

Middle distance race starting procedure

- a. A line 50 cm back from the start line will be drawn and an area of around 1 metre for each skater will be marked out.
- b. The skaters are called one by one to the starting line by the starting judge in order of ranking. The skater chooses a vacant place on the starting line, his choice is definitive.
- c. If there are less than 6 skaters the first box near the inner edge is vacant.
- d. When all the skaters have been called, the start judge gives them the authorisation to take their place on the starting line by saying "in position". The skaters have 5 seconds to take their starting position. When all the skaters are immobile and after a short delay the start judge fires the gun.
- e. If a skater has any problem after the first signal "in position", he has the right to signal this problem to the starter judge by lifting a hand. This possibility is allowed only one time for each skater. In this case, the starter stops the starting procedure and asks all the skaters to leave the starting zone and then he resumes the starting procedure.
- f. On the Referee's order the start may be repeated when:
 - (i) if there is an involuntary obstruction between 2 or more skaters which provokes a fall
 - (ii) a fault occurs at the start (heats, semi-finals and finals) that may influence the outcome of the race in the opinion of the starting judge or Chief Referee.

Heats for middle distance race

FISS will determine the number of heats (or in the case of entries on the day, the Referee) to take place in the elimination phase, bearing in mind in each of these, that the number of athletes is about the same as the metres of the track's width. FISS will determine as well, how many athletes of each heat classify to the semi-finals and how many to the final. In each round at least two athletes must advance.

The heats will be made up according to the result of 100 or 300 metres individual Dobbin Sprints and the serpentine system.

The following is an example of an approximately six metre track:

1 2 3 4 5
10 9 8 7 6
11 12 13 14 15
20 19 18 17 16
21 22 23 24 25
30 29 28 27 26

The vertical columns represent each of the heats. The numbers correspond to the classification of the 200 or

300 metres individual Time Trials. In this case of 30 competitors, five heats of six skaters each will be skated. The first heat, for example, will be skated by skaters whose numbers are 1,10,11,21, and 30.

Athletes that did not take part in the 200 or 300 metres individual Time Trial will be seeded as number 31 onwards in the order determined by FISS or the Referee if the competitor enters on the day of the event.

A certain number of skaters will classify to the semi-finals, based exclusively in the order in which they finish the elimination heat.

Middle distance heats to final

From the heats, there will be four (4) skates promoted to the final.

Pupils, youth and masters

1st and 2nd will be promoted to the final. All other places will be taken from their heat times. The athletes who do not participate in the final will be classified according to the times obtained in the heats

The order for the final will be as follows for the skater(s) to select their starting position: -

- 1) Heat 1 – 1st position
- 2) Heat 2 – 1st position
- 3) Heat 1 2nd position
- 4) Heat 2 2nd position

Senior

1st position from heats 1,2 and 3 will automatically be promoted to the final. The 4th place will be the fastest 2nd place skater. The athletes who do not participate in the final will be classified according to the times obtained in the heats.

The order for the final will be as follows for the skater(s) to select their starting position: -

- 1) Heat 1 – 1st position
- 2) Heat 2 – 1st position
- 3) Heat 3 1nd position
- 4) Fastest 2nd place

Note:- Changes on the day may ONLY be made at the discretion of the Referee and assistant referee

Long distance race.

For the long-distance race, a standard start produce will be used. There will be heats for pupils (both boys and girls), youth boys, senior men and master's men. The 1st, 2nd and the next 2 fastest skaters will be promoted to the final. The athletes who do not participate in the final will be classified according to the times obtained in the heats

The order for the final will be as follows for the skater(s) to select their starting position: -

- 1) Heat 1 – 1st position
- 2) Heat 2 – 1st position
- 3) Heat 1 - 2nd position
- 4) Heat 2 - 2nd position
- 5) Heat 1 – fastest skater outside the top 2
- 6) Heat 2 – 2nd fastest skater outside the top 2