



U S P E E D S K A T I N G

**2022-2023
SHORT TRACK
SPEEDSKATING
RULES AND REGULATIONS**

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SECTION 1

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 2022-2023 Short Track Speedskating Regulations will take precedent in all instances. If there are amended rules and regulations or selection procedures, THEN THOSE WILL BE COMMUNICATED TO ALL COMPETITORS AT LEAST 10 DAYS IN ADVANCE OF THE COMMENCEMENT OF THE EVENT START. Those properly amended rules and regulations will supersede the original and ANY PREVIOUSLY amended rules and regulations.

Due to the ongoing COVID-19 pandemic, USS is closely monitoring and following the ISU (Comm 2327), USOPC, and CDC guidelines. In the event of a cancellation of either USS or ISU competitions, the USS Short Track Task Force will revisit all areas of the Rules and Regulations that may need to be amended.

USS RULES OF COMPETITION

A) General. All US Short Track Speedskating Olympic Trials, Youth Olympic Trials, US Team Selection Competitions, Championships and Age Group National Championships (collectively “Competitions”) will be conducted in accordance with applicable International Skating Union (“ISU”) racing rules and regulations, unless stated otherwise. In instances of doubt or for clarity needed, the Chief Referee in consultation with the USS Technical Representative or ST Program Director can use their discretion to resolve the situation.

The ISU racing rules, and these modifications herein are intended to be used when conducting all local club and regional competitions sanctioned by US Speedskating. The member may alter or waive certain rules provided the change is published in advance of the start of competition and/or is included on the competition entry form.

B) ISU. All changes made by the ISU in regulations and racing rules and/or ISU communications that are applicable to these USS Rules and Regulations will be incorporated and/or adopted and go into effect the same day the ISU regulations and racing rules and/or communications take effect for competitions listed in Section 2. In instances of doubt or for clarity needed, the Chief Referee in consultation with the USS Technical Representative or ST Program Director can use their discretion to resolve the situation.

C) Eligibility/Citizenship. A skater must be a citizen of the United States to represent/compete for the USA at the Winter Olympic Games and/or Youth Olympic Winter Games.

To represent the USA at ISU events, skaters must be a citizen of the United States or hold permanent or temporary resident cards with a valid ISU clearance certificate to compete for USA.

US Championships, US Team Selection Competitions, and other potential USS events may be open to international/foreign skaters, unless otherwise stated.

The Age Group National Championships events are open to US citizens or those that have, at a minimum, a temporary or permanent resident card for the United States.

Eligibility Age Requirements. The US Championships, and US Team Selection Competitions are open to those that are ISU eligible by age unless otherwise stated. Additionally, those that are within two years of reaching the minimum ISU age for junior ISU events are able to register as well subject to qualifying time standards unless otherwise stated, i.e., Skaters must have reached the age of 13 before July 1st of the current season.

To be eligible to represent USA at an ISU event, you must still meet the ISU age requirements per ISU rule 108.

- To participate in Senior ISU events, you must be 15 by July 1st of 2022.
- To participate in Junior ISU events, you must be 15 by July 1st of 2022.

D) Relay Team Selection. A relay specialist is a skater that has proven the ability to perform in the gender/Mixed Team relay events. The ability to perform is determined by international results from the previous season and the data collection tracked by the Short Track Program. The ST Director, Head Coach and the ST Task Force Athlete Representative will consult in making these decisions. In addition, USS tracks relay results at international events and observes races at domestic events. The program staff will be looking at such things as:

- Attendance at World Cups and ISU events
- Competitive relay results
- Times from electronic timing systems (that populate the Level System)
- Objective testing measures

The above criteria and information will be used to potentially select skaters for possible Relay Specialist positions on international teams including World Cups, ISU Championships, and the Olympic Games as outlined in the selection criteria for each event.

At all international-level events (Olympic Games, World Cups, World Championship(s), International competitions, etc.), the assigned USS coaching staff in attendance at the event will select which skaters will skate in each round as a member of the relay team.

E) Seed Times/Qualifying Times. Submitted seed times and qualifying times for competitions must have been established between July 1 of the previous season and the date of the entry deadline for the competition to be skated, unless otherwise noted or there are limited entries. Achieved times must be equal to or faster than the standard set for each competition.

1. The US Championships, US Team Selection Competitions, qualifying times/seed times acceptable are:
 - a. Qualifying times must have been achieved at any ISU, USS, or any other national governing body sanctioned competition that is printed in a published protocol and accessible online. The skater has the obligation to provide the protocol if requested.
 - b. Seed times must have been achieved at ISU, USS, or other national governing body sanctioned competitions using electronic timing/photo finish. These times will be used for seeding each distance.
 - c. Skaters without a seed time available from an electronic timing system will be seeded last, after those with electronic timing system seed times.

2. For Age Group National Championships, qualifying times/seed times must have been achieved at an ISU, USS or any other national governing body sanctioned competition that is printed in a published protocol and accessible online.
3. Times entered must be accurate to the thousandths of a second (m:ss.xxx). In the rare situation needed, the Short Track Program Director has discretion to approve unverifiable times.

F) Uniform. At all USS events, no American skater may wear a current USS issued team uniform or racing suit in a competition that he or she did not earn, and which was not issued by USS to such skater personally. All uniforms worn in USS or ISU competitions by American skaters must comply with the USS Athlete Agreement and the ISU rules on trademarks and sponsorship markings (ISU Communication 2221). No member of USS may wear a uniform with the markings of a foreign country unless they are representing another country. The Head Referee or the Technical Representative may issue a warning and if no corrective action is taken, the skater may be penalized.

For the Age Group National Championships and/or other international events, skaters are encouraged to wear their club or association team uniform.

G) Electronic Timing / Photo Finish.

1. Electronic timing and photo finish are scheduled to be at US Championships, Age Group National Championships, and all US Team Selection Competitions. Transponders will be used, but not limited to these events, to gather lap time data for the USS Level System rankings.
2. The time recorded by the photo finish system will be the official time. In the event that the photo finish system fails to record a time for a race or time trial then the results from the manual timekeeping plus 0.2 seconds will be the official finish time used for that race or time trial only.

H) Entry Deadline. Generally, the entry deadline is ten days prior to the first day of competition unless otherwise stated on the competition announcement. If the entry deadline falls on a weekend or US legal holiday, the entry deadline will be first day after the weekend or US legal holiday. Late entries if available will be accepted up to five days prior to the first day of competition. This will be known as the late entry deadline. If the late entry deadline falls on a weekend or US legal holiday, the late entry deadline will be first day after the weekend or US legal holiday. Late entries are subject to a \$100 late fee in addition to the event registration fee. Any entry request received less than 5 days prior to the first day of competition will need to be approved by the USS Short Track Manager (or his/her designee) and will be subject to an extra \$200 fee.

I) Safety.

1. **Cut-Resistant Protection.** All USS member skaters are required to wear full-body cut-resistant protection (either integrated into the skinsuit or separate underwear). Please take note of the ISU Communication 2400 and that USS will follow the ISU Level of mandatory and recommended equipment for the 2022-2023 season. This means that a full body cut resistant Level 3 and cut resistant Level 3 gloves will be mandatory for all USS competitions.
2. **Helmet.** Safety type headgear that is in compliance with the current ASTM standard (American Society for Testing and Materials) for Short Track Speedskating must be worn. The helmet must

have a regular shape and may not have protrusions (per ISU Rule 291), and must be properly strapped. For information regarding personalized helmet designs, see ISU communication 2404.

3. **Gloves.** As per ISU rule 291 it is required that skaters wear Level 3 cut-resistant gloves or mitts for protection. Gloves must be predominantly white in color.
4. **Eye protection.** All skaters are required to wear appropriate safety eye protection. Eye protection should be shatter-resistant glasses or a complete visor. A safety strap to hold the eyeglasses recommended.
5. **Other.** All skaters are required to wear shin protection, padded or padded hard shell knee protection, and have neck protection of cut-resistant nature fully covering the neck (ISU rule 291).

J) Medical Procedures. Medical procedures at all USS selection competitions, and relevant events can be found in the USS Event Hosting Manual.

K) Notification. Skaters should be prepared in advance of a selection competition to accept or decline their position if they choose.

When qualified to a USS team, all skaters must notify in writing to the USS Program Director or HP Manager whether they accept or decline participation in the applicable event(s) within two hours of the completion of the selection unless otherwise stated. This is done by signing the Letter of Intent provided by and as written by USS. This applies for funded and self-funded skaters.

This commitment is used, in part, for management purposes for travel planning and determining the number of discretionary invitations that may be extended to other skaters to potentially fill the quota.

Skaters must be prepared to travel with the team on the dates identified by US Speedskating and the ST Program Director. Skaters must have the appropriate information (passports, etc.) available for team processing at the qualifying event.

All additional expenses incurred by USS, should a skater change their commitment, will be at the cost of the skater. This commitment to attend or not attend the event(s) is binding. Skaters are committed to race the events in which they have qualified and agree to compete based on their signed Letter of Intent, unless determined otherwise by the appointed coaching staff and team leaders in attendance.

L) Athlete Agreement. Funding for the various camps, international events (World Cup and/or development), and ISU Championships will be provided only to skaters that have signed the USS Athlete Agreement from the current season and have met the applicable qualification and time standards.

M) Replacement Skaters. In the event any qualifying skaters decline their positions on any team, the USS ST Director, Head Coach, and the ST Task Force Athlete Representative have discretion to name replacement skater(s). Unless USS deems necessary (i.e., filling spots for a relay team or naming a relay specialist), USS will comply with its “NO MOVE UP” policy. The procedure for replacing a qualifying skater is detailed below under each respective International Event Qualifying Criteria.

N) Other International Events. USS may identify development competitions opportunities seen as opportunities for developing skaters for which they may select a traveling team. These traveling teams may have full, partial or no funding provided, and support is at the sole discretion of USS for other international event opportunities. Other international events may include such events as but not limited to the FISU Games, Olympic Oval Team Trophy, Canadian Invitational, Western Elite, Quebec Cups and other possible domestic events.

To select a traveling team, the previous qualification event and/or other international events may be used along with results and rankings from the previous season and current Level System results. Consideration will be given around timing of what events will be used for team selection given the logistic of booking travel and will be done on a case-by-case basis for each event.

If the event opportunity is considered “Development”, skaters identified may be restricted to ‘Neo-senior’ which is defined as ISU Junior age or up to 3 years post their Junior eligibility. Funding and support of any senior skaters for these development events, if eligible, is at the sole discretion of the USS Short Track Program Director.

USS reserves the right to select athletes unable to compete at previous selection event(s) due to a verifiable illness, injury, or exceptional circumstance directly to the traveling team for an international event.

O) Coaching Policy.

1. International Events.

- a. 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.
- b. Non-NTP coaches selected as members of the official USS coaching delegation must be USS Certified Level 3 coaches or approved by USS as working toward obtaining their Level 3.
- c. The USS Short Track Coaching Policy is not applicable to the Winter Olympic Games.

2. **US Domestic Events.** All coaches must be USS Certified Level 2 or above to receive coaching credentials for the USS Short Track events listed herein.

2022-2023 QUALIFIED MEDAL CONTENDERS FOR ISU EVENTS

Kristen Santos

- 2021-2022 Results: Finished 4th in the 1000m at Olympic Winter Games
- Qualified as a Medal Contender for the 2022-2023 ISU World Cups

Corinne Stoddard

- 2021-2022 Results: Finished 7th in the 1000m at Olympic Winter Games
- Qualified as a Medal Contender for the 2022-2023 ISU World Cups

Andrew Heo

- 2021-2022 Results: Finished 7th in the 1000m at Olympic Winter Games
- Qualified as a Medal Contender for the 2022-2023 ISU World Cups

A Medal Contender wishing to invoke their medal contender status must proceed as identified in the 'medal contender process' in section 5.

SECTION 2

USS DOMESTIC QUALIFICATION AND RANKING COMPETITIONS / EVENTS

US SPEEDSKATING SHORT TRACK FALL WORLD CUP TEAM QUALIFIER –

September 23-25, 2022, Salt Lake City, UT

The World Cup Team Qualifier will serve as the qualifying event for selection of the World Cup Team. The World Cup Team Qualifier shall run under ISU rules, except where noted herein.

- This event will be an open international competition.
- The maximum number of allowed entries will be 60 per gender.
By gender:
 - 40 spots will be reserved for American skaters
 - 20 spots open to foreign skaters
 - The American field will be reserved for the fastest forty (40) 500m seed times. A seeding list will be posted on the USS website prior to registration.
 - If there are open spots after the foreign skater entry deadline, USS will announce the number of additional spots for American skaters. These will be available on first come basis.
- To compete in the World Cup Team Qualifier, all skaters must meet the entry time standard of:
 - Women 500m of 49.00
 - Men 500m of 46.50
- This event is open to athletes who have reached the age of 13 before July 1st of the current season.
- Relays will be mandatory for all skaters at the World Cup Team Qualifier. Depending on the final number of skaters, some athletes may not skate the relay.

See USS Rules of Competition, Section C for Eligibility/Citizenship and Section E for Seed times/Qualifying times.

US SPEEDSKATING SHORT TRACK US AND US JUNIOR CHAMPIONSHIPS –

January 6-8, 2023, Salt Lake City, UT

The US and US Junior Championships will serve as the qualifying event for selection of the World Cup Team, World Championships Team, and Junior World Championships Team. The US and US Junior Championships shall run under ISU rules, except where noted herein.

- This event is open to US citizens or those that have, at a minimum, a temporary or permanent resident card for the United States with an ISU clearance certificate to represent the United States in international competitions.
- The maximum number of allowed entries will be 60 per gender
- To compete in the US and US Junior Championships, all skaters must meet the entry time standard of:
 - Women 500m of 48.50
 - Men 500m of 46.00
- This event is open to athletes who have reached the age of 13 before July 1st of the current season.

- In the event that there are more entries than the maximum 60 spots, the field will be reduced based on 500m submitted seed times.
- Relays will be mandatory for all skaters at the US Championships. Depending on the final number of skaters, some athletes may not skate the relay.

See USS Rules of Competition, Section C for Eligibility/Citizenship and Section E for Seed times/Qualifying times.

DOMESTIC EVENT QUALIFICATIONS, STANDARDS, FORMATS & PROCEDURES

DIVISIONS.

1. All events will consist of a single division per gender.
2. An age group competition may be held in conjunction as requested by the local organizing committee with approval from USS.

COMPETITION FORMATS.

1. The World Cup Team Qualifier, US and US Junior Championships event will be conducted as an **All Finals – Elimination** progression.
 - a. The scheduled number of skaters in each round and in the Final races will be according to the qualification table published on the USS website.
 - b. 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. In the event the number of entries in a division are lower than normal, the competitor steward in consultation with the technical representative, may alter the qualification schedule.
 - c. Finals will be run in reverse alphabetical order. The order of Finals between genders may be altered for the purpose of the production of the event. 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.

EVENT QUALIFICATION TIME STANDARDS.

To compete in events, all skaters must meet the entry time standard of:

World Cup Team Qualifier

- Women 500m of 49.00
- Men 500m of 46.50

US and US Junior Championships

- Women 500m of 48.50
- Men 500m of 46.00

See USS Rules of Competition, Section C for Eligibility and Section E for Seed times/Qualifying times.

COMPETITION SCHEDULES.

1. The ranking list used for seeding will be provided at the team/coaches meeting held the day before the competition. Meeting times will be designated in the event information.
2. The competition schedule will be finalized after skater check-in is complete and will be available at the team/coaches meeting.
3. Relays, gender-specific and/or Mixed Team will be added to each competition. All skaters registered have to participate unless there is evidence from a USS approved medical doctor of inability to skate based on a medical reason. Scheduling relay rounds will be discussed in the coaches meeting.
4. Make-up of the races for the single distances will be posted during the warm-up session each racing day.
5. The draft schedule for the USS events shall be as follows but may be amended as needed by the LOC and the competition officials in consultation with the USS technical representative:
 - a. The schedule for World Cup Team Qualifier shall be as follows:
 - Day 1: 1500m (1) & 500m (1) Qualifying Rounds and Finals
 - Day 2: 1000m (1) & 1500m (2) Qualifying Rounds and Finals
 - Day 3: 500m (2) & 1000m (2) Qualifying Rounds and Finals
 - b. The schedule for US and US Junior Championships shall be as follows:
 - Day 1: 1500m (1) & 500m (1) Qualifying Rounds and Finals
 - Day 2: 1000m (1) & 1500m (2) Qualifying Rounds and Finals
 - Day 3: 500m (2) & 1000m (2) Qualifying Rounds and Finals

MAKE UP OF QUALIFYING ROUNDS, SEEDING AND PROGRESSION RULES.

1. For the World Cup Team Qualifier, US, and US Junior Championships, ranking and seeding the first Qualifying Round of each distance (1500m (1)/500m (1)/1000m (1)) will be according to submitted seed times per distance. Skaters without verifiable times will be drawn and ranked last for seeding. The seeding list for the first Qualifying round of each distance (1500m (2)/500m (2)/1000m (2)) will be the previous respective distance classification. Ties for seeding will be broken by random draw.
2. Seeding will always be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be according to the seeding list for that distance. The order in which the heats will race will be drawn randomly.
3. For subsequent Qualifying Rounds, direct qualifiers and any additional (+) qualifiers by next fastest place shall be ranked according to the current distance classification and seeded into the next qualifying round. In case of equal times over the distance, a draw will establish the order. Lane position will be decided by times skated in the previous round.

COMPETITION POINT SYSTEM.

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

Rank	Points	Rank	Points	Rank	Points
1	10000	16	352	31	14
2	8000	17	281	32	13
3	6400	18	225	33	12
4	5120	19	180	34	11
5	4096	20	144	35	10
6	3277	21	115	36	9
7	2621	22	92	37	8
8	2097	23	74	38	7
9	1678	24	59	39	6
10	1342	25	47	40	5
11	1074	26	38	41	4
12	859	27	30	42	3
13	687	28	24	43	2
14	550	29	19	44	1
15	440	30	15	45+	1

1. Final Points will be awarded in descending order following the ranking of the distance classification.
2. In the case of a tie, all Skaters involved will receive points awarded for their rank (i.e. tie on 2nd- both Skaters will receive 8000 pts). The points for the subsequent ranking place (i.e. 3rd) will not be awarded. Points will resume with the subsequent ranking place (i.e. 5120 pts for 4th place).

DISTANCE CLASSIFICATION.

For each distance, a final classification will be made in which the skaters are ranked in the following order:

1. By Final round beginning with group/block A, then B, then C, etc.
2. Within the respective Final group/block; first all skaters that finished the race in the order of finishing; then skaters without a finish place will be in the following order: Did Not Finish, Penalty, and Did Not Start. Results in previous qualifying rounds are disregarded; ties in final group/block will remain tied.
3. Skaters that did not qualify to skate in a Final round will be ranked within their respective Qualifying round with ties broken first by finish order in subsequent previous Qualifying rounds; then by best time skated in any race over the distance; further ties will not be broken.
4. Any skater that qualified for or was advanced to a next round but cannot start due to medical reasons will be recorded as a Did Not Start (DNS) in that round to determine their rank in the distance classification.
5. Skaters that Did Not Finish (DNF) in the 1st qualifying round will be ranked with the same ranking.
6. Skaters that received a Penalty in the 1st qualifying round will be ranked next with the same ranking.

7. Skaters that receive a Yellow Card in **any round** will be ranked next with the same ranking.
8. Skaters that receive a Red Card in **any round** or Do Not Start (DNS) the 1st qualifying round will not receive a rank but listed at the bottom of the distance classification in the following order: RC, DNS.

COMBINED DISTANCE CLASSIFICATION (CDC)

A classification made by combining the final classifications of the same two distances. Skaters shall be ranked in the following order:

1. Highest total number of Final Points
2. Combined distance ranking over both distances
3. Best ranking achieved in one of the two distances.
4. Best Time in any race over the two distances.

SPECIAL CLASSIFICATION

A classification made by combining the best two combined distance classifications for each skater. Skaters shall be ranked in the following order

1. Highest total number of Final Points of the best two (2) out of three (3) CDC.
2. Best total ranking over the best two (2) out of three (3) CDC.
3. Best rank in one (1) out of three (3) CDC.
4. Highest rank in the Overall Classification

OVERALL CLASSIFICATION

The Overall Classification combines the combined distance classifications in the following order:

1. Highest total number of Final Points
2. Combined ranking over all combined distance classifications.
3. Best rank achieved in one of the combined distance classifications and subsequent best rankings.
4. Best Time over the middle distance (1000m).

SANCTIONS AND CONSEQUENCES: SPECIAL CONSIDERATIONS

1. A table that describes sanctions and consequences can be found in the respective qualification tables published on the USS website.
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. This does not apply to the starting procedure. The results of skater(s) excluded from the restart for this reason will show "Did Not Finish" (DNF). 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, or let the skater participate in the restart of the race.
3. A 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.

MAKE-UP OF EXHIBITION RELAY TEAMS FOR USS COMPETITIONS.

1. While relay events are considered exhibition races, those who register for USS events are showing intent to participate in relay events and should be prepared to race any/all relay events if assigned to a team. These exhibition races are critical development opportunities.
2. Seeding the teams for exhibition relay events (both gender specific and Mixed Team relay events) will be done by the Competitors Steward using the 500m submitted seed times in consultation with the Tec Rep and/or USS Representative on site.
3. The composition of teams will be discussed/announced in the coaches meeting.

USS will look into awarding possible prize money for winning participants but more importantly this may help with relay team selection and possible team selections in the future.

SECTION 3

USS INTERNATIONAL COMPETITIONS / EVENTS AND QUALIFYING

RESERVATION

USS reserves the sole right, at any time, to make changes to the funded competition schedule and is not obligated to send staff or fund a team to any international events or any particular competition. Only athletes that qualify for international events or competitions (as designated below) are eligible to be entered in and/or have travel costs covered for such events or competitions. If a qualified athlete chooses not to attend, it will be the USS Short Track Program Director or his/her designee's decision to replace that athlete's position at the event/competition. Funding may or may not be covered. See the USS athlete services grid for an overview of services and benefits with international teams.

For the ISU events held by USS on home soil efforts may be made to fill the quota spots to represent our country. Note, however, that athletes not making the funding times are still considered self-funded athletes as per the Athlete Services Grid.

FALL WORLD CUP TEAM QUALIFIER (ISU WORLD CUPS 1-4)

Eligibility. ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

Entry Quotas. USS will have a maximum quota of 6 spots per gender for the ISU World Cups as per ISU Rules and Regulations and ISU Communication 2407.

Participation and Funding Requirements (World Cups 1 & 2)

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. For World Cups 1 – 2 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:
 - a. For World Cups 1-2, skaters having met one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2021 and the conclusion of World Cup Team Qualifier.

➤ 500m (women): 43.75	500m (men): 41.50
➤ 1000m (women): 1:30.50	1000m (men): 1:26.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 6 according to the following selection procedures.

4. For World Cups 1 & 2, up to nine (9) skaters per gender may be identified through the following selection procedures and entered into a racing pool. Ineligible skaters will be removed from the final ranking to identify the top 9 American skaters per gender.
 - a. The top three (3) skaters will automatically be named to the World Cup team 1 & 2, provided they meet one of the funding time standards.
 - b. Provided they meet one of the funding time standards, the fourth (4th) through ninth (9th) ranked skaters may be named to either the World Cup 1 or 2 team but not necessarily both,
 - i. In the event only eight (8) skaters meet one of the funding time standards, the fourth (4th) skater will be named to the World Cup team 1 & 2 and skaters ranked fifth (5th) through eighth (8th) may be named to either World Cup 1 or 2 but not both.
 - ii. In the event only seven (7) skaters meet one of the funding time standards, the fourth (4th) and fifth (5th) skaters will be named to the World Cup team 1 & 2 and skaters ranked sixth (6th) through seventh (7th) may be named to either World Cup 1 or 2 but not both.

The spots will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative based on the objectives and individual distances racing opportunities.

5. Skaters may elect/declare to compete in World Cups 3 & 4, but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup 3 but not World Cup 4). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 3 & 4 unless otherwise approved by the ST Program Director.

Selection Procedures (World Cups 1 & 2)

1. The first ranked American skater in each combined distance classification (500m, 1000m and 1500m) at World Cup Team Qualifier will be named to the team.
2. If a medal contender invokes their medal contender status, they may be named to the team.
3. USS reserves the right to assign the next spot to a relay specialist. A relay specialist skater may be named by either of the two options:
 - a. The Relay Specialist may be a skater who can meet two of the following criteria:
 - i. Ranked in the top 8 of the combined sub-classifications (500m+1000m, 500m+1500m, or 1000m-1500m) from the World Cup Team Qualifier
 - ii. Competed in the previous season's Olympic Winter Games gender relay team
 - iii. Member of the 2021-2022 World Cup team and achieved at least 3 top 6 finishes in the gender and/or Mixed Team relay events
 - b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point ii or iii of the above points.

Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per "Rules of Competition 1D".

4. Remaining positions, bringing the racing pool total up to 9 per gender, will be selected from the combined sub-classifications provided they meet one of the abovementioned funding time standards.
5. Combined Distance Classifications from World Cup Team Qualifier will be used to determine who will compete in each individual distance at World Cups 1-4. The following will apply for individual distance selection:
 - a. The winner in each Combined Distance Classification from World Cup Team Qualifier will have priority to compete in that distance.
 - b. If a medal contender is named to the team, they will have priority to compete in the distance in which they were granted the medal contender status.
 - c. In the event that skaters through point "5a" do not compete in the respective distance, their quota spot, the 2nd and the 3rd remaining quota spot for each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 3rd remaining individual distance quota spot for each distance.
6. Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its "NO MOVE UP" policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

Participation and Funding Requirements (World Cups 3 & 4)

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified in the World Cups 1 & 2 racing pool.
3. For World Cups 3 - 4 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:
 - a. For World Cups 3-4, skaters having met one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2021 and the conclusion of 4 Continents.

➤ 500m (women): 43.25	500m (men): 41.00
➤ 1000m (women): 1:29.50	1000m (men): 1:25.00
 - b. In addition, for World Cups 3-4, skaters will have to meet one of the following performance results.
 - 2 x Top 20 in an individual distance at the ISU World Cups 1-2
 - 1 x Top 10 in an individual distance at the 4 Continents
 - Be a qualified Medal Contender Status for ISU events for the 2022-23 season

USS reserves the right to fund the next qualified skater(s) who meets the funding time standards if needed for the relay.

4. Skaters may elect/declare to compete in World Cups 3 & 4, but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup

3 but not World Cup 4). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 3 & 4 unless otherwise approved by the ST Program Director.

5. Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its "NO MOVE UP" policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

2023 FISU GAMES

All information pertaining to the nomination of the US FISU Games Team is posted on the USS website.

WINTER WORLD CUP TEAM QUALIFIER (ISU WORLD CUPS 5 & 6)

Eligibility. ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

Entry Quotas. USS will have a maximum quota of 6 spots per gender for the ISU World Cups as per ISU Rules and Regulations and ISU Communication 2407.

Participation and Funding Requirements.

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. For World Cups 5 & 6 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:
 - a. For World Cups 5 & 6, skaters having met one of the following time standards at an ISU or USS sanctioned event between July 1, 2021 and the conclusion of US Championships.
 - 500m (women): 43.25 500m (men): 41.00
 - 1000m (women): 1:29.50 1000m (men): 1:25.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 6 according to the following selection procedures.

4. Skaters may elect/declare to compete in World Cups 5 & 6 but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup 5 but not World Cup 6). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 5 & 6 unless otherwise approved by the ST Program Director.

Selection Procedures.

1. A maximum of 2 skaters per gender may be considered to be qualified directly to World Cups 5 & 6 from results at World Cups 1-4.
 - a. For this consideration the skater must be top 16 in World Cup Classification (500m, 1000m or 1500m) after World Cups 1-4.
 - b. In the event of a tie with 2 or more athletes, their best two placements in their respective qualified event will be added (i.e. 3rd place + 7th place = combined rank of 10). The skaters with the lowest combined rank will be considered. If there is still a tie, their third-best finish in that distance will be added, then the fourth, until the tie can be broken.
 - c. To finalize their selection to World Cups 5 & 6, these skaters must compete at US Championships and finish in the top 8 in the special classification.
2. The first ranked American skater in each combined distance classification (500m, 1000m and 1500m) at US Championships will be named to the team. There is no roll down if a skater is the same from point 1 or a winner of multiple distances.
3. If a medal contender invoked their medal contender status, they may be named to the team.
4. If there are remaining quota spots available, skaters will be selected by the next highest special classification from US Championships until there are four (4) skaters per gender named to the team.
5. USS reserves the right to assign the 5th spot to a relay specialist. A relay specialist skater may be named by either of the two options:
 - a. The Relay Specialist may be a skater who can meet two of the following criteria:
 - i. Ranked in the top 8 of the special classification from US Championships
 - ii. Competed in the previous season's Olympic Winter Games gender relay team
 - iii. Member of the 2022-2023 World Cup team and achieved at least 2 top 6 finishes in the gender and/or Mixed Team relay events
 - b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point ii or iii of the above points.

Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per "Rules of Competition 1D".

6. If there is no relay specialist the fifth spot will go to the next highest ranked skater in the special classification at US Championships.
7. The sixth spot will go to the highest ranked eligible junior skater in the special classification at US Championships.
8. Combined Distance Classifications from US Championships will be used to determine who will compete in each individual distance at World Cups 5-6. The following will apply for individual distance selection:

- a. Pre-qualified skater(s) will have priority to compete in the distance in which they were pre-qualified.
- b. The winner of each Combined Distance Classification from US Championships will have priority to compete in that distance.
- c. If a medal contender is named to the team, they will have priority to compete in the distance in which they were granted the medal contender status.
- d. In the event that skaters through point “7a” or “7b” or “7c” do not compete in the respective distance, their quota spot, the 2nd and the 3rd remaining quota spot for each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 3rd remaining individual distance quota spot for each distance.

Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its “NO MOVE UP” policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

WORLD SHORT TRACK SPEEDSKATING CHAMPIONSHIPS

Eligibility.

1. ISU Rule 281 determines the eligibility of the USA to submit entries for these competitions.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2415.

Entry Quotas. The World Short Track Championships Team will be comprised of up to five (5) Women and five (5) Men if a relay team is qualified for Women and Men. If no relay team is qualified, US Speedskating’s ISU entry quota (individual starting positions) for individual events at the 2022-2023 World Short Track Championships shall be three (3) Women and three (3) Men and only those three will be sent. USS may elect to fund a substitute to travel with the team if deemed competitive for this event.

Participation & Funding. USS will provide travel support provided that:

1. Athlete has signed the USS Athlete Agreement for the current season.
2. Athlete has qualified as per the selection procedures.

Selection Procedures.

1. A maximum of two (2) skaters per gender who finish in the top 10 of an individual distance World Cup Classification (500m, 1000m, or 1500m) from the current World Cup season (World Cups 1-6) are selected to the World Championships team.
 - a. If there are more than two (2) skaters who meet the criteria:
 - i. The skater with the highest individual distance World Cup Classification will be selected.

- ii. The next skater with the best two (2) individual result at World Cup 5-6 in any distance will then be selected.
 - 2. The remaining spots will be selected as follow until there are three (3) skaters per gender named to the team:
 - a. Winner of the combined distance classification from the US Championships (500m, 1000m, or 1500m). In the event the skater is the same as in point 1, there is no roll-down.
 - i. Ties will be broken based on the following:
 - 1. Highest special classification
 - 2. Highest overall classification
 - b. Highest ranked skater(s) in the special classification at US Championships.
 - 3. If a gender relay team is qualified, USS reserves the right to assign the 4th spot to a relay specialist. A relay specialist skater may be named by either of the two options:
 - a. The Relay Specialist may be a skater who can meet two of the following criteria:
 - i. Ranked in the top 8 of the special classification from US Championships
 - ii. Competed in the previous season’s Olympic Winter Games gender relay team
 - iii. Member of the 2022-2023 World Cup team and achieved at least 2 top 6 finishes in the gender and/or Mixed Team relay events
 - b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point ii or iii of the above points.
- Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per “Rules of Competition 1D”.
- 4. If there is no relay specialist the remaining spots will go to the highest ranked skater(s) in the special classification at US Championships. USS reserves the right to fund a fifth spot to travel with the gender relay team if deemed competitive for this event.
 - 5. For each distance, start positions will be allocated as follows:
 - a. If skaters are ranked in the top 10 of an individual distance World Cup Classification under point 1 above:
 - i. The highest ranked skater in the individual distance World Cup Classification (500m, 1000m, & 1500m) will be allocated the first start position in that respective distance.
 - ii. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 2nd remaining individual distance quota spot for each distance. The following criteria will be taken into consideration:
 - 1. World Cup Distance Classification
 - 2. Performance at World Cup 5-6
 - 3. Performance at US Championships in the combined distance classification

- b. If no skaters are ranked in the top 10 of an individual distance World Cup Classification under point 1 above:
 - i. Winner of the combined distance classification from the US Championships (500m, 1000m, or 1500m) will be allocated the first start position.
 - ii. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 2nd remaining individual distance quota spot for each distance. The following criteria will be taken into consideration:
 - 1. World Cup Distance Classification
 - 2. Performance at World Cup 5-6
 - 3. Performance at US Championships in the combined distance classification

FOUR CONTINENTS SHORT TRACK SPEEDSKATING CHAMPIONSHIPS

Eligibility.

- 1. ISU Rule 285 determines the eligibility of the USA to submit entries for these competitions.
- 2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2415.

Entry Quotas. The Four Continents Short Track Championships Team may be comprised of up to five (5) Women and five (5) Men.

Participation & Funding. USS will provide travel support provided that:

- 1. Athlete has signed the USS Athlete Agreement for the current season.
- 2. Athlete has qualified per the selection procedures.

Selection Procedures.

- 1. Initial selection will be the four (4) skaters per gender with the best individual distance result from World Cups 1-2 in any individual distance (500m, 1000m, or 1500m).
- 2. If there is a tie for the 4th spot, the next best result will be taken into consideration to break the tie. Then the third best result followed by the fourth until the tie is broken.
- 3. USS reserves the right to assign the 5th spot to a relay specialist. A relay specialist skater may be named by either of the two options:
 - a. The Relay Specialist may be a skater who can meet the following criteria:
 - i. Ranked in the top 8 of the special classification at World Cup Team Qualifier
 - ii. Member of the current season's World Cup team and achieved at least 1 top 6 finishes in the gender and/or Mixed Team relay events

- b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point ii of the above points.

Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per “Rules of Competition 1D”.

4. If there is no named Relay Specialist then the 5th skater with the highest World Cup Classification from World Cups 1-2 in any one individual distance (500m, 1000m or 1500m) that has not yet been named to the team may be added to the team.
5. If there is a tie for the 5th final spot (and/or no relay specialist is identified) in their best World Cup Classification, the skater with the best individual result will be taken into consideration to break the tie. If needed the second, third, and fourth best individual result will further break the tie.
6. If a skater(s) declines their spot for the Four Continents Championships, the remaining spot will go to skater with the next best individual result from World Cups 1-2 until the spot is filled.
7. If further positions need to be filled, the next American skater with the highest total of final points of the best two (2) combined distance classification from the World Cup Team Qualifier will be used to fill the quota.
8. Start positions will be allocated as follow:
 - a. The highest ranked skater in each individual distance World Cup Classification (500m, 1000m, & 1500m) will be allocated the first start position in that respective distance.
 - b. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 3rd remaining individual distance quota spot for each distance. The following criteria will be taken into consideration:
 - i. Performance at World Cups 1-2
 - ii. Performance at World Cup Team Qualifier
 - iii. International racing experience objectives

WORLD SHORT TRACK JUNIOR CHAMPIONSHIPS

Eligibility.

1. ISU Rule 283 determines the eligibility of the USA to submit entries for this Championships.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication (XXXX).

Entry Quotas. The World Junior Championships Team may be comprised of up to four (4) Women and four (4) Men.

Participation & Funding. USS will provide travel support and funding provided that:

1. Athlete has signed the USS Athlete Agreement for the current season.

2. Athlete has qualified as per the selection procedures.
3. Athlete has met one of the time standards for the 500m or 1000m which must have been skated at any ISU or USS sanctioned competition between July 1, 2021 and the conclusion of US Junior Championships. Time standards are:
 - 500m (women): 45.50 500m (men): 42.50
 - 1000m (women): 1:33.50 1000m (men): 1:27.00
4. Skaters that have qualified for World Junior Championships based on placement but have failed to meet the time standards above, may elect to self-fund. Self-funded skaters may be partially reimbursed based on performance at World Junior Championships with a top 16 individual distance placement or a medal in the relay event. In such case, the amount of reimbursement is at the sole discretion of USS.
5. USS may elect to fund additional skaters who may not have a time standard for the purpose of filling a relay team.

Point System for World Junior Championships Team Selection. Final Points will be awarded in each individual distance. There will be no redistribution of points with removing ineligible skaters.

Selection Procedures. The primary selection competition will be US Junior Championships with consideration from World Cups 1-4.

1. Up to a maximum of two (2) skaters per gender may be pre-qualified directly to the Junior World Team. For this consideration they must have two (2) top 30 finishes in the same individual distance (500m, 1000m, or 1500m) from World Cups 1-4. If there are more than two, the two skaters with the highest individual finish in World Cups 1-4 will break the tie, followed by the second highest individual finish and so on. These skaters must compete in the US Junior Championships and be ranked in the top 8 in the special classification at US Junior Championships.
2. In the event skaters are prequalified from point 1:
 - a. Pending the number of skaters prequalified from point 1 the winner in each combined distance classification (500m, 1000m and 1500m) at US Junior Championships may be eligible to be qualified to the team. This accounts for a maximum of three additional skaters per gender named to the team. There is no roll down if skaters are the same winners of another combined distance classification.
 - i. In the event the maximum quota of four skaters is exceeded by points 1 and 2a, the Combined Distance Classification winners with the highest special classification at US Junior Championships will be named to the team bringing the team up to four.
 - ii. Remaining quota spots, bringing the team total up to 4 per gender, will be awarded to skater(s) with the next highest special classification at US Junior Championships.
3. Allocation of starting position per individual distance.
 - a. Skaters that qualify through point 1 will have priority to race that distance at Junior Worlds.

- b. Next, the winner of the combined distance classification at the US Junior Championships will have priority to race that distance.
 - c. Remaining starting position for each distance will be allocated in consultation with the Junior World Coaching staff, ST Program Director, and the Athlete Representative. The following criteria will be taken into consideration:
 - i. Performance at US Junior Championships
 - ii. Performance at World Cups 1-4 and 4 Continents
 - iii. Performance at World Cup Team Qualifier
4. Replacement of skaters: If a skater declines their position on the World Junior Short Track Team:
- a. The Combined Distance Classification winners not yet named to the team from point 2.a.i with the next highest special classification at US Junior Championships may be named to team.
 - b. Then the skater with the next highest special classification at US Junior Championships may be selected as a replacement.

Funding of replacement athlete(s) is at the sole discretion of USS.

SECTION 4

2022-2023 NATIONAL RANKINGS

NATIONAL DISTANCE RANKINGS

Skaters will be ranked in a separate Individual Distance National Ranking for the 500m, 1000m, and 1500m based on the following order:

1. Skaters who competed in individual distances at the 2023 World Championships will be ranked in order of placement in that individual distance.
2. For each distance, the points of each individual distance classification from the World Cup Team Qualifier and US Championships will be added (up to 4 per distance) to rank the next skaters. Note that for the 2023-2024 season, this ranking may be used for seeding purposes at USS selection events. The point system used for the National Distance Ranking will be the same as the Final points (1st place – 10000pts, 2nd place – 8000pts, etc)

SECTION 5

2023-2024 TRAINING DESIGNATIONS

NATIONAL TRAINING PROGRAM (NTP) COMPOSITION

1. The NTP target size will be 12 athletes and should not exceed 16 eligible American skaters at one time.
2. Top 3 skaters from the 2022-23 season Overall National Ranking for Women and Men and the next highest ranked skater in the level system will be automatic invites to the NTP. This accounts for 8 athletes. There is no roll down if one of the 8 skaters decline their invite.
3. USS may select additional skaters based on consideration of the 2022 US Olympic Team, Overall National Ranking, Overall National Distance Ranking, Short Track Level System Performance Markers, or other factors such as exceptional past international performance. These skaters will be considered discretionary invites to the NTP. Discretionary invitations to the NTP will be made by USS upon the recommendation of the USS Short Track Director, NTP coaches and USS HP staff.
4. To be considered a discretionary member, skaters must compete in World Cup Team Qualifier and US Championships.
5. Skaters named to the NTP as discretionary members may be placed on “provisional” status. Their status will be reviewed periodically by the USS NTP coaches and staff and following the evaluation they may or may not be asked by USS to continue in the NTP.
6. At any time, USS may approve other skaters outside of the NTP to be invited to train with the program from time to time for a trial period or as a designated training partner. These skaters will receive no NTP benefits with the sole exception of ice time and coaching. These skaters are not considered members of the NTP and depending on the duration of this invitation may be required to pay specific team fees to USS partner programs. These situations are handled on a case-by-case basis with the Short Track Program Director.
7. NTP Invitations will be sent as soon as possible after the conclusion of the season when the national rankings are complete, there’s been a review of the seasons events and level system has been updated by USS.
8. Status may be restored/granted by the USS ST Program Director or his/her designee, for injury, illness or other extraordinary circumstances.

2023-2024 US SPEEDSKATING SHORT TRACK JUNIOR NATIONAL TEAM

The Junior National Team will be named by approximately April 15th each year, following the conclusion of the season.

Eligibility. All Junior National Team skaters must be eligible to represent USS at ISU events.

Qualification.

1. Must have been a member of the 2022-2023 World Junior Championship Team.
2. Meet one of the following:
 - a. USS World Junior Championships funding time standards. Time standards for the 500m or 1000m must have been skated at any ISU or USS sanctioned competition between July 1, 2021 and the conclusion of US Junior Championships. Time requirements are:
 - 500m (women): 45.50 500m (men): 42.50
 - 1000m (women): 1:33.50 1000m (men): 1:27.00
 - b. Top 25 finish in any individual distance at the World Junior Championships
 - c. Top 8 finish in the gender relay event

2023-2024 US SPEEDSKATING SHORT TRACK NATIONAL DEVELOPMENT TEAM

The National Development Team will be named by approximately April 15th each year, following the conclusion of the season.

Eligibility. All Development Team skaters must:

1. Be eligible and declared to represent the USA at ISU Junior events.
2. Not be older than Junior B for the upcoming season.

Qualification.

1. Meet one of the following time standards:
 - 500m (women): 46.40 500m (men): 43.35
 - 1000m (women): 1:35.40 1000m (men): 1:28.70
 - *Times are approximately 2% of the USS World Junior Championships Funding Time
2. The top two (2) eligible skaters by gender from the season ST Level System not already named to the NTP or Junior National Team. (4 skaters total)
3. The next top two (2) eligible skaters by gender from the next highest combined sub-classifications of the 2023 US Junior Championships not already named to the NTP, Junior National Team or in point 1 (above). (max 4 skaters total)

4. Team Additions: Skaters may be named to the National Development Team based on the following:
 - a. Status may be restored/granted by the USS ST Program Director or his/her designee, for injury, illness or other extraordinary circumstances.

MASTERS

The STTF is currently working on developing a level system for the Master's Division.

MEDAL CONTENDER CLAUSE CRITERIA & PROCESS

Medal Contender Illness or Injury Clause. Medal Contender status is used exclusively for an extreme circumstance including injury and/or illness that prevent a medal contending athlete from completing/competing in a qualifying competition.

Criteria. To be considered as an athlete who has earned Medal Contender status for the 2023-2024 season.

An athlete must have met two of the following criteria (1,2,3):

1. Be top 8 in the current ISU World Cup Classification in any individual distance within the 2023-2024 season.
2. Be top 8 in the current overall World Cup classification (Crystal Globe) within the 2023-2024 season.
3. Be top 8 in any individual distance of the current World Ranking.

Or an athlete must have met one of the above criteria (1,2,3) and one of the criteria below (4,5,6).

4. Finish top 8 in an individual distance (500m, 1000m or 1500m) at the 2023 ISU World Short Track Championships.
5. Be Top 8 in a World Cup Classification for an individual distance in the 2022-2023 season.
6. Be top 8 in the Overall World Cup Classification (Crystal Globe) in the 2022-2023 season.

Medal Contender Process. When the Medal Contender Clause is invoked, the medal contender may be provisionally granted a spot on any team for a World Cup(s) and/or World Championship Event(s) and/or other international event(s). A Relay Specialist position will remain if there is an allowance.

In the event that a Medal Contender is unable to compete at or complete the USS-designated selection event due to a verifiable illness, injury, or exceptional circumstance, the Medal Contender must submit a Medal Contender Petition Form to USS no later than 2 hours following the conclusion of the USS-designated selection event with their specific request.

1. If the Medal Contender provision is in effect for illness or injury, the Medal Contender must complete and submit the Medal Contender Petition Form to USS. This form allows USS, including a qualified physician selected by USS, to review the medical records for purposes of verifying the illness or injury. The Medal Contender should also be prepared to submit written

evidence and other records from a qualified physician, acceptable to USS, as evidence. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian.

USS reserves the right to request an independent medical examination of the Medal Contender by a qualified physician chosen by USS at the expense of USS. USS will review all submitted evidence that prevented the Medical Contender from competing or completing the USS-designated selection event(s) due to illness or injury, the prognosis for recovery.

If, based on its review, USS determines that special consideration is warranted, Before being named to the team the Medal Contender must:

- a. Be physically able to train and compete in a designated timeline. The Medal Contender will be given a return to training date deadline. This date will be agreed to by the Head Coach and Short Track Program Director with the athlete as a deadline date that the medal contender is expected to be considered back to training fully allowing what is seen as adequate time for quality training and preparation for the team being petitioned for. The medal contender must provide medical clearance to USS from qualified physician stating they are permitted to return to training at this agreed level by this date.
 - b. The medal contender will be given an agreed upon date that they must be cleared by a qualified physician and considered 100% ready for competition. The intent is that the medal contender must be physically cleared to race at a level of success that earned them their medal contender status prior to being named to the team.
 - c. If the medal contender is able to train and be prepared to compete by these agreed dates, then they may be named to the team(s) being petitioned for. In addition, the Medal Contender may also be awarded start positions in the distances they earned their medal contender status in.
2. If the Medal Contender provision is in effect for an exceptional circumstance, the Medal Contender should complete and submit the Medal Contender Petition Form to USS, but the medical release and authorization section of the petition is not required. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian.

SHORT TRACK LEVEL SYSTEM

SUMMARY LEVEL SYSTEM 1 THROUGH 5. The Level system is a tool that helps identify the process and standards needed for international success. By measuring performance markers at key events, skaters and coaches can work toward achieving benchmarks which are required by points. The points ranking may be used to stratify services, benefits and possible funding for camps including development opportunities.

Eligible competitions. Skaters can achieve points at the competitions throughout the seasons according to the points chart found in Appendix B. While this list is subject to change, the forecasted events will be:

1. Desert Classic
2. Mountain Classic
3. Fall World Cup Team Qualifier
4. Canadian Invitational
5. US and US Junior Championships
6. World Cups 1-6
7. FISU Games
8. ISU Championships – Senior, Junior and Four-Continents
9. Age Group National Championships (pending the availability of transponders)
10. Other international competitions may be considered (pending the availability of transponders and discretion from the ST Program Director)

Point Scale. Skaters with the required number of points will be awarded the achieved level for the season:

- Level 1: 50 - 40 points
- Level 2: 39.5 - 33 points
- Level 3: 32.5 - 26 points
- Level 4: 18 – 25.5 points
- Level 5: 10 – 17.5 points

USS will make its best effort to update the level system rankings and have it posted on its USS website shortly after each of the USS Selection events and the ISU Competitions.

SECTION 6

AGE GROUP NATIONAL SHORT TRACK CHAMPIONSHIPS

COMPETITION FORMAT AND MANDATORY DISTANCES

1. The Short Track Age Group National Championships is a multiple age division competition. The competition format will be All Finals-No Elimination and shall run under USS Rules of Competition, except where noted herein.
2. The Short Track Age Group National Championships are scheduled to be held March 24-26, 2023 in Milwaukee, WI.

DIVISION AGE CLASSIFICATIONS / QUALIFICATION TIME STANDARDS – SEE APPENDIX A.

1. The age of the skater will be the age the competitor is before July 1 preceding the competition.
2. Time standards are based on the current 4-year rolling average of the season's best international 500m time per gender. Note that if the 4-year rolling average is slower, the time standards will remain the same as the previous season.
 - a. For the 2022-23 season, the following will apply:
 - i. Junior D: 137.5%
 - ii. Junior C: 132.5%
 - iii. Junior A&B: 127.5%
 - b. For the 2023-24 season, the following will apply:
 - i. Junior D: 135%
 - ii. Junior C: 130%
 - iii. Junior A&B: 125%
3. Junior division skaters must meet the time standards listed in the table.
4. Time Standards are recommended for Master skaters but not required.
5. Seed times will be required for each distance per division. See division and distance table Times must be entered to the thousandths of a second (m:ss.xxx).
6. See USS Rules of Competition, Section E for Seed times/Qualifying times and Section C for Citizenship/Eligibility.

VARIATIONS AND EXCEPTIONS TO THE AGE GROUP DIVISIONS.

1. A skater may compete in only one division at a Championships competition.
2. In the event that there are low participation numbers, skater(s) may be combined to provide meaningful racing opportunities. When combining traditional age divisions for racing, overall medals will be awarded to the skaters' traditional age division based on the ranking in the overall classification. For example, Junior B and Junior A (17+) skaters may be combined into an Open Combined division to provide meaningful racing opportunities. Overall medals will be awarded according to age division.
3. Master skaters will be combined into appropriate divisions to provide meaningful racing opportunities. Overall medals will be awarded to the skaters' 5-year age division based on the ranking in the overall classification.

DIVISIONS AND DISTANCES.

Divisions	Distances/number in Finals		
Junior D (11-12)	1000/5	500/5	777/5
Junior C (13-14)	1500/7	500/5	1000/5
Junior B (15-16)	1500/7	500/5	1000/5
Junior A (17+)	1500/7	500/5	1000/5
Master Divisions	1500/7	500/5	1000/5
Junior Mixed Relays	Junior Mixed Team Relays- 2000M		
Master Mixed Relays	Master Mixed Team Relays- 2000M		

COMPETITION FORMAT.

1. The Short Track Age Group National Championships will be conducted as an **All Finals – No Elimination progression**. All skaters will progress in the competition through all qualifying rounds to the Final round.
2. The scheduled number of skaters in each Group per round and in the Final races will 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.
3. Groups in Qualifying rounds and 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.

MAKE UP OF QUALIFYING ROUNDS, SEEDING AND PROGRESSIONS.

1. The first Qualifying Round of each distance shall consist of one group. Ranking and seeding the first qualifying round of each distance will be according to required submitted seed time

for that distance. 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 randomly.

2. For subsequent Qualifying Rounds, direct qualifiers and additional (+) qualifiers by next fastest place shall be ranked according to the current distance classification and seeded into their next qualifying Group. Skaters that do not qualify shall be ranked according to the current distance classification and seeded into the next lower qualifying Groups. In case of equal times over the distance, a draw will establish the order. 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 randomly.
3. The number of heats per Group and the number to qualify 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 will progress, therefore, there may be some races with more skaters on the line than initially proposed.
4. 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. If a skater receives more than one penalty, independent of each other, in the same distance or round for infringement of the racing rule “Impeding” and/or “Kicking Out”, such skater shall receive a Yellow Card and will be excluded from further participation in that distance.

COMPETITION POINT SYSTEM.

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

Rank	Points	Rank	Points	Rank	Points
1	10000	16	352	31	14
2	8000	17	281	32	13
3	6400	18	225	33	12
4	5120	19	180	34	11
5	4096	20	144	35	10
6	3277	21	115	36	9
7	2621	22	92	37	8
8	2097	23	74	38	7
9	1678	24	59	39	6
10	1342	25	47	40	5
11	1074	26	38	41	4
12	859	27	30	42	3
13	687	28	24	43	2
14	550	29	19	44	1
15	440	30	15	45+	1

1. Final Points will be awarded in descending order following the ranking of the distance classification.

2. In the case of a tie, all Skaters involved will receive points awarded for their rank (i.e. tie on 2nd- both Skaters will receive 8000 pts). The points for the subsequent ranking place (i.e. 3rd) will not be awarded. Points will resume with the subsequent ranking place (i.e. 5120 pts for 4th place).

DISTANCE CLASSIFICATION.

For each distance, a final classification will be made in which the skaters are ranked in the following order:

1. By Final round beginning with group/block A, then B, then C, etc.
2. Within the respective Final group/block; first all skaters that finished the race in the order of finishing; then skaters without a finish place will be in the following order: Did Not Finish, Penalty, and Did Not Start. Results in previous qualifying rounds are disregarded; ties in final group/block will remain tied.
3. Skaters that did not qualify to skate in a Final round will be ranked within their respective Qualifying round with ties broken first by finish order in subsequent previous Qualifying rounds; then by best time skated in any race over the distance; further ties will not be broken.
4. Any skater that qualified for, or was advanced to a next round but cannot start due to medical reasons will be recorded as a Did Not Start (DNS) in that round to determine their rank in the distance classification.
5. Skaters that Did Not Finish (DNF) in the 1st qualifying round will be ranked with the same ranking.
6. Skaters that received a Penalty in the 1st qualifying round will be ranked next with the same ranking.
7. Skaters that receive a Yellow Card in **any round** will be ranked next. If multiple yellow cards occur on a distance, then ties will be broken based on the qualifying round.
8. Skaters that receive a Red Card in **any round** or Do Not Start (DNS) the 1st qualifying round will not receive a rank but listed at the bottom of the distance classification in the following order: RC, DNS.

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 middle distance.

SANCTIONS AND CONSEQUENCES - SPECIAL CONSIDERATIONS

1. A table that describes sanctions and consequences can be found in the respective qualification tables published on the USS website.
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. This does not apply to the starting procedure. The results of skater(s) excluded from the restart for this reason will show “Did Not Finish” (DNF). If the skater for whom the race was stopped is injured due to the action of another skater that receives a penalty, the referee may advance the skater, or let the skater participate in the restart of the race.

3. A 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.

RELAY EVENTS.

1. Participation in relay events will be mandatory for Junior divisions.
2. Junior Mixed Team 2000m relays will be grouped into teams of 4, with a goal of 2 per gender and a target of 4 teams to a race. Teams will be constructed from Junior divisions D, C, B & A and based upon ability.
3. Master Mixed Team 2000m relay will be grouped into teams of 4 and subject to a minimum of 2 teams in order to participate in a relay event.
4. The make-up of teams and seeding for relay events will be done by the Competitors Steward using the 500m submitted seed times. Generally, a serpentine fashion will be used in consultation with the Tec Rep and/or USS Representative on site to seed the teams. The goal is to make competitive races that benefit relay development. Any remaining skaters that are unable to be seeded for a full team, will remain as substitutes to replace vacancies due to withdrawals.
5. There may be semi-final rounds and a Final B for each relay event. Depending on the number of teams or if time is limited, there may be a decision to go straight to final events. This will be addressed and communicated at the coaches meeting. Teams will qualify from semi-finals to the Final A with the fastest time skated by teams overall.

NATIONAL CLUB CHAMPIONSHIP

The club that accumulates the highest number of points will be National Club Champion.

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

CLUB CHAMPIONSHIP POINTS

Place	1st	2nd	3rd	4th
Points	5	3	2	1

1. Club Points will be awarded 1st through 4th place in the final A of each race.
2. Club Points earned will accumulate for their respective club.
3. Club Points will not be awarded to skaters that receive a sanction in the final A.

Appendix A - DIVISION AGE CLASSIFICATIONS / QUALIFICATION TIME STANDARDS

Division/Age (*minimum age)	500m
Junior D Men (11-12 yrs.)	54.861
Junior D Women (11-12 yrs.)	58.053
Junior C Men (13-14 yrs.)	52.866
Junior C Women (13-14 yrs.)	55.942
Junior B Men (15-16 yrs.) & Junior A Open Men (17+)	50.871
Junior B Women (15-16 yrs.) & Junior A Open Women (17+)	53.831
Master 30+, 40+ Men	59.9
Master 30+, 40+ Women	1 :02.4
Master 50+, 60+ Men	1 :03.1
Master 50+, 60+ Women	1 :11.1
Master 70+ Men	1 :13.0
Master 70+ Women	1 :22.9

Appendix B – LEVEL SYSTEM POINT MARKER CHART

Short Track Level Performance Markers: Ladies												
Based on results skated at US Selection Events and ISU Events												
Acceleration: (500m opener) <small>(Electronic timing)</small>	0.5 pt under 7,9	1 pts under 7,8	1.5 pts under 7,7	2 pts under 7,6	2.5 pts under 7,5	3 pts under 7,4	3.5 pts under 7,3	4 pts under 7,2	4.5 pts under 7,1	5 pts under 7,0	/5 pts	Anaerobic System /10
Top Speed: 111m <small>(from 500m laps)</small>	0.5 pt under 9,40	1 pts under 9,30	1.5 pts under 9,20	2 pts under 9,10	2.5 pts under 9,00	3 pts under 8,90	3.5 pts under 8,80	4 pts under 8,70	4.5 pts under 8,60	5 pts under 8,50		
Lactate Power: 500m Time <small>(best time)</small>	0.5 pt Under 46,75	1 pts under 46,25	1.5 pts under 45,75	2 pts under 45,25	2.5 pts under 44,75	3 pts under 44,25	3.5 pts under 43,75	4 pts under 43,25	4.5 pts under 42,75	5 pts under 42,25	/5 pts	Lactate System (Power & Capacity) /20
Lactate Capacity: 1000m Time <small>(best time)</small>	0.5 pt under 1:37,5	1 pt under 1:36,5	1.5 pt under 1:35,5	2 pts under 1:35,0	2.5 pts under 1:34,5	3 pts under 1:34,0	3.5 pts under 1:33,5	4 pts under 1:33,0	4.5 pts under 1:32,5	5 pts under 1:32,0		
	6 pts under 1:31,5	7 pts under 1:31,0	8 pts under 1:30,5	9 pts under 1:30,0	10 pts under 1:29,5	11 pts under 1:29,0	12 pts under 1:28,5	13 pts under 1:28,0	14 pts under 1:27,5	15 pts under 1:27,0		
World Rank: Placement rank: <small>500m,1000m,1500m,Relay</small>	1 pt 86st-99th	2 pt 76th-85th	3 pt 66st-75th	4 pts 56th-65th	5 pts 46th-55th	6 pts 36th-45th	7 pts 26st-35th	8 pts 16th-25th	9 pts 7th-15th	10 pts 1st - 6th	/10 pts	Overall Performance /20
National Rank: Overall rank:	1 pt 41st-50th	2 pt 36th-40th	3 pt 31st-35th	4 pts 26th-30th	5 pts 21th-25th	6 pts 16th-20th	7 pts 11th-15th	8 pts 7th - 10th	9 pts 4th - 6th	10 pts 1st - 3rd		
Total: /50 pts												

Short Track Level Performance Markers: Men												
Based on results skated at American Cups, World Cups or Selection meets												
Acceleration: (500m opener) <small>(Electronic timing)</small>	0.5 pt under 7,5	1 pts under 7,4	1.5 pts under 7,3	2 pts under 7,2	2.5 pts under 7,1	3 pts under 7,0	3.5 pts under 6,9	4 pts under 6,8	4.5 pts under 6,7	5 pts under 6,6	/5 pts	Anaerobic System /10
Top Speed: 111m <small>(from 500m laps)</small>	0.5 pt under 8,80	1 pts under 8,70	1.5 pts under 8,60	2 pts under 8,50	2.5 pts under 8,40	3 pts under 8,30	3.5 pts under 8,20	4 pts under 8,15	4.5 pts under 8,10	5 pts under 8,05		
Lactate Power: 500m Time <small>(best time)</small>	0.5 pt under 44,50	1 pts under 44,00	1.5 pts under 43,50	2 pts under 43,00	2.5 pts under 42,50	3 pts under 42,00	3.5 pts under 41,50	4 pts under 41,00	4.5 pts under 40,50	5 pts under 40,00	/5 pts	Lactate System (Power & Capacity) /20
Lactate Capacity: 1000m Time <small>(best time)</small>	0.5 pt under 1:32,0	1 pt under 1:31,5	1.5 pt under 1:31,0	2 pts under 1:30,5	2.5 pts under 1:30,0	3 pts under 1:29,5	3.5 pts under 1:29,0	4 pts under 1:28,5	4.5 pts under 1:28,0	5 pts under 1:27,5		
	6 pts under 1:27,0	7 pts under 1:26,5	8 pts under 1:26,0	9 pts under 1:25,5	10 pts under 1:25,0	11 pts under 1:24,5	12 pts under 1:24,0	13 pts under 1:23,5	14 pts under 1:23,0	15 pts under 1:22,5		
World Rank: Placement rank: <small>500m,1000m,1500m,Relay</small>	1 pt 86st-99th	2 pt 76th-85th	3 pt 66st-75th	4 pts 56th-65th	5 pts 46th-55th	6 pts 36th-45th	7 pts 26st-35th	8 pts 16th-25th	9 pts 7th-15th	10 pts 1st - 6th	/10 pts	Overall Performance /20
National Rank: Overall rank:	1 pt 41st-50th	2 pt 36th-40th	3 pt 31st-35th	4 pts 26th-30th	5 pts 21th-25th	6 pts 16th-20th	7 pts 11th-15th	8 pts 7th - 10th	9 pts 4th - 6th	10 pts 1st - 3rd		
Total: /50 pts												

