



Important Recent Rule Changes for Short Track

*Please note this document was created to assist you in accessing the information quickly but was pulled from the ISU Special Regulations and Technical Rules (Green Book) published on September 17th, 2014.**

Rule 298

Heat Box

- a) *The end of the race is declared by the Referee. Different means can be used to communicate that information to the Skaters and all Officials. Any Skater who has not yet finished will be declared finished by the Referee, but no time will be assigned.*
- b) *After the end of the race there is a limited time to leave the ice. This time may be illustrated by technical equipment.*
- c) *Skaters have to go on the ice through the heat box only. Skaters who do not go through the heat box will receive a penalty and are excluded from the race. When the Heat Box Steward has allowed the Skaters to access the ice they are free to move over the entire ice surface.*
- d) *Once the Referee has decided that all necessary arrangements have been completed for the race to come, he will inform the Starter.*
- e) *The Starter will blow a whistle. From this moment there is a limited time for the Skaters to get to the starting area. This time may be illustrated by technical equipment. Skaters who arrive after this time will be given a warning by the Starter. Skaters who do not arrive are excluded from the race and will be recorded as "Did not Start".*

Starting Procedure

- a) *On the command "go to the start" the Skaters shall place themselves at their respective dot at the starting line. The Skaters have to stand still until the Starter calls "ready", whereupon they have to take their starting position immediately with the center of the body over the respective dot and keep this position absolutely until the shot is fired;*
- However, if more than 5 Skaters are starting in a race, the starting dots will not be used, and the Starter will direct the Skaters in the respective order of their position to the starting line.
If due to the number of Skaters in a race a second row is required at the start then the Skaters at this line will be positioned as far as possible to the outside of the track in the order of the lane positions.*
- b) *If a Skater takes his starting position before the command "ready" or leaves his position or moves any part of his body after the command "ready" and before the shot is fired, it is a false start;*
 - c) *If a Skater places his skate partially or completely on or over the starting line, it is a false start.*
 - d) *If a Skater does not have both skates on the ice, i.e. full contact over the length of the blades, it is a false start (effective as of July 1, 2015).*
 - e) *If a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to make a new start according to subparagraph a);*
 - f) *If a false start takes place, the Skaters will be recalled with a second shot, or blast with a whistle. The Skaters must return to the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.*
 - g) *If all Skaters remain in the starting position despite a false start, the Starter shall re-start the race using only the command 'ready'. If the Skaters must be re-assembled for the start, the complete starting procedure shall be respected. The Skater or Skaters who made the false start, will be assessed a false start;*



- h) If more than one Skater is responsible for a false start they shall all be assessed a false start;
- i) If one of the Skaters breaks from his marks, thereby causing other Skaters to follow him, only the Skater at fault shall be assessed a false start;
- j) After a race has been called back for a false start, then any subsequent false start by any of the Skaters will result in a penalty for the Skater(s) concerned.
- k) - Any Skater that by his action delays the start will receive a warning.
- in the case of a false start or a second warning to a skater who has already received a warning the Starter shall tell the Skater that he gets a penalty.
- Any warnings for delays do not effect the other skaters on the starting line.

Albeit not exactly new, we are now seeing the below come up more often during our competitions and are worth mentioning:

Rule 297

Individual racing rules

YELLOW CARD:

If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned.

Any Skater who is shown the Yellow Card twice in the same Competition will be sanctioned by a Red Card, will be excluded from the Competition immediately and will not be ranked in the final classification.

A Yellow Card given to a Relay Team is not cumulative to any Yellow Card given to an individual Skater and vice versa.

RED CARD:

1) If an infringement of the Racing Rules is deemed to be dangerous or grossly negligent or a violation of the ISU Code of Ethics happens in the period between the appearance of a Skater at the Heat Box In and leaving the Heat Box Out after a race, the Referee will show the Skater a Red Card. The Skater will be disqualified from the Competition, including the Relay race, and will not be ranked in the final classification. If a member of a Relay team receives a Red Card during the Relay race, the Relay team is disqualified and will not be ranked in the final classification. The respective Skater is excluded from the Competition and will not be ranked in the final classification. The Skater/Relay team will forfeit prior points/results accrued in all races of the Competition.

2) In the case a Skater is shown two Yellow Cards in the same Competition, the Skater will be shown a Red Card.

3) A Red Card may also be shown to the Skater for any action and behavior, either on or off ice during the event period, i.e. the beginning and the end of an event as established by the ruling body of the event, which is considered by the Referee as

i) non-compliance with instructions of an official in charge

ii) a violation of the ISU Code of Ethics.