five (5) ranking in the 500m or 1000m on the SQRL after World Cups #1-4 will earn a starting position. Should multiple skaters have a top five (5) ranking in a particular distance the pre-qualification spot will go to the skater with the better SQRL ranking. The 2nd tiebreaker will go to the athlete with the fastest 500m at the U.S. Single Distance Championships.

2) Additional quota spots will be allocated based on sprint point totals from the US Championships (500 & 1000).

3) All skaters earning start positions must have met the ISU time standards in order to be eligible to compete (B1/B2 from the US Speedskating Time Standard Chart)

**World Junior Championships**

**A) Entries:** Entries and available quota spots for World Junior Championships shall be determined in accordance with applicable ISU rules and regulations.

**B) Team Selection:** Start positions at the World Junior Team and World Junior Championships shall be determined as follows:

1) **Time Trial Events:** Skaters become eligible and qualify for positions on the World Junior Championship Team by meeting the following criteria in the stated order:
   a) Skaters earning a top eight (8) finish, in an individual distance, at World Junior Championships the previous year who win that distance at US Speedskating Junior Championships will receive a starting position for that distance.
   b) Remaining positions will be awarded based on the Allround Total Points Classification from the U.S. Speedskating Junior Championships.
   c) Seeding at the World Juniors will be done by USS and will be based on the results from US Junior Championships.

2) **Team Events:** Will be selected from the World Junior Team members, and at the discretion of, the USS Team Coach and Team Leader along with USS.

3) **Mass Start:** Start Positions will be selected from the World Junior Team members who competed in the Mass Start at US Junior Championships.

4) **Seeding:** Will be done by USS and will be based on the results from US Junior Championships.

**C) USS Funded Qualification:** Eligible skaters qualify for a funded position on the World Junior Championship team by meeting the following criteria:

1) Achieving one of the following time standards after January 1st, 2019 through the end of US Junior Championships

<table>
<thead>
<tr>
<th>Distance</th>
<th>Women SLC / Calgary</th>
<th>Women All Other Tracks</th>
<th>Men SLC / Calgary</th>
<th>Men All Other Tracks</th>
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</thead>
<tbody>
<tr>
<td>500m</td>
<td>40.64</td>
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</tr>
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<td>4:27.01</td>
<td>6:47.37</td>
<td>6:55.52</td>
</tr>
</tbody>
</table>

*Times are from 25th place at the 2018 World Junior Championships for the 500m/1000m/1500m
*Times are from 20th place at the 2018 World Junior Championships for the 3000m/5000m

2) Non-funded skaters must have achieved applicable ISU qualifying time standards

3) Signing the Athlete Agreement

**D) Vacancies:** USS Reserves the right to fill any unused start positions that may occur for any reason with another World Junior Team Member. This will be solely at the discretion of the USS Team Coach and Team Leader.

**Junior World Cup 1 & 2**

**A) Entry Quotas:** Entry quotas shall be determined in accordance with applicable ISU Rules and Regulations.

**B) Eligibility:** Eligibility shall be determined in accordance with applicable ISU Rules and Regulations.

**C) Funding:** US Speedskating will fund athletes based on the criteria under the heading 2019-20 American Cup Racing Series section F.
D) Junior Entries: Entries for all Junior World Cups shall be determined and ranked as follows based on results from the ACRS #1:
   1) Positions #1 & #2 for Ladies and Men will be earned by the competitor with the lowest point total over 2 distances (500m, 1500m)
   2) Position #3 for Ladies and Men will be awarded to the competitor with a finish time closest to the Jr. World Record in that respective distance, not including competitors who have earned positions based on total points.
   3) There will be no move-ups to fill allotted quota spots.

E) Neo-Senior Entries: Entries for all Junior World Cups occurring before the U.S. Junior Championships shall be determined and ranked as follows based on results from the ACRS #1:
   1) Positions #1 & #2 for Ladies and Men will go to the competitor with a finish time closest to the Sr. World Record.
   2) There will be no move-ups to fill allotted quota spots.

Youth Olympic Games (YOG)
A) Selection procedures are outlined in a separate document listed on USS’s website: https://www.teamusa.org/US-Speedskating/Athletes/Rules-and-Regulations/Long-Track

Junior World Cup Final
A) Junior Entries: Entries for all Junior World Cup Final shall be determined and ranked as follows:
   1) Current Jr World Team Members
   2) There will be no move-ups to fill allotted quota spots.

B) Neo-Senior Entries: Entries for Junior World Cup Final shall be determined and ranked as follows:
   1) Eligibility shall be determined in accordance with applicable ISU Rules and Regulations

2019-2020 TRAINING AND ATHLETE DESIGNATIONS

Seniors
A) Overall National Ranking: Used to rank all skaters in all distances in one list.
   1) World Single Distance Championships - 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. Championships 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 World Single Distance Championships will be ranked after the individual distance athletes.
   2) 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. Championships 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) 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: Used to rank skaters in each individual distance.
   1) World Single Distance Championships- ranked in order of individual distance results in that competition. Athletes competing in team events at the World Single Distance Championships will be ranked after the individual distance athletes.
   2) 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. Championships 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) ACRS final points classification per distance. Ties will be broken based on the next best overall ACRS individual distance points classification.
C) 2019-2020 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 2019 World Single Distance Championships.
   a) For the mass start events at the World Single Distance Championships, athlete must cross the finish line within the top 8 athletes in order to achieve medal contender status. Points will not be considered for medal contender status.
4) Achieving a top 5 ranking in an individual distance (Mass Start) in the 2019-2020 World Cup Final Standings (WCFS).
5) Team pursuit medalist in the 2019 World Single Distance Championships may be given special consideration as a team pursuit specialist for the 2019-2020 World Cup Season.

D) National Team Program (NTP):
1) Size: Up to a maximum of 24 skaters may be named to the NTP through automatic invitations and discretionary invitations.
2) Automatic Invitations to the NTP:
   a) Automatic invitations to the National Team Program will be limited to only the top 8 total athletes from the Overall National Ranking – Overall Senior.
      For Example: Mens allround ONR list will be combined with Ladies allround ONR list to determine the 8 allround automatic invites.
   b) There will be no fill up provision to the Automatic Invitation List should one of the skaters decline the invitation.
3) 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.
4) 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
5) 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.
6) 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.
7) Standards: Athletes named to the national team program 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 program.

Juniors

A) Overall National Ranking: Used to rank all Junior skaters from all distances in one list.
1) World Single Distance Championships, 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) ISU World Junior Championships individual distance or allround medalist. The second best finish at the 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. Junior Speedskating Championships will serve as the third tie breaker.
4) ISU World Junior Championships Team Pursuit medalist. The best finish at the 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.
5) ISU World Junior Championships team members, ranked in order of placements in an individual distance or allround finish at the ISU World Junior Championships. The placement in a second individual distance will serve as the next tie breaker. If still tied, the result placement at the U.S. Junior Speed Skating Championships will serve as the third tie breaker.
6) World Junior team members who choose not to participate at the World Juniors.
7) 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: Used to rank skaters in each individual distance

1) World Single Distance Championships, ranked in order of best individual placement.
2) U.S. Senior World Cup Team from World Cup 1-4, ranked in order of best individual distance points ranking.
3) ISU World Junior Championships individual distance or allround point total medalist.
4) ISU World Junior Championships Team Pursuit medalist. The best finish at the 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 U.S. Speedskating Championships will serve as the third tie breaker.
5) ISU World Junior Championships teams members, ranked in order of placements in an individual distance or allround point total at the ISU World Junior Championships. The placement in a second individual distance will serve as the next tie breaker.

C) Junior National Team: US Speedskating Junior National Team for the 2019-2020 season shall be awarded in accordance with this section.

1) All Junior National Team eligible athletes must be of the ISU Junior Age (not reached the age of 19 before July 1, 2019) for the 2019-2020 season.
2) World Single Distance Championships and World Cup 1-4 Team members
3) Junior World Team Members
   a) Members of the 2019 Junior World Team who have placed in the top 20 in individual events at the 2019 Junior World Championships will be added to the Junior National Team.
   b) Members of the 2019 Junior World Team who have placed in the top 15 in Allround Points at the 2019 Junior World Championships will be added to the Junior National Team.

D) Junior Development Team: U.S. Speedskating Junior Development Team for the 2019-2020 season shall be awarded in accordance with this Section.

1) Qualifications:
   1. One male and female Athlete from each division (Neo, Junior A, Junior B, Junior C) from the 2019-2020 Overall Junior National Ranking List who are not already on the Senior or Junior National Team.
      a) The Neo category, for Junior Development Team designation, will be awarded to first year senior skaters in the 2019-20 season.
   2. All Jr. World Team Qualifiers

2019-20 Level Status

A) Level 1: U.S. Speedskating Level 1 status shall be awarded in accordance with 1. or 2. below.
   1) World Single Distance Championship Team: Members of the World Single Distance Championship Team shall be automatically awarded Level 1 status. Both Junior and Senior skaters are eligible 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 between July 1, 2019 and April 1, 2020.

B) Level 2: U.S. Speedskating Level 2 status shall be awarded in accordance with 1, 2, or 3 below.
   1) Qualification: The top five skaters in individual distance overall Am Cup Points rankings (500m, 1000m, 1500m, 3000m-ladies, 5000m-men) at the end of the 2019-2020 season will earn Level 2 status, subject to the “B1 or B2” time standard requirements below.
   2) World Cup Members: Members of the 2019-2020 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 July 1, 2019 and April 1, 2020.

C) Level 3: U.S. Speedskating Level 3 status 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 July 1, 2019 and April 1, 2020.
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. 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.

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 pack 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. Interferes 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.

2) 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 in his discretion 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.

3) For Long Track Pack 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 straights. 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 in the order of the lane positions.
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) All divisions shall furnish a 500m seed time. Seed time provided may have been achieved at either a metric or mass start (Long or Short Track) competition.

B) COMPETITION FORMAT
1. National Age Group Championship will be conducted as an All Finals – No Elimination progression. All skaters shall progress in the competition through all qualifying rounds to the Final round.
2. The first qualifying round will consist of all skaters in one group (Group A). Skaters are ranked based on their results from the first qualifying round and placed into different Group levels to determine their progression to the next qualifying round.
3. Each qualifying round will have varied levels of ranking Groups. The Group with the highest ranked skaters is called Group A. All other subsequent Groups will be called B, C, D, etc. The lower ranked Groups in each round will always skate first.
4. The scheduled number of skaters in each Group per round and in the Final races shall be according to the qualification table published on the USS website. Depending on the number of entries the maximum number of skaters in the A and B Finals will follow the principle of ISU Rule 295. For qualifying rounds and lower Finals, the number of skaters per race may be higher.
5. Finals will be run in reverse alphabetical order. Final races with only one skater will not be run, that skater will receive the highest rank for that final race. Final races with only two skaters will be run.
6. The last distance may be run as a complete distance or a *Super Final. If it is run as a Super Final, skaters will be advanced to the Super Final according to the overall classification.
7. The last scheduled distance for Master divisions may run either a 1500m or 3000m depending on the number and age of participants.

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Distances for National Championship</th>
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<tbody>
<tr>
<td>Junior E (7 -10)</td>
<td>200 300 400 500 600 *</td>
</tr>
<tr>
<td># skaters in Final</td>
<td>6-7 6-7 7-8 7-8 7-8</td>
</tr>
<tr>
<td>Junior D (11-12)</td>
<td>300 400 500 600 800 *</td>
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</tr>
<tr>
<td>Junior C (13-14)</td>
<td>300 500 800 1000 1500 *</td>
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<tr>
<td># skaters in Final</td>
<td>6-7 6-7 7-8 7-8 7-8</td>
</tr>
<tr>
<td>Junior B (15-16)</td>
<td>500 800 1000 1500 3000 *</td>
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<tr>
<td># skaters in Final</td>
<td>6-7 7-8 7-8 7-8 7-8</td>
</tr>
<tr>
<td>Junior A (17-18)</td>
<td>500 800 1000 1500 3000 *</td>
</tr>
<tr>
<td># skaters in Final</td>
<td>6-7 7-8 7-8 7-8 7-8</td>
</tr>
<tr>
<td>Senior (19 years +)</td>
<td>500 800 1000 1500 3000 *</td>
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<tr>
<td>Master Divisions</td>
<td>500 800 1000 1500 1500 *</td>
</tr>
<tr>
<td># skaters in Final</td>
<td>6-7 7-8 7-8 7-8 7-8</td>
</tr>
<tr>
<td>Team Pursuit</td>
<td>Ladies-6laps Men-8laps</td>
</tr>
</tbody>
</table>

C) VARIATIONS AND EXCEPTIONS TO AGE GROUP DIVISIONS
1) If there are a low number of skaters registered in Junior B, A & Senior Divisions, a combined division may be created for racing. Any combined division shall be split out for overall division medals and distributed to the traditional age division champions based on overall classification.
2) Master divisions will be combined into age appropriate racing divisions and awarded overall medals according to 5-year age divisions. 10-year age divisions will be observed for maintaining the National Records.

D) MAKE UP OF QUALIFYING ROUNDS AND PROGRESSIONS

1. The first qualifying round of each distance shall consist of one group. Ranking and seeding the first qualifying round of the first distance will be according to required submitted seed time. Ties for seeding will be broken by random draw. Skaters without verifiable times shall be drawn and ranked last for seeding. Seeding will be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be random draw. The order in which the heats will race will be drawn.

2. For subsequent Qualifying Rounds, Skaters shall be ranked by finish position and time for seeding into their next Group. Ties for seeding purposes will be random. Seeding will be done in a clockwise serpentine manner. Lane position will be decided by times skated in the previous round. The order in which the heats per Group will race will be drawn.

3. Ranking and seeding the first qualifying round of subsequent distances will be according to the current overall classification. Seeding will be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be random draw. The order in which the heats will race will be drawn.

4. The number of heats per Group in each round and the number to directly qualify to the next round will be according to the published qualification table. Any additional (+) qualifiers are considered conditional based on the number of advancements made by the Referee. Skaters that are advanced shall progress therefore, there may be some races with more Skaters on the line than initially proposed.

5. Skaters who receive a Penalty in a qualifying round will be ranked last in their Group and progress to the next round according to their rank. Skaters who receive a second Penalty on the same distance will be recorded as a Yellow Card and excluded from further participation for that distance.

| LONG TRACK PACK: JUNIOR E: 200M,300M JUNIOR D:300M,400M,500M JUNIOR C-MASTER: 300M,500M |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Group A                        | Group A                        | Group B                        | Final A                        | Final B                        | Final C                        | Final D                        | Final E                        | Final F                        |
| 7 > Final A                    |                                 |                                | 7>F-A                          |                                 |                                |                                |                                 |                                 |
| 8 > Final A                    |                                 |                                | 8>F-A                          |                                 |                                |                                |                                 |                                 |
| 9 >2SF-A 3                    | 11 >2SF-A 3                    | 12-15 >Final C                | 6>F-A 5>F-B                    |                                 |                                |                                |                                 |                                 |
| 10 >2SF-A 3                   | 12 >2SF-A 3                    | 13-17 >Final C                | 6>F-A 6>F-B 5>F-C             |                                 |                                |                                |                                 |                                 |
| 11 >2SF-A 3                   | 13 >2SF-A 3                    | 14-19 >Final C                | 7>F-A 6>F-B 6>F-C             |                                 |                                |                                |                                 |                                 |
| 12 >2SF-A 3                   | 14 >2SF-A 3                    | 15-20 >Final C                | 7>F-A 7>F-B 6>F-C             |                                 |                                |                                |                                 |                                 |
| 13 >2SF-A 3+1                 | 15 >2SF-A 3+1                  | 16-21 >Final C                | 7>F-A 7>F-B 7>F-C             |                                 |                                |                                |                                 |                                 |
| 14 >2SF-A 3+1                 |                                 |                                | 7>F-A 7>F-B 7>F-C             |                                 |                                |                                |                                 |                                 |
|                                 | 15 >2SF-A 3+2                  | 16-21 >Final C                | 6>F-A 5>F-B 4>F-C             |                                 |                                |                                |                                 |                                 |
|                                 | 16 >2SF-A 3+2                  | 17 >2SF-A 3+2                 | 18-22 >Final C                | 6>F-A 5>F-B 5>F-C             |                                 |                                |                                |                                 |
|                                 | 17 >2SF-A 3+2                  | 18 >2SF-A 3+2                 | 19-23 >Final C                | 7>F-A 6>F-B 6>F-C             |                                 |                                |                                |                                 |
|                                 | 18 >2SF-A 3+2                  | 19 >2SF-A 3+2                 | 20-24 >Final C                | 7>F-A 7>F-B 7>F-C             |                                 |                                |                                |                                 |
|                                 | 19 >2SF-A 3+2                  | 20 >2SF-A 3+2                 | 21-25 >Final C                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                 |
|                                 | 20 >2SF-A 3+2                  | 21 >2SF-A 3+2                 | 22-26 >Final C                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                 |
|                                 |                                 | 23-27 >Final C                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 22 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 23 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 24 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 25 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 26 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 27 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 28 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 29 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 30 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 31 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 32 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 33 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 34 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |
| 35 >2SF-A 3+2                 |                                 |                                | 8>F-A 8>F-B 8>F-D             |                                 |                                |                                |                                |                                 |

USS RULES AND REGULATIONS – 2019-2020 Long Track V.1

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### E) COMPETITION POINT SYSTEM

Final Points will be awarded in individual distances according to the following table:

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

1. Final Points will be awarded in the Finals A and B only. The points are awarded in descending order beginning with the first place in Final A. After all places in Final A have been awarded, the remaining points will be awarded to the Final B in descending order starting with the first place.

2. In case of a penalty or did not finish in the A Final, skater(s) concerned will be awarded points equal to the winner of the B Final. In case of a penalty in a B Final, skater(s) concerned will not be awarded any Final points.

3. No Final points will be awarded to a skater(s) who Did Not Start, receives a Yellow Card or Red Card.

4. In the case of a tie, all Skaters involved in a tie will receive points awarded for that finish position (i.e. tie on 2nd, both Skaters will receive 21 pts). The points for the following finish place (3rd) will not be awarded. Points would commence with 8 pts for 4th place.
F) DISTANCE CLASSIFICATION
1. Following the Finals round for each distance, a classification will be made in which the Skaters are ranked in the following order:
   a. By Group /Final Group beginning with Final A, B, C, etc.
   b. By finish position (place) within the respective Final Groups. In case of a tie, then finish position (place) within the subsequent previous qualifying rounds determines the ranking.
   c. Best time: if the results by final group and position result in a tie, then the best time skated in any race over the distance determines the ranking.

G) OVERALL CLASSIFICATION (Final and Current Overall Classification)
1. The Overall Classification combines the distance rankings in the following order:
   a. Highest total number of Final Points
   b. Combined distance rankings over all distances.
   c. Best rank achieved in one of the distances and subsequent best rankings.
   d. Best Time over the longest distance.

H) SANCTIONS AND CONSEQUENCES- SPECIAL CONSIDERATIONS
1. The following table shows the sanction and consequences according to the respective round.

<table>
<thead>
<tr>
<th>Sanction</th>
<th>1st Qualifying Round</th>
<th>Intermediate Qualifying Rounds</th>
<th>Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED CARD</td>
<td>No results in this race.</td>
<td>No results in this race</td>
<td>No results in this race</td>
</tr>
<tr>
<td></td>
<td>No Distance Ranking</td>
<td>No Distance Ranking</td>
<td>No Distance Ranking</td>
</tr>
<tr>
<td></td>
<td>No Overall Ranking</td>
<td>No Overall Ranking</td>
<td>No Overall Ranking</td>
</tr>
<tr>
<td></td>
<td>Out of competition.</td>
<td>Out of competition</td>
<td>Out of competition</td>
</tr>
<tr>
<td>YELLOW CARD</td>
<td>No results in this race.</td>
<td>No results in this race</td>
<td>No results in this race</td>
</tr>
<tr>
<td>(YC x 2= Red Card)</td>
<td>Forfeit Distance Ranking.</td>
<td>Forfeit Distance Ranking.</td>
<td>Forfeit Distance Ranking.</td>
</tr>
<tr>
<td></td>
<td>No progression on Distance</td>
<td>No progression on Distance</td>
<td>Overall ranking will include a virtual rank on this distance.</td>
</tr>
<tr>
<td></td>
<td>Overall ranking will include a virtual rank on this distance.</td>
<td>Overall ranking will include a virtual rank on this distance.</td>
<td></td>
</tr>
<tr>
<td>PENALTY</td>
<td>No results in this race.</td>
<td>No results in this race.</td>
<td>No results in race.</td>
</tr>
<tr>
<td>(PEN x2= Yellow Card)</td>
<td>Ranked last in the Group.</td>
<td>Ranked last in Group.</td>
<td>Distance ranking will be according to the Distance Classification.</td>
</tr>
<tr>
<td></td>
<td>Progress to the next round according to their rank.</td>
<td>Progress to the next round according to their rank.</td>
<td></td>
</tr>
<tr>
<td>DID NOT FINISH</td>
<td>No results in this race.</td>
<td>No results in this race.</td>
<td>No results in race.</td>
</tr>
<tr>
<td>DID NOT START</td>
<td>Out of distance.</td>
<td>No progression on the distance.</td>
<td>Distance Ranking will be according to the Distance Classification.</td>
</tr>
<tr>
<td>(WITHDRAWAL)</td>
<td>Overall ranking will include a virtual rank on this distance.</td>
<td>Ranked last in Group and final rank will be according the Distance Classification.</td>
<td></td>
</tr>
</tbody>
</table>
2. Any skater for whom the race was stopped to preserve the skater’s wellbeing, will not be allowed to take part in the restart, unless the skater was unable to continue for reasons beyond their control. The results of skater(s) excluded from the restart for this reason will show “no finish” unless a penalty was imposed. If the skater for whom the race is stopped is injured due to the action of another skater that receives a penalty, the referee may advance the skater, let the skater participate in the restart of the race or in the case of a Final race, the skater may be declared finished.

3. Withdrawal form must be submitted if withdrawing from a Distance or the remainder of the Competition. In the event a skater withdraws from the Competition, they will remain ranked in the Overall Classification based on the results of their completed distances.

I) 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) Entry form 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 names of skaters, their division and the responsible coach.
3) Team Pursuit races will be conducted if time is available.

J) NATIONAL CLUB CHAMPIONSHIP
1) The club that accumulates the highest number of club points will be National Club Champions.
2) A skater must be a member of a current registered USS club to earn club points.

<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>
3) Club points will be awarded 1st through 4th place in the A final race of each distance.
4) Club points earned will accumulate for their respective club.
5) Club points will not be awarded to skaters that receive a sanction in an A final.

K) 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.

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)