

BC Speed Skating Association

Regional Stream Events Manual



October 2012

Introduction

Speed skating is racing on skates. Since the advent of the “Long Term Participant and Athlete Development” (LTPAD) model, the events held at speed skating competitions in British Columbia and across the nation, have shifted to reflect that not all racing must be held on a traditional oval, counter-clockwise. Indeed, the International Skating Union (ISU) has begun to incorporate different formats of racing into international events, e.g. the team pursuit and mass start race in long track. New international events in short track are in the trial stage.

However, the move to new events and new racing formats has been complicated by the lack of consistency. This manual is meant to serve as a resource document for Meet Coordinators, Officials, Coaches, parents and skaters. It outlines appropriate speed skating events for skaters in the British Columbia Speed Skating Association (BCSSA) Regional Stream:

- Active Start (AS) skaters (0-5 years)
- Fundamentals (FUNd) skaters (females 6-8 and males 6-9 years)
- Select Learn to Train (L2T) skaters (females 9-11 and males 10-12 years)
- Select Train to Train (T2T) skaters (females 11-14 and males 12-15 years).

The events raced by these athletes should be a combination of traditional racing and skills-based racing, as defined in the table below. An effort to include both individual and team events was made.

| | Traditional Racing | Skills-Based Racing |
|-------------------|---|--|
| Definition | Racing around a marked oval, traditional speed skating rules (regarding penalties, passing etc.) apply. In this age group, races will be held on a 100m track (ST) or 400m track (LT) and will be raced in a counter-clockwise (CCW) and clockwise (CW) direction. Races can be mass start or other (see below for details). | Racing events (timed or mass start) that are not on the traditional speed skating oval. These races challenge the overall ability of the skater, including the skater’s “ABCs” (agility, balance and coordination). |
| Rationale | Traditional racing is integrated into the program to prepare skaters for their transition into the T2T age groups and above. This type of racing is also good for measuring improvements by time (i.e. “PBs”). SSC has officially adopted the 100m track (ST) for skaters in the T2T group. Skaters in younger groups can be on a 100m track or smaller. | In the FUNd and L2T age groups, fundamental movement and fundamental sport skills are being learned and emphasized. Skaters begin to specialize into a type of skating (e.g. speed skating, figure skating, hockey etc.) towards the end of the L2T and/or into the T2T age group. Skaters in the FUNd and L2T age groups should be competent skaters in all directions. |

Recommended Events

Each competition, festival or practice will differ and organizers are encouraged to choose events based on their unique situation. Factors to consider include: amount of ice time, previous knowledge/experience with events, age/ability of skaters and number of skaters. The following list suggests recommended events from which organizers can choose. It is recommended that organizers publish a list of events prior to the start of the competition, in order that coaches and skaters can arrive prepared.

Please note that page numbers correspond to the detailed description of the event within this manual. Those events without descriptions in this manual are run based on traditional speed skating rules.

Short Track: Traditional Racing

| | |
|---|--------|
| Counterclockwise mass start race (50m, 100m, 200m, 300m, 400m, 2000m) | n/a |
| Clockwise mass start race (50m, 100m, 200m, 300m) | n/a |
| Partner (2-person) relay (1500m) | n/a |
| Team (3- or 4-person) relay (2000m) | n/a |
| Push-and-chase relay | Page 3 |
| Parloff relay | Page 4 |
| Keirin event | Page 6 |
| Pursuit races (100m, 200m) | Page 7 |
| Points race (2000m) | Page 8 |

Short Track: Skills-Based Racing

| | |
|---|---------|
| Backwards (reverse) race (50m, 100m) | n/a |
| Straight-line mass start race (27m) | Page 11 |
| Straight-line team race (shuttle relay) | Page 13 |
| Candy cane race | Page 15 |
| Long track style relay | Page 17 |
| Loop d'whirl | Page 19 |

Long Track: Traditional Racing

| | |
|---|---------|
| Straight-line mass start race (25m, 50m, 100m) | n/a |
| Counterclockwise mass start races (200m, 300m, 400m, 2000m) | n/a |
| Clockwise mass start races (200m, 300m) | n/a |
| Olympic style sprint (100m) | n/a |
| Push-and-chase relay | Page 21 |
| Parloff relay | Page 22 |
| Track and field style relay | Page 24 |

Long Track: Skills-Based Racing

| | |
|---|---------|
| Straight-line team race (shuttle relay) | Page 26 |
| Candy cane race | Page 28 |
| Long track style relay | Page 30 |



Short Track Event: Push-and-Chase Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** 2-6 **Participants per Team:** 2

Equipment Required: Traditional speed skating track set-up.

Procedures and Rules:

1. Each team of two lines up at the start line with the "pushee" in front (on the line) and the "pusher" behind.
2. At the gun, the pusher gives the pushee a relay push, then lets go.
3. The pusher chases after the pushee and pushes them again. The pushee is gliding in basic position (no skating). The pusher continues to chase the pushee and gives them a relay push.
4. After two (2) laps, the pushee and pusher change roles and continue. At no time are both skaters on a team skating.
5. Each skater is the pushee twice and the pusher twice (i.e. eight (8) lap race total).
6. First team across the line wins.

Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|--|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input checked="" type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Number or repetitions of laps skated can be adjusted as appropriate.

- This event can be modified for long track (please see "LT Event: Push-and Chase Relay").



Short Track Event: Parloff Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 4 **Participants per Team:** 5

Equipment Required: Traditional speed skating track set-up plus four "markers" (e.g. pylons): one at the start/finish line (A), apex block corner 1 (B), 500m start line (C) and apex block corner 2 (D).

Procedures and Rules:

1. Skaters are grouped into teams of five (5).
2. Skater #1 will stand at position A. Skater #2 will stand at position B. Skater #3 will stand at position C. Skater #4 will stand at position D. Skater #5 stands behind the start line at position A.
3. When the gun goes, skater #1 skates from A to B and tags their teammate. Skater #1 will remain at position B. Skater #2 skates from B to C and tags their teammate, then remains at position C. Skater #3 skates from C to D and tags their teammate, then remains at position D. Skater #4 skates from D to A and tags their teammate (skater #5), then remains at position A. Skater #5 skates from A to B and tags their teammate, then remains at position B.
4. The race continues with skaters going from position to position.
5. The winning team is the first team to have all of their team members back at the position at which they started, with all team members in basic position. Each team member should have skated four (4) relay legs.

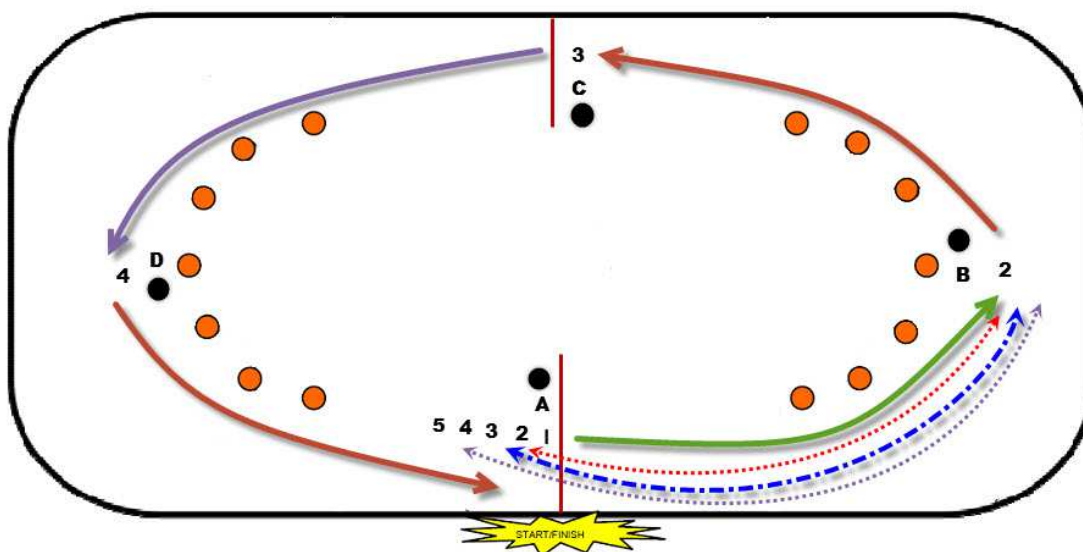
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: With older/more experienced skaters, it may be more appropriate to have 3-person teams, with each relay leg being half a lap long (i.e. skater #1 skates from A to C above, tags skater #2 who skates from C to A and tags skater #3 who skates from A to C). Skaters of any age could provide a speed skating relay push to their teammate in place of a simple “tag”. Ensure that skaters are aware in advance whether to expect a tag or a push.

- This event can be modified for long track (please see “LT Event: Parloff Relay”).



Short Track Event: Keirin Event

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** up to 10 racers

Equipment Required: Traditional speed skating set-up plus one "pacer" skater.

Procedures and Rules:

1. All nine (9) skaters line up for a start - eight (8) racers and the pacer. The pacer should be in starting position number 1. On the gun, the skaters do a "soft start" to position themselves in a pack or train behind the pacer. No racer is allowed ahead of the pacer.
2. The pacer will lead the racers around eight (8) laps of the rink at a progressively faster speed. Where possible, the pacer should be skating at an appropriate speed to allow all racers to maintain contact with the pack. Racers are allowed to move within the pack, but may not pass the pacer.
3. With two (2) laps to go, the pacer will pull to the outside of the track. The racers are now free to sprint to the finish. The bell will be rung with one (1) lap remaining.
4. The finishing order is determined by the order in which the skaters cross the finish line.

Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Number of laps skated can be modified as necessary. The intention is for the distance to work the aerobic system, with a sprint at the end, as a transition to doing points races. Avoid "middle" distances.



Short Track Event: Pursuit Races

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** 1 per side, 16 skaters total

Equipment Required: Traditional speed skating set-up.

Procedures and Rules:

1. Skaters will be brought onto the ice in groups of sixteen (16), in pre-determined pairs (1 skater per side). Skaters will be kept in one "end" of the inside of the track, not obscuring the start/finish line.
2. Each pair will race a 100m (1-lap) race, with the skater finishing on the same side on which they started.
3. As each pair finishes their pursuit, they will go to the opposite "end" of the inside of the track.
4. Following all eight (8) pursuits, each pair will skate again. Skaters will start on the opposite side from their first race. After the second race, skaters return to the initial "end" where they started to await the completion of all pairs.
5. The skater's faster time (of the two (2)) is recorded as the official time.

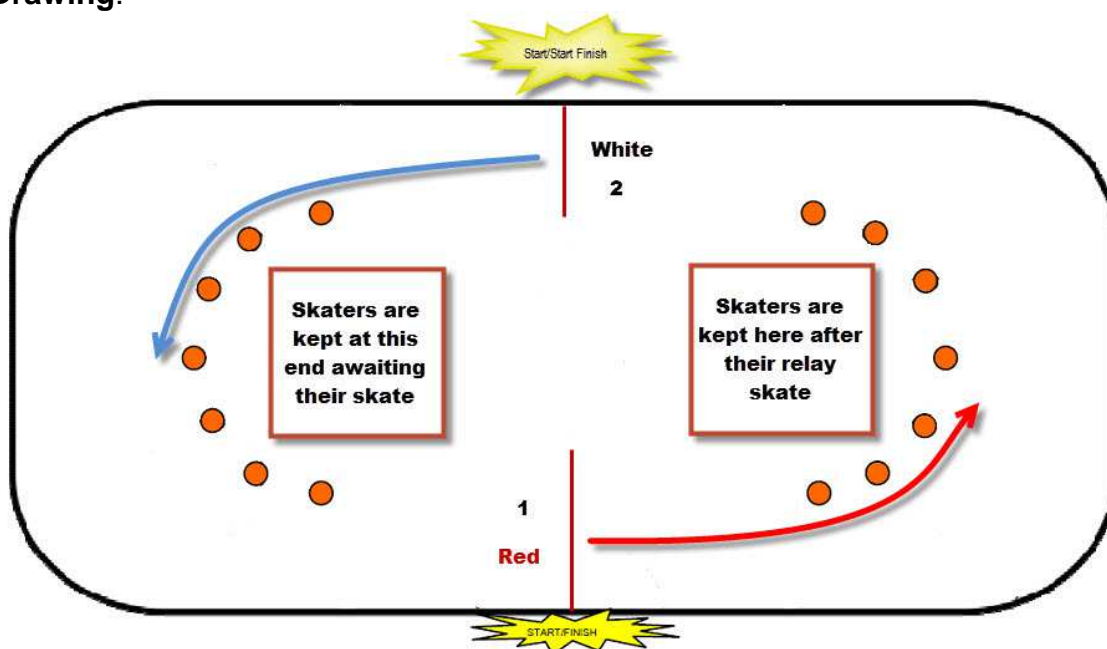
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Timers | <input type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Pursuits can be run as a 100m (1-lap) or 200m (2-lap) race. For younger/inexperienced skaters, two (2) skaters per side (i.e. quads) may be appropriate. These results will NOT be recorded in the BCSSA Database as "pursuits", rather, as 100m or 200m races. Younger/inexperienced skaters should skate the pursuit once (as opposed to repeating twice).



Short Track Event: 2000m Points Race

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → Number of Participants: up to 10

Equipment Required: Traditional speed skating set-up.

Procedures and Rules:

1. Skaters will race for a total of 20 laps.
2. Skaters will score points when they cross the line with 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 20.
3. Skaters who are lapped prior to 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. All 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. Should skaters finish with an equal number of points, the result on the final lap will be used to break the tie.
5. Penalized skaters shall receive no points for the race; however points earned by other skaters during the race will not be re-distributed. They will receive last place final points
6. During the 2000m points races there will be a bell rung with 15, 8 and 1 lap to go to indicate that the next lap is a points lap.
7. Should the referee be required to stop a race for any reason and a restart is required, the number of laps to be completed shall be at the discretion of the referee, however the referee must allow skaters to complete at least three (3) laps prior to points being awarded. In the case of a stoppage, skaters will retain all points earned up to that point, unless the laps remaining require the last points earned to be raced for again. For example, if a race were stopped after 7 laps remaining and restarted with 11 laps to skate, the skaters would lose the last points earned in the first start (7 to go) and race for them again. Skaters who were lapped or penalized during the race will not take part in the restart.

Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Where appropriate, lapped skaters may continue racing, without earning points. Factors to consider include: expertise of the officials (in tracking remaining skaters) and size of the rink. Lapped skaters may be asked to remove their helmet covers to differentiate them from remaining skaters (for the benefit of the officials).



Short Track Event: Straight-Line MS Race (27m)

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** up to 6 racing at a time

Equipment Required: Traditional speed skating set-up with blocks marking far corner only.

Procedures and Rules:

1. Skaters line up for the start on the hockey goal line, in line with the speed skating straightaway, for a traditional speed skating start. Any skaters not participating in the race should be kept behind the hockey goal line, near the goalie crease.
2. At the gun, skaters race from the hockey goal line to the centre red line (traditional finish line) in a mass start format.
3. After the finish line, skaters glide around the track (as marked) and to the back of the line.

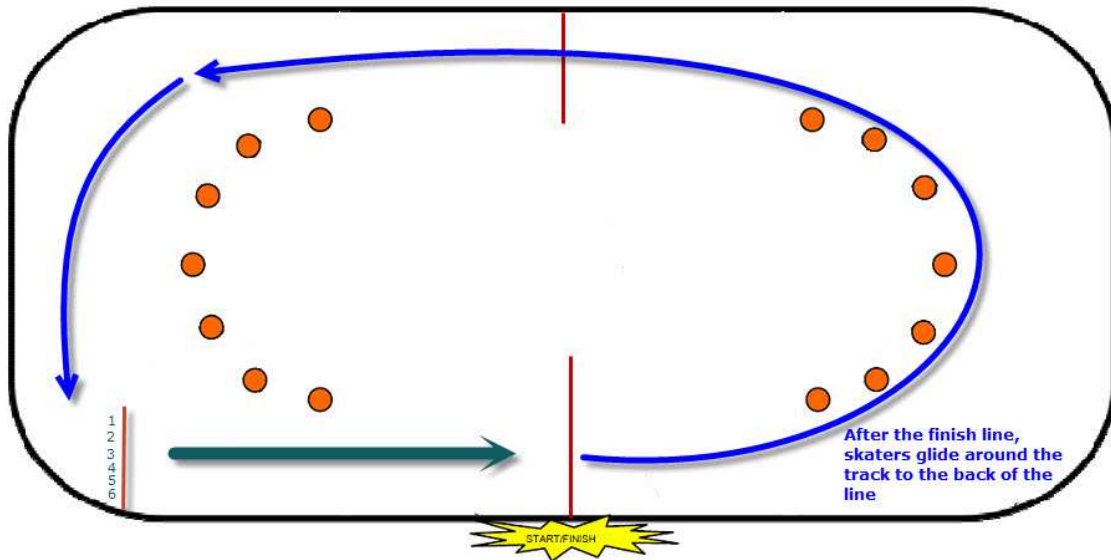
Targeted Fundamental Movement Skills:

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|---|-----------------------------------|---|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|----------------------------------|---|
| <input checked="" type="checkbox"/> Timers | <input type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Two groups can start the race at the same time (one from each end of the speed skating straightaways). If races are being timed, two sets of timers should be used.



Short Track Event: Straight-Line Team Race (Shuttle Relay)

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 4 **Participants per Team:** 4

Equipment Required: n/a

Procedures and Rules:

1. Teams split into two (2) group of two (2). Skaters A and C stand on one ringette line, facing skaters B and D standing on the opposite ringette line.
2. On the gun, skater A races from the ringette line to skater B at the opposite ringette line and tags skater B. Skater B then races back to the first ringette line to tag the waiting skater C. Skater C races to tag skater D, who will race to tag skater B. Skater B races to tag skater A, who will race to tag skater D. Skater D tags skater C, who races back to where they started.
3. When all skaters have returned to where they started, the team gets in basic position to show that they are finished.

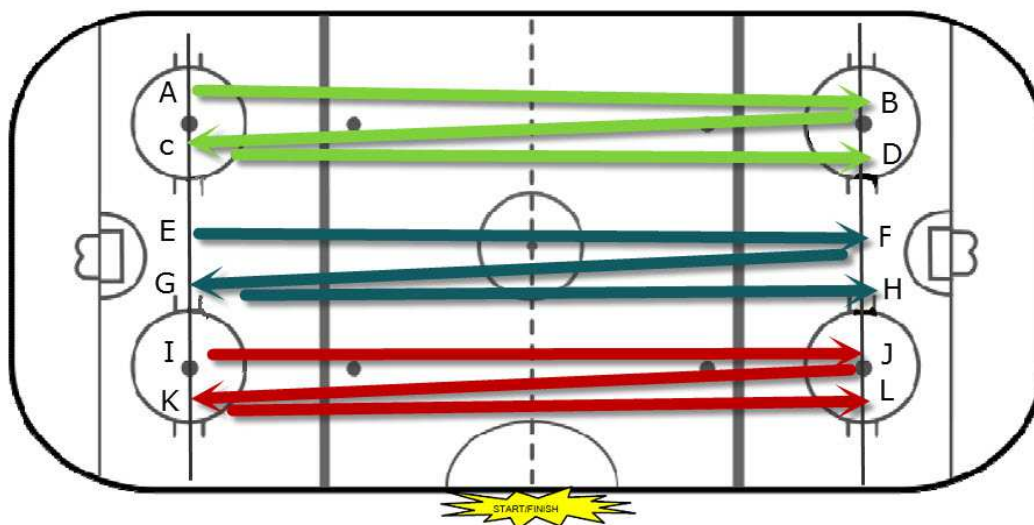
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Start/finish lines can be set-up if the ice surface does not have marked ringette lines. More than four (4) skaters can participate per team, but this increases the time spent standing.

This event can be modified for long track (please see "LT Event: Straight-Line Team Race (Shuttle Relays)").



Short Track Event: Candy Cane Race

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** up to 5 per race

Equipment Required: Traditional speed skating set-up with blocks on furthest 111.12m track. Additional blocks set up "inside" the track, roughly on the closest 100m track. A pylon marks the seventh block on the 111.12m track, indicating the turn-around point.

Procedures and Rules:

1. Skaters line up at the hockey goal line as described in the Straight-Line MS Race (27m).
2. The race begins similarly to the Straight-Line MS Race (27m), with skaters racing down the straightaway. Skaters continue racing around the 111.12m track (counter-clockwise) and do a sharp (left) turn around the pylon.
3. Skaters then race clockwise around the 100m track and finish the race at the red finish line (which they have already passed during the race). Skaters then glide to the back of the line, near the hockey goalie crease.

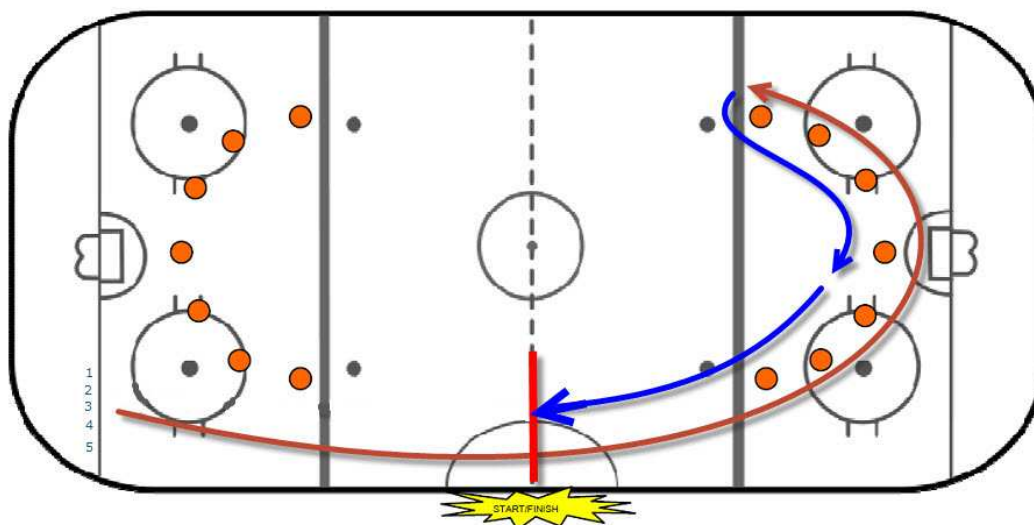
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|--|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input checked="" type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input checked="" type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: In a well-organized session, two candy cane races can be held simultaneously (from each end of the rink).

- This event can be modified for long track (please see "LT Event: Candy Cane Race").



Short Track Event: Long Track Style Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 4 **Participants per Team:** 4

Equipment Required: Traditional speed skating set-up plus pilons marking the finishing chute, leading skaters from the apex of the second corner wide towards the boards and across the finish line.

Procedures and Rules:

1. Skaters are numbered 1-4 within their teams. Number 1 skaters line up at the start line.
2. On the gun, number 1 skaters skate one (1) lap and finish their lap through the finishing chute (towards the outside of the track). Meanwhile, number 2 skaters have lined up at the blue line immediately after block 7 of the second corner. Number 2 skaters are lined up to the inside of the finishing chute.
3. When number 1 skater crosses the red finish line, number 2 skater of the same team does a start from the blue line and skates one (1) lap, finishing at the red finish line through the finishing chute. Number 3 skater is ready to start from the blue line when number 2 skater crosses the red finish line.
4. As number 3 skater crosses the finish line, number 4 skater (the final skater) skates one lap and finishes the race for the team at the red finish line.

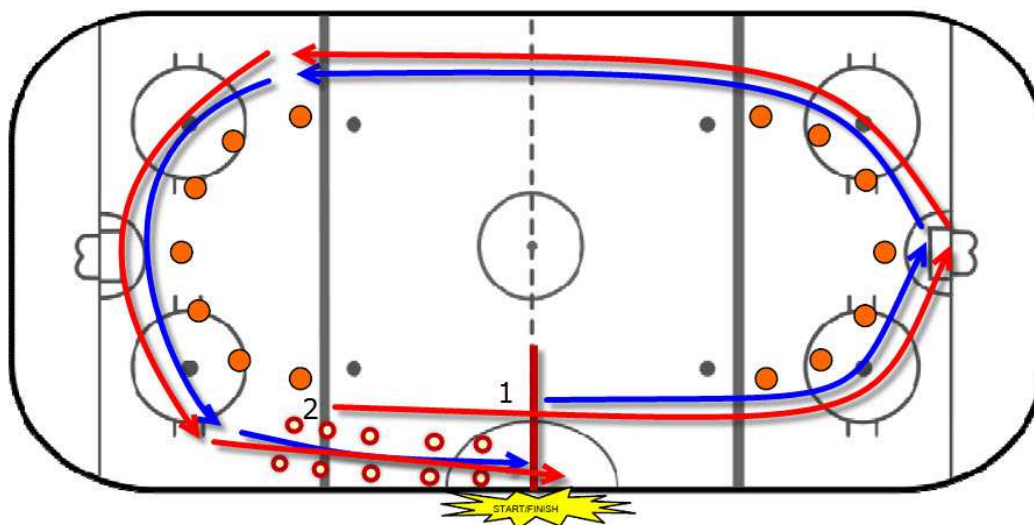
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Other/Notes: Each skater leaves the blue line to start a lap as their own teammate crosses the red finish line. They may not leave before their teammate has passed them and then crossed the line. Skaters on the blue line should be looking forward for their teammate, not turned backwards. As each skater finishes through the finishing chute, they should stay wide and perform a "shoulder check" to confirm it is safe to return to the centre of the track.

Modifications:

- This event can be modified for long track (please see "LT Event: Long Track Style Relay").



Short Track Event: Loop d'Whirl

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** up to 5 per race

Team Event → **Number of Teams:** **Participants per Team:**

Equipment Required: Traditional speed skating set-up with the track marked on the far end only. Move extra mats from the near end to extend the mats on the far end from red line to red line (single mat coverage).

Procedures and Rules:

1. Skaters line up at the hockey goal line as described in the Straight-Line MS Race (27m).
2. The race begins similarly to the Straight-Line MS Race (27m), with skaters racing down the straightaway. When the skater reaches the centre circle, they turn (counter-clockwise) to race once around the centre circle, then re-emerge onto the track.
3. The skater then races around the track (counter-clockwise) and finishes the race at the red finish line.

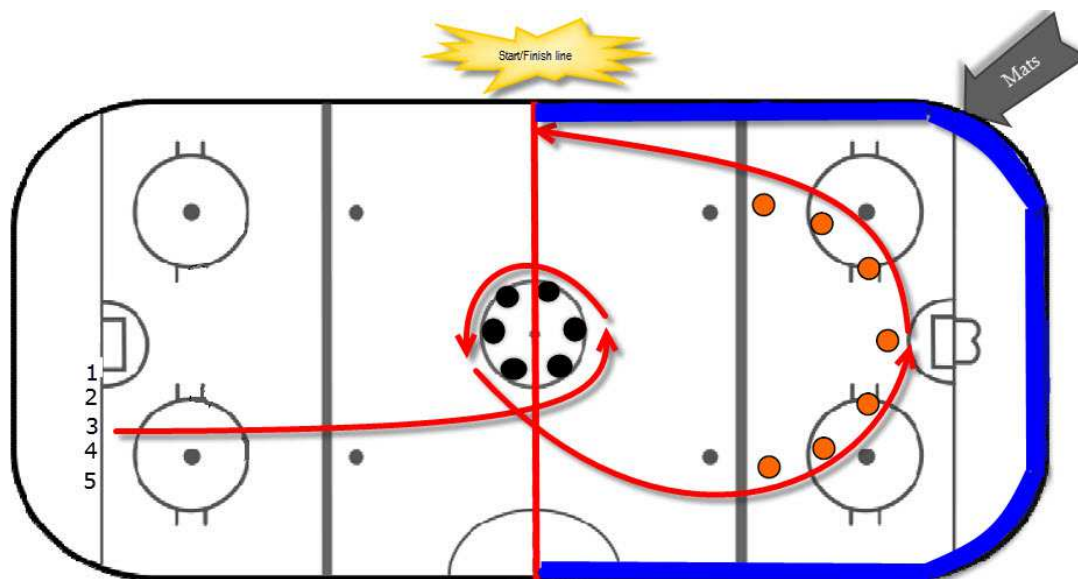
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|--|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input checked="" type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

Timers

Judges

Starter

On-ice crowd control

Referee

Other:

Other/Notes: Skaters must stay outside the centre circle. Blocks may be used to mark the circle.



Long Track Event: Push-and-Chase Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** 2-6 **Participants per Team:** 2

Equipment Required: Traditional speed skating (mass start) track set-up.

Procedures and Rules:

1. Each team of two lines up at the start line with the "pushee" in front (on the line) and the "pusher" behind.
2. At the gun, the pusher gives the pushee a relay push, then lets go.
3. The pusher chases after the pushee and pushes them again. The pushee is gliding in basic position (no skating). The pusher continues to chase the pushee and give them a relay push.
4. After one (1) lap, the pushee and pusher change roles and continue. At no time are both skaters on a team skating.
5. Each skater is the pushee once and the pusher once (i.e. two (2) lap race total).
6. First team across the line wins.

Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|--|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input checked="" type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Number or repetitions of laps skated can be adjusted as appropriate. Younger skaters may switch pusher/pushee after half a lap (200m).

- This event can be modified for short track (please see "ST Event: Push-and-Chase Relay").



Long Track Event: Parloff Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 6 **Participants per Team:** 5

Equipment Required: Traditional speed skating (mass start) track set-up plus four "markers" (e.g. pylons): one at the 400m start line (A), apex of corner 1 (B), 1000m start line (C) and apex of corner 2 (D).

Procedures and Rules:

1. Skaters are grouped into teams of five (5).
2. Skater #1 will stand at position A. Skater #2 will stand at position B. Skater #3 will stand at position C. Skater #4 will stand at position D. Skater #5 stands behind the start line at position A.
3. When the gun goes, skater #1 skates from A to B and tags their teammate. Skater #1 will remain at position B. Skater #2 skates from B to C and tags their teammate, then remains at position C. Skater #3 skates from C to D and tags their teammate, then remains at position D. Skater #4 skates from D to A and tags their teammate (skater #5), then remains at position A. Skater #5 skates from A to B and tags their teammate, then remains at position B.
4. The race continues with skaters going from position to position.
5. The winning team is the first team to have all of their team members back at the position at which they started, with all team members in basic position. Each team member should have skated four (4) relay legs.

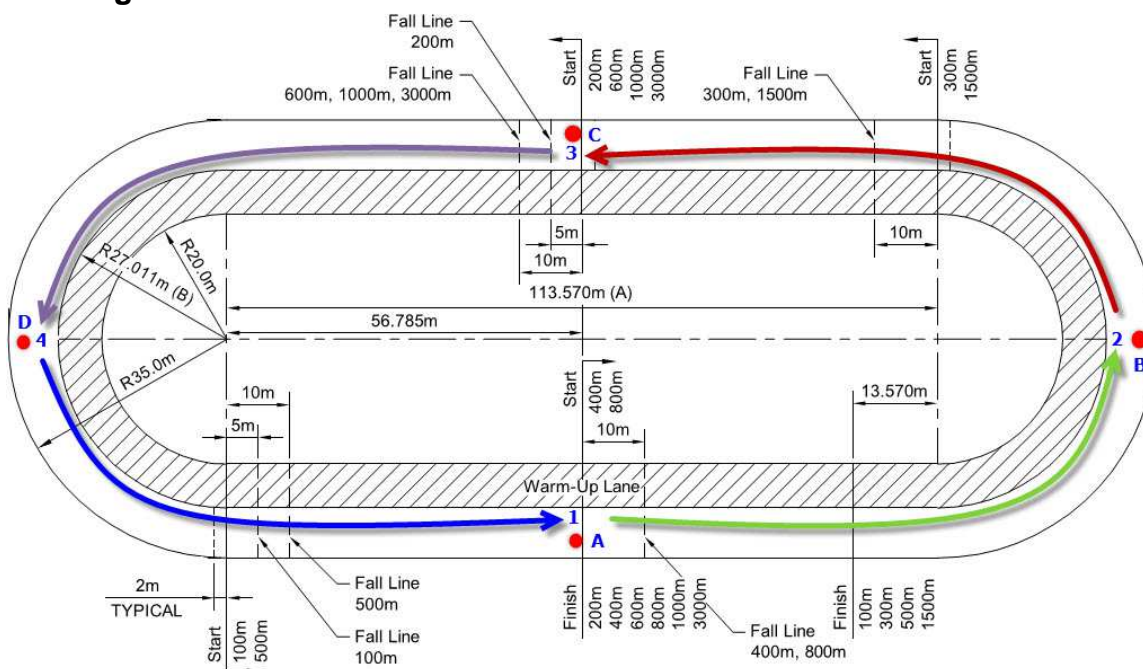
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
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| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Skaters could provide a speed skating relay push to their teammate in place of a simple “tag”. Ensure that skaters are aware in advance whether to expect a tag or a push.

- This event can be modified for short track (please see “ST Event: Parloff Relay”).



Long Track Event: Track and Field Style Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 6 **Participants per Team:** 4

Equipment Required: Traditional speed skating (mass start) track set-up plus four "markers" (e.g. pylons): one at the 400m start line (A), apex of corner 1 (B), 1000m start line (C) and apex of corner 2 (D).

Procedures and Rules:

1. Skaters are grouped into teams of four (4).
2. Skater #1 will stand at position A. Skater #2 will stand at position B. Skater #3 will stand at position C. Skater #4 will stand at position D.
3. When the gun goes, skater #1 skates from A to B and tags their teammate. Skater #1 will remain at position B. Skater #2 skates from B to C and tags their teammate, then remains at position C. Skater #3 skates from C to D and tags their teammate, then remains at position D. Skater #4 skates from D to A and finishes the race for their team.
4. The winning team is the first team to have skater #4 cross the finish line. Each team member should have skated one (1) relay leg.

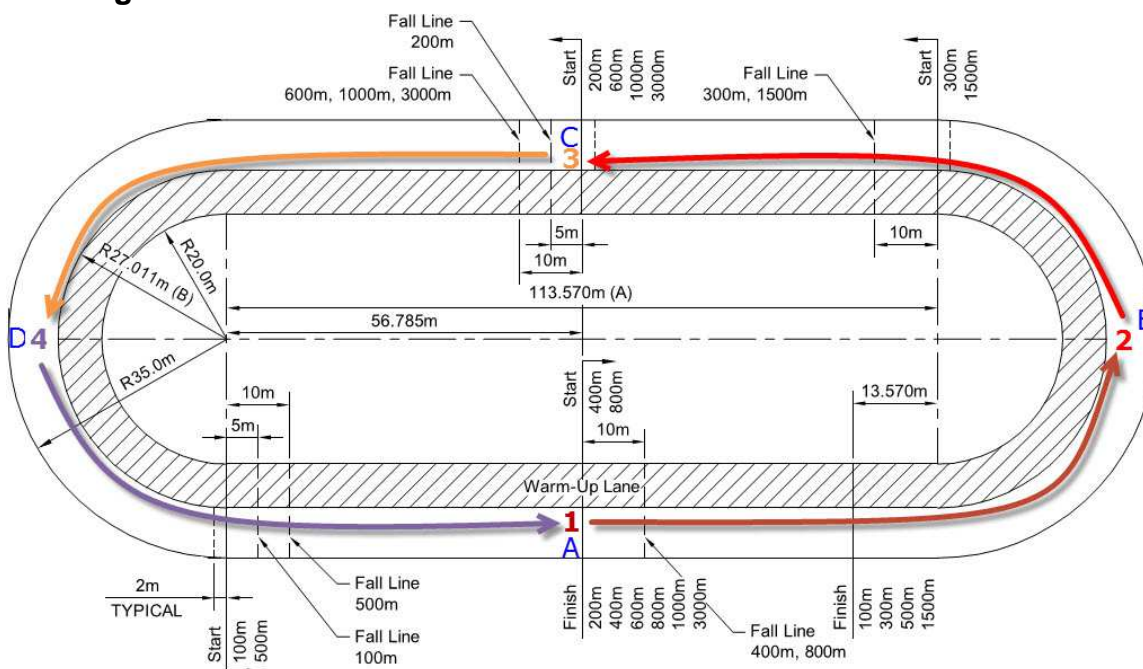
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Skaters could provide a speed skating relay push to their teammate in place of a simple “tag”. Optionally, if a tag is being given, skaters may exchange an item (similar to a “baton” in track and field). The object to be exchanged should be easy enough to grip with gloves on. Ensure that skaters are aware in advance whether to expect a tag (with/without an object) or a push.



Long Track Event: Straight-Line Team Race (Shuttle Relay)

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 3 **Participants per Team:** 4

Equipment Required: n/a

Procedures and Rules:

1. Teams split into two (2) group of two (2). Skaters A and C stand on the 400m finish line, facing skaters B and D standing on the 500m finish line.
2. On the gun, skater A races from the 400m finish line to skater B at the 500m finish line and tags skater B. Skater B then races back to the 400m finish line to tag the waiting skater C. Skater C races to tag skater D, who will race to tag skater B. Skater B races to tag skater A, who will race to tag skater D. Skater D tags skater C, who races back to where they started.
3. When all skaters have returned to where they started, the team gets in basic position to show that they are finished.

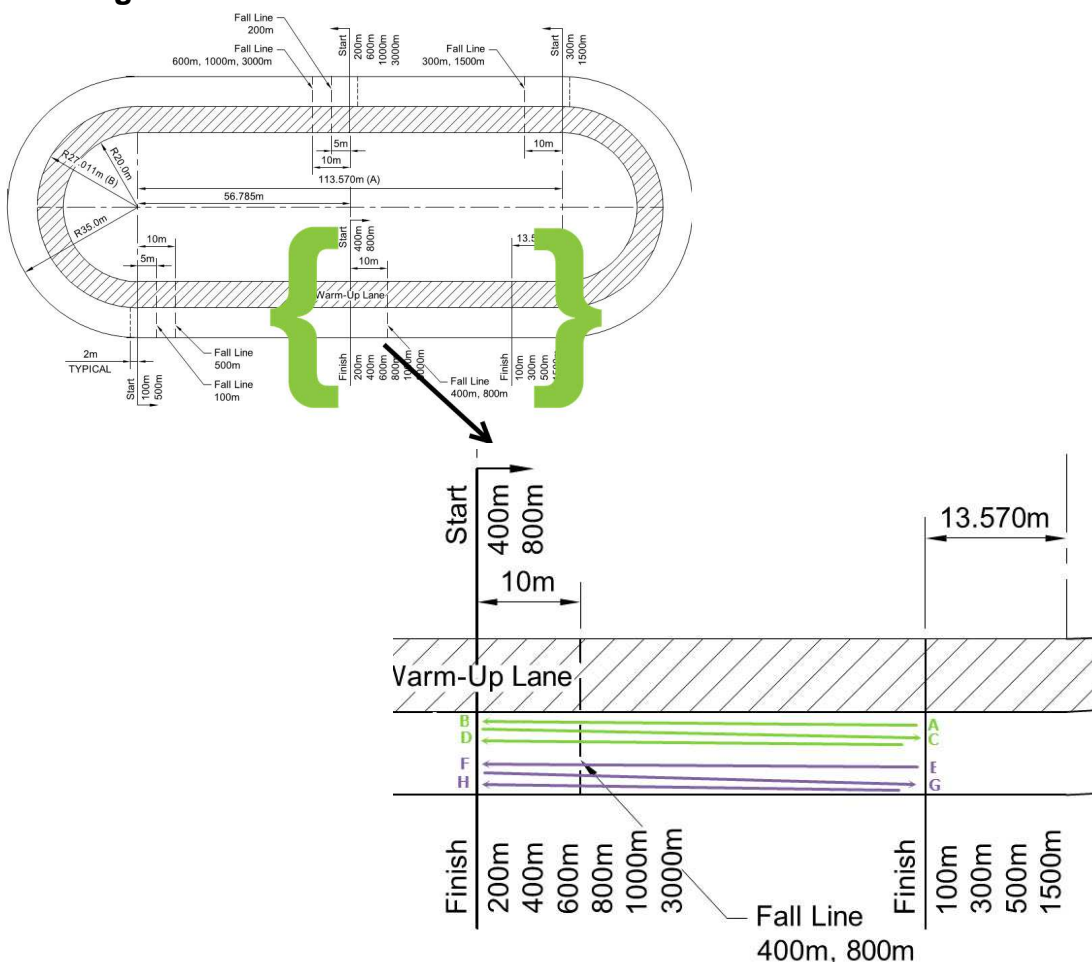
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Alternative start/finish lines can be set-up if it suits the venue. More than four (4) skaters can participate per team, but this increases the time spent standing.

This event can be modified for short track (please see “ST Event: Straight-Line Team Race (Shuttle Relays)”).



Long Track Event: Candy Cane Race

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Individual Event → **Number of Participants:** up to 6 per race

Equipment Required: Traditional speed skating (Olympic Style) track set-up on the corner. A pylon marks the last corner block, indicating the turn-around point.

Procedures and Rules:

1. Skaters line up at the outer 500m finish line.
2. The race begins with skaters racing down the straightaway. Skaters continue racing around the outer lane (counter-clockwise) and do a sharp (left) turn around the pylon.
3. Skaters then race clockwise around the inner lane and finish the race on the inner 500m finish line (adjacent to where they started the race).

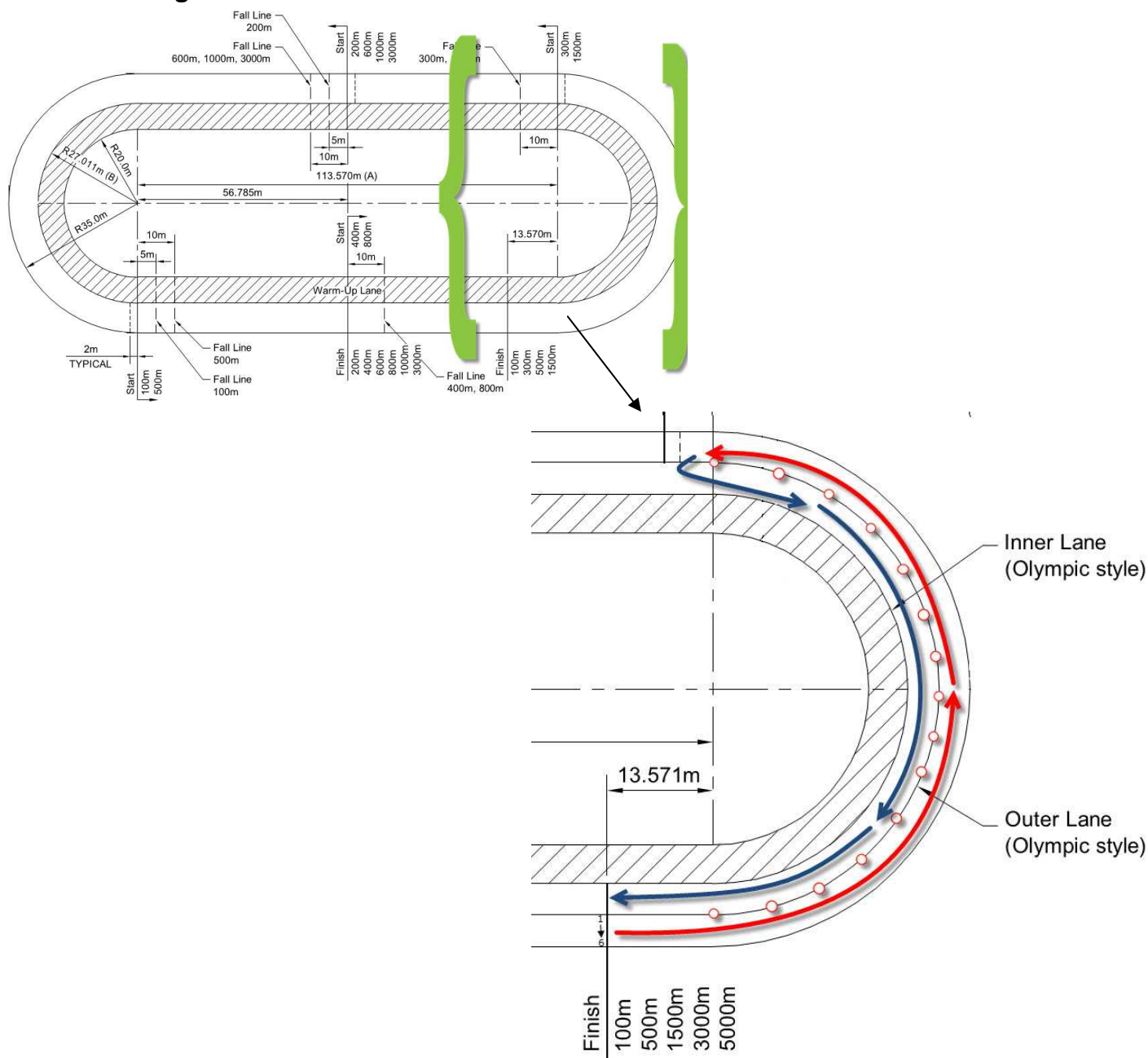
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|--|
| <input checked="" type="checkbox"/> Balance | <input type="checkbox"/> Jumping | <input type="checkbox"/> Throwing |
| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input checked="" type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input checked="" type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input checked="" type="checkbox"/> Edge control (agility) | <input checked="" type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|---|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Modifications: Older/more experienced skaters may begin and/or end the race at the 400m start line.

- This event can be modified for short track (please see "ST Event: Candy Cane Race").



Long Track Event: Long Track Style Relay

- Target Group:**
- Active Start (females & males 0-5)
 - FUNdamentals (females 6-8 & males 6-9)
 - Learn to Train (females 9-11 & males 10-12)
 - Train to Train (females 11-14 & males 12-15)

Team Event → **Number of Teams:** up to 4 **Participants per Team:** 3-4

Equipment Required: Traditional speed skating (mass start) track set-up plus pilons marking the finishing chute, leading skaters from the apex of the second corner wide towards the outer OS racing lane and across the finish line.

Procedures and Rules:

1. Skaters are numbered 1-4 within their teams.
2. The first skater starts at the 400m start line. Subsequent skaters start from the 5m pre-finish line of the 1000m finish on the inner OS racing lane. A skater's lap is deemed to have finished when they cross the 1000m finish line on the outer OS racing lane.
3. After the first skater, skaters can only start once the skater before them crosses the finish line. This provides a 5m offset between start and finish lines and gives the subsequent skater on each team a much better view to determine when a preceding member has passed the finish line, thus signalling when they can start. No touch or tag is required. A team whose skater starts before the previous skater has crossed the finish line shall be penalized
4. The final skater skates one lap and finishes the race for the team at the 1000m finish line.

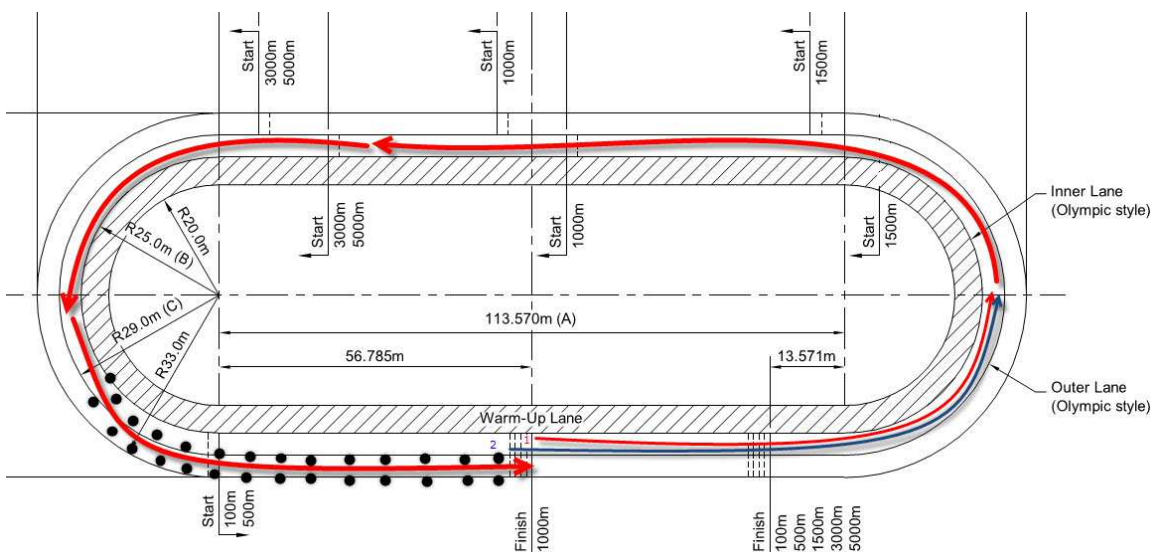
Targeted Fundamental Movement Skills:

- | | | |
|---|-----------------------------------|---|
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| <input checked="" type="checkbox"/> Skating | <input type="checkbox"/> Kicking | <input type="checkbox"/> Striking |
| <input type="checkbox"/> Catching | <input type="checkbox"/> Trapping | <input type="checkbox"/> Turning/spinning |

Targeted Fundamental Sport Skills:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Forwards skating | <input type="checkbox"/> Backwards skating | <input type="checkbox"/> One-legged glide |
| <input type="checkbox"/> Clockwise skating | <input checked="" type="checkbox"/> Counter-clockwise skating | <input type="checkbox"/> Two-legged jump |
| <input type="checkbox"/> Sliding/falling | <input type="checkbox"/> Edge control (agility) | <input type="checkbox"/> Basic position |

Drawing:



Officials/Volunteers Required:

- | | | |
|--|---|---|
| <input type="checkbox"/> Timers | <input checked="" type="checkbox"/> Judges | <input checked="" type="checkbox"/> Starter |
| <input checked="" type="checkbox"/> On-ice crowd control | <input checked="" type="checkbox"/> Referee | <input type="checkbox"/> Other: |

Other/Notes: Skaters on the pre-finish line should be looking forward for their teammate, not turned backwards. As each skater finishes through the finishing chute, they should stay wide and perform a "shoulder check" to confirm it is safe to return to the warm-up lane.

Modifications:

- This event can be modified for short track (please see "ST Event: Long Track Style Relay").