

LONG TRACK TECHNICAL BULLETIN 2016-2017 SEASON



2016-2017 COMPETITION CRITERIA
AND
CHAMPIONSHIP SELECTION CRITERIA

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PREAMBLE

The purpose of this Bulletin is to provide information concerning the format of Ontario-based competitions, competition regulations that define the running of competitions, and the eligibility of skaters for those competitions. The statements made in this Technical Bulletin remain in effect unless they are superseded in a later Bulletin.

The Technical Bulletin will be posted on OSSA's website at www.ontariospeedskating.ca/technical-bulletins/

The order of precedence for speed skating rules for events sanctioned by OSSA is:

- This Technical Bulletin (2016-2017 OSSA Long Track Technical Bulletin)
- SSC Rule Book
- ISU Rule Book

PARTICIPANTS, COACHES, CLUB OFFICIALS, AND PARENTS ARE REMINDED THAT A RULING BY THE CHIEF REFEREE AT ANY EVENT IS FINAL AND IS ONLY SUBJECT TO PROTEST/ APPEAL IN ACCORDANCE WITH THE APPLICABLE REGULATIONS. OSSA'S CODE OF CONDUCT APPLIES IN ALL DEALINGS WITH MEET COMPETITION OFFICIALS.

Questions about the content of this Technical Bulletin may be directed to Sarah Leslie, Sport Manager, at sportmanager@ontariospeedskating.ca or 844-677-6772 ext.102.

MISSION STATEMENT

The Ontario Speed Skating Association maintains a leadership position in Canada by continued service to members, athletes and new skater development through its training, coaching, officiating programs and competitions in the province of Ontario.

We are committed to the development of speed skating at a recreational and competitive level promoting the sport as a lifetime activity.

OSSA LONG TRACK RESULTS LIST FORMAT AND PROCEDURES

The OSSA Long Track Results List is maintained by the OSSA Technical Committee and is updated following the completion of any OSSA sanctioned event and at other times as necessary to update information that may not be correct or to include times from meets skated outside of Ontario. The purpose of the Results List is to facilitate seeding of competitors at the Provincial Championships.

A skater's racing class shall be determined by his/her age on June 30th prior to the competition.

The Long Track Results List will only include times from outdoor Olympic Style races and will not include pursuits, relays or pack style races. It will reflect skaters who are currently racing in Ontario. During the 2016-2017 season, the Results List will show a skater's best Olympic Style times established between January 1, 2016 to March 31, 2017.

In order for a time to be eligible to be included on the OSSA Long Track Results List, the race must have been skated outdoors at one of the following venues and/ or events on a 400m track:

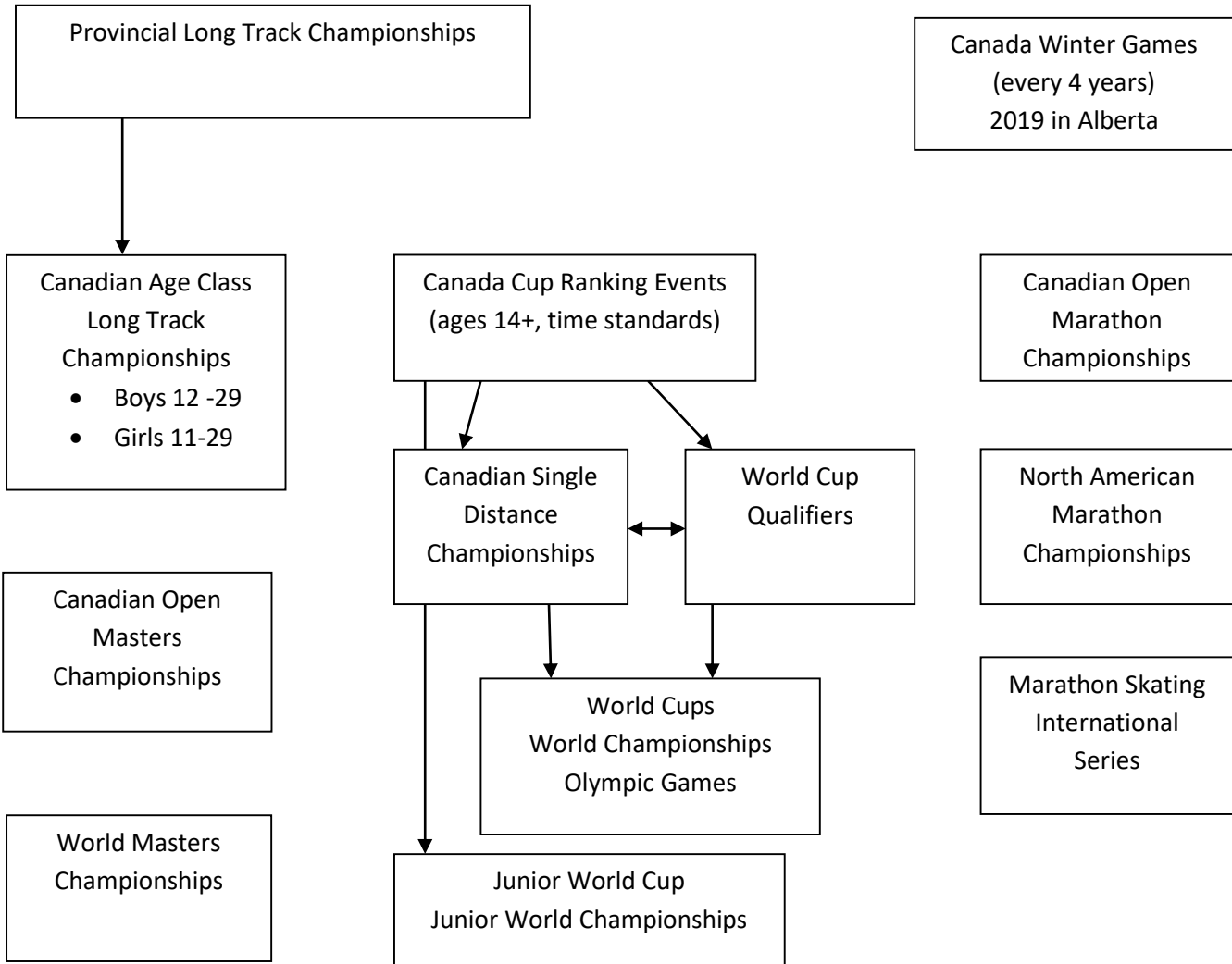
- Any OSSA sanctioned event
- Canada Cup #1, #2, #3, #4
- Canadian Age Class Long Track Championships
- Canadian Open Masters Championships
- Ste. Foy, Québec
- Lake Placid, New York

It is the responsibility of the skater to submit any times established at other events (championships or time trials) for entry into the Long Track Results List. A copy of the protocol showing the name and date of the competition, the race distance, and the time skated. The Technical Committee is under no obligation to seek information and will not include any race result on the results list in the absence of the requisite information.

The recognized distances are:

- 500m
- 1000m
- 1500m
- 3000m
- 5000m

LONG TRACK COMPETITION STREAM



ONTARIO PROVINCIAL LONG TRACK CHAMPIONSHIPS

The event will take place over two (2) days – weather permitting.
Skaters of all ages and abilities are eligible to enter this meet.

This meet is the selection event for Team Ontario to attend the Canadian Age Class Long Track Championships. Female skaters ages 11-29 and male skaters ages 12-29 are eligible to qualify for the CACLTC. The format of the CACLTC is contained in the relevant SSC Competitions Bulletin which can be accessed at <http://www.speedskating.ca/competitions-bulletins>

Equipment

Speed Skating Canada equipment requirements (Regulations D3-200, D3-300, D3-301) will be in force for this meet.

See SSC Red Book for most recent updates <http://www.speedskating.ca/section-d-safe-and-welcoming-environment> .

Timing

Manual timing will be provided for the Provincial Long Track Championships unless otherwise indicated. When using manual timing, the timers will not add 0.20 seconds to manually captured finish times. This must be clearly indicated on the race protocol.

Coaching Certification Requirements

There is no limitation to the number of coaches or club officials who may attend the Provincial Long Track Championships and participate in the coaching and management of skaters for the event.

There is a limit of 2 club coaches permitted in the coaching box during Mass Start racing.

A limit of 2 coaches per skater will be permitted in the coaching box during Olympic Style racing.

Registration and Coaches Meeting

All registrations and the coaches meeting will take place prior to the warm-up.

Coaches must inform the Recorder's office immediately if any skaters scratch from Olympic Style racing.

Racing Format

This section outlines the format of the Provincial Long Track Championships.

For age categories with Olympic Style 500m x 2: the skater will be assigned either the inner or outer lane for race #1. The skater will be assigned the other lane for race #2.

Gender and Age Categories	Distances and Format	Point Assignments
Girls 8 and younger	Mass Start 100m, 200m, 400m, 500m	All points, age class
Boys 8 and younger	Mass Start 100m, 200m, 400m, 500m	All points, age class
Girls 9-10	Mass Start 300m, 500m, 800m, 1000m	All points, age class
Boys 9-11	Mass Start 300m, 500m, 800m, 1000m	All points, age class
Girls 11	Mass Start 300m & Mass Start 3000m,	All points, age class

	Olympic Style 500m x 2	
Boys 12	Mass Start 300m & Mass Start 3000m, Olympic Style 500m x 2	All points, age class
Girls 12	Mass Start 300m & Mass Start 3000m, Olympic Style 500m x 2	All points, age class
Boys 13	Mass Start 300m & Mass Start 3000m, Olympic Style 500m x 2	All points, age class
Girls 13	Mass Start 300m, Olympic Style 500m x 2 & 3000m	All points, age class
Boys 14	Mass Start 300m, Olympic Style 500m x 2 & 3000m	All points, age class
Girls 14	Mass Start 300m, Olympic Style 500m x 2 & 3000m	All points, age class
Boys 15	Mass Start 300m, Olympic Style 500m x 2 & 3000m	All points, age class
Boys 16-29	Olympic Style 500m, 1000m, 1500m, 3000m	Sammelagt points
All Round Ladies (14+) *ages 15-29 eligible for Canadian Championships	Olympic Style 500m, 1000m, 1500m, 3000m	Sammelagt points
All Round Men (14+) *NOT eligible for Canadian Championships	Olympic Style: 500m, 1500m, 3000m, 5000m	Sammelagt points

All Points: Format in which all skaters advance to finals and therefore accumulate points.

Age Class: Competition in which seeding is done first by sex, then by age. In age competitions male skaters compete with males and females with females, and skaters of the same age class are grouped together. Age Classes may be combined to provide quality competition if there are insufficient racers in each age class.

Olympic Style: races are gender specific and final races. There is no advancement.

Sammelagt points: Skaters' race times are converted into sammelagt points for ranking purposes. Sammelagt points will be tabulated to determine overall placement by gender and by age category (Junior (14 -18), Senior (19-29), and Master (30+, 5 year increments)).

Only seed times from outdoor events held between January 1, 2016 – present will be accepted as valid. Seed times will be taken from the OSSA Long Track Results List and may be verified on www.speedskatingresults.com

Results and Records

Final points will be tabulated to determine overall placement by age category and gender. Medals will be awarded to the top 3 finishers in each category by gender and age.

Mass start records may be established by girls 11, girls 12, girls 13, girls 14, boys 12, boys, 13, boys 14, boys 15, provided age classes and genders are not combined.

For a record to be set, there must be at least 3 skaters per age class. Age classes with less than 3 racers may be combined to provide meaningful competition at the Chief Referee's discretion.

Olympic Style records may be established by girls 11, girls 12, boys 12, Junior girls (13-18), Junior boys (13-18), Senior female (19-29), Senior male (19-29), and Masters (30+ in 5 year increments) provided genders are not combined.

DAY 1 - Proposed Racing Agenda

*Racers may be put in Quads for Olympic Style races 1000m, 1500m, 3000m, or 5000m.

Warm Up 8:00 - 8:10		Girls 10 and under Boys 11 and under			
Flood Racing starts 8:45am				ADV	
400m mass	Girls 8 and under	Heat	0+5	No seed time required.	
	Boys 8 and under	Heat	0+5		
500m mass	Girls 9-10	Heat	0+5	Seeded night before.	
	Boys 9-11	Heat	0+5		
400m mass	Girls 8 and under	Final			
	Boys 8 and under	Final			
500m mass	Girls 9-10	Final			
	Boys 9-11	Final			
100m mass	Girls 8 and under	Heat	0+5		No seed time required.
	Boys 8 and under	Heat	0+5		
800m mass	Girls 9-10	Heat	0+5		Seeded night before.
	Boys 9-11	Heat	0+5		
100m mass	Girls 8 and under	Final			
	Boys 8 and under	Final			
800m mass	Girls 9-10	Final			
	Boys 9-11	Final			
Break - OS can warm-up					
500m OS #1	Girls 11-12			Skaters paired by 500m outdoor times	
	Boys 12-13			Skaters paired by 500m outdoor times	
Lunch Break and Warm Up.					
500m OS	All Round Ladies, Girls 11-12 #2, Girls 13-14			Skaters paired by 500m outdoor times	
	All Round Men, Boys 12-29			Skaters paired by 500m outdoor times	
1500m OS	All Round Ladies			Skaters paired by 1500m outdoor seed times	
	Boys 16-29			Skaters paired by 1500m outdoor seed times	
3000m OS	Girls 13-14			Skaters paired by 3000m outdoor seed times	
	Boys 14-15, All Round Men			Skaters paired by 3000m outdoor seed times	

DAY 2 – Proposed racing agenda

*Racers may be put in Quads for Olympic Style races 1000m, 1500m, 3000m, or 5000m.

Warm Up 8:00 – 8:10am	Girls 10 and under Boys 11 and under Girls 11-14 Boys 12-15
Flood Racing 8:45am	

200m mass	Girls 8 and under	Heat
	Boys 8 and under	Heat
300m mass	Girls 9-10	Heat
	Boys 9-11	Heat
	Girls 11-14	Heat
	Boys 12-15	Heat

Seed based on standings Day 1

200m mass	Girls 8 and under	Final
	Boys 8 and under	Final
300m mass	Girls 9-10	Final
	Boys 9-11	Final
	Girls 11-14	Final
	Boys 12-15	Final

500m mass	Girls 8 and under	Super Final
	Boys 8 and under	Super Final
1000m mass	Girls 9-10	Super Final
	Boys 9-11	Super Final
3000m mass	Girls 11-12	Super Final
	Boys 12-13	Super Final

Lunch Break and Warm Up.

500m OS #2	Girls 13-14, Boys 14-15	
1000m OS	Boys 16-29	Skaters paired by 1000m outdoor seed times
	All Round Ladies	Skaters paired by 1000m outdoor seed times
1500m OS	All Round Men	Skaters paired by 1500m outdoor seed times
3000m OS	All Round Ladies	Skaters paired by 3000m outdoor seed times
	Boys 16-29	Skaters paired by 3000m outdoor seed times
5000m	All Round Men	Skaters paired by 5000m outdoor seed times

SELECTION CRITERIA FOR CANADIAN AGE CLASS LONG TRACK CHAMPIONSHIPS

Eligibility to participate as a member of Team Ontario at the CACLTC will be based on the criteria set by SSC as posted in the SSC Competition Bulletin 2016-2017. Masters are ineligible for the CACLTC.

Details of the CACLTC are contained in the relevant SSC Competition Bulletin which can be accessed at: <http://www.speedskating.ca/competitions-bulletins>

The OSSA eligibility criteria is based on the SSC eligibility criteria, but may, at the discretion of the OSSA Technical Committee, include additional criteria in order to result in the most competitive team possible.

Time standards are in effect for skaters to be named as part of Team Ontario. Skaters must have skated faster than 2 of the time standards listed below during the 2016-2017 season on outdoor ice.

Distance	Girls 11	Girls 12	Girls 13	Girls 14	Girls 15-29
300m mass	0:40.00	0:39.00	0:35.00	0:35.00	
500m OS	1:03.00	1:02.00	1:00.00	0:59.00	0:57.00
1000m OS					2:02.00
1500m OS					3:05.00
3000m mass or OS	7:00.00	6:55.00	6:50.00	6:40.00	6:30.00

Distance	Boys 12	Boys 13	Boys 14	Boys 15	Boys 16-29
300m mass	0:35.00	0:35.00	0:32.00	0:32.00	
500m OS	1:00.00	0:59.00	0:58.00	0:57.00	0:55.00
1000m OS					1:52.00
1500m OS					2:54.00
3000m mass or OS	6:50.00	6:40.00	6:30.00	6:20.00	6:10.00

In the event that the Provincial Age Class Championships do not take place:

Team Ontario selection for the CACLTC will be done based on the best outdoor Olympic Style times in the current season.

- Distances must have been skated on an outdoor oval between August 1, 2016 and January 13, 2017.
- Distances must have been raced Olympic Style (no pack skating results).
- The event must be an officially recognized event (ex: Ste. Foy camp) or sanctioned meet (ex: Lake Placid All Round).
- All skaters must have met the 500m OS minimum time standard for their age group listed (listed above).
- Results will be verified using speedskatingresults.com
- Skaters will be assessed in their respective age group and gender.

The OSSA Technical Committee reserves the right to consider Olympic Style times skated indoors for eligibility purposes in exceptional circumstances.

In the event that the Provincial Age Class Championships are not able to be fully completed:
Team Ontario selection for the CACLTC will be based on the results earned thus far at that Provincial Age Class Championships.

The OSSA Technical Committee reserves the right to consider Olympic Style times skated indoors for eligibility purposes in exceptional circumstances.

Additional race opportunities:

www.fpvq.org (see Competitions then Calendrier)

www.lakeplacidspeed.com

OUT-OF-PROVINCE LONG TRACK SKATERS

The Provincial Long Track Championships are a closed meet.

Out-of-Province skaters are eligible to participate **ONLY** in the All Round Ladies or All Round Men categories as there is no advantage to Ontario competitors.

Out-of-Province skaters are not eligible for Provincial medals.

ONTARIO SPEED SKATING ASSOCIATION BYE GUIDELINES

Purpose

To provide the Technical Committee with guidelines for the granting of byes to skaters into or from competitions or onto provincial teams where qualifying criteria are required to be met.

Philosophy of Team Selection

The philosophy for team or event selection is to select the skaters that will achieve the best possible result for Ontario at different competitions or develop towards the highest level of performance (Canada Winter Games, Junior Championships, and/or Senior Ranking Events onto a national team).

The Technical Committee is determined to make the selection to these teams or events as objective as possible. To ensure this occurs the Committee will use, whenever possible, objective criteria such as time, placing at a specific competition(s), and ranking etc. as the foremost criteria in selecting skaters.

These criteria will be used at a specified selection event(s) or a series of specified events.

In nominating the specific selection event(s), the Technical Committee will only nominate an event that occurs after the confirmation of the relevant selection policy. In all cases it is the intent of the Technical Committee that selection is earned through current performances in the specific selection events.

However, in exceptional circumstances a skater may not be able to compete in the relevant selection event(s). In this instance the skater is eligible to apply for selection under the Bye Conditions as detailed below.

Bye Clause Selection Philosophy

(The Bye Clause will only apply to selection for specific competitions/ events)

Due to exceptional circumstances (e.g. illness, injury, equipment break, etc.) and through no fault of their own, a skater sometimes does not have the opportunity to compete in the nominated selection events. In this situation the skater may be eligible to apply for a bye selection to the relevant team.

The basic philosophy for selecting a skater by granting a bye is that, all things being equal, the skater given the bye has clearly demonstrated superior performances in previous competition to other skaters being considered for selection or advancement in ranking.

A bye request is considered as the last means by which a skater can gain selection and is intended to provide for exceptional circumstances outside the normal selection criteria rather than being part of the normal means by which a skater can gain selection or advancement.

Rules for submitting a bye application:

- a) Bye requests must be made in writing to the Technical Committee (see deadlines below).
- b) Only the skater, their parent or guardian, and/or coach can submit the request.
- c) In every case, the application must enclose supporting documentation. For example, if the bye request is made on the basis of an illness or injury, the skater must provide documentary evidence from a medical doctor. The Technical Committee has the right to request further independent medical review after the bye request has been submitted.

Conditions for applying for a Bye

I Bye request to be named to Team Ontario:

This process is for the selection to a specific team and is relevant to skaters who are unable to attend the Provincial Long Track Championships, but who wish, nevertheless, to be considered for selection to Team Ontario for the Canadian Long Track Age Class Championships.

The Bye must be requested prior to the end of the Provincial Long Track Championships. The Bye application must state clearly what the skater is requesting, and appropriate documentation (medical, etc.) must be attached.

Process for reviewing a Bye application

The following steps are involved in the process of considering a request for a Bye.

- a) Following the final selection event for the respective team/ event, the Technical Committee meets (in person or via conference call) to review the facts.
- b) In cases where multiple Bye applications are submitted, they will be assessed individually and on their own merit.
- c) All members of the Technical Committee (who are not in conflict of interest) will review the facts and make a recommendation (with supporting rationale). If all members of the Technical Committee are in conflict of interest, then the OSSA Board of Directors will make the recommendation regarding the Bye application.
- d) If the Bye(s) is/are granted, the Technical Committee will establish a revised ranking of skaters based upon the selection event(s) and an assessment of previous performances from those who have requested a Bye.
- e) From this revised ranking, the final selections will be made.
- f) These final selections will then be named as the "Team" or "eligible" and will be communicated to the skaters(s) requesting the Bye, skater(s) directly affected by the Bye request, the coaches, and the skaters' representatives.

Conditions for granting a Bye

Applications for a Bye to be selected to Team Ontario despite non- or partial participation in the relevant Provincial Championship will be held to a much higher standard than regular Bye applications for Provincial Series competitions.

The basic question the Technical Committee must answer is whether the skater requesting the Bye had a recent history of performances or other factors as listed below that demonstrate clear superiority of the skater requesting a Bye to those of other skaters in consideration for selection. If a skater submits a Bye after partial performance in the relevant Provincial Championship (ie: if a skater is injured partway through the Championship), the Technical Committee shall take into consideration the skater's performance up to the point of that skater's withdrawal from the competition in assessing the application.

The Technical Committee must also be certain that the skater requesting the Bye would be able to compete at a similar level in the event or team for which they seek selection. The Technical Committee may award a “Conditional Bye” to skaters recovering from injury or illness. In this situation, the skater may have certain conditions imposed. This could include, but is not limited to, such things as a certain time frame, performance requirement, medical clearance etc.

In order to make these decisions, the Technical Committee will evaluate a number of elements including, but not limited to, the following:

- a) Head-to-head competition results of the skaters being considered for selection.
- b) Past performances of the skater requesting the Bye.
- c) Results of the selection competition (by skaters in contention for the team).
- d) Recent training and testing performances.
- e) Medical evidence of suitability to compete.
- f) Coach/ Club Official evaluation and recommendations of suitability to compete.

In evaluating past performances, the Technical Committee will assign priority to those performances from the 12 month period prior to the final selection event. If this data does not exist, performances beyond this 12-month period may be considered but will assume a lower value in assessing the Bye request.

Long Track – Mass Start

In Long Track – Mass Start, the Technical Committee may award a Bye to a skater who is faster than the last skater selected for an age class in two (2) distances for that age class, or has placed in the Top 2 overall in the age class at a previous competition.

In assessing the past performances of the skater requesting the Bye and the history of the skaters involved, the Technical Committee will give priority to the best time (in sanctioned events) of the skaters involved during the current season.

Policy Regarding Byes for Concussions

If a skater applies for and receives a bye due to having sustained a concussion, he or she must produce written clearance from a medical doctor approving him or her to compete at the relevant competition.

Appeals

Following the announcement of the decision on the Bye application, the skater(s) affected by the decision has/have the opportunity to appeal the decision in accordance with the Ontario Speed Skating Association’s Appeals Policy.

The Bye Application Form is posted on the OSSA website: www.ontariospeedskating.ca/racing .

APPENDIX A

Provincial Long Track Age Class – Mass Start Points

Points are assigned only to the Top 31 skaters.

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	15	31	0.5
2	816	12	106	22	12	32	0
3	666	13	86	23	9		
4	543	14	70	24	7		
5	443	15	57	25	5		
6	362	16	46	26	4		
7	295	17	37	27	3		
8	241	18	30	28	2		
9	196	19	24	29	1.5		
10	160	20	19	30	1		

#2 Ties

A tie for 1 st	1000 points each, next skater 666 points
A tie for 2 nd	816 points each, next skater 543 points
A tie for 3 rd	666 points each, next skater 443 points
A tie for 4 th	543 points each, next skater 362 points
A tie for 5 th	Etc.

#3 Disqualifications Long Track Mass Start

Disqualifications in a heat will be placed into the lowest final or semi-final.

Disqualifications in a semi-final will be placed into the lowest eligible final.

Disqualifications in the final, will receive last place points for that final, behind any skaters who did not finish (DNF) the race, but ahead of skaters who did not start (DNS) the race. All disqualified skaters in a final receive last place points.

Order of finish – DNF – DQ – DNS.

#4 Disqualifications Long Track Olympic Style

Disqualifications (DQ), Did not finish (DNF), and Did not start (DNS) will follow SSC regulations.