



2016 Rule Change Summary

Short Track Speed Skating

Change From	Change To
Old Formatting	New Formatting with numerical system for ALL sections See also date change at footer to reflect June 2016
Section A - Official Events	Added: 2.1.10 1500 Meter Relay
Section C - Equipment	Added: 4.4 Identification 4.4.1 Helmet bibs are recommended with numbers displayed on both sides. 4.4.2 If helmet bibs or helmet numbers are not available, skaters shall wear a cloth or paper number on the mid back. 4.4.3 If helmet numbers (stickers) are available, they must be placed on both sides of the helmet.
Section E – Rules of Competition 2. 1500 and 3000 Meter Relay	Add: 6.2 Rules for 1500 and 3000 Meter Relay 6.2.6 Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest or same color helmet bib.
Section E – Rules of Competition 2. 1500 and 3000 Meter Relay h. The relay zone will be between the blue hockey zone lines (middle portion of the straightaway).	Remove: The relay zone will be between the blue hockey zone lines (middle portion of the straightaway).
Section F – Unified Sports Events 1. 3000 Meter Relay Change: d. Each team member must skate a minimum of 3 laps.	7. Unified Sports Events 7.1 3000 Meter Relay Change:



<p>Delete & Change: f. Each team shall draw for which side of the track (near/far in relation to the finish line) on which they will be allowed to relay.</p> <p>Modify: g. Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest</p> <p>Delete: h. The relay zone will be between the blue hockey zone lines (middle portion of the straightaway)</p>	<p>7.1.4 Each team member must skate a minimum of 1 exchange for the 1500 meter relay and 2 exchanges for the 3000 meter relay.</p> <p>Change: 7.1.5 A competitor may be relayed at any time except during the last two (2) laps. These laps must be skated by one skater. In the case of a fall during the two (2) laps, the skater may be relayed.</p> <p>Change: 7.1.7 Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest or helmet bib.</p> <p>Remove: Section h.</p> <p>Add: 7.1.8 The relay may be by either push start or tag of hand.</p>
<p>Section G – Training Effective Groupings for Special Olympics Short Track Speed Skating</p>	<p>8. Training Effective Groupings Modified entire format based on timing. Races included within lap time frames. Added two races within lap time frames:</p> <p>8.5 For skaters with an average lap time of 25 to 29 seconds: 8.5.4 1500 M Team Relay</p> <p>8.6 For skaters with an average lap time of 24 seconds or faster: 8.6.1 3000 M Team Relay</p>