



**SPEED
SKATING
NEW BRUNSWICK
PATINAGE
DE VITESSE
NOUVEAU-BRUNSWICK**

COMPETITIONS BULLETIN

(Last revised October 28/2025)

SSNB COMPETITIONS POLICIES AND PROCEDURES

This document has been compiled by SSNB to assist meet coordinators and recorders in planning and conducting competitions that are safe, effective and in compliance with SSNB sanction criteria. These Policies and Procedures are administered by the Director of Competitions (Chair of the Competitions Committee) and agree with the Athletic Development Committee to provide the participating skaters with a developmentally appropriate competition.

A. REVIEW OF COMPETITION BULLETIN

The Competitions Committee will review of the Competitions Bulletin, including the update to the competitions schedule near the end of the preceding skating season with a goal to ensure changes are implemented and approved by October 1 of the next skating season. This allows for sufficient time to distribute the revised Bulletin to all Clubs prior to the commencement of maritime competitions.

- B. If necessary, further changes can be made to the Competition Bulletin before December 1st, with changes being implemented for January 1st.
- C. Suggestions for revisions to the Bulletin can be submitted at any time to an Athletic Development/Coaching Committee Representative. All feedback will be considered during the process of updating the Competition Bulletin.
- D. The Competitions Committee must approve all revisions to the Competitions Bulletin for SSNB- Sanctioned competitions.
- E. The Competitions Bulletin will be posted on the SSNB website.
- F. Meet Coordinators ensure that two copies of the current Competitions Bulletin are made available at each meet - one for on-ice officials and one for the recording office.

1. COMPETITION FORMAT

- A. All competitions will proceed in an ability format, but inclusive of separate divisions for Master's, Sport Class, and Special Olympics. The Athlete Development Committee may also sanction gender specific ability-based divisions on the 111m track – for example, Canada Games Trials.
- B. The Meet Coordinator shall decide whether the host club will offer Exhibition and Relays.
- C. The list of Atlantic & Canadian Speed Skating Events shall be placed on the SSNB website.

2. SSNB SANCTION

All competitions occurring within the Province of New Brunswick and involving more than three clubs must have a Provincial sanction. The authority to sanction competitions is granted by the SSNB Board of Directors to the Competitions Committee. All SSNB-Sanctioned meets follow the rules established by SSNB as set out in this Competitions Bulletin.

3. SSC SANCTION

It is recommended that some strategic competitions be Speed Skating Canada (SSC) sanctioned to assist in the upgrading of officials. All SSC-sanctioned meets follow the rules as established by SSC in the Red Book.

4. PARTICIPANTS

- A. To be eligible to skate in an SSNB sanctioned competition, skaters must be registered as competitive with Speed Skating Canada or an International Skating Union affiliate.

- B. The SSC database is used by SSNB to determine whether a skater is properly registered.
- C. Prior to a competition, the meet registrar confirms the registration of all skaters with SSC or their respective ISU affiliate.
- D. Sport Class Jr, Sport Class, Master's Class, Special Olympics and Exhibition may also be included in a competition – time and number permitting. For Sport Class Jr, Sport Class and Masters Class, at least 3 skaters must register.
- E. Sport Class Jr and Sport Class skaters will be seeded based on time, and shall race ahead of the Masters Class in the race schedule, unless the Meet Coordinator requests otherwise, and informs the Chief Recorder of this on or before the *Coaches Deadline*.
- F. With a personal best time in the 500m distance below 60.00seconds, a Masters Class or Special Olympics skater will be allowed to compete on the 111.12m track as part of the ability division if they so choose.

5. REGISTRATION FORM

- A. The Host Club shall make the competition registration forms available electronically to each Club President and Club Registrar no later than 25 days prior to the competition.
- B. Registration forms shall be available on the SSNB website.
- C. The registration form must include a waiver releasing NBASSA Inc. and SSC of all claims against it.

6. CLUB SUMMARY REGISTRATION FORM

- A. Late entries will not be accepted.
- B. Deadlines: Any skater whose registration has been submitted, but who fails to compete, is not entitled to reimbursement of the entry fee (except for reasons of illness or injury, in which case a doctor's certificate is required). The deadlines for meet registration are as follows:

	Due to	Deadline
Meet Registration List	Meet Registrar	<i>Wednesday (8 pm), 10 days prior to the first day of the meet</i>
Preliminary Division List	Head Coaches	<i>Monday (9 am), 5 days prior to the first day of the meet</i>
Coaches Deadline (to raise any issues regarding preliminary meet seeding)	Chief Recorder	<i>Tuesday (8 pm), 4 days prior to the first day of the meet</i>
Last Day to withdraw a skater without registration fees incurred	Meet Registrar	<i>Tuesday (8 pm), 4 days prior to the first day of the meet</i>
Meet Divisions Posted on the SSNB website	SSNB webmaster	<i>Thursday, 2 days prior to the first day of the meet</i>

7. REGISTRATION FORM AND FEES

Prior to the start of the competition, the meet manager in conjunction with the SSNB webmaster must ensure all entry fees and signed registration forms for all skaters have been completed.

8. HELMET COVERS

- A. Helmet covers will be given out to each skater in the bullpen prior to their race.
- B. At the conclusion of each race, the skaters will give their helmet cover to the bullpen representative.
- C. No helmet covers are required during the on ice warm up.

9. MEET MANAGER

The most up to date version of Meet Manager must be used, where practical.

10. SEEDING

- A. Times used for seeding are from the SSNB Meet Manager database as supplied by the Data Coordinator for that competition.
- B. From the start of a skating season until December 31st skaters will be seeded using their fastest time recorded in competition in the current skating season or from the previous skating season. After December 31st skaters will be seeded based solely on their fastest time recorded in competition in the current skating season. Skating seasons begin/end July 1st of each year.
- C. Skaters who are participating in their very first meet, or skaters who have not participated in a meet prior to December 31st of the current season, must submit times from a practice or training camp no more than one month prior to the competition. Please note that for skaters to be properly seeded, it is extremely important that the personal best times submitted are correct. The Club Coach ensures these times are given to the Club Registrar to be included in the skater's registration form.
- D. Coaches who have concerns about the seeding of their skaters based on special circumstances, i.e., a fall at a previous meet, must contact the Chief Recorder for the meet by the Coaches Deadlines.

11. CHANGE IN PLACEMENT THE DAY OF MEET

- A. Changes to the division list or race schedule are not considered the morning of the meet.
- B. The Chief Referee, in consultation with the skater's coach and the Chief Recorder, may consider the movement of a skater based on unusual circumstances. In the instance that this occurs, the skater will be moved to another division, but the division distances will remain the same as originally set up.
- C. Club coaches are responsible for notifying the Meet Coordinator and Chief Recorder of all scratches from the competition at the officials meeting and any withdrawals as soon as possible.
- D. The Chief Recorder will announce the names of skaters who are registered but have indicated they will not be skating (scratches)

12. ELECTRONIC TIMING

- A. All SSNB competitions shall use the electronic timing system unless the Competition Committee grants an exemption. An exemption from this requirement may be requested from the Director of Competitions, providing the rationale at least one month prior to the competition.
- B. To reserve the electronic timing equipment, Clubs contact the Electronic Timing Equipment Manager.
- C. In the event of electronic timing equipment failure or unavailability, manual times are used as a backup. 0.20 seconds shall be added to manual times for the official record.
- D. There shall be three watches for each of the first and second places, and two watches for third place. In addition to the official watches, there should be one or more specifically designated spare watches, to be read officially only if one or more of the official watches is mishandled. Each Timer

should use only one watch. The reading on three watches shall be the minimum requirement for establishing a record.

- E. When two watches show the same time and the third a different one, the time of those in agreement shall be taken. When all watches show different times, the time of the intermediate watch is taken as the result. If for any reason only two Timers have taken the time, the mean time of their watches is to be taken as the result. If the mean time is not the multiple of one hundredth of a second, the lower hundredth of a second is taken.

13. SAFETY DURING WARM-UPS

- A. The Meet Coordinator ensures that the Host Club has made adequate provisions for safety during the pre-competition warm-ups and ensures that skaters are on the ice with their respective groups only (see also Section III, *Minimum Medical Requirements* and Section IV, *Safety Recommendations*).
- B. Warm-ups are divided into groups of no more than 50 skaters based on ability.
- C. At least one meet representative must be on the ice during warm-ups. It is recommended that the warm-up meet representative wears all appropriate speed skating safety equipment, but they are required to wear skates, a helmet, and a whistle as a minimum.
- D. Medical personnel must be in position by the ice surface for warm-ups.
- E. No arena equipment or off-ice officials are allowed on the ice during warm-ups.

14. MEET RESULTS

- A. The Data Coordinator's computer is the only "official" source of skater information.
- B. One copy of the meet results has to be sent by e-mail to the Meet Coordinator and the SSNB Webmaster within 24 hours of the end of the meet.
- C. Meet results are posted to the SSNB web site within 48 hours of the competition.

SANCTION POLICIES AND PROCEDURES

Establishing Fees:

- A. The SSNB Board of Directors establishes competition related fees. Any change to the fees is reported to the Clubs before the start of the Provincial speed skating competitions.
- B. The following fees are required and are to be paid by separate cheques or through the online registration system:

Item	Fee	Deadline	Payable to	Retention
Skater's Registration	See below*	Registration deadline	Own Club	Cashed
Club Summary Registration	Amount invoiced by Host Club	Morning of the first day of the meet	Host Club	Cashed
Electronic Timing Equipment	\$250 – 2 day \$125 – 1 day	Following competition	SSNB Timing Equipment	Cashed
Race Forms	Amount Invoiced by Chief Recorder at the end of the meet	Following Competition	SSNB	Cashed

***85 M Track: 2 day = \$80 / 1 day = \$ 55+ Icereg processing fees to be paid by registrants**

*** 100M & 111M Track: 2 day = \$88 / 1 day = \$61 + Icereg processing fees to be paid by registrants**

For 2025-2026 season - SSNB portion of fee (\$10-2 day /\$5- 1 day) will go back to clubs

SANCTION

- A. Clubs apply for a SSNB Sanction no later than one month prior to their meet date. E-Form is available on the SSNB Website.
- B. The application for SSNB Sanction must be properly completed by the Host Club and sent to the SSNB Director of Competitions.
- C. The Competition Sanction is sent to the Meet Coordinator.
- D. SSNB reserves the right to revoke or cancel a sanction after issue.
- E. The Host Club contacts SSC for a SSC Sanction application form.
- F. The sanction(s) must be posted at the meet in a clearly visible location.

FORMATS AND RULES FOR SSNB SANCTIONED COMPETITIONS

Clubs wishing to host an SSNB-Sanctioned competition consult with the Director of Competitions (Chair of the Competitions Committee) and the SSNB Technical Director in choosing formats for competitions. The following formats are available for sanction:

ABILITY COMPETITION

- A. Ability competitions group skaters by ability and track size using the times stored in the Meet Manager database.
- B. On all Olympic size ice surfaces, in all divisions, males and females typically compete together in groups of up to 15 skaters, unless there is a significant gap in times and a natural division split presents itself. Male and female divisions may be constructed if approved by the Athlete Development Committee for special reasons – such as Canada Games Trials.
- C. On an ice surface smaller than Olympic Size, in all divisions, males and females compete together in groups of up to 16 skaters, unless there is a significant gap in times and a natural division split presents itself.
- D. If unusual circumstances occur, the division sizes referred to in (B) and (C) above can be increased for select divisions in a meet. Under these circumstances the Meet Manager will speak with the Athletic Development Chair and the SSNB Technical Director to determine an appropriate advancement system for the affect divisions.
- E. Recognition will be given to top 5 skaters regardless of gender on 100M track and top 3 by gender (male & female) to top group on 111m track (including special Olympics). 111M Competitors do not have to declare gender, however, will be ineligible for medals.

AGE CLASS COMPETITION

- A. Some out of province competitions may divide skaters based on age. For example, Canada Youth (East) Short Track.
- B. Age class competitions group skaters into divisions by age only.
- C. A skater's racing class is determined by their age on June 30th prior to the competition.
- D. SSC Age Classes are as follows:

Class	Age as of June 30th
Fundamentals	6-8
Learning to Train	9-11
Canada Youth	11/12/13
Junior C2	14
Junior B1/B2	15/16

Junior A1 /A2	17/18
Neo Senior B	19 or 20
Neo Senior A	21 or 22
Senior	23+
Sport Class Jr	14-18
Sport Class	18-29
Masters Men/Women 1	30+*
Masters Men/Women 2	40+*
Masters Men/Women 3	50+*
Masters Men/Women 4	60+*
Masters Men/Women 5	70+*
Special Olympics	All ages

*In New Brunswick competitions, these age groups skate in one Division.

- F. Male and female skaters may be combined in Sport and Masters Class.
- G. Junior, Neo Senior, and Senior skaters may be grouped together into Open Classes but divided by gender.

SEEDING FOR PRELIMINARY RACES

- A. For two day meets, skaters are seeded into their first and second distance heats based on their seeding times for that distance.
- B. For one day meets, skaters are seeded into their first distance heat based on their seeding time for that distance.
- C. After (A) or (B), skaters are seeded into each preliminary race based on the points accumulated from the preceding distances.
- D. All participants skate a heat and a final for all distances, except for the Points Race and Super Final, which is skated as a final only.

PRE-COMPETITION SEEDING

Athletes will be seeded into a division based on the following times in the Meet Managers database, or submitted times for new skaters:

Ranking Category	DISTANCE	TIME (seconds)	SEEDED ON
I	400m	>60.000	200m
II	400m	<60.000	400m
III	400m	<55.000	400m +800m/2*
IV	400m	<49.000	400m + 800m/2*
V	111m Track	111m Track	500m + 1500/3

Note: A division may contain skaters being ranked by different ranking categories. Skaters being ranked by a higher-ranking category will always be ranked ahead of those being ranked by a lower ranking category.

RACE DISTANCES

Race distances for a 2-day meet are as follows:

STAGE	TRACK	TIMES (400m) *	DAY 1		DAY 2	
			DISTANCE 1	DISTANCE 2	DISTANCE 3	DISTANCE 4
1	111.12m	N/A	1500	500	1000	3000 pts or Super 1500
2**	111.12m	N/A	1500	500	777	1000
3	100m	<45.000	1500	400	800	1000
4	100m	<48.500	1500	400	800	1000
5	100m	<52.000	600	400	800	1500 or 1000

6	100m	<57.000	600	200	400	800
7	100m	<33.000(200m)	400	200	300	600
8	85m	N/A	3Laps	200 (100m)	2Laps	5Laps

Race distances for a 1-day meet are as follows:

STAGE	TRACK	TIMES (400m) *	DAY 1		
			DISTANCE 1	DISTANCE 2	DISTANCE 3
1	111.12m	N/A	1000	500	1500
2**	111.12m	N/A	777	500	1000
3	100m	<45.000	1500	400	800
4	100m	<48.500	1500	400	800
5	100m	<52.000	1000	400	800
6	100m	<57.000	400	200	800
7	100m	<33.000 (200m)	300	200	600
8	85m	N/A	3Laps	200 (100m)	5Laps

*Based on the average 400m of the division (i.e., for a division of 16, add all 400m times together and then divide by 16)

**Sport Class Jr, Sport Class, Masters

The number of races and distances to be skated by Exhibition skaters is at the discretion of the Coach in consultation with the Meet Coordinator and is dependent on time constraints.

The maximum number of competitors on the starting line for competitions on an **Olympic sized ice surface** in each distance is:

Stage	Distance 1	Distance 2	Distance 3	Distance 4
1	1500 (8)	500 (5)	1000 (5)	3000 pts (8) or super 1500 (8)
2	1500 (8)	500 (5)	777 (5)	1000 (6)
3	1500 (8)	400 (5)	800 (6)	1000 (6)
4	1500 (8)	400 (5)	800 (6)	1000 (6)
5	600 (8)	400 (5)	800(6)	1500 (8) or 1000M (7)*
6	600 (8)	200 (5)	400 (5)	800 (8)
7	400 (8)	200 (5)	300 (6)	600 (8)
8	3 Lap (8)	200 on 100 (6)	2 Lap (6)	5 Lap (8)

- Aligned with 2023-2024 SSC Red Book Guidelines

The maximum on less than Olympic Size Surface:

Stage	Distance 1	Distance 2	Distance 3	Distance 4
1	1500 (6)	500 (4)	1000 (4)	3000 pts (8)
2	1500 (8)	500 (4)	777 (5)	1000 (6)
3	1500 (8)	400 (4)	800 (5)	1000 (6)
4	1500 (8)	400 (4)	800 (5)	1000 (6)
5	600(6)	400 (4)	800 (6)	1500 (8) or 1000M (7)*
6	600 (6)	200 (5)	400 (6)	800 (8)
7	400 (6)	200 (6)	300 (6)	600 (8)
8	3 Lap (6)	200 on 100 (6)	200 on 100 (6)	5 Lap (8)

ADVANCEMENT OF SKATERS

- A. Advancement from a preliminary race to a final will be by position + the next fastest times regardless of finishing position. Example: if a heat has a 1+3 advancement, it is possible that 4 athletes from the same race will make the A final.
- B. Advancement to the Super Final or Points Race is based upon the accumulated points from the previous distances.
- C. If a skater is advanced, the time advancement for that divisions distance will be reduced by the number of advanced skaters. For example: if a division has a 2+2 advancement and a skater gets advanced due to a referee's decision, that division's distance advancement effectively becomes 2+1.
- D. If advancements to finals by the Chief Referee create a situation where the numbers on the line are greater than recommended the Chief Referee has the authority to insert a semi-final to seed 4 to the final. The next two skaters will be seeded to the "B" final.
- E. If a skater is advanced to a final by the referee, the referee indicates on the race form to which final the skater is advanced (A or B).
- F. A skater who misses a race must seek permission from the Chief Referee to re-enter the competition and can only re-enter at the lowest final (generally novice skaters are automatically re-inserted).
- G. If a referee stops a race to protect a fallen skater, that skater is not permitted into the restart. In the case of a preliminary race, the skater is inserted into the lowest quarter-final, semi-final or final, unless otherwise indicated by the referee.
- H. If the skater was taken out because of an infraction by another skater, and the race is stopped, the Chief Referee also removes the disqualified skater.
- I. Any request to move a skater from one final to another is granted if agreed to by the Chief Referee, who makes the arrangements with the Chief Recorder.
- J. In case of a tie for points in seeding to the preliminary race for a subsequent distance, the higher rank goes to the better seeding time.
- K. In the event of a tie in heats, quarters or semis, the tied skaters advance equally to the next round.

Olympic Sized Ice Surface				
8 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
9-15	2	2+4	2	4
5 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
11-15	3	1+2	3	6
6-10	2	2+1	2	4
5 Skaters on the Line (4 on line in final)				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
11-15	3	1+1	3	6
6-10	2	1+2	2	4

Smaller Than Olympic Sized Ice Surface				
8 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat	Final	Final	
	# of races	Advancement	# of Races	
9-16	2	2+4	2	4
6 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
13-16	3	1+3	2	6
9-12	2	2+2	2	4
5 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
16	4	1+1	4	8
11-15	3	1+2	3	6
6-10	2	2+1	2	4
5 Skaters on the Line (4 on line in final)				Total # of Races
# of Skaters in Division	Heat	Final	Final	
	# of races	Advancement	# of Races	
16	4	1+0	4	8
11-15	3	1+1	3	6
6-10	2	2+1	2	4
4 Skaters on the Line				Total # of Races
# of Skaters in Division	Heat		Final	
	# of races	Advancement	# of Races	
13-16	4	1+0	4	8
9-12	3	1+1	3	6

DISQUALIFICATIONS, FAILURE TO START, FAILURE TO FINISH

- A. Skaters disqualified in a preliminary race, or failing to finish a preliminary race, are placed in the lowest semi-final or final for that distance.
- B. Skaters disqualified in a final receive last place points for the final race they were in.
- C. Example: On any final, 5 on line, 2 disqualifications, both disqualifications receive 5th place points, no 4th place points are awarded. A disqualified skater may, at the discretion of the referee, have his points removed.
- D. Skaters failing to start in a final receive no points for that final unless they were injured in the semi-final and could not start due to the injury, in which case they receive last place points for that final. The referee needs to be notified of this by the Club coach prior to the race.
- E. Skaters failing to finish a final receive last place points for the final they were in. A skater who has not finished the race because of an infraction by another skater receives points of the position ahead of the disqualified skater.
- F. Disqualified skaters receive the points of the position ahead of those who do not finish, if the disqualification had no bearing on that skater failing to finish. The referee indicates on the race form which situation applies.
- G. All skaters earn points ahead of any skater that did not start (unless due to injury).
- H. If a skater fails to show for his race and the Club coach has not notified the referee well in advance of that race (minimum ½ hour) to give time for the referee to adjust the race order, that skater may be suspended for the remainder of the day OR the remainder of the competition. This is the decision of the referee. If proper notice was given to the referee, then the skater may return for the next race, with the referee's permission.
- I. Skaters shown a YELLOW card are suspended from the competition for the remainder of that distance (only suspended for the distance where the yellow card occurred).

ABNORMAL TERMINATION OF A RACE

If a race is abnormally terminated (i.e., injury, unsafe conditions, etc.), the Chief Referee determines whether a rest period (20 minutes is recommended) is provided to the skaters prior to the re- start of the race, or whether the race will be restarted immediately.

POINT SYSTEM FOR FINALS

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

A tie for 1st 1000 points each, the next skater 666 points

A tie for 2nd 816 points each, the next skater 543 points

A tie for 3rd 666 points each, the next skater 443 points

A tie for 4th 543 points each, the next skater 362 points, etc.

- A. In the case of a tie for final rank, all skaters involved in the tie are given the same rank and award, and the next place is eliminated.
- B. Skaters in the Exhibition and Special Olympic categories do not earn Club points.
- C. Exhibition and Sport Class skaters do not establish New Brunswick records. Recognition may be given to these skaters at the discretion of the Meet Coordinator.

RELAYS

- A. Relays will be held during competitions unless time does not permit.
- B. Relays shall be treated the same as regularly scheduled races of a meet (i.e., included in the competition program, seeding, officials, recording equipment, result posting, etc).
- C. Relay teams, consisting of a maximum of 4 skaters each, will be created at the time when the final division list is created.
- D. Relay races will consist of a maximum of 4 teams per Group.
- E. More experienced skaters will compete in the longer (3000m) distance, while the developing skaters compete in either the 1600-2400M relay or End to End relays. Refer to the table below to determine relay distance per stage. The distance designated for each relay group may be altered by the Technical Director or Chief Recorder to take into consideration such factors as skater experience, number of teams and meet time constraints.

Stage	Relay Distance
1-2	2000 or 3000m
3-4	1600M
5-6	1600M
7-8	End to End

- F. Seeding for relay teams will follow the usual ABCDDCBAABCDDCBA format.
- G. Relays do not receive points towards meet results for calculation of final placement and awards.
- H. Notwithstanding the above, on the day of the meet relays may be excluded from the competition, should the number of registered skaters or constraints (e.g., time or weather) not permit implementation of the relays, the Meet Coordinator, in consultation with the Chief Referee and the Chief Recorder, makes this decision.
- I. Skaters eligible to participate in relays are determined by the Technical Director in consultation with the Meet Coordinator and Chief Recorder and will typically include all skaters with a 500 m seed time of 1 minute or less, but teams may include slower skaters, in sequence from the seeding list, to round out a relay team or group. Safety and ability will be major determining factors for the eligibility of skaters to participate.
- J. All skaters assigned to a relay team are required to participate in their designated race, unless injured or sick, and unable to participate in the remainder of the meet. Skaters must notify their assigned relay coach immediately if they are unable to participate. Coaches are responsible for notifying the Chief Recorder of a skater who is unable to participate as soon as possible after the teams have been posted. **A skater assigned to a relay team who does not skate, but is able to compete, will be seeded into the lowest final of the third distance of the meet.**
- K. The Technical Director or Chief Recorder will see that at least one coach is assigned to each relay team. All coaches at the competition are expected to assist a relay team as a coach learning experience.
- L. The names of relay team skaters and their assigned coaches will be posted in the race results area and the coach's box as soon as possible on Saturday.

DURATION OF COMPETITIONS

One-day competitions:

- A. One-day competitions are limited to a maximum of 150 skaters including Masters, Sport Class, and Special Olympics. This does not include Exhibition skaters for up to and including two distances each.
- B. If registrations yield more than 150 skaters, numbers are cut (a proportionate number from each Club) from the top in sequential order, allowing all younger skaters to participate. Smaller SSNB Clubs with a limited entry are exempt from the above-noted formula.
- C. One-day competitions may be an ability meet with skaters skating varying track sizes, distances, and directions.

Two-day competitions:

- A. Two-day meets are limited to a maximum of 185 skaters, including Masters, Sport Class, and Special Olympics. This does not include Exhibition skater numbers for up to and including two distances each.
- B. If registrations yield more than 185 skaters, numbers are cut from the bottom in sequential order (a proportionate number from each Club), allowing all older skaters to participate. Smaller SSNB Clubs with a limited entry are exempt from the above-noted formula.
- C. Fundamentals meets.
- D. A one-day Fundamental meet may be held by a host club. The emphasis of a Fundamentals meet should be on achieving skills within a race format, lots of racing per skater and fun events for the skaters.

VARIATIONS

- A. Organizing committees wishing to deviate from the rules and/or formats and/or policies, as set out in this Competitions Bulletin must state all variations in their application for sanction.
- B. The Competitions Committee must approve such variations. **MINIMUM MEDICAL REQUIREMENTS AT SSNB MEETS**

I. MINIMUM MEDICAL REQUIREMENTS AT SSNB MEETS

PRIOR TO THE MEET:

- A. The Meet Coordinator reviews the following with arena management:
 - 1. Does the arena have an ambulance access plan?
 - 2. If so, determine from where the ambulance will access the arena and ice surface.
 - 3. If not, determine the best entrance for the ambulance to access the arena.
- B. The Meet Coordinator ensures that the local ambulance authorities are informed of the Meet and of the ambulance access plan.
- C. The Meet Coordinator reviews the following with medical response personnel:
 - 1. Be prepared for various injuries but come well prepared to deal with neck and back injuries and serious cuts.
 - 2. Wear appropriate footwear since the ice can be extremely slippery where the ice has been flooded and this is the area where injuries usually occur.
 - 3. Come dressed clearly identifiable as medical response.
 - 4. Ambulance access plan.
 - 5. Confirm that medical response personnel are providing the complete medical kit (except for bandages that are attached to the exit corners).
 - 6. Clearly identify any supplies to be provided by the hosting Club.

DURING THE MEET:

- A. The Meet Coordinator ensures that:
 - 1. Medical care is provided by at least two qualified medical response personnel as per SSC Red Book Guidelines as follows:

Medical Personnel for Interclub Competitions	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional 1 Organizing Committee Medical Coordinator	2 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional

- 2. Medical response personnel wear medical identification that can be clearly seen from a distance.
- 3. Medical response personnel are stationed in a designated and clearly marked area at ice level with easy access to the ice and large enough to administer to injuries.
- 4. Medical response personnel are present during warm-ups and during all skating.
- 5. The treatment room (if one is available in the arena) is clearly labelled and its location is communicated to Meet officials and medical response personnel. The treatment room cannot be a substitute for the at-ice medical location.

6. The location of medical response personnel is reviewed during the officials meeting.
 7. The Referees are introduced to the medical response personnel.
 8. Large pressure pads and surgical gloves are placed in Ziploc bags or envelopes and taped to the glass above the board pads at both exit corners, taking into consideration ease of access for officials to respond quickly.
 9. In the event a skater is being attended to on-ice, a person(s) is designated to clear the boards of spectators and ensure the skaters return to their respective dressing rooms.
 10. Medical response personnel understand the guidelines for halting a race and calling them to the ice surface to attend to injuries as noted in Section 2.2 below.
 11. The following equipment is available at rink-side:
 - a. Spine board with adult and pediatric cervical collars.
 - b. Large compression dressing pads and gloves.
 - c. Blankets.
 - d. Supplies to deal with breaks and sprains; and
 - e. Other typical first aid supplies.
- B. The Chief Referee and Meet Coordinator review the following:
1. The Chief Referee is in control of the race and medical response personnel do not enter onto the ice surface until the race is halted and the Chief Referee signals for the medical response personnel.
 2. Ambulance access and at what door will the ambulance arrive/be located.
 3. Racing is halted while the medical personnel are attending to injuries unless the injuries are clearly minor. The referee may opt to have the skaters sent to the change rooms for their wellbeing. The referee will announce the return to the event proceedings.
 4. Following an incident, racing does not resume until medical response personnel are at the designated area.
 5. Medical response personnel are equipped with a radio to communicate with meet officials, particularly with the Chief Referee. It may be the case that medical response personnel are dealing with an injury off-ice and need to inform the Chief Referee to halt racing.
 6. Any other medical response information, as noted above, that the Meet Coordinator feels the Chief Referee should be aware of.

II. **SAFETY RECOMMENDATIONS FOR PRACTICES AND COMPETITIONS**

- A. The track for all SSNB competitions is the 111.12 m, 100 m, or 85 m oval.
- B. Coaches and the Club executive ensure there are adequate and suitable board pads for all practices.
- C. Proper board-pad safety applies at all SSC-Sanctioned Competitions, including adherence to SSC guidelines for board pads as set out in the SSC Red Book.
- D. Meet officials **MUST** ensure there are adequate and suitable board pads for all competitions.
- E. SSNB guidelines specify the following regarding board pad placement:
- F. Board pads for competitions (and preferably practices as well) must contain at least 8" thickness of medium-density foam and set up in overlapping layers with Velcro overlap strips on the outer layer to prevent a skater from hitting the boards at a seam.
- G. There should be a full set of board pads from the goal line (on the entry corner) to the center ice line on the exit.
- H. There should be a second set placed between the first set of board pads and the boards, from at least the apex block to a point half way between the exit blue line and the last exit dot.
- I. Pads are joined together, and to the boards, to prevent separation and collapse.
- J. The overlap portion of each pad must attach to the pad to the left of it (i.e., counter clockwise).
- K. The attached Velcro must run the full length of the vertical portion of the pad on the side facing the ice.
- L. Coaches and meet officials are responsible for frequent checks that board pads have not separated and are placed in their proper positions.
- M. Clubs renting another Club's board pads do so at their own agreement.
- N. The double board pad rules do not apply to the *Long-Term Athlete Development Module* format for younger skaters when available on the SSNB schedule. A single set of board pads is sufficient for the speeds of these skaters.
- O. It is the responsibility of meet officials to check the ice surface for debris and ruts, and to make any necessary repairs.
- P. Meet Coordinators ensure on-ice attendants and arena staff scrape and flood the ice in accordance with the SSNB recommended *Ice Resurfacing Protocol* (Appendix I).
- Q. The use of water on the track during practice and competitions is recommended.
- R. Water should be placed on the skating portion of the track only. It should be used sparingly, so as not to flood the rest of the ice surface.
- S. Club coaches are responsible for ensuring that each skater is wearing mandatory safety equipment, as defined by SSC regulations.
- T. SSNB maintains an information file on each skater with their Medicare number, allergies and any other medical information provided by the Clubs to SSNB.
- U. This information may be used for meets or for camps as it applies to the health or safety of a skater or to assist with medical attention. **It is treated as personal information and, accordingly, SSNB protects the privacy of its members by ensuring this information is protected and used only for the purpose of ensuring the health and safety of skaters.**
- V. Club Head Coaches and Clubs must develop a medical emergency plan and ensure that their assistants, parents and skaters are aware of the plan and know how to execute it.
- W. Safety being the major consideration for all skaters, Masters, Sport Class, Exhibition and Special Olympics competitors skate in separate divisions.
- X. As a safety precaution, starts during warm-ups at SSNB-Sanctioned competitions must be from the center line off the track in a counter clockwise direction. There are no starts from corners.

DEFINITIONS.

Ability Meet:

A competition where the skaters are seeded according to their best times in each distance as described in this Competitions Kit.

Age Class Meet:

A competition where the skaters are seeded according to their best times and based on their age class as described in this Competitions Kit.

Chief Recorder:

An individual selected by the Host Club to serve as the Chief Recorder for a meet.

Chief Referee:

An individual selected by the Host Club to serve as the Chief Referee for a meet

Coaches Deadline:

The last date for a club coach to raise any issues with the Chief Recorder regarding preliminary meet seeding.

Data Coordinator:

A member of the Meet Manager Coordinating Team who maintains and manages skater information for SSNB, including times, rankings, records, etc. as set out in this Competitions Kit.

Director of Athlete Development & Coaching:

The Chair of the SSNB Athlete Development and Coaches Committee

Director of Competitions:

The Chair of the SSNB Competitions Committee

Electronic Timing Equipment Manager:

An individual(s) who is the custodian of the electronic timing equipment and performs the duties set out in this Competitions Kit.

Host Club:

A Speed Skating Club that is a member of SSNB that is hosting a sanctioned meet.

Meet Manager Coordinating Team:

The individuals selected by SSNB to carry out some of the duties of the former SSNB Administrative Assistant position as set out in this Competitions Kit, and to assist with the use of Meet Manager at meets throughout the Province.

Meet Registrar:

An individual selected by the Host Club to receive all documents (see Appendices B and D) and payments from clubs participating in the Host Club's meet, as well as other duties as set out in this Competitions Kit.

Sport Class:

Category that includes skaters between the ages of 18 and 29 that are registered with a Club and SSC (competitive) and train in a recreational capacity.

SSC:

Speed Skating Canada

SSNB:

Speed Skate New Brunswick

Technical Director:

An individual employed by SSNB to assist the Board and specified committee's in a technical capacity.

Appendix 1.0 – Special Rules for 3000M Points Race

3000m Points Race - Racing Formats and Special Regulations (8-10 skaters on the line)

1. For the last distance (3000m Points Race), skaters will go directly to the finals based on the points accumulated during the 3 preceding distances.
2. Skaters will score points when they cross the line with 21, 14, and 7 laps remaining, as well as the finishing lap. Points are assigned as follows: 34, 21, 13, 8, 5, 3, 2 and 1 point. Double points will be awarded for the final lap, i.e. lap 27.
3. The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 7 laps remaining must go to the centre of the ice. They will earn 0 points for the remainder of the race. A skater is deemed to be lapped once overtaken by the lead skater. These lapped skaters shall retain all points earned earlier in the race. Skaters who are lapped following 7 laps remaining will continue to race and score points on the finishing lap. If a skater eliminates the entire field, the race will be declared over, and the skater will earn 1st place points for all remaining point laps.
4. Final placing in the event will be determined by the total number of points earned by each skater in the race. Skaters who do not complete the final lap and are tied in points shall remain tied. Should skaters who complete the final lap finish with an equal number of points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.
5. Penalized skaters shall receive no points for the race; however, points earned by those skaters during the race will not be re-distributed. They will receive last place final competition points for their final. 6. During the 3000m Points Races there will be a bell rung with 22, 15, 8 and 1 lap to go to indicate that the next lap is a points lap.