

2023



TECHNICAL PACKAGE

**SHORT TRACK SPEED
SKATING**

TECHNICAL PACKAGE
2023 ARCTIC WINTER GAMES

Sport: Short Track Speed Skating

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1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Rules

This competition will be conducted under the rules of the [International Skating Union \(ISU\)](#) as published on January 1 of the year of the Games, except as modified by the AWGIC. The rules may be further modified to adapt to the circumstances of the competition / venue at the recommendation of the Chefs and the approval of the Arctic Winter Games International Committee Technical Director and Host Society Sport Manager. The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

3. Sanction

The competition will be conducted under the [rules and sanction of ISU](#) as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Nordiq Canada). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

4. Participants

Each Participating Unit may enter a team comprised of a maximum of sixteen (16) skaters and four (4) coaches as listed below. Skaters must be born between July 1, 2007 - June 30, 2011 (younger category) or born between July 1, 2004 - June 30, 2008 (older category).

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Athletes

Women born in 2007*/2008*/2009/2010/2011	-	4
Men born in 2007*/2008*/2009/2010/2011	-	4
Women born in 2004/2005/2006/2007*/2008*	-	4
Men born in 2004/2005/2006/2007*/2008*	-	4

Note: Units can register Participants within any of the eligible birth years, at the discretion of their Chef de Mission. Units are not obligated to register Participants within the youngest or oldest age category. Where no minimum age category is listed, Chefs de Mission are responsible for determining an appropriate minimum age for their Unit's Participants, with consideration for Eligibility and Competition structure (as outlined in the Technical Package) and the AWGIC's value of meaningful competition.

* Any overlapping age categories should be considered exceptions for 2023.

Staff

Coaches	-	4
Support Staff	-	0

If qualified coaches are available - unless otherwise approved by the AWGIC Technical Director and Technical Coordinator - one coach must be a woman and one a man. If a coach from one gender is not available a chaperone of that gender must be substituted. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

5. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
 1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
 1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
 2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

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Athletes eligible for the younger age category may compete in the older age category at the discretion of their Chef de Mission. Should they choose to do so, the athlete may only compete in the older age category for all events. Requests to have an athlete compete in an older age category must be submitted to the AWGIC Technical Director and Technical Coordinator a minimum of 14 days prior to the start of the Games.

If a Participating Unit has five (5) age eligible skaters born in the younger category and only three (3) skaters in the older category, one (1) skater from the younger category may be entered in the older category provided this skater will be age eligible for the older category at the next Arctic Winter Games.

The coach will certify in writing that this skater can safely participate in the older category.

A skater may only compete in one age category for the entire competition.

See Appendix B for additional eligibility requirements.

6. Competition

Format

The competition shall take place abiding by the [ISU's Constitution and General Regulations](#) and the [ISU's Special Regulations and Technical Rules – Short Track Speed Skating](#) as published on January 1 of the year of the Games.

Events

- a. Skaters born in 2007/2008/2009/2010/2011 - All distances will be on a 100 m track
 - 400 meter individual
 - 500 meter individual
 - 1000 meter individual
 - 1500 meter individual
 - 3000 meter relay

- b. Skaters born in 2004/2005/2006/2007/2008 - All distances will be on a 111.12 m track
 - 500 meter individual
 - 777 meter individual
 - 1000 meter individual

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- 1500 meter individual
- 3000 meter relay

Relay events will include four (4) skaters per team. A Unit can participate with three (3) skaters if that team has only three (3) skaters in that category or an injury prevents one team member from competing. Note: Age categories cannot be combined to fill a relay team.

Number of Skaters at the Start Line

For Ice Surfaces 30m X 60m (100ft X 200ft) and greater (Olympic size):

Skaters born in 2004/2005/2006/2007/2008: 111.12 M track

Less than or equal to 1000 M	4 skaters
1001 to 2999 M	6 skaters

Skaters born in 2007/2008/2009/2010/2011: 100 M track

Less than or equal to 500 M	4 skaters
Less than or equal to 1000 M	5 skaters
1001 to 2999 M	6 skaters

For Ice Surfaces that are less than 30m X 60m (100ft X 200ft) (NHL size):

Skaters born in 2004/2005/2006/2007/2008: 111.12 M track

Less than or equal to 1000 M	4 skaters
1001 to 2999 M	6 skaters

Skaters Skaters born in 2007/2008/2009/2010/2011: 100 M track

Less than or equal to 1000 M	4 skaters
1001 to 2999 M	6 skaters

Modifications to the number of skaters on line will be done as required for race efficiency and/or safety, at the Team Leaders/Coaches meeting prior to the Games.

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Advancements (Appendix A)

All participants will skate heats, semis, and finals except for the longest distance for the two age categories. The numbers of heats / semifinals / finals will be assigned according to the distance being skated and the number of skaters registered for each division.

- Advancements will be by first (1st) place finishers and the next fastest times
- In the event of a tie in times:
 - In Heats: Ties will be broken by referring to the submitted seed times.
 - In Semis: Ties will be broken by referring to the times skated in Heats.
- The Chief Referee, Competitors Steward or Chief Recorder may modify the advancement schedule (Appendix A) at the meet if necessary to protect the safety of the skaters or to prevent a heat from having skaters from only one team.

Infringements/Penalties

An infringement/penalty in any heat will place that skater in last place position in that category of skaters (i.e., a skater penalized in a race with four [4] skaters in three [3] heats will receive the twelfth-place ranking).

An infringement/ penalty in a semi-final will place that skater in the last place position for their group of semi-finals (i.e., a skater is penalized in an A & B semifinal with four skaters per race will receive the eighth-place ranking).

A skater penalized in a final race will receive the last place points for that final.

As per [SSC Yellow and Red Card rules](#), any skater who is shown a Yellow Card during a race in a competition (see identified events below) will receive a penalty within that race. (ISU racing rule 297 (5) ii, Yellow Card). The skater will forfeit prior points/results accrued in all races over the distance concerned (if any). Points/results accrued prior to that distance will not be affected.

Any skater who is shown a Yellow Card twice in the same competition will be sanctioned by a Red Card, will be excluded from the Competition immediately and will not be ranked in the final classification. (ISU racing rule 297, (5) ii, Yellow Card).

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Skaters Not Finishing/Skating a Race

If an athlete is unable to skate a race or will not be skating for the remainder of the day, the coach must notify the referee prior to their next race in writing. The withdrawal letter must state the reason, duration and be signed and dated.

A skater unable to skate in a semi or final due to an injury incurred during racing will receive the points for the final they qualified for or were advanced to.

Unless withdrawn, skaters who do not skate in a final or who do not skate to finish a final receive no points.

Mixed Relay Teams

Skaters without a contingent relay team will be combined to make mixed fun relay teams.

Skaters are seeded into Mixed Relay Teams using their fastest skated 500m time from this event. These teams will be seeded using the averaged total of the 500-meter skated in the event.

These skaters are not eligible to win medals, but their results will be recorded and recognized.

Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

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The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games;
- Not schedule relay heats and finals on the same day. If scheduling time permits, all relay teams (including Mixed Relay Teams) will have a designated practice session.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshalling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).

Ice Scheduling

There should be a minimum of six (6) hours of ice (1 hour set-up and 5 hours of racing) each for one day of practice and four days of competition. Skaters should have a day off in the middle of the week. At least one day, preferably the day before the rest day, there should be late afternoon or evening ice to showcase the event and allow working members of the community to view it (e.g., on the day before the rest day, short track speed skating should be scheduled from 3 pm to 9 pm).

7. Seeding

For the first distance of the meet, the Competitors Steward/Chief Recorder will make the heats based on the seed times submitted for each skater. After having established a list of times (from the fastest to the slowest), the heats will be established using the following manner:

A	B	C	D	E
1	2	3	4	5

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10	9	8	7	6
11	12	13	14	15 etc.

For the subsequent distances, the heats will be seeded based on the skater's accumulated points according to the table under Section 9. Scoring.

- Second distance - seeded by points awarded after the first distance final.
- Third distance - seeded by the accumulated points from the first two finals
- Fourth distance - seeded by the accumulated points from the first three finals.

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

Lane Positions

For the first round of a distance lane positions will be drawn by the Competitors Steward. For each subsequent round the lane position will be decided by the times skated in the preceding round, referring to ISU rule 296 paragraph 8. Skaters will be assigned lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

Relay Seeding Process

The averaged total of the 500 meter (for skaters born in 2004/2005/2009/2006/2007) and 400 meter (for skaters born in 2007/2008/2009/2010/2011) seed times for each of the skaters on the relay team will be used to seed relay teams in qualifying heats. After having established a list of times (from the fastest to the slowest), the heats will be seeded as in individual races.

Advancements will be based on the first-place finishers from the heats plus the next two (2) fastest times (1 + 2).

8. Scoring

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All skaters who finish a final will receive the points for their respective final unless they are issued a Yellow or Red Card. These points will be used to seed the second, third and fourth distances. Points will be awarded according to this table:

1 st – 250	8 th – 35	15 th – 12
2 nd – 175	9 th – 30	16 th – 10
3 rd – 125	10 th – 25	17 th – 9
4 th – 75	11 th – 20	18 th – 8
5 th – 60	12 th – 18	19 th – 7
6 th – 50	13 th – 16	20 th – 6
7 th – 40	14 th – 14	

9. Medals

Medals shall be awarded individually by event and individually by team for relay events, as follows:

- Gold - 32
- Silver - 32
- Bronze - 32

10. Equipment

A skater's equipment must abide by the [ISU Communication 2400 - Cut Resistant Clothing & Protection Equipment in Short Track Speed Skating](#) and the [ISU Communication 2400 - Appendix A](#).

All skin or under suits must be full cut resistant suits.

11. Competition Uniform

All competition uniforms must abide by the [ISU Constitution and General Regulation](#).

12. Registration

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All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

Four weeks (4) before the games, each Unit must submit the names of their skaters to the designated Competitors Steward/Chief Recorder.

Two (2) weeks before the Games, each Unit will submit to the designated Competitors Steward/Chief Recorder a 500 meter seed time for each skater born in 2004/2005/2006/2007/2008 and a 400 meter time for each skater born in 2007/2008/2009/2010/2011. The time submitted must be from the current skating season (i.e., August 1, 2022 - January 14, 2023).

The Competitors Steward/Chief Recorder will provide each Unit with a draft copy of skater seeding no later than the day before the first race to review for errors or omissions.

13. Protests & Appeals

Field of Play disputes should be managed in accordance with the [AWGIC Field of Play conduct Policy and Protest Procedure](#) and each International Federation's (IFs) rules.

14. Venue Requirements

Venue Size

For the safety of the skaters, short track speed skating should be held at the largest ice surface available. Ideally the ice surface should be 30m X 60m (100ft X 200ft – Olympic size). A larger ice surface allows more skaters to safely be on the ice at the same time, and allows all skaters more area to slide before they hit the walls/padding if there is a fall.

Track Layout

A 111.12 meter oval with a minimum of five tracks should be set for the 2004/2005/2006/2007/2008 age category and a 100 meter oval with a minimum of three tracks should be set for the 2007/2008/2009/2010/2011 age category.

The diagrams found at Appendix C2 of the [Speed Skating Canada Red Book](#) illustrate track diagrams for these tracks and the placement of the start and finish lines.

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Ice Preparation

Ice temperature

- Maintain a slab temperature of –6C (21F) with a brine solution temperature of –14C (6F) to maintain the ice temperature during increased flooding in a competition.

Ideal shave and flood

- The ideal situation would be to shave the ice to just below 2.5 cm (1 inch) then hose flood. This covers the entire ice surface with water and allows the water to settle into the low spots. As well this method seals any dirt already in the ice therefore reducing the chance of stripping skate edges. This step is not required but is recommended if time permits.

Shave track prior to flooding

- Due to the fact that water is added to the ice during practice and competition it is recommended that the Ice Maintenance worker shave the track prior to flooding the ice surface. This will keep the ice level by shaving the excess water from the track and allowing the ice to freeze more quickly after a flood.

15. Safety Requirements

Crash Protection

To ensure skater safety, the protective padding (mats) for the event should be Level 3 or greater as per [Speed Skating Canada guidelines](#) as outlined in Appendix 10.

Medical Personnel

Medical Team – The medical team should consist of at least two (2) individuals meeting the definition of one or more of the following:

- Physician
- Advanced Care Paramedic
- Advance Medical Responder
- Primary Care Paramedic
- Sports Therapy Professional

Emergency Response

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At least one member of the medical team must be at rinkside at all times while skaters are on the ice including warm-ups and practice sessions.

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16. Appendix A: Advancements

Distances less than or equal to 500m (Olympic or NHL Ice - All Ages)

Heats				Semis					Finals		
Total Skaters	# of Races	# on Line	Adv.	Race	Skaters	# of Races	# on Line	Adv. *	Race	# of Races	# on Line
9-12	3	4/4/4	1+5	A/B	8	2	4/4	2+0*	A/B	2	4/4
				C	4	1	4	4+0*	C	1	4
13-16	4	4/4/4/4	1+4	A/B	8	2	4/4	1+2	A/B	2	4/4
				C/D	8	2	4/4	1+2	C/D	2	4/4
17-20	5	4/4/4/4/4	1+7	A/B/C	12	3	4/4/4	1+1	A/B/C	3	4/4/4
				D/E	8	2	4/4	1+2	D/E	2	4/4

Advancements are all 1st Places + Next Fastest Times except where noted

Distances greater than 500m but less than or equal to 1000m (Olympic Ice – 2007/2008/2008/2010/2011 Category Only)

Heats				Semis					Finals		
Total Skaters	# of Races	# on Line	Adv.	Race	Skaters	# of Races	# on Line	Adv.	Race	# of Races	# on Line
9-15	3	5/5/5	1+7	A/B	10	2	5/5	1+3	A/B	2	5/5
				C	5	1	5	1+4	C	1	5
16-20	4	5/5/5/5	1+6	A/B	10	2	5/5	1+3	A/B	2	5/5
				C/D	10	2	5/5	1+3	C/D	2	5/5

Advancements are all 1st Places + Next Fastest Times except where noted

Distances greater than 500m but less than or equal to 1000m (NHL Ice – All Ages)

Race configuration and advancement is the same as for Distances less than or equal to 500m.

Distances greater than 1001m but less than 3000m (Olympic or NHL Ice - All Ages)

Heats				Finals		
Total Skaters	# of Races	# on Line	Adv.	Race	# of Races	# on Line
9-12	2	6/6	1+4	A/B	2	6/6
13-20	4	5/5/5/5	1+2	A/B/C/D	4	6/6/6/2

Advancements are all 1st Places + Next Fastest Times except where noted

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Note: If pressed for time, the longest distance will be skated only once. In this case, the finals will be seeded by the total points accumulated at that time. Therefore, the top 6 including ties will skate the primary final, skaters 7-12 including ties will skate the secondary final, etc.

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17. Appendix B

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

Preamble:

The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

1. To be eligible to compete in the Arctic Winter Games, an athlete shall:
 - a. be a "Developing Athlete" as described in the Glossary of Terms and not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one (1) year of the opening date of the Games (sports without national sport governing bodies are exempt from this rule)
 - b. compete in one sport only
 - c) meet individual sport requirements as per the current technical package.

2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
 - a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
 - b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;

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- c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
- d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.