



2019 Canada Winter Games Long Track Speed Skating Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

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**2019 Canada Winter Games
Long Track Speed Skating Technical Package**

1. SPORT: SPEED SKATING (LONG TRACK)

2. PARTICIPANTS:

2.1. Competitors:

4 males; 4 females.

2.2. Staff:

1 Long Track coach and 1 Long Track manager.

One Long Track staff member must be male; one Long Track staff member must be female.

One of the two coaches for Long Track and Short Track must be female.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (Spectator Areas)
 - Team Areas (Athletes Lounge, Change Rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

One skate technician will be added to the list of Major Technical officials that will be accessible to all teams at the Long Track venue. Teams will be able to use their own technicians. However, no accreditation for additional staff will be granted to the Field of Play.

3. CLASSIFICATION:

Competitors who have reached the age of 14 on June 30th, 2018 but have not reached the age of 20 as of June 30th, 2018.

Year of Birth: July 1, 1998 to June 30, 2004 inclusive.

Exemptions for exceptional athletes may be granted through the 2019 Red Deer Canada Winter Games Minimum Age Exemption Criteria - please see Appendix 6.

4. ELIGIBILITY

4.1. Coaches:

Coaches on the official registration form must be fully certified in the Competition-Development context under the National Coaching Certification Program (NCCP) in Speed Skating. These coaches must be so certified not later than 90 days before the opening of the Games (November 17, 2018).

Coaches who do not meet the Canada Games coach certification requirements must apply for an exemption through their Provincial or Territorial Chef de Mission.

For more information on the coach certification pathway, please see Appendix 2.

4.2. Team Manager:

Team Managers are not required to have any coaching certification. Branches may set their own criteria based upon the perceived needs within the branch. However, any Team Manager without the minimum Introduction to Competition certification will not be allowed in the coaching box.

4.3. Competitors:

Excluded from the Canada Games are:

- Senior National Team athletes (as defined by Speed Skating Canada and approved by the Canada Games Council)*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes who have previously competed at the following events: Senior World Championships, Olympic Games, World Cup competitions, or FISU Games.

If a skater competed in one of the above competitions in Long Track, they would remain eligible to compete in the Canada Winter Games in Short Track.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 17, 2018).

* Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

Speed Skating Canada Rules shall prevail.

Long Track (scheduled over 4 days; may be subject to weather conditions)

Women: 500m, 1000m, 1500m, and 3000m, Team pursuit-6 laps and Mass start-10 laps

Men: 500m, 1000m, 1500m, and 5000m, Team pursuit-8 laps and Mass start-10 laps

These events will be skated Olympic-style on a standard 400m track.

The racing format is outlined in the Long Track Field of Play Regulations (Appendix 4).

6. SPORT SCORING:

Those competitors who complete an event will be ranked ahead of those who start but do not complete the event. The competitors that start but do not complete the event will receive last place points unless there is a penalty/disqualification. The competitors who do not complete a race will be ranked ahead of a penalized/disqualified skater in the race. **A disqualified skater will receive last place points.**

6.1. Individual

The Province/Territory's three best results in every event will count towards the Provincial/Territorial ranking point total.

Position	Pts	Position	Pts	Position	Pts
1st place	100	23rd place	63	45th place	41
2nd place	97	24th place	62	46th place	40
3rd place	94	25th place	61	47th place	39
4th place	91	26th place	60	48th place	38
5th place	88	27th place	59	49th place	37
6th place	85	28th place	58	50th place	36
7th place	83	29th place	57	51st place	35

8th place	81		30th place	56		52nd place	34	
9th place	79		31st place	55				
10th place	77		32nd place	54				
11th place	75		33rd place	53				
12th place	74		34th place	52				
13th place	73		35th place	51				
14th place	72		36th place	50				
15th place	71		37th place	49				
16th place	70		38th place	48				
17th place	69		39th place	47				
18th place	68		40th place	46				
19th place	67		41st place	45				
20th place	66		42nd place	44				
21st place	65		43rd place	43				
22nd place	64		44th place	42				

6.2. Team Pursuit Competitions

In the Team Pursuit events there are 13 scoring positions, with points allocated for 1st through 13th as follows:

Position	Pts		Position	Pts		Position	Pts		Position	Pts
1st place	150		5th place	110		8th place	80		11th place	50
2nd place	140		6th place	100		9th place	70		12th place	40
3rd place	130		7th place	90		10th place	60		13th place	30
4th place	120									

7. PROVINCIAL/TERRITORIAL RANKING:

The final Provincial/Territorial ranking will be determined by the cumulative totals of the team points from each Short Track and Long Track event. There will be a separate ranking for men and women. Points for the Games Flag will be awarded as follows:

1 st Place – 10 Points	5 th Place – 6 Points	9 th Place – 2.5 Points
2 nd Place – 9 Points	6 th Place – 5 Points	10 th Place – 2 Points
3 rd Place – 8 Points	7 th Place – 4 Points	11 th Place – 1.5 Points
4 th Place – 7 Points	8 th Place – 3 Points	12 th Place – 1 Point
		13 th Place – 0.5 Points

8. TIE BREAKING RULE – COMPETITION:

If there is a tie after the normal speed skating rules are applied, ties will not be broken in assigning individual ranks. Athletes will be given the same rank and the next rank is eliminated.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

Should a tie occur in final Provincial/Territorial standings, the Province/Territory with the greatest number of event first places will be assigned the highest ranking. If a tie still exists, the procedure is repeated for second places, then third places, etc.

If the tie persists, the Province/Territory with the highest team standing in the last event completed will be assigned the highest ranking, then the second last event, etc.

10. MEDALS:

GOLD: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit

SILVER: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit

BRONZE: 18 in total; 10 for each individual event, 8 for the LT Team Pursuit

11. COMPETITIVE UNIFORM:

Appropriate speed skating attire as described in the Procedures and Regulations of Speed Skating Canada (D3-200 and D3-300 Mass Start) shall be worn. Clarification of this rule has occurred where all mass start skaters must wear cut resistant clothing meeting or exceeding the minimum standards as established by the ISU. Neck protection must be worn made of Kevlar, Dyneema or ballistic nylon. Please refer to Red Book rule D3-300 and ISU rule 2038 for more information. Provincial/Territorial colors must be worn.

12. EQUIPMENT:

For Long Track, the equipment worn by the skaters must conform to D-3 of the SSC Procedures and Regulations.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

Appendix 1 – Competitor Eligibility

Appendix 2 – Coach Certification Requirements

Appendix 3 – Performance Guidelines

Appendix 4 – Long Track Field of Play Regulations

Appendix 5 – Field of Play Appeal Procedure

Appendix 6 - 2019 Red Deer Canada Winter Games Minimum Age Exemption Criteria

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

NCCP Competition-Development Coach Training and Certification Pathway for Speed Skating

This program is for coaches coaching Canada Winter Games and ISU Junior A, B, C level & up athletes (Train to Train, Learn to Compete, Train to Compete).

Step 1

Attend Multi-Sport Modules:

1. Developing Athletic Abilities Pre-course assignment online (www.coach.ca). Login to The Locker.
2. Developing Athletic Abilities multi-sport module (MSM). Register through a province/territory (www.coach.ca).
3. Prevention & Recovery of Injuries
4. Psychology of Performance

Step 2

Register for Speed Skating Canada Comp-Dev training & certification program.

Contact: Speed Skating Canada (ssc@speedskating.ca)

Step 3

Attend Speed Skating Training Modules:

1. Introductory Webinar
 2. Developing Speed Skating Physiology Webinar
 3. Performance Planning Webinars
 4. Performance Planning Workshop (2 days)
 5. Plan a Practice – Comp-Dev Webinars
 6. Technical Model Webinar
 7. Analyze Performance (Technical/Tactical) Workshop (2 days)
 8. Tapering and Peaking Webinar
 9. Manage a Sport Program Webinar
- *Webinars take place May - September

Attend Multi-Sport Modules (can occur at any time prior to evaluation):

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Complete Multi-Sport Online Evaluations:

1. Making Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

Speed Skating Evaluation:

1. Portfolio: to include the following submissions
 - a. Developing Speed Skating Physiology
 - i. Two (2) sample training protocols for speed (alactate/lactate), aerobic power, lactate capacity
 - b. Performance Planning
 - i. A Yearly Training Plan
 - ii. A sample microcycle from each macro cycle
 - iii. A training camp program
 - iv. A competition plan
 - c. Plan a Practice
 - i. Three (3) sample practice plans from different periods of the season
 - d. Analyze Performance Technical
 - i. Analysis of a skater, straight away, corner, start
 - ii. Corrective exercises for identified performance gaps
 - e. Analyze Performance Tactical
 - i. A race analysis
 - ii. A race plan
 - iii. A competition plan
 - f. Taper and Peaking
 - i. A four (4) week training plan leading to a major competition
 - g. Manage a Sports Program
 - i. A communication plan for skaters, parents and stakeholders
 - ii. A performance recruitment plan
2. Direct Observation – in Training
3. Direct Observation – in Competition

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Long Track Speed Skating is about times and the skater who performs the best time on the day wins. It is difficult, however, to compare times from one competition to another or even day to day. The conditions in which races are skated has a major impact on the time skated. The difference between skating indoors on the Calgary Oval versus a very cold and windy day in Winnipeg is substantial. This makes it difficult to identify a Performance Guideline that is valid from one Games to another.

As the 2019 Canada Winter Games will take place outdoors and the majority of the 2015 Games took place within an indoor facility, the performance guidelines from the 2011 Games in Halifax will remain in place for 2019.

As the format now replaces the 3000m with the 1000m for men, there is no performance guideline for the 1000m. Likewise, there are no performance guidelines for the mass start events as they are new.

To identify a performance guideline for Long Track the following process was used:

1. The times skated at the 2011 Canada Winter Games in Halifax were used as the reference point.
2. The times skated for each distance were plotted on a graph, from fastest to slowest.
3. A decision was taken to set the Performance Guideline in the top half of the skaters, but preferably where a natural break in performance level is visible.
4. To round the number up or down to make it easier to remember (for coaches, athletes and administrators).

The guidelines that follow are not intended to represent minimum performance standards expected of athletes or to guide provinces/territories in their selection of athletes. These numbers are intended to provide an assessment of a) whether performance levels within the Canada Games are improving and b) whether the depth of skaters at the high performance end of the event is increasing. The number of skaters who skated under the Performance Guideline is shown in brackets.

Performance Guidelines

Women	500m	1000m	1500m	3000m
	45 secs (14)	1:32 (13)	2:24 (12)	5:06 (10)

Men	500m	1500m	3000m	5000m
	42 secs (17)	2:11 (14)	4:40 (13)	7:44 (10)

Additional Areas for Consideration	Guidelines
Volume of Training	Speed Skating Canada's LTPAD model links T2C level with recommended volume of training. More information can be obtained from Speed Skating Canada's LTPAD document
Level of Competition	Athletes who compete at the Canada Games will have preferably competed in at least a Canada Cup level event.

APPENDIX 4 – LONG TRACK FIELD OF PLAY REGULATIONS

This document is based on ISU Special Regulations & Technical Rules for Speed Skating 2016.

These will be updated when the new ISU Regulations & Technical Rules and the updated ISU World Cup Communications are published.

Rules:

The competition rules used for the Canada Games Long Track event will be ISU Rules. If there is a discrepancy between this document and the ISU rules, this document shall prevail.

Schedule:

Day 1 (Saturday)	Men's 1500m Women's 1500m
Day 2 (Sunday)	Men's 500m, 500m and Team Pursuit Women's 500m, 500m and Team Pursuit
Day 3 (Monday)	Training day (reserve day in case of bad weather)
Day 4 (Tuesday)	Men's 5000m Women's 3000m
Day 5 (Wednesday)	Men's 1000m and Mass Start Women's 1000m and Mass Start
Day 6 (Thursday)	Reserve day in case of bad weather
Day 7 (Friday)	Reserve day in case of bad weather

The women's and men's 500m, 1000m and 1500m races will be in pairs.

The women's 3000m and men's 5000m will be skated in quartets.

The order of racing each day will alternate men's and women's events. On the first day and third day, men will race first and on the second and fourth days, women will race first.

In the event of bad weather, the Canada Winter Games Speed Skating Jury of Appeal may reschedule the events.

Results:

Over all distances, the time shall be measured to the accuracy of one hundredth of a second. If the timing system used displays accuracy beyond one hundredth of a second, these decimals shall be ignored when deciding the official time. If two skaters in the same pair have the same time, ISU Rule 220.3 applies.

Results from the 500m competition (final rank):

Skaters will be ranked according to the total time for the two races with the fastest skater winning the gold medal (ISU 265.2). If there is a tie in total time, ISU rule 265.2 applies.

If for any reason the Canada Winter Games Speed Skating Jury of Appeal decides the second 500m cannot be raced, the final ranking for the 500m will be based on the results after the first 500m.

Results from the 1000m, 1500m, 3000m, 5000m competition (final rank):

Skaters will be ranked according to the fastest time, with the fastest skater winning the gold medal (ISU 220 and ISU 265).

Results from the Mass Start (final rank):

The results are determined by the total number of points gained by the skaters. Points are awarded for the intermediate sprints and for the final sprint. The remaining skaters are ranked according to their order of finish. The system for awarding points shall be such that the first three finishers of the final sprint will also gain the top 3 ranks in the results of the race (ISU 253.4 X), and ISU 265.7 a)).

Results from the Team Pursuit (final ranking):

The time recorded for each team will be the finish time of the third member to cross the finish line, with the fastest team winning the gold medal (ISU 240.6e). Medals will be awarded to the top three Provinces/Territories and to each skater from these three teams, who competed in the Team Pursuit.

Sport Scoring and Provincial/Territorial Ranking:

Sport Scoring and Provincial/Territorial ranking will be based on the 2019 Canada Winter Games Long Track Speed Skating Technical Package.

Seeding:

The skaters' seeding will be the skaters' performances in the appropriate distance at the Canadian Junior Long Track Championships / Canada Cup #2.

If for any reason these distances are not completed at the Canadian Junior Long Track Championships / Canada Cup #2, the seeding will be the appropriate distances at Canada Cup #3. If a distance is not completed at both Canada Cup #2 and #3, the 2018 Canadian rankings – Long Track will be used for seeding.

Skaters who are eligible for the Canada Winter Games and do not compete at the Canada Cups because they are representing SSC at an ISU World Championships or World Cup event will be seeded in Group 1. They will be ranked first in order of their selection to an ISU World Championships and then in order of their selection to an ISU World Cup event.

The skaters will be Grouped based on the seeding as defined above.

- Group 1: Top 8 ranked skaters based for the distance
- Group 2: The next 8 ranked skaters for the distance
- Group 3: The next 8 ranked skaters for the distance
- Group 4: The next 8 ranked skaters for the distance
- Group 5: All remaining ranked skaters
- Group 6: All unranked skaters

Skaters representing the same Province/Territory should not compete in the same pair (ISU Rule 243.1).

Seeding Exceptions:

The second race of the 500m will be seeded based on performance in the first 500m allowing for lane changes (ISU 240.6 c)).

For the women's 3000m, skaters will be paired from the Canada Winter Games women's 1500m, with the order of skating from lowest ranked to highest ranked (fastest). Skaters who did not compete in the 1500m will be unranked. These unranked skater(s) will skate in the first pair(s). If there is more than one unranked skater, their order of skating and lanes will be determined by a draw.

For the men's 5000m, skaters will be paired from the Canada Winter Games men's 1500m with the order of skating from lowest ranked to highest ranked (fastest). Skaters who did not compete in the 1500m will be unranked. These unranked skater(s) will skate in the first pair(s). If there is more than one unranked skater, their order of skating and lanes will be determined by a draw.

For the women's Team Pursuit the teams will be paired from the Province or Territory's second fastest skater Canada Winter Games 1500m performance (ISU 243.3a)). (If for any reason the women's 1500m has not been skated at the Canada Winter Games, the most recent Canada Cup ranking for the 1500m will be used for ranking).

For the men's Team Pursuit, the teams will be paired from the Province or Territory's second fastest skater Canada Winter Games 1500m performance (ISU 243.3a)). (If for any reason the men's 1500m has not been skated at the Canada Winter Games, the most recent Canada Cup ranking for the 1500m will be used for ranking).

For the men's and women's Mass Start, the skaters will be ranked from the Canada Winter Games 1500m with the fastest skater being in start position 1. (If for any reason the 1500m has not been skated at the Canada Winter Games the most recent Canada Cup ranking for the 1500m will be used for ranking). Skater(s) who did not compete in the 1500m will be unranked. These unranked skater(s) will have their start position determined by draw. Their start positions will be drawn after all ranked skaters' start positions are determined.

Order of Racing:

Normally the events will be raced with the highest ranked Group racing last. However, weather and ice conditions may necessitate changing the order to the highest Group racing first. This decision will be made by the Canada Winter Games Speed Skating Jury of Appeal, who will consult with the Ice Commission.

The Canada Games Technical Representative will replace the representative of the ISU on the Ice Commission (ISU 229.2, .3 and .4). Decisions made by the Ice Commission are final and not subject to appeal.

Team Pursuit:

The Team Pursuit will be skated as per the ISU rules (ISU 261.1) (Women – 6 laps, Men – 8 laps). Teams are to be entered by Province or Territory and are composed of a minimum of three skaters and a maximum of four skaters of the appropriate gender.¹ The competitors are restricted to the skaters who represent their Province or Territory in the Long Track Speed Skating at the 2019 Canada Winter Games.

The finishing time of the Provincial or Territorial team will be determined as the finish time of the third skater on the team to cross the finish line. If less than three skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified (ISU 261.1).

The format will be a Time Trial. The teams will be paired according to their seeding (time of the second ranked Provincial or Territorial team member in the women's 1500m or men's 1500m). The two best-seeded teams shall skate at the end (ISU 243.4a)).

Starting Lanes: In all races, the fastest seeded team will start at the 1000m finish line.

Disqualification: A team that is disqualified will be considered as placed last in the event. If more than one team is disqualified, they will be considered as tied for the last place.

Results from the competition (final rank): The teams will be ranked according to the time for the team with the fastest team winning the gold medal.

Mass Start Event:

The Mass Start event will be skated as per the ISU rules (ISU 253.4 b)) and ISU Communication No. 1690.

Disqualifications: Any skater who is disqualified in a distance will receive the last place rank. Skaters who do not complete the race will be ranked ahead of a disqualified skater. Skaters not completing the race will be ranked according to the order by which they were removed from the race (lapped). If more than one skater is disqualified they will receive the same rank.

¹ This means that a team can be made up of either three or four skaters but they must be from a member of the Provincial/Territorial Canada Winter Games long track team. That means they must not be from short track or any other sport and must be of the appropriate gender.

Provincial/Territorial Team Uniforms

During the Canada Winter Games the athletes must wear a competition uniform (skin suit) identified as belonging to the Province/Territory they represent (as per ISU 223 and the Canada Games Technical Package Section 11 (Competitive Uniform) and the Canada Games Council Commercialization and Sponsorship Policy).

Members of a Provincial/Territorial team must wear racing uniforms with identical designs (ISU 223).

If there is a conflict between ISU, SSC and Canada Games Regulations regarding uniforms, the Canada Games Technical Package shall prevail.

Canada Winter Games Speed Skating Jury of Appeal

The Canada Winter Games Speed Skating Jury of Appeal would include the ST and LT Technical Representatives, senior LT referee, senior ST referee and a member of the Canada Games Council Technical Staff. If an appeal arises that is beyond the jurisdiction of the ISU and SSC field of play competition rules and cannot be satisfactorily resolved by the field of the play personnel then it would be brought to the Canada Winter Games Speed Skating Jury of Appeal for a timely decision (no more than 24 hours).

Ice Commission

The Ice Commission consists of the SSC assigned referees and the Canada Winter Games Speed Skating Technical Representative. The Ice Commission shall determine the ice preparation procedure in consultation with the technical expert of the ice rink (ISU 229.2). The procedure shall be announced at the draw meeting and shall be included in the starting protocol. The Ice Commission has the right to alter the announced procedure of the preparation of the ice. In this case, the Provincial/Territorial leaders will be immediately informed about all changes in procedure.

APPENDIX 5 – FIELD OF PLAY APPEAL PROCEDURE

In Speed Skating there is an appeals process in place as described by ISU 123 and 124. In Short Track there are no protests or appeals for field of play infractions and in long track it is possible to file protests to the referee who will consult with the other referees and make a decision. There is no higher appeals process on field of play decisions. The Speed Skating Canada Procedures and Regulations make no mention of any other appeal process. These decisions are final.

In the Canada Games there are a separate set of technical regulations that have a wider scope than normal speed skating competition regulations. These documents (the Short Track and Long Track Canada Winter Games Technical Packages and the ST and LT Field of Play Regulations) are approved by Speed Skating Canada and the Canada Games Council. However these documents are only used once every four years and it is possible that they will not clearly resolve all issues. These issues must be addressed objectively and in a timely manner. The Speed Skating Canada Formal Appeals process is not really designed to accommodate the Canada Winter Games concerns, therefore a Canada Winter Games Speed Skating Jury of Appeal is proposed as the step between the field of play process and the formal Canada Games Appeals process.

The Canada Winter Games Speed Skating Jury of Appeal would include the ST and LT Technical Representatives, senior LT referee, senior ST referee and a member of the Canada Games Council Technical Staff. If an appeal arises that is beyond the jurisdiction of the ISU and SSC field of play competition rules and cannot be satisfactorily resolved by the field of play personnel then it would be brought to the Canada Winter Games Speed Skating Jury of Appeal for a timely decision (no more than 24 hours).

The Canada Winter Games Speed Skating Jury of Appeal would be chaired by the Speed Skating Canada Technical Representative responsible for the discipline (ST or LT) that is the source of the appeal.

In any case where the ST or LT Technical Representative anticipates issues based on the Technical Packages interpretation the Canada Winter Games Speed Skating Jury of Appeal would be consulted for advice and a decision.

APPENDIX 6 - 2019 RED DEER CANADA WINTER GAMES MINIMUM AGE EXEMPTION CRITERIA

Speed Skating Canada (SSC) has established a minimum age of 14 on June 30th, 2018 for participation in the 2019 Canada Winter Games. This age corresponds with the minimum Junior Age of the International Skating Union (ISU). While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. As recognized by the scientific literature supporting SSC's Long Term Participant and Athlete Development Model (LTPAD), individuals have different rates of growth, development and maturation, developing physically, socially, intellectually and emotionally at different rates.

The purpose of the minimum age criterion is to help ensure that participation in the Canada Winter Games is developmentally appropriate for participating skaters. The intent behind the criterion is to avoid situations where athletes are encouraged to pursue developmentally inappropriate and potentially harmful training and competition experiences. The purpose of the exemption process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of skaters.

The Canada Winter Games is a high-profile event among funders and the media in which the speed skating competition includes racing events that are considered developmentally appropriate for skaters who have experienced peak height velocity (PHV) and whose linear growth is decelerating. This is generally associated with athletes exiting the Training to Train, or within the Learning/Training to Compete stages of development, and a social environment appropriate for individuals in late adolescence and early adulthood. With the established age category, the vast majority of skaters are nearing physical maturity with their linear growth rate decelerating. Further, the large majority of age eligible skaters will have gained the life and sport experiences to enable them to cope with the emotional and social stress of a weeklong multi-sport experience.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Manager, Coach, Athlete and Competition Development at Speed Skating Canada Head Office at least 4 weeks prior to the first provincial/territorial selection event for the 2019 Canada Winter Games. Requests for exemption should be made using the [age re-classification form](#) available from Speed Skating Canada and include the information described below.

The Competitions Development Committee will review the request and render a decision within 21 days of having received the application for a minimum age exemption.

Assessment Criteria for Exemptions to the 2019 Canada Games Minimum Age Regulation

The provincial/territorial sport organization should demonstrate in their request for exemption that an athlete's skating ability, growth, development and maturation are at a level which corresponds to that of the majority of athletes exiting the Training to Train stage of development and that participating in the Canada Winter Games will be a meaningful, developmentally appropriate competitive experience for the skater. All skater development data submitted will be compared to normative data for the population at large, and the skating results of participants

meeting the minimum age criteria in the current season and at previous Canada Winter Games. Specifically, SSC will be seeking to confirm that the skater's growth, development and maturation is consistent with skaters exiting the Training to Train stage of development. As part of the submission, the following documentation should be provided:

Skater Development Information

The following documentation with regards to the skater's development should be submitted:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years' experience in speed skating and other sport programs.
2. All physiological testing results available from the past 12 months including VO2 Max, Wingate, Vertical Jump, Leger-Boucher and other recognized testing protocols. Results submitted will be compared to normative data for athletes at the beginning of the Learning to Compete Stage of Development.
3. Records of the athlete's height taken at 3-month intervals, over the previous 36 months period. Measurements should follow the protocol laid out in the document: "The Role of Monitoring Growth in Long-Term Athlete Development" (Istvan Balyi & Richard Way). If less than 36 months data are available, current data should still be submitted. This data will be reviewed to confirm that the athlete has entered a phase of decelerating growth.
4. Examples of successful participation in other sporting competitions or other experiences that support this athlete's readiness for the 2019 Canada Games.

Other Documentation

1. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.
2. A letter of support from the skater's primary coach confirming the skater's readiness to participate in the Canada Winter Games. As part of this letter the coach should include his or her level of certification and coach certification number.
3. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for and does have a positive experience at the Canada Winter Games, including formal support from the Branch for the submission.
4. A letter of support from the Chef de Mission.

PLEASE NOTE: Any athlete who is granted an exemption to compete and is subsequently nominated to their provincial/territorial Canada Games team will need to submit signed waiver and release forms to the Speed Skating Canada national office prior to the date that their nomination must be submitted to the Canada Games Council/Host Society.

The waiver and release forms are available from Speed Skating Canada.