



Rules for RSC Speed (August 2025)

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SECTION 1: CHANGES INTRODUCED IN AUGUST 2025 RULES FOR RSC SPEED

GENERAL UPDATES

- RSC Speed Committee renamed to RSC Speed Division
- Rules renamed to RSC Rules for Speed
- FIRS updated to World Skate throughout
- Terms and language are streamlined and consistent throughout the document
- Grammatical/ formatting/ spelling corrections, text modified throughout for better clarity

SECTION BY SECTION SUMMARY

Section 2

- Clarified which version of the rules prevails in case of language/version conflicts
- Removed outdated terms
- Several definitions have been added

Section 3

- 100-meter added as optional event at Canadian Championships
- 200m & 300m time trials remain; heats/finals removed
- 500m on road for JR World Class+ now possible as 1-lap race
- Introduction category renamed: Junior B (JR B) and Senior B (SR B)
- Special Olympic category introduced
- Open Youth 2km no longer includes points
- Open Class Youth “Bits and Bites” and “Up and Comers” added
- Senior World Class redefined as 19+
- Open Novice Adults category added (1km & 2km)

Section 4

- New restrictions on category combinations to preserve fairness
- Day 1 order of races adjusted
- Day 2 order of races adjusted
- Schedule updated for order and Special Olympic inclusion and terminology clarified

Section 5

- Participants in 1000m Open Class will go through newly adjusted qualifying rounds
- Males/females may race together
- Clarified ranking/points for 10km Open Class
- Separate male/female awards

Section 6

- Reinforced integrity when combining categories

Section 7

- Removed heats/finals for Time Trials
- Additional rounds can be created for 500m

Section 8

- Modified eligibility for non-Canadians and offering modified programming for inclusion
- Separate distances offered in age groups

Section 9

- Clarified selection methods
- National Team moved to separate section
- Defined how teams are named, and type of teams

Section 13

- Updated with rules related to racewear and personal effects

Section 14

- Added interference and influence of integrity and safety

NEW SECTIONS INTRODUCED

Section 11 - Racing Definitions: Provides foundational context for the rules

Section 15 - Integrity & Ethics

Section 16 - Anti-Doping

Section 17 - National Team

Section 18 - Officials

Section 19 - Event Organization

Section 20 - Special Olympic

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SECTION 2: INTRODUCTION, RULEBOOK REVISION & VERSION, TERMINOLOGY

INTRODUCTION: The development of the Rules for RSC Speed was originally entrusted to the RSC Speed Committee and first completed in 2012. Since then, the RSC Speed Division has remained responsible for maintaining, updating, revising, communicating, applying, and enforcing the rules, as well as ensuring their consistent delivery and implementation.

The Rules for RSC Speed are designed to provide a clear and enforceable framework that promotes integrity, fairness, and safety, while remaining realistic and relevant to the sport's evolving needs in Canada.

This version takes effect immediately upon publication. To report errors, omissions, or to make inquiries, please contact speedcommittee@rollersports.ca. If this contact is no longer active, refer to the contact information available on the RSC website.

RULEBOOK REVISION: These updated rules will serve as the most current version to the rules of racing and Speed for Roller Sports Canada. Please consult rollersportscanada.ca for the most current version of the rules for RSC Speed.

The process of updating and reviewing the Rules for RSC Speed is entrusted to the RSC Speed Division. This task includes a thoughtful review of what works well and what needs to be changed, careful attention to the state of affairs of roller & inline speed skating in Canada, implementation that considers the long-term health and growth for speed, good documentation of internal workings (notes, minutes, communications), and communicating changes and updates as far in advance as possible as soon as reasonably possible via website, e-mail and social media. The process to update and review of the most current of Rules for RSC Speed will be ongoing.

Updates to the World Skate's most current rulebook (for example heats, distances, age categories, equipment specifications) will be strongly considered for inclusion, adaptation, or even exclusion for RSC's World Class Categories.

In the event RSC holds an Indoor Championship, please refer to the indoor section of USA Roller Sports' rules (distances, age categories, track layout, equipment, officials, points, uniforms etc...).

VERSION: The most recently updated English version of the RSC Rules for Speed will have priority and take precedence over other versions of the RSC Rules for Speed in the event of conflict between prior and current version, as well as between English and French versions.

The most recent update was completed and published in August 2025. It is available on the RSC website and has been shared with clubs, administrators, community leaders, coaches, and other stakeholders.

OFFICIALS: Unless referring to a specific official (i.e., Chief Referee, Starter), the term "Official(s)" can refer to the Chief Referee, Assistant Referee, Referee, Judge, Place Judge, Tabulator, Steward, Timer, Starter, Meet Director, Announcer. Roles for officials include but are not limited to the following: enforcing rules, ensuring fairness, overseeing safety, managing the competition or event, handling infractions, recording results, communicating information.

PARTICIPANT: An individual who actively and willingly participates in a race or competition, having fulfilled all criteria and requirements established by officials, event organizers, Roller Sports Canada, or other governing bodies.

- including but not limited to registration, completion of waivers, and compliance with ethical and anti-doping regulations. A participant may be referred to as a skater, an athlete, a competitor, or an individual.

RACE: A race is a competition of speed and time, where participants aim to complete a course or task faster than others. In some cases, races also involve earning points or avoiding elimination. For the purposes of the Rules for RSC Speed, a race involves participants competing on inline or roller skates. Each race features a designated start area or line, a finish line, and takes place on a defined race course, which may vary in type and layout.

EVENT: An event is an organized race or series of races in which participants compete in one or more distances in accordance with the Rules for RSC Speed. Events are structured and scheduled, featuring officials, spectators, and published rankings or results. They serve a range of purposes, from introducing new participants to the sport, to contributing to rankings, qualification, or selection processes.

CATEGORY AND CLASS: A category (and a class) is a classification used to group participants based on specific criteria such as age, sex, ability, or competitive level. Categories and classes are established to promote fair and meaningful competition, and are defined in accordance with the Rules for RSC Speed. Participants are assigned to a category and/ or a class to ensure they compete against others with similar characteristics or qualifications.

DISTANCE: A distance refers to the specific length of a race that participants are required to complete. Distances are measured in meters or kilometers and may vary based on category, event type, and competition level. Distances are set in accordance with the Rules for RSC Speed and help determine the format and duration of each race. A distance begins with a start area or line, a finish line, and takes place on a defined race course.

SPRINT AND DISTANCE RACES: Sprint Race: A sprint race is a short-distance race that emphasizes explosive speed, acceleration, and tactical positioning over a brief duration. Sprint races typically range from 100 meters up to 1000 meters, depending on the competition format and age category. These races often involve heats, semifinals, and finals. **Distance Race:** A distance race is a longer race that tests endurance, strategy, pacing, and sustained speed over an extended course. Distance races generally range from 2 kilometers to 20 kilometers, all the way up to marathon-length and may include mass start formats, point races, and elimination races.

ELIMINATION RACE: An elimination race is a competitive race in which one or more participants are systematically removed (eliminated) from the race at designated intervals, usually at the end of specified laps. The last participants(s) to cross the line during these laps are eliminated, until a final group remains to contest the finish. The winner is the first participant to cross the finish line after the final sprint.

POINTS RACE: A points race is a competitive race in which participants accumulate points awarded at designated laps or sprints throughout the race. The winner is the participant who earns the highest total number of points by the end of the race, regardless of who crosses the finish line first. Points are typically awarded to the first few participants across the line at specific intervals, and final sprint points may carry additional weight.

RACE COURSE: A race course is the designated and prepared surface/ route/ field of play on which a race is conducted. Race courses may include indoor tracks, outdoor tracks, road circuits, or temporary circuits set up on flat, paved surfaces. All race courses must meet the safety, measurement, and layout requirements set by the Rules for RSC Speed and may vary in shape, size, and surface depending on the type of event.

INFRACTION: An infraction is a violation or breach of the established rules, regulations, or conduct standards during a race or event. Infractions may result in penalties, warnings, disqualification, or other disciplinary actions as outlined in the Rules for RSC Speed.

ANTI-DOPING: Anti-doping refers to the policies, rules, and practices aimed at preventing the use of prohibited substances and methods that enhance athletic performance unfairly. It includes testing, education, and enforcement measures to ensure fair play, athlete health, and integrity in sport. All participants must comply with anti-doping regulations as established by recognized authorities and the Rules for RSC Speed.

QUALIFYING ROUND: A Qualifying Round is any stage of competition where participants must earn a place in the next round. This includes heats, quarter-finals, semi-finals, or other placement-based rounds. The primary goal is to identify the top participants who will advance further in the event.

HEAT: A Heat is a type of preliminary race used when there are too many participants to compete in a single race. Participants are divided into smaller groups (for example heats, quarter-finals, or semi-finals), and the fastest or highest-placing participants in each group (based on placing or time) advance to the next round. Note: In early stages, the terms “heat” and “qualifying round” are sometimes used interchangeably.

SEMI-FINAL AND FINAL: A Semi-Final is held after the initial qualifying rounds and before the final. It features the top participants from earlier stages. The purpose is to determine which participants will qualify for the final round. Advancement is typically based on placing or time. The Final is the last round of racing for a given distance and determines the final overall rankings. It includes the top-performing participants who qualified through previous rounds. Depending on the number of participants and the qualifying format, multiple finals may be held (for example Final A, B, C, D...). The results of the final establish official rankings, podium placements, and medallists.

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SECTION 3: OUTDOOR CATEGORIES & DISTANCES

The following Categories and Distances will be used for the delivery of the Canadian Championships (outdoor road and track). When registering for an event, race, or competition, participants will select or be placed to an Age Category based on their age as of December 31st of the current year. In addition, participants will select or be placed into a Class for Open Class races, which are separate and distinct from Age Category events.

Class	Open Distance #1 Adult	Open Distance #2 Adult
Open Adult Male & Female (15 years old and older)	1000-meter	10 kilometer points
Class	Open Novice Distance #1 Adult	Open Novice Distance #2 Adult
Open Novice Adult Male & Female (15 years old and older)	1000-meter	2 kilometer
Class	Open Distance #1 Youth	Open Distance #2 Youth
Open Youth Up and Comers	1000-meter	2 kilometer

(UC) Male & Female (Juvenile, Freshmen)		
Class	Open Distance #1 Youth Bits and Bites	Open Distance #2 Youth Bits and Bites
Open Youth Bits and Bites (BB) (10 years old and under) Male & Female	1000-meter	2 kilometer

Category	Age Distance #1	Age Distance #2	Age Distance #3
Mini 8 years old and under Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	200-meter or 300- meter, opposite distance of the time trial	500-meter
Primary 9-10 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	200-meter or 300- meter, opposite distance of the time trial	500-meter
Juvenile 11-12 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter	5 kilometer points
Freshman 13-14 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter	5 kilometer points
Junior World Class 15 years old to 18 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter (track) or 1 lap sprint (road)	10 kilometer elimination (track) or 15 kilometer (road) elimination
Senior World Class 19 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter (track) or 1 lap sprint (road)	10 kilometer elimination (track) or 15 kilometer (road) elimination
Master 36 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter (track) or 1 lap sprint (road)	5 kilometer
Grand Master 46 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter (track) or 1 lap sprint (road)	5 kilometer
Veteran 56 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter (track) or 1 lap sprint (road)	5 kilometer
Junior B 15 years old to 18 years old Male & Female (for participants with	JR-B Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	JR-B Distance #2 500-meter (track) or 1 lap sprint (road)	JR-B Distance #3 5 kilometer

less experience/ speed)					
Senior B 19 years old and over Male & Female (for participants with less experience/ speed)	SR-B Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	SR-B Distance #2 500-meter (track) or 1 lap sprint (road)	SR-B Distance #3 5 kilometer		
Special Olympic (SO) 12 years old and under Male & Female	SO Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	SO Distance #2 200-meter or 300- meter, opposite distance of the time trial	SO Distance #3 500-meter	SO Distance #4 100-meter	SO Distance #5 1000-meter
Special Olympic (SO) 13 years old to 18 years old Male & Female	SO Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	SO Distance #2 200-meter or 300- meter, opposite distance of the time trial	SO Distance #3 500-meter	SO Distance #4 1000-meter	SO Distance #5 2 kilometer
Special Olympic (SO) 19 years old and over Male & Female	SO Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	SO Distance #2 200-meter or 300- meter, opposite distance of the time trial	SO Distance #3 500-meter	SO Distance #4 1000-meter	SO Distance #5 2 kilometer

NOTES

- The age of the participant on December 31st of the current competitive year will be used to designate the age category for the participant.
- All who register to compete in the full-program for the Canadian Championships will compete in Age Category distances on Day-1 and Open Class distances on Day-2. Participants who are in Age Categories for 15-years old and older will be able to select whether they participate in Open Adult or Open Novice Adult.
- Participants may only register to participate in one Age Category.
- Junior B and Senior B categories are offered to participants who are of lesser experience and/ or calibre
- A participant can be placed into or moved out of the JR-B/ SR-B category based on their time in the time-trial. Officials will make that determination.
- Individual Time Trial (200m/ 300m): Participants will compete in this distance only once, with the time serving to determine final ranking in the Time Trial.
- Agility and Obstacle races for Mini and Primary participants include going over obstacles, slalom, tight turns, skating backwards, right and left turns, hoping, jumping, going under items, rolling over various surfaces, skating/ challenges with one leg and switching, with a maximum of three of these short challenges. These races can be as short as 50-meters for the entire circuit, in order to motivate participants to work on agility.
- From the August 2025 update onward, the 100-meter sprint can be offered at the Canadian Championships.
- The 100-meter sprint can be offered on a road course
- The start line may have between 2 and 4 lanes which are minimum 2.60-meters wide
- A second straight line must be drawn across the course 70-centimeters behind the starting line to create a starting area (box)
- The 100-meter race should be 130-meter straightaway
- Each round can feature 2 to 4 participants
- Qualifying rounds are set-up according to how many lanes are available for use (2 to 4 per qualifying round)

- The initial (qualification) rounds will be based on a draw, and the subsequent rounds (heats, quarter finals, semi finals, finals) will be built according to the best times of winners in prior rounds, and will be “serpentine”
- Please refer to the World Skate rules for speed for how to manage heats and subsequent rounds, namely how to implement the “serpentine”

SECTION 4: SCHEDULE OF EVENTS, COMBINING OF CATEGORIES

The following Schedule of Events will be used for the delivery of the Canadian Championships (outdoor road and track).

1- PRACTICE DAY: The organizers (Club/ Committee/ Group/ Business/ Individuals) of the Canadian Championships will make every reasonable attempt to secure permits/ permission for use of the venue(s) for the purpose of providing registered participants the opportunity to practice at the competition venue. In the event a practice day is provided, marking and/ or lines will indicate the location of the start line, finish line, and time trial starting box. Please refer to section 19 (Event Organisation) for more details.

2- INCLEMENT WEATHER: The organizers (Club/ Committee/ Group/ Business/ Individuals) of the Canadian Championships will make every reasonable attempt to secure permits/ permission for use of the venue(s) outside of the regular schedule of competition in the event of inclement weather (rain, excessive winds, temperatures, etc) that makes for unsafe conditions during the regular schedule. This period, which may include an additional day of competition will be known as the inclement weather schedule. Officials will make every reasonable effort to hold, equitably, distances for all categories, and will make their best efforts to modify the schedule of events to allow for maximum safety and best competitive experience. When event organisers plan for and promote the anticipated use of inclement weather schedule, they are expected to make use of the inclement weather schedule if and when required. Event organizers are expected to adjust the competition schedule accordingly and fairly.

3- COMBINING CATEGORIES: The Chief Referee reserves the right to combine categories when distances of these categories are the same. This will be done with the aim of providing a more authentic competitive experience. When combining distances, officials will take the following into account: i) the number of athletes in each category, ii) the speed differential between participants of different categories, iii) the experience level between participants of different categories, iv) any additional safety considerations. The combination of categories can be declared for the entire competition or may just be for a single distance. Potential changes must be discussed by event’s Technical Meeting. The final decision to combine categories will be announced as soon as reasonably possible, preferably two hours prior to the start of the distance and must be approved by the Chief Referee. Categories may be combined by age and/ or gender.

To protect participants' competitive interests, categories should not be combined when it could negatively impact a participant's placement. For instance, combining junior and senior men's 500-meter sprint categories could disadvantage junior (or senior) participants, potentially preventing them from advancing to the next round, heat, or final, and thereby limiting their opportunity to compete for top positions in their own category.

4- EVENT SCHEDULE

The schedule may be adapted, adjusted, or modified by event organizers to minimize changes to the start and finish lines. This helps reduce the need to relocate timing systems, cameras, sensors, and other logistical equipment, which can be time-consuming. Any adaptations, adjustments, or modifications to the schedule must be communicated to participants as early as possible.

Day 1 Schedule- Age Division Distances

** Distances will be held in the following order: Mini, Primary, Juvenile, Freshman, Special Olympic, Master, Grand Master, Veteran, Junior B, Senior B, Junior World Class, Senior World Class. Females will skate first followed by males. Age Categories requiring heats or qualifying rounds will have their distances held before any finals. The schedule will need to be adjusted in the event no qualifying rounds or heats are to be held for given Age Categories or Open Classes.*

1A - Mini, Primary, Juvenile, Freshman Distance #1 - time trial

1B - Special Olympic 12-, Special Olympic 13-18, Special Olympic 19+ Distance #1 - time trial

1C - Master, Grand Master, Veteran Distance #1 - time trial

1D - Junior B, Senior B Distance #1 - time trial

1E = Junior World Class, Senior World Class Distance #1 - time trial

2A - Mini, Primary Distance #2 - Qualifying Rounds

2B - Special Olympic 12-, Special Olympic 13-18, Special Olympic 19+ Distance #2 - Qualifying Rounds

2C - Juvenile, Freshman Distance #2 - Qualifying Rounds

2D - Master, Grand Master, Veteran Distance #2 - Qualifying Rounds

2E - Junior B, Senior B Distance #2- Qualifying Rounds

2F - Junior World Class, Senior World Class Distance #2 - Qualifying Rounds

2G - Mini, Primary Distance #2 - finals

2H - Special Olympic 12-, Special Olympic 13-18, Special Olympic 19+ Distance #2 - finals

2I - Juvenile, Freshman Distance #2 - finals

2J - Master, Grand Master, Veteran Distance #2 - finals

2K - Junior B, Senior B Distance #2- finals

2L - Junior World Class, Senior World Class Distance #2 - finals

3A - Mini, Primary Distance #3

3B - Special Olympic 12-, Special Olympic 13-18, Special Olympic 19+ Distance #3

3C - Juvenile, Freshman Distance #3

3D - Master, Grand Master, Veteran Distance #3

3E - Junior B, Senior B Distance #3

3F - Junior World Class, Senior World Class Distance #3

Day 2 Schedule- Open Class Distances

** Distances will be held in the following order: In descending order, with the fastest Open Class competing last. Females and males may be competing together or separately. The schedule will need to be adjusted in the event no qualifying rounds are to be held for given Age Categories or Open Classes.*

4A - Youth Bits and Bites, Youth Up and Comers - Qualifying Rounds 1000-meter Distance #4

4B - Special Olympic 12- (Distance #5), Special Olympic 13+ (Distance #4) Qualifying Rounds 1000-meter

4C - Novice Adult, Open Adult Qualifying Rounds 1000-meter Distance #4

4D - Youth Bits and Bites, Youth Up and Comers Finals 1000-meter Distance #4
4E - Special Olympic 12- (Distance #5), Special Olympic 13+ (Distance #4) Finals 1000-meter
4F - Novice Adult, Open Adult Finals 1000-meter Distance #4

5A - Youth Bits and Bites, Youth Up and Comers 2km Distance #5
5B - Special Olympic 13+ 2km Distance #5
5C - Novice Adult 2km Distance #5
5D - Special Olympic 12- 100m Distance #4
5E - Open Adult 10km points Distance #5

6A - Bites and Bites: Obstacle and Agility events

- **Warm ups:** Any participant on the race course or in the inside of the race course during a warm-up or practice, who is not part of the group called by the announcer for warm-up or practice will be asked to leave to race course or inside of the race course. A participant not following this instruction is subject to disqualification from their next event, at the discretion of the officials.

SECTION 5: OPEN CLASS RACES

Open Class distances are offered on the second day of racing at the Canadian Championships (outdoor road and track).

DEFINITION OF OPEN CLASS: Open Class distances at the Canadian Championships will take place on Day 2 (or as adjusted by the inclement weather schedule). The purpose of the Open Class is to group participants by ability, allowing for more competitive and closely matched racing. These races are designed to provide a challenging and realistic competitive experience. Groupings will be determined based on times and other relevant factors to ensure balanced and engaging races.

Males and Females in Open Class categories can participate separately if there are sufficient participants, or they can be combined provided this is done in ways that protect competitive opportunities for all participants.

While males and female and other categories may end up combined and participating together in the same race or distance, male and females and other categories will be separately and independently recognized with awards.

There are four classes for Open: Youth Bits and Bites (10 years old and under), Youth Up and Comers (11-14 years old), Adult (15 years old and over), and Adult Novice (for participants who are of lesser experience and/ or calibre).

1000-METER ADULT CLASS

Several separate competitions for the 1000-meter Open Class will be run. There will be a competition for participants Youth (Mini, Primary, Juvenile and Freshman Age Category) which is broken-up into two groups (Up and Comers, Bits and Bites), there will be a competition for Adult and Adult Novice (which both include Junior World Class, Senior World Class, Master, Grand Master and Veteran Age Categories), and for Special Olympic.

All Open Class 1000-meter will feature qualifying rounds if there are more than eight participants, with all participants ranked and placed in groups using the serpentine method, based on the individual time trial held earlier in the competition. The example below details how four heats would be created using the serpentine method, in the example below P refers to placement in the time trial.

Heat 1	Heat 2	Heat 3	Heat 4
P1	P2	P3	P4
P8	P7	P6	P5
P9	P10	P11	P12
P16	P15	P14	P13
P17	P18	P19	P20
P24	P23	P22	P21

Choice of lane for the first round of the 1000-meters will be based on the individual time trial, where the participant with the fastest qualifying time will have first choice of lane.

A maximum of eight participants will be allowed to compete in a final.

The winners of the four-quarter finals will be “serpentine” into the top-two positions of each semi-final, based on their time in their “heat”. The following 12 participants will be “serpentine” into each semi-final based on their “heat” time for positions 5 through 16. The order in the serpentine is the order in which participants will be allowed to select their starting lane.

The lane selection for the A final is as follows: fastest semi-final winner, second fastest- semi-final winner, followed by 3rd through 8th semi-final times overall. B final will be 9th through 16th overall by semi-final time.

8 or less participants: Direct entry into the A final for placements 1-8.

9-16 participants: Two semi-finals, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest times for placements 1-8. Next eight times are qualified for the B final for placements 9-16.

17-24 participants: Three semi-finals, with the winning finisher and second place finisher of each semi-final qualified for the A final, plus the next five fastest times of the semi-final qualified to the A final. Participants ranked 9-16 from the times of the semi-final will make up the B final for placements 9-16. Participants ranked 17-24 from the times of the semi-final will make up the C final for placements 17-24.

25-32 participants: Four quarter-finals, with the winning finisher and second place finisher of each quarter-final qualified for the semi-finals, plus the next eight fastest times of the quarter-final qualified to the semi-finals. These 16 qualified participants will then proceed through the qualification process outlined for 9-16 participants. Meanwhile, participants ranked 17-24 from the times of the quarter-final will make up the C final for placements 17-24. Participants ranked 25-32 from the times of the quarter-final will make up the D final for placements 25-32.

33-40 participants: Qualifying heats will be created. There will be 5 heats of 6-8 participants in each heat. The winner of each heat will qualify to the semi-finals, plus the next eleven fastest times of the heats. These 16 qualified participants will then proceed through the qualification process outlined for 9-16 participants. Meanwhile, participants ranked 17-24 from the times of the heats will make up the C final for placements 17-24. Participants ranked 25-32 from the times of the heats will make up the D final for placements 25-32. Participants ranked 33-40 from the times of the heats will make up the E final for placements 33-40.

41-48 participants: Qualifying heats will be created. There will be 6 heats of 6-8 participants in each heat. The winner of each heat will qualify to the semi-finals, plus the next ten fastest times of the heats. These 16 qualified participants will then proceed through the qualification process outlined for 9-16 participants. Meanwhile,

participants ranked 17-24 from the times of the heats will make up the C final for placements 17-24. Participants ranked 25-32 from the times of the heats will make up the D final for placements 25-32. Participants ranked 33-40 from the times of the heats will make up the E final for placements 33-40. Participants ranked 41-48 from the times of the heats will make up the F final for placements 41-48.

49-56 participants: Qualifying heats will be created. There will be 7 heats of 7-8 participants in each heat. The winner of each heat will qualify to the semi-finals, plus the next ten fastest times of the heats. These 16 qualified participants will then proceed through the qualification process outlined for 9-16 participants. Meanwhile, participants ranked 17-24 from the times of the heats will make up the C final for placements 17-24. Participants ranked 25-32 from the times of the heats will make up the D final for placements 25-32. Participants ranked 33-40 from the times of the heats will make up the E final for placements 33-40. Participants ranked 41-48 from the times of the heats will make up the F final for placements 41-48. Participants ranked 49-56 from the times of the heats will make up the G final for placements 49-56.

57 participants or more: This method/ process/ pattern outlined above for generating heats and qualifying rounds will be extended and used. The most recent version (as of July 2025) outlines this method/ process/ pattern for generating heats and qualifying rounds.

In the event a participant does not have a ranking from the previous time-trial (had a DNF (did-not-finish), DQ (disqualification), non-citizen, or not participated in the individual time trial) from earlier in the competition, that participant will be given the opportunity to compete in the 1000-meter final, placed in a lower ranking than those participants who have earned a ranking from earlier in the competition. In the event of multiple participants being in this situation, their ranking will be determined by random placement, at a lower ranking than those participants who have earned a ranking from earlier in the competition.

10KM POINTS OPEN CLASS

In the 10km Points Open Class distance, males and females are permitted to compete together. When setting up groups, the following considerations will be taken into account: safety, officiating and timing capacity, and ensuring an authentic and competitive racing experience for all participants.

When participants from multiple age categories and/or males and females start together and compete simultaneously, points and all other race management criteria will be awarded based on the overall group results, rather than separate sub-groups or categories.

FRESHMEN MOVING UP INTO OPEN CLASS: Those who are of age to participate in the Freshman Age Category and who wish to skate Open Category with Adults will need to request to do so when they register for the Canadian Championships. The application will be reviewed by the Speed Division. The participant as well as the participant's parent(s)/ legal guardian(s) and coach(es) may be contacted prior to the start of the competition and will be informed about the decision by the Speed Division. A participant of Freshman Age Category for Open Class may also be moved-up into the Junior and older for Open Class racing if the participant displays comparable speed and ability earlier in the competition when competing in Age Category distances. This move can be initiated and approved by the Officials (Chief Referee) and should include a discussion with the participant, the participant's coach(es) and parent(s) prior to the beginning of the Open Class portion of the competition program. The participant who is moved from Freshman corresponding Open Class' is authorized to return to the participant's corresponding age category corresponding Open Class after the competition is over.

2 KILOMETER OPEN CLASS (OPEN YOUTH AND OPEN NOVICE ADULT)

Males and FEmaless may compete together in the 2 kilometer Open Youth Class distance and Open Novice Adult. This distance will be held with participants placed in ability groups when needed so to enhance safety, racing experience, and accuracy of timing and results.

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SECTION 6: AGE CATEGORY DISTANCE RACES

The following Age-Category Races (distances) are contested at the Canadian Championships (outdoor road and track).

POINTS RACES

AWARDING POINTS: Two points will be awarded to the first-place participant and one point to the second place participant of each and every point lap, except for the final lap that will see the first place participant receive three points, second place participant receive two points, and the third place participant receive one point.

Before the start of the race, the officials will advise all participants as to how the points will be awarded.

On a 408-meter-or-under race course, the first two laps must be free of points. With a race course greater than 408-meters, the first 1km must be free of points. A bell will be used to announce every upcoming points lap. The bell will be used when the leading participant is approaching and crossing the finish line.

Final Ranking for a points race will be determined by A) the points total of all participants from highest to lowest, and then B) all participants without points who complete the race, in order of finishing time, and then C) order of elimination. When two, or more participants, are tied for points, the final ranking is determined by the order in which they cross the line.

A participant forfeits all points when the participant does not finish or complete the race.

Note: When divisions, categories, or classes are combined, the integrity of the competition and race must be preserved. For example, a participant should not be eliminated for being lapped if the lapping was done by a competitor from a different division, category, or class.

ELIMINATION RACES

This competition is carried out through direct elimination of one or more competitors on a prescribed lap (indicated by the ringing of a bell) on one or more fixed points of the course until five participants remain. The bell sound indicating the elimination lap is based on the lead participant approaching and crossing the finish line. The officials communicate the elimination rules before starting of the competition. The elimination is determined by the last point of the last skate of the last participant to cross the finish-line on an elimination lap. Whenever a participant leaves the race, be it because of a fall or fatigue, this retirement will count as the corresponding elimination. If, during an elimination sprint, a participant violates any rule, the officials may eliminate the participant in replacement for the participant who crossed the finish line last. The eliminated participant will be announced and informed by officials. If the participant doesn't leave the race course after the third announcement, that participant will be disqualified from the race. The final elimination, leaving five participants to contend for the top-5 positions,

will take place with three laps to go on a track, or on the final lap of a road course. Beyond that, participants will be eliminated every two laps on a track, or every lap on a road course.

Final Ranking for an elimination race will be determined by A) the order in which the final non-eliminated (or 5) participants cross the finish line B) the reverse order of eliminated participants.

Should a participant retire from the competition by being disqualified, lapped or voluntarily leaving the event, this retirement will count as the next corresponding elimination or eliminations.

Note: When divisions, categories, or classes are combined, the integrity of the competition and race must be preserved. For example, a participant should not be eliminated for being lapped if the lapping was done by a competitor from a different division, category, or class. For example, If Junior World Class Males and Senior World Class Females have been combined, their eliminations still take place within their category/ class/ division. That is, if there are 5 Junior World Class Males then they all have the opportunity to complete the entire distance, and if there are 9 Senior World Class Females, then 4 will be eliminated.

YOUTH (FRESHMAN & YOUNGER) DISTANCE RACES: For youth participants (Freshman and younger), Age Category distance #3 (refer to table on page #3) will be run as a mass-start event.

JR-B/ SR-B DISTANCE RACES: For the JR-B/ SR-B Category, distance races, 1000-meters and longer will be run as a mass-start event.

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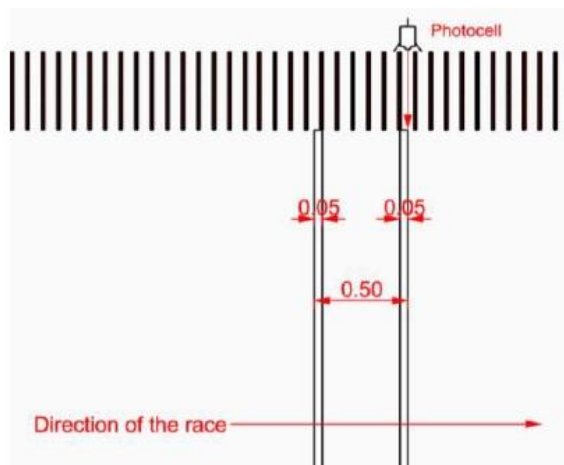
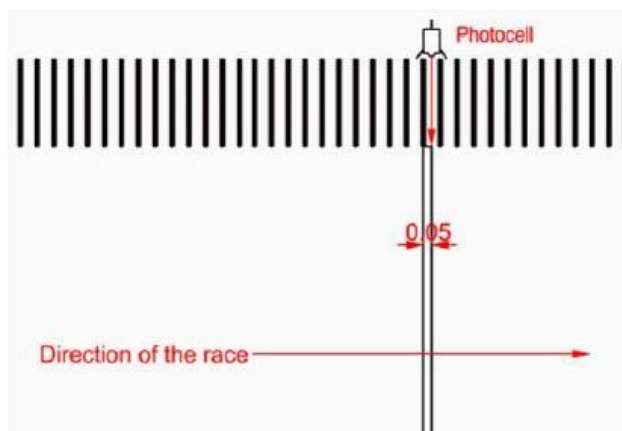
SECTION 7: AGE CATEGORY SPRINT RACES

The following Age Categories Races (sprints) will be used for the delivery of the Canadian Championships (outdoor road and track).

INDIVIDUAL TIME TRIAL (200-METER OR 300-METER)

Prior to the start of the competition, there will be a draw which serves to determine the starting order for the 300-meter time trial for every category. Officials will keep track of the starting order.

USE OF PHOTO CELL: When using a photo-cell electronic timing system, the starting photo-cell must be placed at a height of 30-centimeters and are located outer edge of the white start and finishing line. The finish photo-cell will be placed at a height of 10-centimeters at the end of the white start and finish line (perpendicular to the direction of the race).



STARTING: For the start, the participant must have at least one skate on the ground within the two lines that are 50-centimeters apart. The front line is the starting line. This is where a photo cell for timing will be placed. If manual timing is used, the watch will be started when the first part of the participant (body or equipment) crosses the starting line at a height of 30-centimeters. During the initiation of the start the skate cannot leave the ground. The skate can roll but isn't allowed to cross the back line. The oscillation of the participant's body is allowed. Once given the authorization from the official, the participant has fifteen seconds to initiate the race and if the participant does not, a false start will be declared and the participant receives one warning. If the official notices a malfunction of the time-keeping during the race of a participant, this participant will be allowed to re-start their time trial with a minimum of ten minutes of rest.

In order to determine the first-place finisher in time trials, when two or more participants obtain the same finishing time, the trial shall be repeated in order to establish the placement order. However, the re-skate is only to break the tie, and will not change or reduce the overall placement by more than the number of participants re-skating the time trial.

500-METERS/ 1 LAP (FRESHMAN, JUVENILE, JUNIOR SENIOR, MASTER, GRAND MASTER, VETERAN), 200/ 300-METERS MINI & PRIMARY

The Age Category sprint race (500-meter/ 1 LAP, 200/ 300-meter) will feature qualifying rounds, with all participants ranked and placed in heats using the serpentine method, with the ranking coming from the results of the individual time trial. The example below details how four heats would be created using the serpentine method.

Heat 1	Heat 2	Heat 3	Heat 4
P1	P2	P3	P4
P8	P7	P6	P5
P9	P10	P11	P12
P16	P15	P14	P13

SERPENTINE METHOD, CHOICE OF LANE: To qualify out of any round of a 500-meter/ 1-lap (or 200/ 300-meter), a participant must place in the top-2. The order of the following serpentine is from the fastest to the slowest winner, and then the fastest to the slowest second place finisher. The serpentine method determines choice of lane.

A maximum of four participants will be allowed to compete in a final. No more than six participants are allowed to compete in a qualifying distance.

If there are less than six participants in a race, the inner starting lane must remain vacant.

The participants will be called to the starting line by the official and will be allowed to select a vacant starting lane. The choice of starting lane is definitive.

4 or less participants: Direct entry into the A final for placements 1-4.

5-12 participants: Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. Next 3rd and 4th place participants from each heat are qualified for the B final for placements 5-8. Next 5th and 6th place participants from each heat are qualified for the C final for placements 9-12.

13-24 participants: Four quarter-finals, with top-2 finishers of each quarter-final qualified for the semi-finals. Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. The next 3rd and 4th place participants from each semi-final are qualified for the B final for placements 5-8. Participants finishing 3rd in their quarter final race will make-up the C final for placements 9-12. Participants finishing 4th in their quarter final race will make-up the D final for placement 13-16. Participants finishing 5th in their quarter final race will make-up the E final for placement 17-20. Participants finishing 6th in their quarter final race will make-up the F final for placement 21-24.

25 participants of more: This method/ process/ pattern outlined above for generating heats or qualifying rounds will be continued and used.

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SECTION 8: RANKINGS + PODIUMS

The following Points System will be used to determine rankings (and therefore podiums placements) at the Canadian Championships (outdoor road and track).

POINTS SYSTEM: Points will be awarded in descending order in each outdoor final after placements have been determined. Points will be awarded in descending order.

Points earned in a points race are strictly used for determining the placements of the points race. Those points are not used to determine, influence, or affect Age Category champions.

Placement	Points
1 st	250
2 nd	165
3 rd	110
4 th	75
5 th	50
6 th	35
7 th	25
8 th	18
9 th	14
10 th	11

11 th	9
12 th	8
13 th	7
14 th	6
15 th	5
16 th	4
17 th	3
18 th	2

DETERMINING AGE CATEGORY CHAMPIONS & RANKINGS: Points earned in each Age Category distance will be added to determine the overall rankings in each Age Category. Only the points earned in distances designated as Age Category distances will be used for the calculation for final Age Category rankings.

AWARDS & RECOGNITION FOR AGE CATEGORY: The top three overall in each Age Category (male and female) will be recognized at the end of the competition with medals, certificates, and/ or ribbons. The organizers (Club/ Committee/ Group/ Business/ Individuals) reserved the right to also recognize the top three finishers in individual distances and/ or sprint & distance categories with medals, certificates, and/ or ribbons.

TIES: Ties will be allowed to stand.

AWARDS & RECOGNITION FOR OPEN CLASS: For each Open Adult distance, the top-three overall female and the top-three overall male will be recognized with awards

For each Open Youth distance, the top-three female and the top-three male will be recognized with awards.

While males and female and other categories may end up combined and participating together in the same race or distance, male and females and other categories will be separately and independently recognized with awards.

The organizers (Club/Committee/Group/Business/Individuals) reserve the right to also recognize additional top three Open Class groups by age-grouping when the number of participants warrants this. For example, also recognizing Male Open Class Adult Grand Masters (45+) or Female Youth Open Class.

COMPLETING AND INCOMPLETE PODIUM: Only non-disqualified participants who race in a final can access the podium. An incomplete podium may be completed with the next ranked participant, even when that participant has not competed in the final or has competed in the B final.

ELIGIBILITY OF PARTICIPATION FOR NON-CANADIAN CITIZENS: The Canadian Championships are open to Canadian Citizens, Canadian Permanent Residents, non-Canadian citizens with refugee (asylum) claims, and non-Canadian citizens in Canada on study or work permits who are not members of another World Skate federation.

Participants deemed ineligible to compete in the Canadian Championships, as outlined above, may still take part in all Open Class Division races which are typically held on Day 2 (Races #4 and #5). However, they are not permitted to compete in the Age Category races, which are usually held on Day 1 (Races #1, #2, and #3). Instead, these participants will be:

- Provided with separate heats and finals for Age Category distances #1 and #2.

- Allowed to skate in Age Category distance #3, but:
- They may not cause eliminations of other participants.
- A separate elimination protocol will be applied to them.

This ensures Canadian-only podiums for Age Categories as well as a Canadian-only National Team and International Team. A non-Canadian Citizen is allowed to earn a medal in any Open Class race.

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SECTION 9: INTERNATIONAL COMPETITIONS + CANADIAN TEAMS

QUALIFYING FOR THE INTERNATIONAL COMPETITIONS: Several international competitions where qualifying and selection must be completed through National Federations- in this case Roller Sports Canada- are held annually. These competitions include and aren't limited to the World Championships, Pan American Games, Junior Olympics, Junior Pan American Games, Pan American Championships, and World Games.

The World Championships are normally held annually by way of World Skate's authority. The World Championships may carry a different name from year-to-year including World Championships, World Skate Games, World Roller Speed Skating Championships.

Those who wish to represent Canada International Competitions in the Junior, Senior, or Master categories will be selected in one of the following processes listed below. The RSC Speed Division (or the RSC Board of Directors) will make a decision for the most suitable selection process for each given completion.

In order to be selected for participation in an International Competition, a participant must be a Canadian Citizen at the time of selection and must hold a current Canadian passport. There may be additional requirements for selection (including being registered with Roller Sports Canada of course).

- **Automatic Selection:** This type of selection will usually occur when a selection competition/ series/ circuit/ event cannot be held prior to the World Championships or when there are no opportunities to hold a selection competition/ series/ circuit/ event. Individuals will be evaluated based on recent relevant competition and race results & performances in like distances (such as time trials, relay, sprints, points, and elimination races) and like competition venues (featuring banked track, indoor tracks, and road courses), competition times; especially in sprint events, placements, effective application & use of race tactics & strategies plus managing themselves in a competition situation, and competition readiness.
- **Selection Competition/ Series/ Circuit/ Event:** A selection competition/ series/ circuit/ event may be organized. Selection standards, process, and methods (how to qualify, which distances apply, what age-category will serve to qualify, how rankings will be determined) will be communicated prior to the selection competition/ series/ circuit/ event.
- **Selection at the National Championship:** This type of selection has been traditionally used when a Canadian (National) Championship can be held in time for the selected individuals to be registered for International Competition. This process is also used when there is greater interest from participants to compete in a given International Competition.
 - Sprint Champion: most points in combined individual time trial (300-meter or 200-meter) and 500-meter/ 1-lap sprint (with tie break going to the faster time in the individual time trial)
 - Distance Champion: the winner of the distance event
 - Overall leader in points, who is not Sprint Champion or Distance Champion

- The next highest ranking in overall combined points (all distances' points combined, tie break going to a) the highest ranking in the 500-meter/ 1-lap sprint).
- If one person qualifies as both Sprint and Distance Champion spots on the National team, then they keep the spot that they prefer (Sprint or Distance). The other spot is given to the next highest placing participant. For instance, if participant A is the Sprint Champion and the Distance Champion and they decide they want to qualify as Distance Champion, they will qualify to the National team as the Distance Champion. The second highest placing sprint participant claims the National Team spot for Sprint Champion.

A review of performance/ results/ confirmation that qualification standards have been met will be completed prior to participants being denied or approved by the RSC Speed Division for entry and participation in International Competitions.

The Speed Division reserves the right to name a reserve (an individual who did not participate in the competition/ series/ circuit/ event or National Championship) to an International Team. The purpose of this is to allow a member who would have otherwise qualified but was unable to do so due to unforeseen, unplanned and extenuating circumstance (such as injury).

CANADIAN TEAM NAMES: As indicated earlier in this section, several international competitions with a host of different names and with different purposes for a variety of participants are held annually. The following team names will be used for International Competition.

- **World Team:** This team name is reserved for the team and participants at the World Championships.
- **Marathon Team:** This team name is reserved for the team and participants at the Marathon event at the World Championships, namely those who compete in the Master's Marathon World Championships or who exclusively compete in the Junior or Senior Marathon at the World Championships.
- **Pan American Games/ Championships Team:** This team name is reserved for the team and participants at the Pan American Games or Pan American Championships.
- **Other Teams:** The Speed Division will make
- **Selection:** This is a more generic term designed to be used broadly.
- **Team:** This is a more generic term designed to be used broadly.

These names may be preceded by the following and these may be combined: RSC, Roller Sports Canda, RSC Speed, Roller Sports Canada Speed, Canadian, Canadian RSC, Canadian Roller Sports Canada, Canadian Speed, Canadian RSC Speed, Canadian Roller Sports Canada Speed, Junior, Senior, Master(s), and Speed.

A participant selected for an International Competition will be known as a member of that International Competition's team. The names listed above can be used to construct the name for a given International Competition's team. For example, using the method above, the following team names can be constructed: [PARTICIPANT NAME] is a RSC Marathon Team member, or [PARTICIPANT NAME] is a Canadian RSC Pan American Team member, [PARTICIPANT NAME] is a RSC Senior World Team member, [PARTICIPANT NAME] is Roller Sports Canada Speed Team member.

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SECTION 10: TRACK, ROAD COURSE, MEASUREMENT, RECORDS

RACE COURSE: A race course is either a track course (track) or road course (road) as defined below.

TRACK: A Track is defined as a race course within an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same radius. The track surface may be made of any material, provided it is sufficiently smooth without hollows or cracks that compromise safety of participants. The total length of a track cannot be less than 125 meters or longer than 400 meters (+ or – 2%). The minimum width must be at least 5 meters, with an optimal width of 6-meters.

Tracks may be perfectly level or with banking at the curves, with banking to be gradually and uniformly rising from the inside to the outside of the course. Straightaways may have banking in order to allow the introduction of curve banking.

ROAD COURSE: A Road Course is defined as a race course within an outdoor or indoor facility being a closed circuit course with an asymmetrical (not oval) shape. The surface may be made of any material, provided it is sufficiently smooth without hollows or cracks that compromise safety of participants. The total length of a road course cannot be less than 250 meters or longer than 1000 meters (+ or – 2%). The minimum width must be at least 5 meters at any point in the course, with an optimal width of 8-meters.

MARATHON COURSE: A marathon can be held on a course no shorter than 3-kilometers. If the race course features holes or cracks, they must be filled with a material so they don't present any danger to the participants. If the holes or cracks cannot be repaired, they must be indicated with paint. For races exceeding twenty kilometers, a water-station must be provided, ideally placed approximately at the mid-point of the course. A sign indicating the approach of the finish line should be placed at the last 500-meters of the course. The finish line must be placed in such way that the participant can safely come to a stop. The marathon distance is 42.195 kilometers.

LINE MARKING: The starting and finish lines must be marked with a white line, no less than 5-centimeters wide. For the time trial, a dashed-line must be drawn 50-centimeters behind the starting line. All lines can be marked using paint, tape, chalk, or other safe & suitable materials that do not pose a danger.

For a Road Course, the finish line must be located 60-meters down a straight-away. The start line, when at all possible, should be on a straight-away.

When possible, a 5-centimeter-wide white line will mark the inner edge of the track.

For a race course with continuous pavement/ skating surface (such as a parking lot) and with no borders or delineation indicating the outer edge of the course, pylons/ cones/ paint/ chalk may be used to outline the outer boundary of the course.

For 500-meter/ 1-lap, the starting line should include six equal marked starting places.

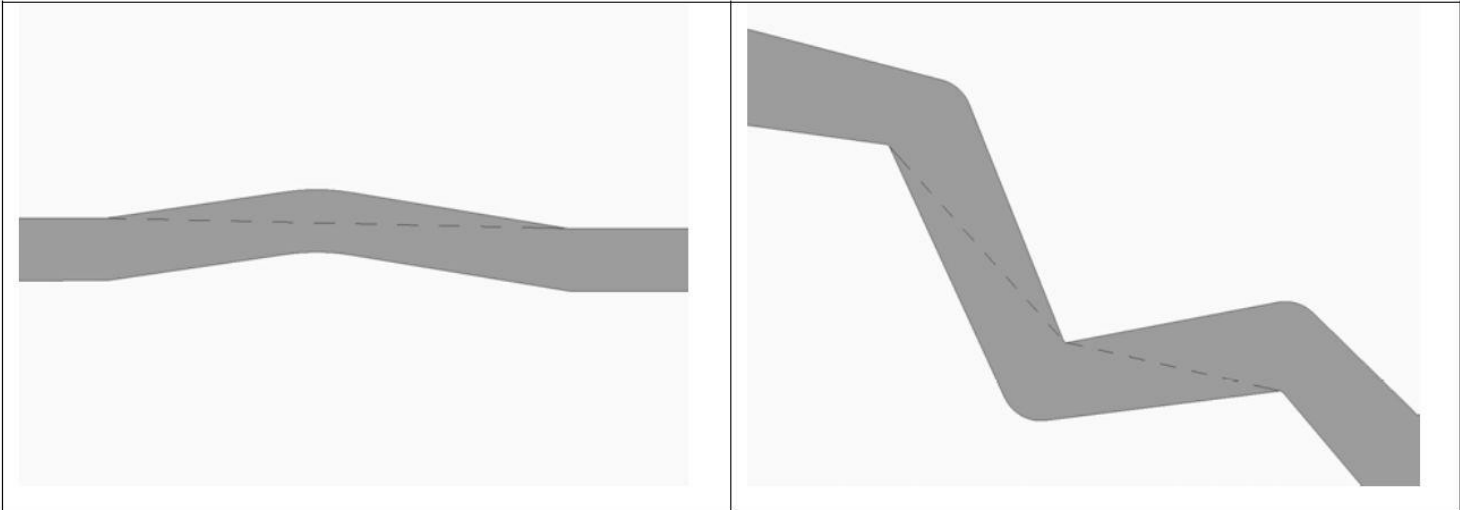
For the relay, lines indicating the start and finish of the relay zone must be in place and should be two centimeters in width.

SAFETY: External fencing as well as posts, light standards and other obstructions bordering the race course must be protected through suitable materials in order to avoid dangers to the participants due to their presence. The inside of all race courses is encouraged to be clear and free of trees, posts, event equipment (scoreboard, timing system, lap counter, bell, tents, chairs, speakers, etc.), and any obstruction within 2-meters.

SUITABILITY OF THE RACE COURSE: Any decision regarding the suitability for use of a race course is up to the Chief Referee before and after the start of the competition itself.

MEASUREMENT: The race course is measured at the inner edge. When there is a white line marking the inner edge of the track, measurement will take place on the inner edge of the white line.

In addition to that, on Road Courses with both left and right bends, measuring is to be taken along an imaginary line from the extreme ends of the bends themselves, as shown below.



NON-STANDARD COURSE: RSC Speed Division will determine the feasibility to use tracks that fall outside of the above parameters.

RECORDS: The finishing time, regardless of the overall placement for the finisher, including for the points race, will be considered for Records. Records can be set in heats and finals.

PERSONNEL: During races, only officials and participants are allowed to stay on the race course. Medical staff can only enter onto the race course when they have been authorized by an official.

During racing and warm-ups, only official, participants, event staff & volunteers, and approved media will be allowed inside the race course. As well, the tabulating/ results tent will be off-limits to everyone except officials, tabulators, and timers.

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SECTION 11: DEFINING RACING

Inline and roller speed skating is a fast-paced sport, with the fastest athletes reaching speeds well in excess of 55 kilometres per hour. Inline and roller speed skating events are usually held on closed road circuits (sometimes a few kilometres in length), indoor roller rinks or gymnasium, or tracks (asphalt running track 400m in length or 200-meter track with banked (inclined) corners). Races will range from short sprints in small groups of 1 to 8 participants (100-meters up to 1000-meters) and longer endurance events in larger groups upwards of 40 participants (10km

points races where first participant across the finish line on given laps on a track awarded points and the one who has collected most points at the end of the race wins, 20km elimination races where the last participant across the finish line on given laps on a track is out), and 42km marathon in groups that can feature hundreds of participants.

Participants are allowed to achieve speed, create propulsion, maintain momentum, and accelerate by using skates and the related skating movement (stride/ push/ skating movement). Participants are allowed to make use of natural elements of the race course and the race itself (wind, banking, downhill and uphill, changes in surface, changes in inclination and declination, drafting, using normal benefits of being in a pack/ group/ peleton which can include getting pushed ahead and drafting).

When two or more participants compete with one another, there is a very high likelihood that they will come together to form a group or a pack. A group or pack features two or more participants racing in very close proximity front-to-back (drafting) and side-to-side (pace-lines, passing up, dropping back). When participants are in a group or pack, there is often body contact, usually involving hands placed on the lower back and hips of participants in front. At times, the pack or group may experience an “accordion effect”, a compression of the pack where front participants are slowing while those in the back are traveling at a higher rate of speed. Participants may experience a stronger than usual push in this situation.

There are often numerous changes in position within the group and pack. It is customary for one participant to try to get into a space between two participants. This may involve doing things such as nudging a participant forward so as to create a gap to move into.

Very often, a participant who is following another one while a third is attempting to move into an almost non-existent gap, will place their arms on the hips or back of the participant in front of them (gating), thus preventing movement into the gap. In this case, it may happen that arms will seemingly “swat” at each other, and soon after this, the potential movement will be resolved.

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SECTION 12: RULES OF RACING

RULES OF RACING

DIRECTION: Unless otherwise noted in a special bulletin or by change of rule, all distances will be held counter-clockwise (left hand of the participant is always to the inside of the race course).

CHECKING-IN: Participants are responsible for keeping track of the times at which they are to compete and will be solely responsible to report promptly before the start without being further notified. Participants must check in at the designated check-in time(s) and location(s) as scheduled, posted or announced.

The participant must be present at the starting area when they are called by the official of the competition. If the participant does not arrive when the official has called the participant twice, at one-minute intervals, the participant will be marked as “Did Not Skate” (DNS), listed but not ranked.

STARTING OF A RACE: Officials will use a starting command by way of sound, using starting pistol, siren, or whistle to announce the start of each distance. Those responsible for the starting of a race should be located close enough to the starting-area in the event the race needs to be stopped for safety or due to rule infraction. Officials will give a

verbal command for participants to get ready to start, saying “In Position” for sprint races (1000-meters and less), and “Attention” for long races (2 kilometers and more). The participants have 5-seconds to get into their final starting position. When all the participants are immobile and after a short delay (less than three seconds), the official will use the starting command.

For the individual time trial (200-meters TT / 300-meters TT), the participant has an allocation of fifteen seconds to initiate (start) the race once given verbal authorization from the official.

For a long race (2 kilometers and more) in the Age Division, the participants will be called to the starting line one at a time with respect to the draw (which is performed prior to the start of the competition) and are placed successively from the inner-lane to the outer-lane with a minimum of 0.5-meters per participant. The rows of participants are to be 0.5-meters apart from each other. Participants are to stand behind the starting line to receive the starting instructions from the official.

For a long race (2 kilometers and more) in the Open Class the participants will be called to the starting line based on their time trial time in ascending order (fastest first), with all participants in the race ranked against in each other, and are placed successively from the inner-lane to the outer-lane with a minimum of 0.5-meters per participant. The rows of participants are to be 0.5-meters apart from each other. Participants are to stand behind the starting line to receive the starting instructions from the official.

If a participant has a problem after the first starting command (attention, in position), the participant has the right to call attention to this problem to the official by lifting a hand. This is allowed only one time for each participant. When this happens, the starting procedure will be stopped and all participants will be asked to leave the starting line so as to re-initiate the starting procedure.

TIMING: Upon the command to start a race, timing devices (clocks, watches, computer, timing-chip) will be initiated to begin timing. For the time trial, the timing is initiated upon any part of the participant’s body crossing a beam/imaginary line that is 30-centimeters above the starting line.

LAP COUNTING: Lap score changes when the first participant is about 100-meters away, approaching the finish line. This allows all other participants to see the number of laps remaining.

LAST LAP BELL: A bell will announce the final (last) lap of all races except for the individual time trial. The bell will announce the last lap when the leading participant is approaching and crosses the finish line leading up to the final lap.

The bell will ring only for the first participant. If a participant has escaped (broken away) from the main group (pack), then the bell announcing the final lap will be used for the leading participant as well as for the first following group (pack).

DETERMINING THE FINISH: The finish (for points and for final placement) will be determined by the leading tip of the first wheel of the leading skate that is touching ground at the furthest point of the finish-line (if the lead skate is off the ground, then the leading tip of the first wheel of the back skate at the furthest point of the finish-line will be used to determine the placement & time). This is when all timing devices will be stopped in order to acquire the participant’s finishing time.

If a participant is falling across the finish line without any skate on the ground, the first part of the first skate decides the placement.

AFTER THE FINISH: Once a participant is finished a race, the participant must not obstruct any other participants.

EX-AEQUO PLACEMENT FOR MASS START COMPETITIONS: In mass start competitions, when a group of participants crosses the finish line all together with it not being possible to determine the exact finishing order, all of the participants involved in this finish will be awarded the same placement position and will be listed in alphabetical order. In case of collective fall (involving multiple participants), all the concerned participants will be placed ex-aequo and listed in alphabetic order. This means if, for example, three participants finish in 6th place, the next finisher will be placed in 9th.

WITHDRAWING: A participant who decides to abandon or stop the race for any reason, or cannot continue after having fallen, will be ranked according to the placement. A participant who withdraws from a race should go to the finishing area and inform an official, so that they will be ranked according to their position.

NEUTRALIZATION: If a race must be neutralized, the laps will continue to count down, but the points and/ or eliminations will also be neutralized. The last 1000-meters of a race cannot be neutralized, and a neutralization cannot last more than two minutes. Upon neutralization, the participants must reduce their speed and hold their position in the pack (group). Participants are allowed to join the lead pack (group) but aren't allowed to un-lap themselves. The officials are allowed to come on the race course and take a position that protects and/ or signals the unsuitable area or the injured participant(s). If the neutralisation of the race is due to the fall of one or more participants, the fallen participant(s) cannot re-join the race when the race restarts. Only one neutralisation is allowed per race. If a second incident calls for a neutralisation, the race must be stopped.

STOPPING THE RACE: When the ground or weather conditions have a negative impact the safety of a race, when a large group of participants fall, or when on-course first-aid is required, the officials have the right, to stop the race for a period of time.

RESUMING THE RACE: Resuming a race is when a stopped race is continued from where it left off. A re-started race is a race that is re-run from scratch.

When a race is a stopped, the officials will make a plan about resuming or re-starting the stopped race, and announce this plan to all participants.

A resumed race will continue with the number of laps remaining when stopped, continuing without modification to assigned points and/ or eliminations and with all points earned by non-eliminated/ non-disqualified participants retained. Officials will make every attempt to preserve the advantage participants have earned (for example, a participant or group has broken away and earned a 1 or 2 lap lead).

A re-started race will start with all laps, eliminations, and points reset to the original race specifications.

The plan should not penalize or favour participants. Eliminated participants are allowed to re-start but not resume. Disqualified participants are not allowed to restart or resume.

A race can only be resumed if it is stopped in the first half and must resume within 15-minutes of the stop. A race can only be re-started if it is stopped in the second half or if it cannot be resumed within 15-minutes.

CANCELLATION OF A RACE: A race may be cancelled for safety reasons (weather, threats...) as well as for organizational reason. The cancellation of a race is falls under the responsibility of the Chief Referee with the agreement of the Meet Director.

RELAYS: The relay zone will be assigned on the straight-away that contains the finish line. On track, the relay zone starts in the middle of the corner and finishes at the end of the finish straight-away.

A relay exchange may be a tag or a forward-direction push given from the active participant to the next participant. It may not be a pull-through (grabbing a relay partner's arms and whipping the partner from behind to ahead). A pull-through relay exchange will result in disqualification. A disqualification will be in effect if the exchange is completely missed or occurs outside of the relay zone. Any relay disqualification is one where the entire team is disqualified.

The relay must start and be completed inside the relay zone. If not, the team is disqualified. In the case a relaying participant (person being pushed) enters the relay zone but is not relayed, the team is disqualified. The participant is considered as "entered in the relay zone" when the last part of the participant's second skate has fully passed the first line indicating the beginning of the relay zone. The participant is considered as having left the relay zone when the first part of the participant's first skate crosses the line indicating the end of the relay zone.

For the purpose of the Canadian Championships, teams must be made-up of three participants. Event organizers will determine categories (age, gender, mixed). Standard relay distances will be 3000-meters on a track and 5000-meters on a road course.

The officials will advise how the participants who have just completed a relay and pushed their partner should return to await their next relay turn. This should be done in such a way that does not interfere with the race.

All rules of racing apply (for example, starting commands, infractions). Additionally, because this is a relay, participants are allowed to perform a forward push or tag to their awaiting team-mate. Each participant in the relay must "go out" and participate (skate) in the relay at least once. The finishing participant must complete at least one full lap, which prevents a relay push in the final straight of the final lap.

MAXIMUM TIME FOR DISTANCE RACES OVER 1000-METERS: For distance races over 1000-meters, the maximum time is calculated by increasing by 25% the time obtained by the first participant. Once the maximum time has been reached, officials are allowed to stop the race, with remaining participants ranked according to their position on the race course.

CALLING BACK A START: Officials are allowed to stop a race and call-back the participants to the start (re-start) when one participant or more has been impeded and/ or negatively impacted within half a lap or 200-meters (whichever is less) by actions, events, or circumstances that are not the fault or doing of the negatively impacted participant. Actions, events and circumstances can include and are not limited to: getting pushed down by a competitor, a dog or a cat making its way onto the race course, a sudden dust-storm, papers or tents being blown onto the race course).

FALL IN TIME TRIAL For the 300-meter (or 200-meter time trial), participants who fall will be allowed to re-start their time-trial in order to earn a time that groups them for the Open Class races. Further, the second time will not count towards Age Category rankings. If a record is established in this re-skate, it will hold-up and be counted.

LAPPING RULE: In the event that a participant is lapped in a non-elimination race, the officials have discretion whether or not they will remove the lapped participant from the race. Consideration will be given to safety.

A participant will be considered distanced and will be pulled out (removed) of a non-elimination race upon being lapped twice. If this occurs during a points race, the participant will forfeit all points earned during this race and will be ranked according to elimination order.

A participant will be considered lapped when the leader or leaders of the race are in a position to pass the said participant (approaching on the same corner or same straightaway). It is not necessary to actually be passed by the leader or leaders in order to be considered lapped by the officials.

Participants who have been lapped or eliminated will be ranked in the inverse order in which they were called from the race.

LACK OF ACTIVE RACING: When there is no active racing involving any participants in the race, officials may give a warning to the entire group that the participants are allowed three laps to actively race. If there has been no change and there is no active racing upon the conclusion of the third lap at the finish line, the distance of the race will be reduced and the race will conclude in the following two laps.

DOPING CONTROL: Concerning Anti-Doping, Canadian Anti-Doping Program (CADP), administered by the Canadian Centre for Ethics in Sport (CCES), which is the set of rules that govern doping control in Canada, will be observed.

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SECTION 13: EQUIPMENT

SKATES: Skates having a maximum of six wheels, fastened in line (at times referred to as inline skates), or skates with two pairs of wheels fastened parallel to each other (at times referred to as roller skates) are permitted. The skate must not exceed fifty centimeters in length (from outside tip of front wheel to outside tip of back wheel). Skates must be firmly attached to the shoes (often referred to as boots) and axles are not to protrude from the wheels. Heel-brakes are forbidden. The maximum diameter of wheel must not exceed one hundred and ten millimetres (110mm).

PROTECTIVE EQUIPMENT: All participants must use a certified helmet (CSA, ASTM, CPSC). Use of palm & wrist protection as well as protection for the eyes, mouth, elbows, hips and knees is encouraged. Helmets must be properly strapped on/ fastened, with chinstraps securely fastened beneath the chin at all times during a race.

Proper, safe positioning of helmets on the head will be strictly enforced. Helmets must not be worn on the back of the head, but rather positioned forward, with the front of the helmet slightly above the eyebrows. No hair should be visible below the helmet line in front, as it acts as a lubricant and decreases the efficiency and protection of the helmet.

The use of gloves is permitted. If a participant chooses to wear gloves, the gloves must be of the bicycle or racquet sports type, preferably with fasteners at the wrist which are fastened.

HAIR ACCESSORIES: No hair accessories of any type may be worn by a participant during a competition, except that participants may tie back their hair with an elastic hair bands. No hair pins of any type may be used. Headbands and bandannas are optional, and if worn, must be secure under the helmet and not dangling.

ATTACHMENTS: Participants will not be permitted to wear medals, awards, good luck charms, bells, pompons or any other objects on their skates or uniforms (boot covers are allowed).

RACE NUMBERS AND TIMING CHIPS: When race numbers are provided, participants are required to wear them for all official warm-ups and races.

Timing chip must remain fixed (to ankle/ skate/ helmet) as indicated by event/ race/ competition officials.

RACE WEAR: Suitable race wear includes skin suits (full length, short sleeve, long sleeve, long leg, short leg), cycling jerseys, rowing suits, shorts, t-shirts, tights, arm warmers, and leg warmers. Shirts (t, long sleeve) must be tucked-in.

Participants cannot wear clothing that may cause a safety concern due to the nature of the clothing in question. Unsuitable race wear includes shirts with buttons, pieces of loose or hanging clothing that can be stepped on or skated on- perhaps getting tangled in wheels/ frames/ bearings, transparent clothing, trench coats, capes, gowns, bath robes, huge t-rex costumes, hoodies with the hood covering or under the helmet, wearing only bikini shorts/ thongs/ G-string/ French-cut trunks.

During races, competitions, warm-ups, cool downs, and podium & award presentations, race wear (including skin suits) should not be removed.

For warm-ups and cool downs and practices, a warm-up clothing/ warm-up suit may be worn.

Participants are strongly encouraged to wear their Club or Team uniform.

For relay races, it is best when all members of a relay team wear matching race wear (uniforms).

Profanity and/ or obscene material on race wear and other competition clothing (including warm-up clothes) is forbidden.

PERSONAL EFFECTS: Participants will not be permitted to wear any jewellery of any kind during a race. The only exceptions are as follows: A) Medical necklaces and bracelets are allowed. B) Watches (such as heart-rate monitors and training/ sports/ smart watches) will be allowed.

During a any part of a competition or a race including warm up and cool down, participants are forbidden from having in their possession the following items: nail guns, marbles, oil, sand, hose, water gun, banana peels (these are allowed to be in possession during certain events/ distances/ races such as a marathon), meals (breakfast, lunch, dinner), sewing kit, rope, string, megaphone, hammocks, sound system, skate tools, lassos.

The officials have the authority to ask to participants to remove any item which may present a danger to the participant or to other participants such as the items listed above as well as other items at their discretion.

WATER BOTTLE: Participants are not allowed to participate with water bottles in races 20 kilometres in length or less.

SECTION 14: INFRACTIONS

FORBIDDEN METHODS AND DEVICES: During a competition or a race, participants are forbidden from using devices or employing methods that are not normal to racing, including but not limited to the following; riding a horse or other animal, having a piggy back ride, riding on a segway, getting pulled/ pushed/ towed by or hanging on directly or by other means (rope) to a vehicle, riding motorized vehicle, taking a bus or taxi or Uber or any ride-share, riding a skateboard, riding a bicycle, using a pogo stick, using a sail, using a scooter, riding a surfboard, getting a lift from a friend or a family member or stranger or anyone, using a drone, riding in an ambulance or hearse, having “Nerf” wars, using a parachute, getting a head start, playing hide and go seek or tag, or using an amusement park ride. These may result in warnings, disqualification, expulsion, or other consequences after careful consideration by the RSC Speed Division and/ or RSC Board of Directors/ relevant committee.

INTERFERENCE AND INFLUENCE OF INTEGRITY AND SAFETY OF COMPETITION: Participants are forbidden from interfering with the integrity and safety of a competition, whether it relates to officials, participants, staff, coaches, spectators, or volunteers. These may result in warnings, disqualification, expulsion, or other consequences after careful consideration by the RSC Speed Division and/ or RSC Board of Directors/ relevant committee. This includes and is not limited to the following prohibited actions/ methods/ tactics:

- Modifying any part of the event including bribing or swapping-out officials, especially replacing officials with other officials who will be more “friendly”
- Having spectators or coaches interfere with the event
- Arranging for an individual or individuals to be injured (such as 1994’s Assault of Nancy Kerrigan)
- Adjusting the lap counter
- Having officials misinform athletes
- Having officials “look the other way” or “accidentally make typos” to award better results or finishing times when entering data so as to favour oneself
- Altering the field of play (track, road, course) such as digging holes, adjusting the start or finish lines, painting new lines/ adjusting the race course so other participants go the wrong way or get lost
- Preventing others from participating (for example breaking their car so they can’t get to the competition, or hiding their keys, or locking them into a room)
- Undoing, removing, or damaging other participants’ equipment (zippers, laces, glasses)
- Falling asleep on the track
- Receiving deliveries (for example from Uber, Uber Eats, Door Dash, Amazon Prime, UPS, Federal Express, Purolator, Skip The Dishes)
- Setting up a rope across the track to trip others
- Setting up traps
- Removing and/or throw skate and/or timing chip across the finish-line
- Use the “sand-in-the-eye” trick

WARNINGS: Participants will be given warnings for certain infractions, and will be disqualified from a race upon receiving a third warning. A disqualified participant will have all points forfeited for the race for which the participant was disqualified.

VIDEO REVIEW: Video replay can be utilised for any Canadian Championship. The only video permissible will be that from the official event camera. The video evidence must be conclusive for a decision/ foul to be overturned. If an official feels the need for additional video footage, the official is allowed to seek additional non-official event footage. Video footage can be used to determine placement at the line, infractions, times, points and eliminations within a race.

APPEALS PROCESS: A decision may be appealed. The appeal will be made to the Meet Director. In the absence of a Meet Director, the Chief Referee will handle the appeal. Any formal complaint/ appeal must be made within one-hour of the completion of the race. Grounds for an appeal may include: improper application of rules, intermediate rankings within a race (points improperly awarded, incorrect elimination), and accuracy of finishing time.

DISQUALIFICATION RANKING: When a participant is disqualified, that participant will be listed, but not be ranked.

REDUCTION IN RANK: During a race, when a participant commits an infraction towards one or several opponents, that participant may be reduced in rank by decision of the Chief Referee. The rank reduction should be only limited to the number of participants the infraction affected. The reduction in rank should be related to the placement of those affected by the infraction.

REMOVAL FROM RACE- BREAKAGE: A participant may be removed from a race when the participant experiences a breakage with equipment or clothing, experiences a fall, or due to unsafe circumstances. Removal from a race will be left to the officials' discretion. A race is not required to be re-run to accommodate a breakage. Officials have the authority under this rule to allow the breakage to be corrected if the breakage takes place during a warm-up or, during the starting procedures, or if the race needs to be restarted/ resumed for another reason. Officials may accomplish this by rescheduling the race to a later time in the program or delaying continuation of the events. In either instance, this accommodation will not exceed 15 minutes.

INFRACTIONS WITH A WARNING

DURATION OF WARNINGS: Warnings will only carry for the duration of an individual race and will not be carried or accumulated to another race, distance or competition. Warnings are accumulated from heats, to semis, to finals of a given distance.

RIGHT-OF-WAY RULE: Upon being lapped or successfully lapping, a participant is only allowed to lead or follow a group/ pack (two or more participants who are on the same lap and who are within a drafting distance of maximum 2-meters from each other). The lapped/ leading participant may not go between or break into participants who are part of the same group/ pack. Officials may give a warning for this infraction.

TEAM SKATING: When one participant makes an infraction (for example blocking, pushing, tripping) in order to let his or her team/ club mate earn a higher placement, the participant who commits the infraction will be disqualified. The participant who benefits of the infraction may be reduced in rank.

FINISHING: When finishing a race, all participants entering the last straightaway of the race course must not obstruct any other participant and must continue in a straight line to the finish line.

LOAFING RULE: If a participant is not-actively involved in the race, officials may give a warning to the participant to actively participate. Following the warning, if the participant does not begin to actively participate, officials may remove the participant from the race. The removed participant will be listed, but not ranked.

FALSE STARTING A false start is defined as a participant's forward, side-ways, or backward movement (can include loss of balance, rolling behind the 50-centimeter line or lifting a part of the skate that is on the ground inside the box in the time trial) that follow the verbal command "In Position" or "Attention" given by the starter during the starting process, but precedes the starting command. Officials may give a warning for this infraction. The official will inform the participant that committed the false-start that the participant has been attributed a false-start and inform that the participant can be disqualified upon being attributed a subsequent false-start. When a participant commits two false starts, the disqualification measures are decided by the official and may be applied.

False starts carry from heat, to semi, to final of any distance except the Individual Time Trial. In the Individual Time Trial, a participant can false-start once in the heat and once in the final. The false-starts do not carry through from heats to finals in the time trial. A false start will be declared when the participant has exceeded the allocated fifteen seconds for initiating the race.

When one participant performs a false start, thereby causing one or more participants to also false start, only the participant performing the initial false-start shall be given one warning for false start.

In any race, in case of false start, the official shall call back participants to the starting line (with one or two gunshots or two blows of whistle). Participants must resume their ready position for the starting command.

RESPECTING OFFICIALS' INSTRUCTIONS: If a participant does not respect the instruction of an official, the participant may be given a warning.

BLOCKING: Blocking is defined as the shifting of lanes/ lines at any part of the race course, whether in a straight-away or corner, that results in the impediment of a competitor's forward momentum or forward acceleration. Blocking can be intentional or unintentional. Officials may give a warning for this infraction.

RIDING-IN/ RIDING-OUT: This occurs when two participants are side-by-side, with one participant forcing the second participant to alter their line of travel, inward or outward.

TOWING: Participants are not allowed to be towed (pulled), either by hanging on to another participant, or by having that participant pulling them.

ENTRY INTO A GROUP OR PACK: When two or more participants compete with one another, there is a very high likelihood that they will come together to form a group or a pack. A group or pack features two or more participants racing in very close proximity front-to-back (drafting) and side-to-side (pace-lines, passing up, dropping back). When participants are in a group or pack, there is often body contact, usually involving hands placed on the lower back and hips of participants in front. At times, the pack or group may experience an "accordion effect", a compression of the pack where front participants are slowing while those in the back are traveling at a higher rate of speed. Participants may experience a stronger than usual push in this situation.

There are often numerous changes in position within the group and pack. It is customary for one participant to try to get into a space between two participants. This may involve doing things such as nudging a participant forward so as to create a gap to move into.

Very often, a participant who is following another one while a third is attempting to move into an almost non-existent gap, will place their arms on the hips or back of the participant in front of them (gating), thus preventing

movement into the gap. In this case, it may happen that arms will seemingly “swat” at each other, and soon after this, the potential movement will be resolved.

When movement into a gap, “gating” and/ or “swatting” become excessive and dangerous in the judgement of an official, a warning may be given.

PROFANITY: Use of profanity is not allowed.

HOLDING: Holding on to a participant, outside of the normal course of pack/ group dynamics, is not allowed.

INTERFERENCE: Skating with hands on hips with elbows extended, or use of the hands, hips, shoulders or legs in any manner so as to interfere with another participant. This is also a form of blocking.

SHOVING: Pushing roughly- intentionally pushing another with the intent to impede the participant’s progress in the race.

BODY CONTACT: Body contact is not necessarily an infraction unless it impedes the progress of other participant or participants.

SHUTTLING AND WEAVING: An abnormal movement- irregular or unnecessary- from side-to-side across the normal line of travel by a leading in order to hinder a trailing participant.

INFRACTIONS WITH A DISQUALIFICATION

ENDANGERMENT AND/ OR HARM: Actions that during the course of the competition that cause endangerment and/ or harm to other participants, officials, volunteers, onlookers and any other person related to the Canadian Championships will result in disqualification.

This includes pushing a participant to the side, pulling back or to the side and causing a sudden increase or loss in speed (excluding relay) or loss of balance to a participant, punching, tripping, kicking, slapping, pinching, biting, and other dangerous & serious offences. Endangerment and/ or harm serious enough in nature may result in additional sanctions, including but not limited to the participant’s expulsion from the Canadian Championships and other RSC events & competitions, as well as additional sanctions and consequences outlined by the RSC Speed Division and the RSC Board.

The endangerment and/ or harm includes physical harm as well as emotional and social harm by way of unreasonable and aggressive use of language and behaviour with the intention of damage to participants, volunteers, spectators, and officials.

IMPROPER CLOTHING, EQUIPMENT, SKATES: If a participant reports to the starting line wearing improper skates or wheels, clothing, protective equipment, the participant is subject to disqualification from the race.

RECEIVING OUTSIDE HELP: Participants in the World Class Age Categories who receive outside help (receiving water, tools, getting up after a fall) will be disqualified. Participants in all other Age Categories who receive outside help (receiving water, tools, getting up after a fall) will receive a warning and may be disqualified.

Participants are allowed to receive advice and/ or information from trainers, coaches, parents, etc and this advice usually comes from the sidelines or a designated area reserved for coaches.

CAUSING A FALL: A participant who, when performing an unsafe manoeuvre, causes another participant to fall will be disqualified.

REMOVAL OF HELMET: Participants must properly use a helmet at all times when wearing skates while on the race course. A participant who is without a helmet while on skates on the race course will be disqualified.

Failure to properly strap on/ fastened/ secure a helmet while on the race course can results in a warning or disqualification. When an official’s warning of improper helmet positioning prior to the start of a race is not immediately corrected, that participant must be disqualified. A participant who removes his or her own helmet while wearing skates and on the race course and during a competition will be disqualified.

EAR PIECES FOR AUDIO/ MULTI MEDIA: Participants are not allowed race with ear pieces of any kind (wireless, wired). Use of ear pieces will result in the participant being disqualified. During racing, no electronic equipment for the purpose of communication is allowed.

SHORT-CUTS: Participants are not allowed to deliberately take short cuts during a race. The only way a participant who deliberately leaves the race course to complete the distance or resume the race is to re-enter the race course from the point of exit. Failure to do so will results in a disqualification.

When avoiding a fall, a participant is allowed to avoid the fall by going outside of the boundaries, within reason, of the race course and re-enter at a later point, within reason, without the deliberate attempt to gain advantage or position on other participants in the race. The participant is expected to make every reasonable effort to return to the initial position the participant was in prior to exiting/ leaving the race course. If an official views that the participant has unfairly gained advantage, the participant may be required by the official to return to the initial position. Failure to do so will result in a disqualification.

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SECTION 15: INTEGRITY AND ETHICS

All individuals involved in the planning, delivery, management, decision-making, promotion, officiating, support, logistics, and participation in any aspect of Roller Sports Canada- including events and competitions (such as the Canadian Championships), clubs, teams, coaching, logistics, administration, training, support, marketing, and volunteering- are expected to uphold and be held to the highest standards of integrity and ethics.

These standards of integrity and ethics apply to all verbal, electronic, written, physical, and non-physical interactions, including communications, actions, conflicts, gestures, advances, exclusions, and expressions of interest. They cover conduct related to bullying, threats, harassment, racism, cheating, doping, safety, sexism, violence, and discrimination based on nationality, creed, religion, gender expression, health, culture, family structure, living arrangements, attire, sexual orientation, or physical condition.

Breaches of integrity and ethical standards may be reported to the RSC Speed Division and/or the RSC Board of Directors for mediation, remediation, investigation, and resolution. In certain cases, external bodies such as the Sport Dispute Resolution Centre of Canada may be involved in managing, handling, and resolving matters.

SECTION 16: ANTI-DOPING

Those wishing to participate in international competitions (World Championships, Pan American Games, World Skate Games) should expect to be required to obtain an Anti-Doping Education Certificate. Anti-Doping education and certification can be obtained through ADEL and the CCES.

Roller Sports Canada is committed to its role in eliminating doping in sport. Individuals registered with RSC and those (individuals/ participants/ group/ clubs/ leagues/ organizations/ members/ sponsors/ vendors/ promoters/ instructors/ coaches/ trainers/ managers/ officials) involved with RSC and RSC related & relevant activities are bound by the rules of the Canada Anti-Doping Program.

The following are resources that can be accessed to look into and become further education with anti-doping:

- Canadian Centre for Ethics in Sport: cces.ca
- Anti-Doping Education and Learning: adel.wada-ama.org/learn
- Canada Anti-Doping Program: cces.ca/canadian-anti-doping-program
- Global Drug Reference Online- information about prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List: globaldro.com/home/index
- World Skate Anti-Doping Education: worldskate.org/athlete-resources/anti-doping-education.html
- World Anti-Doping Agency (WADA): wada-ama.org/en
- WADA Prohibited List: wada-ama.org/en/prohibited-list

SECTION 17: NATIONAL TEAM

NATIONAL TEAM: The National Team will consist of the top overall finishers (in points) from each of the male and female Junior World Class and Senior World Class Age Categories from the Canadian Championships. A maximum of six members from each of the male and female Junior World Class and Senior World Class Age Categories will be considered for the National Team.

To be named to the National Team, a participant must finish within 7% of the winner's time in a least one of that participant's Age Category distance. For example, if the winner of a race takes 51 seconds to finish at 500-meter/ 1 =lap race, 7% of that time is 54.57, and that time can be achieved in any heat, qualifying round, or final of the distance.

SECTION 18: OFFICIALS

The following is a list with a brief description of the corresponding role of officials involved in competitions, events, and races. The main objectives and responsibilities for the officials include to ensure 1) safety, 2) fairness, 3) proper

and consistent application of the Rules for RSC Speed, 4) the integrity of the competition and races, 5) the delivery of the competition in a timely manner, 6) uphold the spirit of competition with consideration for Safe Sport, Anti-Doping, and Ethical and Integrity. There may be multiple individuals involved in some of the roles below or sharing the duties that are assigned and under the responsibility & jurisdiction of a given role.

Ideally, each individual involved in planning, delivering, officiating, or volunteering in competition, event, and race will be assigned a specific role over the course of a competition. However, the reality is that delivering a competition can be a challenging endeavor, in part due to shortages and challenges with staffing, budget and financial shortfalls, and lack of qualified/ certified/ experienced/ trained individuals. Event planners, organizers and managers may assign more than one role to a given individual, to the extent that the safety and integrity of the competition are not compromised.

The entire field of play (race course/ track/ circuit) must be within visual supervision of a designated official (Chief Referee or Assistant Referee)- this is critical with regard to managing infractions and ensuring safety (in the event of falls, intrusions).

- **Chief Referee:** Makes decisions about warnings, disqualifications, infractions, schedule changes, combining categories, postponements, delays, inclement weather. The Chief Referee will work with other officials to coordinate the smoothest possible running of the competition. Chief Referee is the final on-site authority on decisions about competitions infractions/ warnings etc...
- **Event Manager:** Manages the delivery and running of the event on-site and on an ongoing basis, helping to solve problems and ensuring a smoothest possible competition. Interfaces with competition officials, ensures administrative duties are completed, proper documents are on-hand, ensures the competition is properly staffed, is involved about decisions on whether or not to stop, resume, or continue a competition/ race given current weather or the weather forecast.
- **Event Planner/ Coordinator:** Involved in the planning and coordination of the event. May work with others including committees, groups, Speed Division, Federation, World Skate or other entities, ensuring officials, budgeting, volunteers, safety and security, equipment, first-aid, permits, insurance, sponsors, and other considerations are handled responsibly and ethically. Follows up with registration, promotion, pre and post-event responsibilities such as sending rankings and results to the Speed Division and/ or publishing them.
- **Assistance Referee:** Makes decisions about warnings, disqualifications, infractions. Can be consulted on other matters under the Chief Referee's authority and responsibility.
- **Registrar:** Greets participants at the beginning of the competition (usually clearly marked or evident location featuring a table under a tent), ensuring each participant has their bibs (race numbers) and/ or timing chips (and knows how and where to wear them), and ensures all waivers and forms have been completed and submitted.
- **Starter:** Gives the starting instructions and commands to participants. Monitors for false-starts and falls that occur early in the course of a race. Might need to interface with the timer(s) to ensure timing accuracy.
- **Timer:** Using a stopwatch (or monitoring hardware and software of an electronic timing system), captures the times for participants (single or group), keeping attention of the lap count so as to know when to stop the time. Will need to interface with and/ or pay attention to the Starter to know when to start the timer. May need to provide times to Tabulator(s) and/ or Place Judge to help complete rankings and produce results. FOR LARGE RACES/ COMBINEDE HAVE MULTIPLE/ DEDICATED
- **Place Judge:** Keep track and note finishing order, points, eliminations. Work with Timer(s) and Tabulator to help produce accurate results and rankings.
- **Tabulator:** Work with place judge(s) and timer(s) in order to accurately tabulate and record competition and race results including rankings, times, noting points and eliminations, warnings, disqualifications, and other

relevant information. Print, publish, and/ or send results and rankings to other officials (Announcer, Communications, Chief Referee, participants themselves). Produce final results and rankings for podium and award presentations.

- **Steward:** Organize participants at the start of races and verify compliance related to race bibs (numbers) & timing chips as well as with equipment rules.
- **Lap Counter:** Keep track and display the number of laps remaining in a race/ distance for the lead participant(s)/ group(s), using a lap counter with large display indicating the numerical value of remaining laps. For races with higher number of participants, multiple individuals who are lap counting can be used, being assigned for larger groups as well as individuals or small group for the purpose of internal accuracy of results as well as providing information to participants. However only one lap counter (display board showing the number of laps that are remaining in a race) should be displayed.
- **Announcer:** Announce competition information (such as earned points, eliminations, schedule changes, starting procedures, where and when participants should meet with a Steward prior to competition). The Announcer can also entertain and call the racing action for spectators, providing commentary and also music.
- **Communications:** Publish and provide information on websites and on site, such as rankings, results, schedule, registration, schedule changes, delays, postponements. Work with the Announcer and Event Manager to provide this on-site. Communications will also ensure results are available as soon as possible following the conclusion of a race. Results can be printed and posted at the competition venue on-site and/ or published at a previously communicated website and/ or communicated via electronic groups such as a WhatsApp group. Having results posted, displayed, published, and available as soon as possible is very important so participants will know their status in terms of qualifications, heats, times, points, and more.
- **First-Aid:** Provides first-aid and help to injured participants. Advises Chief Referee and Event Manager about safety of competition especially related to heat and other instances where injury can occur or health & safety may be compromised.
- **Security:** Ensures safety of the field-of-play (race course/ track/ road) especially with keeping non-participants off the field-of-play. Advises Chief Referee and Event Manager about safety and situations where health & safety may be compromised. Responds to threats, harassment, fighting, assaults, event safety and security, enforcing permits and use of venue/ track/ course/ road.
- **Award Presentation:** Hand out awards (medal/ ribbon/ prize/ flowers/ certificate) to participants at a podium. Announce the name of the participant being recognized and if possible any relevant information (records that were set, home club and city/ province, successful (or tentative) qualification status (if applicable))
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SECTION 19: EVENT ORGANIZATION

Roller Sports Canada's Speed Division must be informed and have authority over the planning, organization, and execution and delivery of the Canadian Championships. This also applies to other competitions, events, and races, including selection events used to form teams for national and international competitions like the Pan American Games.

The purpose of this is to ensure Rules for RSC Speed are being properly implemented. This also serves to ensure safety of competition and integrity in the delivery of races, events, and competitions.

Areas that RSC's Speed Division will want to confirm include the following:

- Permits are properly obtained
- Insurance is in place
- First-Aid and safety plans are in effect
- The competition/ event/ race is properly staffed with officials and volunteers
- Schedules and distances are logical and allow for proper flow for participants and officials (rest between races)
- Safety for participants, volunteers, staff, officials, spectators, coaches is considered including proper competition venue, surface is cleared of debris such as sand, twigs and branches, garbage
- Any adjustments are fair and transparent (switching of divisions or category, changes to rules of racing such as distance/ heats)

Ideal Competition Format for the Canadian Championships: A proven and successful format for the Canadian Championships is a three-day structure, comprising of the following

Day 1: Training, practice at the competition venue, **technical meeting** (officials and competition organizers delivering final information for competition (for example order of races, location of start and finish lines, “draws” for the time trials, safety information, where results will be posted and/ or published) as well as confirming any adjustments and modifications)

Day 2: Competition: Pre-race meeting with coaches/ participants/ delegates/ club and team representatives (mainly delivering information), **Age Category races** followed by Age Category **award presentations**

Day 3: Competition: Open Class races followed by Open Class **award presentations**

SECTION 20: SPECIAL OLYMPIC

To be eligible for participation in Special Olympic category, an individual with an intellectual disability must agree to observe and abide by the sport rules of Special Olympics Canada.

Intellectual Disability refers to substantial limitations in present functioning. It is characterized by significantly sub-average intellectual functioning, existing concurrently with related limitations in two or more of the following applicable adaptive skill areas including communication, self-care, home living, social skills, community use, self-direction, health and safety, functional academics, leisure and work. An intellectual disability manifests before age 18.

The following four assumptions are essential to the application of the definition:

- Valid assessment considers cultural and linguistic diversity as well as differences in communication and behavioral factors;
- The existence of limitations in adaptive skills occurs within the context of community environments typical of the individual's age peers and is indexed to the person's individualized needs for support;
- Specific adaptive limitations often coexist with strengths in other adaptive skills or other personal capabilities; and,
- With appropriate supporters over a sustained period, the life functioning of the person with mental retardation will generally improve".

(Definition: Classification & Systems of Supports, 9th Edition, AAMR, Washington, DC - '92, p. 5)

Inclusion is preferred to exclusion when eligibility is in question.

It is the responsibility of parents/guardians to monitor the individual and take appropriate action if neurological symptoms appear.

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Roller Sports Canada
Rules for RSC Speed

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