

**Speed Skate PEI**  
**2019 Canada Winter Games**  
**Red Deer, AB – February 14 to March 3, 2019**  
**Team PEI Selection Criteria – Short Track Speed Skating**

**Age Eligibility: Skaters who have reached the age of 14 on June 30, 2018 but who have not reached the age of 19 on June 30, 2018.**

**Year of Birth: July 1, 1999 – June 30, 2004 inclusive**

## **1. INTRODUCTION**

The purpose of this document is to define the rules and procedures that will be followed in selecting the Prince Edward Island Short Track Speed Skating Team (the “Team” or “Team PEI”) for the 2019 Canada Winter Games (“CWG”). Speed Skate PEI regards the Canada Winter Games as an opportunity for the overall development of the sport in PEI. The competition and training programs leading up to team selection will therefore aim to benefit not only those chosen for the team, but also all other skaters eligible for team selection who wish to improve their speed skating skills and performance. The success of the Team will depend not only on the individual efforts of the fastest skaters at race time, but on the teamwork of all eligible skaters throughout the selection process. This teamwork, along with a process that rewards individual commitment, will be key to raising the standard and enjoyment of skating and competition for all.

## **2. DEFINITIONS**

### **2.1 Team Prince Edward Island (“PEI”)**

Team PEI consists of Short Track skaters chosen to compete at the Canada Winter Games in accordance with the procedures described by this document and in accordance with the athlete eligibility requirements set out in the Canada Winter Games Technical Package for short track speed skating.

### **2.2 Selection Committee**

An independent Selection Committee will be appointed by the Board of the Speed Skate PEI. The mandate of the Selection Committee is to determine and select the Team using the Canada Games Skater Selection Criteria approved by Speed Skate PEI’s Board of Directors. No member of the Selection Committee shall be related to a skater who is eligible for selection to the Team.

## **2.3 Serious Injury or Illness**

A serious injury or illness is defined as one that has prevented the skater, under direction from their doctor or physiotherapist and evidenced by a note from same, from fully participating in practices over a fifteen day period.

## **2.4 Academic Obligation**

The skater is obligated to prepare in advance for camps, practices, competitions and the CWG by making arrangements with teachers with regard to assignments and exam schedules during their absences from school. In the event that this is not possible, the skater may request to be excused from a camp, practice or competition.

## **2.5 Appeals Committee**

The Appeals Committee is composed of the President of Speed Skate PEI or the President's designate and two persons appointed by Speed Skate PEI who are not involved in the selection of skaters for the Games. No member of the Appeals Committee shall be related to an eligible Canada Games skater.

## **3. SKATER ELIGIBILITY**

**3.1** Skaters must meet the eligibility requirements as set out in the 2019 Canada Winter Games Technical Package for short track speed skating (Appendix A), in addition to any eligibility requirements set out in this document.

**3.2** Skaters must be participating and registered in a speed skating program in 2018/2019 that is directly affiliated with Speed Skate PEI and Speed Skating Canada ("SSC"). Alternatively, skaters who, within nine months of the start of the Games, have relocated from PEI to another community but maintain their permanent domicile in PEI, must be continuing to prepare for the Canada Winter Games with a club affiliated with the applicable Branch and SSC and registered as an out-of-province skater with Speed Skate PEI. Such skaters must provide evidence of their training program including scheduled ice sessions and attendance.

**3.3** Skaters who wish to be part of the 2019 CWG PEI Short Track Speed Skating Training Team ("Training Team"), as set out in section 4 below, must declare their intent by signing a skater commitment form (Appendix B). To continue on the Training Team, skaters must have achieved times within 135% of the CWG Short Track records (excluding any records from the 2015 CWG) in a minimum of two of the distances which will be skated at CWG ("Selection Distances"), no later than March 31, 2018<sup>1</sup>. To be eligible to be selected Team PEI, training

---

<sup>1</sup>Recognizing that some skaters will not have had the opportunity to skate on the 111m track in competitions, 500m times will be converted to meters per second and multiplied by 400m to come up with the 400m qualifying time. The 1500m time will be used "as is" with the 100m track time being allowed.

team skaters must achieve times within 120% of the CWG Short Track records in a minimum of two of the Selection distances no later than December 16, 2018<sup>2</sup>. Times can be skated in sanctioned competitions using electronic or manual timing. In instances where a skater has not been eligible to skate on the 111m track in at least two sanctioned competitions, the skater can achieve the required times during pre-designated time trial events, where results are obtained based on the average of 2 watches and adjusted upward by .2 seconds as per standard accepted procedures for manual timing in speed skating. Any such time trial events will be announced to eligible skaters no less than seven days in advance of the event.

Skaters who have not joined the Training Team, or who have not met the attendance and other requirements of the Training Team up to October 1, 2018 can become eligible for selection to Team PEI by:

- Achieving times within 110% of the CWG Short Track records in a minimum of two Selection Distances no later than December 16, 2018; and
- Paying the same fees that the Training Team members have paid; and
- Meeting the attendance criteria set out in section 5.5 below from October 1, 2018 onward.

Appendix D outlines a suggested athlete pathway which training team members should be striving for.

### QUALIFYING PERFORMANCE TIMES<sup>3</sup>:

For members of the Training Team:

<b>Female</b>			<b>Male</b>	
<b>Distance</b>	<b>CWG Record</b>	<b>135%</b>	<b>CWG Record</b>	<b>135%</b>
<b>500m</b>	44.83	1:00.521	42.78	57.753
<b>1000m</b>	1:33.81	2:06.645	1:28.45	1:59.41
<b>1500m</b>	2:27.69	3:19.38	2:17.183	3:05.197

<b>Converted to 100m Track Female</b>			<b>Converted to 100m Track Male</b>	
<b>Distance</b>	<b>CWG Record</b>	<b>135%</b>	<b>CWG Record</b>	<b>135%</b>
<b>400m</b>		48.416		46.202
<b>1500m</b>	2:27.69	3:19.38	2:17.183	3:05.197

<sup>2</sup> In the event of a Selection Competition being held (see Section 5.6), this standard must be met no later than the registration deadline for the Selection Competition.

<sup>3</sup> The CWG Record times listed are those set prior to the 2015 Canada Winter Games. The qualifying performance times set out herein will not be adjusted if/when new records arising from the 2015 CWG are officially recognized by Speed Skating Canada.

**Female****Male**

<b>Distance</b>	<b>CWG Record</b>	<b>120%</b>		<b>CWG Record</b>	<b>120%</b>
<b>500m</b>	44.83	53.80		42.78	51.34
<b>1000m</b>	1:33.81	1:52.57		1:28.45	1:46.14
<b>1500m</b>	2:27.69	2:57.23		2:17.183	2:44.62

**For non-Training Team members:**

	<b>Female</b>			<b>Male</b>	
<b>Distance</b>	<b>CWG Record</b>	<b>110%</b>		<b>CWG Record</b>	<b>110%</b>
500m	44.83	49.31		42.78	47.06
1000m	1:33.81	1:43.19		1:28.45	1:37.30
1500m	2:27.69	2:42.46		2:17.183	2:30.90

**4. COMMITMENT TO TRAINING**

**4.1** Skaters who wish to be members of the Training Team must sign a PEI CWG Training Team Commitment Form and submit it, along with applicable Training Team fees to the CWG Team Manager by August 29, 2017.

**4.2** Members of the Training Team that reside on Prince Edward Island must participate fully in all components of the off- and on-ice training program. Skaters' activities in the training program will be recorded in the athletes' High Performance Training Log. Attendance will be taken by the Team Manager and the training log may be requested by the coach to confirm off ice training. Any exceptions to attendance in the training program must be discussed with and agreed to by the Coach. Decisions to permit attendance exceptions will be based upon a skater's demonstrated commitment to training.

**4.3** Skaters are required to report any relevant medical condition, illness or injury inhibiting skater performance or participation, at any time of the season, to the CWG Coach or Team Manager.

**5. SELECTION CRITERIA**

The Selection Committee will name skaters to Team PEI by December 31, 2018.

**5.1** All times used for ranking or selection purposes must have been achieved during sanctioned competitions or time trials as per the notification and timing procedures described in Section 3.3.

**5.2** If a Selection Competition as described in Section 5.6 is required, skaters must attain the minimum (120%) performance standards anytime between September 1, 2017 and no later than the registration deadline for the Selection Competition, in any sanctioned meet or pre-identified time trial, as described in Section 3.3, in order to take part in the Selection Competition and in order to be selected to Team PEI. In the event that a Selection Competition as described in

Section 5.6 is not required for a gender, then the minimum performance standards for skaters of that gender may be achieved anytime up to December 16, 2018.

**5.3** The members and configurations of the relay teams from among Team members will be the decision of the Short Track Coach. The final relay team selections will be made at the Canada Winter Games.

**5.4** Any skater who wishes to dispute selection (other than relay team selections, which are not subject to appeal) should refer to the “Appeals Process” described in Section 7 below.

### **5.5 Specific Criteria**

- Skaters are required to attain the qualifying performance time criteria described in section 3.3 no later than December 16, 2018.
- Skaters must achieve 80% attendance at off-ice and on-ice training sessions scheduled by or approved by the coach, from September 1, 2017 to March 31, 2018 and attendance of 90% from April 1, 2018 until Canada Games. If the minimum attendance requirements at combined off-ice and on-ice training sessions are not achieved by a skater without a plausible explanation, such as but not limited to serious injury or illness the skater will not be eligible for selection to the Team as a Training Team member and will revert to a non-Training Team member. Non-Training team members must still meet the 90% attendance requirement from October 1, 2018 until Canada Games in order to be eligible for selection to the Team.

### **5.6 Skater Selection Ranking**

Skaters who have met the selection criteria described above will be ranked for selection to Team PEI using the following procedure.

If there are seven or less skaters of a gender that have achieved the 120% time standards specified in Section 3.3 by October 15, 2018, then skaters of that gender will be ranked using the three Selection Distances (as per Section 3.3) using their fastest times achieved in each distance, either in sanctioned competition or a time trial, between September 1, 2017 and December 16, 2018 (“Ranking Times”). Overall ranking for each skater will be determined by the Standard Deviation and Scoring System in Appendix C.

If there are eight or more skaters of a gender that have achieved the time standards specified in Section 3.3 by October 15, 2018, then the following ranking procedure will instead be used for that gender:

Up to the first two positions will be given to the top two Prince Edward Island juniors (based on the final overall ranking for their gender) at the Canadian Open National Qualifier (“National Qualifier”) in the Fall of 2018.

The remaining positions will be decided amongst individuals who have achieved the time standards specified in Section 3.3, during a selection competition to take place no later than December 16, 2018 (“Selection Competition”). The top overall skaters at the Selection Competition will earn the remaining positions starting with the first, second and up to the third best overall placing skaters being named to the team, after also considering any Bye requests received in accordance with Appendix E, Guidelines for Allocation of Byes. Fourth and/or fifth positions for ranking and selection to the Team would also be determined by overall finishes at the Selection Competition in the event that only one or no PEI juniors competes at the 2018 National Qualifier and if no Byes are granted.

The skater ranked sixth by either ranking method will be named the Team alternate.

**5.7** Skaters wishing to withdraw from the Team must notify the President of Speed Skate PEI in writing at the earliest possible date. Skaters are expected to give some explanation for withdrawal. Once the withdrawal has been made, the Selection Committee will select an eligible skater using the skater selection ranking procedure that was used for that gender in order to fill the position of the withdrawing skater and the withdrawal will be final.

## **6. READINESS TO COMPETE**

Any skater selected to the Team who is recovering from a serious injury or illness may be required to prove their readiness to compete no later than 21 days prior to the start of the CWG. At the discretion of the head coach of the Team, the recovering skater may be required to skate time trials to prove their readiness.

Where an alternate skater has previously met the skater eligibility criteria and is available for Team selection, the time trials would be held with the recovering skater and the first alternate skater during the same ice session. The time trials for these purposes will have one skater on the line, and each participating skater will have the option of a re-skate in one distance of their choice as part of the time trials, however, the other skater will also have the option to re-skate the same distance, with each skater using their best time in each distance after any re-skates. The recovering skater must be able to skate at least two of the three Selection Distances faster than the first alternate skater. If the recovering skater is not able to skate faster time trials in two of three Selection Distances, he or she will be removed from the Team and replaced with the first alternate skater.

Where there is no alternate skater, such as in the event of less eligible skaters than the maximum of five Team positions per gender, a skater selected to the Team who is recovering from a serious injury or illness may also be required to prove their readiness to compete no later than 18 days prior to the start of the CWG. In such a case, the recovering skater’s time trial times must meet the minimum requirements of section 3.3 above (i.e. 120% of CWG records in 2 of 3 distances for Training Team members.) If the recovering skater is not able to meet the qualifying

performance time criteria of section 3.3 during the time trials, he or she shall be removed from the Team.

## **7. APPEALS**

### **7.1 Appeals Committee**

The Appeals Committee will be comprised of individuals as described in Section 2.5.

### **7.2 Appeal Process**

**7.2.1** If a skater believes there are grounds for an appeal, he or she must give notice of his or her intent to appeal within 48 hours after announcement of the Team selection, by giving written or verbal notice to the President of Speed Skate PEI. This notice of intent to appeal must be followed within two (2) days by a formal written appeal (sent by email or hand delivered to the President), clearly stating the reasons for the appeal. A cash deposit of \$100 must accompany the formal written appeal, and will be refunded only if the appeal is successful.

**7.2.2** The only grounds for appeal are that Team selections were not made in accordance with Speed Skate PEI's 2019 Canada Winter Games Short Track Team Selection Criteria such that the appellant was improperly excluded from selection consideration.

In the event of a valid appeal request being made, the following process will take place:

**7.2.2.1** First - The Appeals Committee will convene a meeting either in person or by conference call within three (3) days of receipt of the formal written appeal. All information relating to the appeal should be made available to the appellant and the Appeals Committee. In the event that all appropriate information has not been collected in sufficient time, the meeting may be adjourned for an additional three (3) days to permit collection.

**7.2.2.2** Second - The appellant and his/her representative will appear before the Appeals Committee either in person, or by conference call if the appellant is residing outside of PEI, or if all parties consent to holding the meeting by conference call.

**7.2.2.3** Third - The Appeals Committee will review all of the evidence and make one of the following decisions:

- a. Grant the appeal and immediately name the skater to the team, replacing the skater who would no longer be selected based on an updated skater selection ranking as per section 5.6.
- b. Reject the appeal.

**7.2.2.4** Fourth - The decision will be delivered immediately in verbal form, followed by a written report of the Appeals Committee. The decision of the Appeals Committee will be final. It is

recognized that not all situations can be anticipated. All situations will be dealt with in as fair and equitable a manner as possible.

## **8. Appendices**

- Appendix A – CWG Short Track Speed Skating Technical Package
- Appendix B – PEI CWG Training Team Commitment Form
- Appendix C – Standard Deviation and Scoring System
- Appendix D – Recommended Pathway for SSPEI Short Track Canada Games 2019 Team
- Appendix E – Guidelines for the Allocation of Byes for Selection to Team PEI for 2019 Canada Winter Games
- Appendix F – Recommended Pathway for SSPEI Long Track Canada Games 2019 Team



**APPENDIX A**

**2019 CANADA WINTER GAMES**

**TECHNICAL PACKAGE - SHORT TRACK SPEED SKATING**



## 2019 Canada Winter Games Short Track Speed Skating Technical Package



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

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

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

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

---

### National Partners/Partenaires nationaux



## Table of Contents

1. SPORT: SPEED SKATING (SHORT TRACK).....	3
2. PARTICIPANTS: .....	3
2.1. Competitors.....	3
2.2. Staff .....	3
2.3. Additional Team Staff.....	3
3. CLASSIFICATION: .....	4
4. ELIGIBILITY:.....	4
4.1. Coaches .....	4
4.2. Team Manager .....	4
4.3. Competitors.....	4
5. COMPETITION: .....	5
6. SPORT SCORING: .....	5
7. PROVINCIAL/TERRITORIAL RANKING: .....	7
8. TIE BREAKING RULE – COMPETITION:.....	8
9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:.....	8
10. MEDALS: .....	8
11. COMPETITIVE UNIFORM: .....	8
12. EQUIPMENT: .....	8
13. APPENDICES: .....	8
APPENDIX 1 – COMPETITOR ELIGIBILITY.....	10
APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS .....	12
APPENDIX 3 – PERFORMANCE GUIDELINES.....	13
APPENDIX 4 – SHORT TRACK FIELD OF PLAY REGULATIONS.....	13
APPENDIX 5 – FIELD OF PLAY APPEAL PROCEDURE .....	23

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

---

**1. SPORT: SPEED SKATING (SHORT TRACK)**

---

**2. PARTICIPANTS:**

2.1. Competitors:

5 males; 5 females.

2.2. Staff:

1 Short Track coach and 1 Short Track manager.

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

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

2.3. Additional Team Staff\*:

- Apprentice Coach
  - See [Women in Coaching Canada Games Apprenticeship Program](#)
  - See [Aboriginal Apprentice Coach Program](#)
  - Apprentice coaches have same access as competitors and team staff.
  
- Venue Pass Holder
  - See [Venue Pass Holder Policy](#)
  - Venue Pass Holders do not have access to the field of play
  - Venue Pass Holder's access
    - Front of House (Spectator areas)
    - Team Areas (Athletes Lounge, Change Rooms)

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

Two skate technicians will be added to the list of Major Technical officials that will be accessible to all teams at both the Short Track and Long Track venues. Teams will be

able to use their own technicians. However, no accreditation for additional staff will be granted to the Field of Play.

---

### 3. CLASSIFICATION:

Competitors who have reached the age of 14 on June 30th, 2018 but have not reached the age of 19 as of June 30th, 2018.

Year of Birth: July 1, 1999 to June 30, 2004 inclusive.

---

### 4. ELIGIBILITY

#### 4.1. Coaches:

Coaches on the official registration form must be fully certified in the Competition-Development context under the National Coaching Certification Program (NCCP) in Speed Skating. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

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

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

#### 4.2. Team Manager:

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

#### 4.3. Competitors:

Excluded from the Canada Games are:

- Senior National Team athletes (as defined by Speed Skating Canada and approved by the Canada Games Council)\*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes who have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance Program) at any time;

- Athletes who have previously competed at the following events: Senior World Championships, Olympic Games, World Cup competitions, or FISU Games.

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

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 10<sup>th</sup>, 2018).

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

---

## 5. COMPETITION:

Speed Skating Canada Rules shall prevail.

### Short Track Events (scheduled over 5 days)

Men and women: 500m, 1000m, 1500m, 3000m Points Race (all compete) and a 3000m relay for men and women.

These events shall be skated on a standard 111.12m oval track on a 30m X 60m ice surface. The racing format is outlined in the ST Field of Play Regulations (Appendix 4).

---

## 6. SPORT SCORING:

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

In the case where a skater that starts an event but does not complete an event due to injury, that skater will receive a rank based upon the placement in the following round. For example, if the skater is taken out in the semi-final and cannot race the final, they would be placed in the B Final and receive last place ranking for that final.

A penalty/disqualification in any race will place the skater in last place position. In the case of a penalty in a final, no points will be given to the skater if the Referee judges that there is

unsportsmanlike-like conduct or a major infraction. In Short Track, for all other penalties in finals, the skater(s) will receive the points of the last place for the final skated.

Athletes who register but do not compete will not be ranked. If an athlete does not start the first round of an event the athlete does not receive any points.

In the case of the 3000m points race, a skater who does not compete will be ranked last and receive the last place points in their race, below any skater who may be penalized.

#### 6.1. Individual

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

Position	Pts		Position	Pts		Position	Pts	
1st place	100		23rd place	63		45th place	41	
2nd place	97		24th place	62		46th place	40	
3rd place	94		25th place	61		47th place	39	
4th place	91		26th place	60		48th place	38	
5th place	88		27th place	59		49th place	37	
6th place	85		28th place	58		50th place	36	
7th place	83		29th place	57		51st place	35	
8th place	81		30th place	56		52nd place	34	
9th place	79		31st place	55		53rd place	33	
10th place	77		32nd place	54		54th place	32	
11th place	75		33rd place	53		55th place	31	
12th place	74		34th place	52		56th place	30	
13th place	73		35th place	51		57th place	29	
14th place	72		36th place	50		58th place	28	
15th place	71		37th place	49		59th place	27	
16th place	70		38th place	48		60th place	26	
17th place	69		39th place	47		61st place	25	
18th place	68		40th place	46		62nd place	24	
19th place	67		41st place	45		63rd place	23	
20th place	66		42nd place	44		64th place	22	
21st place	65		43rd place	43		65th place	21	
22nd place	64		44th place	42				

In speed skating, medals are not awarded to penalized skaters. When there are multiple penalties it can be necessary to award a medal to the highest ranked skater in the next level

final (usually the B Final). This could lead to an anomaly of a skater getting a medal but earning fewer points than a penalized skater in the superior final. To prevent this anomaly the medal skater would earn the points associated with the medal position in the A final. See the example below as an illustration. This will apply to all events that are not based on ranking by time including all Short Track events.

In case of two penalties in one final, medals and points will be distributed as below:

Final A	Placement	Medal	Points
Skater A	1 <sup>st</sup>	Gold	100
Skater B	2 <sup>nd</sup>	Silver	97
Skater C	Pen		91
Skater D	Pen		91
Final B			
Skater E	3 <sup>rd</sup>	Bronze	94
Skater F			85
Skater G			83
Skater H			81

## 6.2. Relay and Team Pursuit Competitions

In the relay and pursuit events there are 13 scoring positions, with points allocated for 1<sup>st</sup> through 13<sup>th</sup> as follows:

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

## 7. PROVINCIAL/TERRITORIAL RANKING:

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

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



---

## **8. TIE BREAKING RULE – COMPETITION:**

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

---

## **9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:**

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

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

---

## **10. MEDALS:**

**GOLD:** 18 in total; 8 for each individual event, 10 for the ST relay

**SILVER:** 18 in total; 8 for each individual event, 10 for the ST relay

**BRONZE:** 18 in total; 8 for each individual event, 10 for the ST relay

---

## **11. COMPETITIVE UNIFORM:**

Appropriate speed skating attire as described in the Procedures and Regulations of Speed Skating Canada (D-3) shall be worn. Provincial/Territorial colors must be worn.

---

## **12. EQUIPMENT:**

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

All Short Track skaters are required to wear cut resistant clothing (undergarment or racing suit) that meets the ISU standards as described in ISU Communication 1265.

---

## **13. APPENDICES:**

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

Appendix 1 – Competitor Eligibility

Appendix 2 – Coach Certification Requirements

Appendix 3 – Performance Guidelines

Appendix 4 – Short Track Field of Play Regulations  
Appendix 5 – Field of Play Appeal Procedure

---



## APPENDIX 1 – COMPETITOR ELIGIBILITY

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

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

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

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

for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

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

#### Other

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

## APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

To be confirmed by Speed Skating Canada.

### APPENDIX 3 – PERFORMANCE GUIDELINES

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

Short Track Speed Skating is not about times, but who crosses the line first in any given race. The ability to skate fast times, however, is a good indicator of the potential for a skater to be successful. A skater is limited by his or her ability to skate a certain time and if they find themselves in a fast race and cannot keep up, no amount of tactical astuteness or passing skill will compensate.

To establish some Short Track performance guidelines, the times skated at the last two Canada Games (2011 and 2015) have been used. The guidelines have identified times that a skater can expect to be needed as a minimum, to reach the quarter final stage of the 500m and 1000m events. The 1500m racing at the Games is largely tactical and will likely be tactical in the future. It would be possible to arbitrarily establish performance guidelines for the 1500m, but unless skaters race the distance all out, we will not have meaningful data to measure against the standard. Thus, a performance guideline for the 1500m has not been included.

To establish the performance guideline, the fastest time skated by each quarter finalist was identified. The number of skaters who skated the standard or better, but who did not reach the quarter final was also noted (skater finished 3<sup>rd</sup> in heat or skated the time in an earlier round). From this, the 16<sup>th</sup> best time for each distance, gender and Games was identified.

Ice conditions vary from Games to Games and consequently, some judgment has been used in finalizing the guidelines.

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

## Performance Guidelines

<b>Women</b>	<b>500m</b>	<b>1000m</b>
	48.50 secs	1:41.50
	15/16 QFs skated below 48.50 1 skater who skated sub 48.50 did not make QFs Total: 16 skaters under 48.50	14/16 QFs skated below 1:41.50 2 skaters who skated sub 1:41.50 did not make QFs Total: 16 skaters under 1:41.50

<b>Men</b>	<b>500m</b>	<b>1000m</b>
	45.00 secs	1:32.00
	14/16 QFs skated below 45.00 5 skaters who skated sub 45.00 did not make QFs Total: 19 skaters under 45 seconds	14/16 QFs skated below 1:32.00 No skaters who skated sub 1:32.00 failed to make QFs Total: 14 skaters under 1:32.00

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

## APPENDIX 4 – SHORT TRACK FIELD OF PLAY REGULATIONS

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

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

### Schedule of Events:

Day 1 (Friday)	Team Training
Day 2 (Saturday)	Team Training
Day 3 (Sunday)	1500m Finals
Day 4 (Monday)	500m Qualification Rounds, 1000m Qualification Round, Relay Preliminaries – Women / Men
Day 5 (Tuesday)	Rest Day/Team Training
Day 6 (Wednesday)	500m Finals
Day 7 (Thursday)	1000m Finals
Day 8 (Friday)	3000m Points Race Finals and Women / Men Relay Finals

### Entries:

- Each Branch must submit a **500m, 1000m, and 1500m** time for each skater. The times submitted must have been skated in a SSC sanctioned competition during the current season. Each Provincial/Territorial association must confirm the time submitted with the date and location of the competition. Times must be submitted on the “SSC in-house Branch registration form” directly to the Competitors Steward no later than **February 1st, 2019**.

### Sanction:

- This event has an SSC Sanction.

### Individual Race program and order of distances:

1500m	500m	1000m	3000m Points Race
-------	------	-------	-------------------

### Records:

- Skaters are eligible to break Canada Games records as well as Canadian Junior ISU records.

### Number of skaters at the start:

- ISU regulations prevail, as per ISU Rule 296.6.

### Qualification Heats:

The Qualification Heats for 500m, 1000m and 1500m will be seeded on submitted seed times. After having established a list of times (from the fastest to the slowest), the heats will be seeded as follows:



<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>
1	2	3	4	5	6	7	8	9	10	11
22	21	20	19	18	17	16	15	14	13	12
23	24	25	26	27	28	29	30	31	32	33
44	43	42	41	40	39	38	37	36	35	34
45	46	47	48	49	50	51	52	53	54	55
	65	64	63	62	61	60	59	58	57	56

Advancements to the next round will be by placement plus next fastest times from the next position as required to fill the quota on the line, with the exception of advancement to the Heats from the Qualification round in the 500m and 1000m, and from the Qualification round to the Finals in the 1500m (See below).

### Progression:

The numbers of Preliminaries / Heats / Quarters / Semis / Finals will be assigned according to the distances and the number of skaters registered as per the attached graph. All tables are based upon a maximum of 65 skaters (13 branches with 5 skaters each).

### 1500m – (6 on the Line, 11 heats)

The top 36 skaters advance to the Quarter Finals. All other skaters go directly to Final G to K based upon times skated in the Heats.

### Seeding the Quarter Finals (6 heats, 6 on the line) Upper Bracket

Quarter Final A	Quarter Final B	Quarter Final C	Quarter Final D	Quarter Final E	Quarter Final F
Fastest 1 <sup>st</sup>	2 <sup>nd</sup> fastest 1 <sup>st</sup>	3 <sup>rd</sup> fastest 1 <sup>st</sup>	4 <sup>th</sup> fastest 1 <sup>st</sup>	5 <sup>th</sup> fastest 1 <sup>st</sup>	6 <sup>th</sup> fastest 1 <sup>st</sup>
Fastest 2 <sup>nd</sup>	11 <sup>th</sup> fastest 1 <sup>st</sup>	10 <sup>th</sup> fastest 1 <sup>st</sup>	9 <sup>th</sup> fastest 1 <sup>st</sup>	8 <sup>th</sup> fastest 1 <sup>st</sup>	7 <sup>th</sup> fastest 1 <sup>st</sup>
2 <sup>nd</sup> fastest 2 <sup>nd</sup>	3 <sup>rd</sup> fastest 2 <sup>nd</sup>	4 <sup>th</sup> fastest 2 <sup>nd</sup>	5 <sup>th</sup> fastest 2 <sup>nd</sup>	6 <sup>th</sup> fastest 2 <sup>nd</sup>	7 <sup>th</sup> fastest 2 <sup>nd</sup>
2 <sup>nd</sup> fastest 3 <sup>rd</sup>	Fastest 3 <sup>rd</sup>	11 <sup>th</sup> fastest 2 <sup>nd</sup>	10 <sup>th</sup> fastest 2 <sup>nd</sup>	9 <sup>th</sup> fastest 2 <sup>nd</sup>	8 <sup>th</sup> fastest 2 <sup>nd</sup>
3 <sup>rd</sup> fastest 3 <sup>rd</sup>	4 <sup>th</sup> fastest 3 <sup>rd</sup>	5 <sup>th</sup> fastest 3 <sup>rd</sup>	6 <sup>th</sup> fastest 3 <sup>rd</sup>	7 <sup>th</sup> fastest 3 <sup>rd</sup>	8 <sup>th</sup> fastest 3 <sup>rd</sup>
3 <sup>rd</sup> fastest 4 <sup>th</sup>	2 <sup>nd</sup> fastest 4 <sup>th</sup>	1 <sup>st</sup> fastest 4 <sup>th</sup>	11 <sup>th</sup> fastest 3 <sup>rd</sup>	10 <sup>th</sup> fastest 3 <sup>rd</sup>	9 <sup>th</sup> fastest 3 <sup>rd</sup>

Skaters not advancing to the Semi Finals will advance to Final D, E, or F based upon their place and times skated in the Quarter Final.

### Seeding the Semi Finals (3 heats, 6 on the line) Upper Bracket

Semi Final A	Semi Final B	Semi Final C
Fastest 1 <sup>st</sup> place	2 <sup>nd</sup> fastest 1 <sup>st</sup> place	3 <sup>rd</sup> fastest 1 <sup>st</sup> place
6 <sup>th</sup> fastest 1 <sup>st</sup> place	5 <sup>th</sup> fastest 1 <sup>st</sup> place	4 <sup>th</sup> fastest 1 <sup>st</sup> place
Fastest 2 <sup>nd</sup> place	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place	3 <sup>rd</sup> fastest 2 <sup>nd</sup> place

6 <sup>th</sup> fastest 2 <sup>nd</sup> place	5 <sup>th</sup> fastest 2 <sup>nd</sup> place	4 <sup>th</sup> fastest 2 <sup>nd</sup> place
Fastest 3 <sup>rd</sup> place	2 <sup>nd</sup> fastest 3 <sup>rd</sup> place	3 <sup>rd</sup> fastest 3 <sup>rd</sup> place
6 <sup>th</sup> fastest 3 <sup>rd</sup> place	5 <sup>th</sup> fastest 3 <sup>rd</sup> place	4 <sup>th</sup> fastest 3 <sup>rd</sup> place

### Seeding the Finals (11 Finals, 6 on the line) Upper Bracket

<b>Primary Final A</b>	<b>Secondary Final B</b>	<b>Secondary Final C</b>
All 1 <sup>st</sup> and 2 <sup>nd</sup> place	All 3 <sup>rd</sup> and 4 <sup>th</sup> place	All 5 <sup>th</sup> and 6 <sup>th</sup> place

### 500m and 1000m (Max 4 on the line, 16 Preliminary Heats)

#### Seeding of Preliminary Heats

Skaters will be initially seeded as outlined previously in this document. Top 2 skaters advance to Heats. Remaining skaters seeded into the Lower Bracket Round.

#### Seeding of Heats (4 on the line, 8 races)

Heat A	Heat B	Heat C	Heat D	Heat E	Heat F	Heat G	Heat H
Fastest 1 <sup>st</sup>	2 <sup>nd</sup> fastest 1 <sup>st</sup>	3 <sup>rd</sup> fastest 1 <sup>st</sup>	4 <sup>th</sup> fastest 1 <sup>st</sup>	5 <sup>th</sup> fastest 1 <sup>st</sup>	6 <sup>th</sup> fastest 1 <sup>st</sup>	7 <sup>th</sup> fastest 1 <sup>st</sup>	8 <sup>th</sup> fastest 1 <sup>st</sup>
16 <sup>th</sup> fastest 1 <sup>st</sup>	15 <sup>th</sup> fastest 1 <sup>st</sup>	14 <sup>th</sup> fastest 1 <sup>st</sup>	13 <sup>th</sup> fastest 1 <sup>st</sup>	12 <sup>th</sup> fastest 1 <sup>st</sup>	11 <sup>th</sup> fastest 1 <sup>st</sup>	10 <sup>th</sup> fastest 1 <sup>st</sup>	9 <sup>th</sup> fastest 1 <sup>st</sup>
1 <sup>st</sup> fastest 2 <sup>nd</sup>	2 <sup>nd</sup> fastest 2 <sup>nd</sup>	3 <sup>rd</sup> fastest 2 <sup>nd</sup>	4 <sup>th</sup> fastest 2 <sup>nd</sup>	5 <sup>th</sup> fastest 2 <sup>nd</sup>	6 <sup>th</sup> fastest 2 <sup>nd</sup>	7 <sup>th</sup> fastest 2 <sup>nd</sup>	8 <sup>th</sup> fastest 2 <sup>nd</sup>
16 <sup>th</sup> fastest 2 <sup>nd</sup>	15 <sup>th</sup> fastest 2 <sup>nd</sup>	14 <sup>th</sup> fastest 2 <sup>nd</sup>	13 <sup>th</sup> fastest 2 <sup>nd</sup>	12 <sup>th</sup> fastest 2 <sup>nd</sup>	11 <sup>th</sup> fastest 2 <sup>nd</sup>	10 <sup>th</sup> fastest 2 <sup>nd</sup>	9 <sup>th</sup> fastest 2 <sup>nd</sup>

#### Advancement to Final E, F, G, and H

Skaters who fail to advance to the Quarters will be placed into Final E, F, G, and H based upon their place and time in the Upper Bracket Heats. Any skater, who is penalized in the Upper Bracket Heats, will be placed into Final H. Any skater who fails to start in the Upper Bracket Heats will not skate the Final and will receive final points below those of the penalized skater(s).

#### Seeding from Heats to the Quarter Finals (4 on the line, 4 heats) Upper Bracket

Quarter Final A	Quarter Final B	Quarter Final C	Quarter Final D
Fastest 1 <sup>st</sup> place	2 <sup>nd</sup> fastest 1 <sup>st</sup> place	3 <sup>rd</sup> fastest 1 <sup>st</sup> place	4 <sup>th</sup> fastest 1 <sup>st</sup> place
8 <sup>th</sup> fastest 1 <sup>st</sup> place	7 <sup>th</sup> fastest 1 <sup>st</sup> place	6 <sup>th</sup> fastest 1 <sup>st</sup> place	5 <sup>th</sup> fastest 1 <sup>st</sup> place
1 <sup>st</sup> fastest 2 <sup>nd</sup> place	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place	3 <sup>rd</sup> fastest 2 <sup>nd</sup> place	4 <sup>th</sup> fastest 2 <sup>nd</sup> place
8 <sup>th</sup> fastest 2 <sup>nd</sup> place	7 <sup>th</sup> fastest 2 <sup>nd</sup> place	6 <sup>th</sup> fastest 2 <sup>nd</sup> place	5 <sup>th</sup> fastest 2 <sup>nd</sup> place

Skaters failing to advance to the Semi Finals will be placed in Final C and D based upon their place in the Quarter Finals. A penalized skater in the Quarter Final Round will be placed in Final D.

### Seeding from Quarter Finals to the Semi Finals Upper Bracket

Semi Final A	Semi Final B
Fastest 1 <sup>st</sup> Place	2 <sup>nd</sup> fastest 1 <sup>st</sup> place
4 <sup>th</sup> fastest 1 <sup>st</sup> place	3 <sup>rd</sup> fastest 1 <sup>st</sup> place
1 <sup>st</sup> fastest 2 <sup>nd</sup> place	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place
4 <sup>th</sup> fastest 2 <sup>nd</sup> place	3 <sup>rd</sup> fastest 2 <sup>nd</sup> place

### Advancing to the Primary and Secondary Finals Upper Bracket

Final A	Final B
All 1 <sup>st</sup> and 2 <sup>nd</sup> place	All 3 <sup>rd</sup> and 4 <sup>th</sup> place

### Seeding the Lower Bracket Round – for those not advancing to the Upper Bracket Heats

Skaters below top 32 will be seeded by place and time into the Lower Bracket round. Penalized skaters will be ranked last, and seeded into the Lower Bracket round below the timed skaters based on their ranking going into the distance.

#### Bottom Bracket Heats (4 on the line, 8 races)

Heat I	Heat J	Heat K	Heat L	Heat M	Heat N	Heat O	Heat P
33 <sup>rd</sup>	34 <sup>th</sup>	35 <sup>th</sup>	36 <sup>th</sup>	37 <sup>th</sup>	38 <sup>th</sup>	39 <sup>th</sup>	40 <sup>th</sup>
48 <sup>th</sup>	47 <sup>th</sup>	46 <sup>th</sup>	45 <sup>th</sup>	44 <sup>th</sup>	43 <sup>rd</sup>	42 <sup>nd</sup>	41 <sup>st</sup>
49 <sup>th</sup>	50 <sup>th</sup>	51 <sup>st</sup>	52 <sup>nd</sup>	53 <sup>rd</sup>	54 <sup>th</sup>	55 <sup>th</sup>	56 <sup>th</sup>
64 <sup>th</sup>	63 <sup>rd</sup>	62 <sup>nd</sup>	61 <sup>st</sup>	60 <sup>th</sup>	59 <sup>th</sup>	58 <sup>th</sup>	57 <sup>th</sup>
65 <sup>th</sup> Note: 5 on line							

### Advancement to Final I-P

Skaters will be seeded into Final I to P based first upon their place, and then by their time skated in the Lower Bracket Round. Skaters who are penalized in the Lower Bracket Round will be seeded in the lowest final. In the event of less than eight heats in the Lower Bracket Round, skaters will move up in the finals accordingly.

Final I	Final J	Final K	Final L	Final M	Final N	Final O	Final P
Fastest 1 <sup>st</sup>	5 <sup>th</sup> fastest 1 <sup>st</sup>	Fastest 2 <sup>nd</sup>	5 <sup>th</sup> fastest 2 <sup>nd</sup>	Fastest 3 <sup>rd</sup>	5 <sup>th</sup> fastest 3 <sup>rd</sup>	Fastest 4 <sup>th</sup>	5 <sup>th</sup> fastest 4 <sup>th</sup>
2 <sup>nd</sup> fastest	6 <sup>th</sup> fastest	2 <sup>nd</sup> fastest	6 <sup>th</sup> fastest	2 <sup>nd</sup> fastest	6 <sup>th</sup> fastest	2 <sup>nd</sup> fastest	6 <sup>th</sup> fastest

1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	4 <sup>th</sup>
3 <sup>r</sup> fastest 1 <sup>st</sup>	7 <sup>th</sup> fastest 1 <sup>st</sup>	3 <sup>rd</sup> fastest 2 <sup>nd</sup>	7 <sup>th</sup> fastest 2 <sup>nd</sup>	3 <sup>rd</sup> fastest 3 <sup>rd</sup>	7 <sup>th</sup> fastest 3 <sup>rd</sup>	3 <sup>rd</sup> fastest 4 <sup>th</sup>	7 <sup>th</sup> fastest 4 <sup>th</sup>
4 <sup>th</sup> fastest 1 <sup>st</sup>	8 <sup>th</sup> fastest 1 <sup>st</sup>	4 <sup>th</sup> fastest 2 <sup>nd</sup>	8 <sup>th</sup> fastest 2 <sup>nd</sup>	4 <sup>th</sup> fastest 3 <sup>rd</sup>	8 <sup>th</sup> fastest 3 <sup>rd</sup>	4 <sup>th</sup> fastest 4 <sup>th</sup>	8 <sup>th</sup> fastest 4 <sup>th</sup>

#### Point System:

- Individual Points for each distance will be awarded as follows to accommodate a field of 65 skaters

Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts	Rank	Pts
1	<b>3000</b>	11	<b>836</b>	21	<b>233</b>	31	<b>65</b>	41	<b>18</b>	51	<b>5</b>	61	<b>2</b>
2	<b>2640</b>	12	<b>735</b>	22	<b>205</b>	32	<b>57</b>	42	<b>16</b>	52	<b>4</b>	62	<b>2</b>
3	<b>2323</b>	13	<b>647</b>	23	<b>180</b>	33	<b>50</b>	43	<b>14</b>	53	<b>4</b>	63	<b>2</b>
4	<b>2044</b>	14	<b>569</b>	24	<b>159</b>	34	<b>44</b>	44	<b>12</b>	54	<b>3</b>	64	<b>2</b>
5	<b>1799</b>	15	<b>501</b>	25	<b>140</b>	35	<b>39</b>	45	<b>11</b>	55	<b>3</b>	65	<b>2</b>
6	<b>1583</b>	16	<b>441</b>	26	<b>123</b>	36	<b>34</b>	46	<b>10</b>	56	<b>3</b>		
7	<b>1393</b>	17	<b>388</b>	27	<b>108</b>	37	<b>30</b>	47	<b>9</b>	57	<b>3</b>		
8	<b>1226</b>	18	<b>341</b>	28	<b>95</b>	38	<b>27</b>	48	<b>8</b>	58	<b>2</b>		
9	<b>1079</b>	19	<b>300</b>	29	<b>84</b>	39	<b>23</b>	49	<b>7</b>	59	<b>2</b>		
10	<b>949</b>	20	<b>264</b>	30	<b>74</b>	40	<b>21</b>	50	<b>6</b>	60	<b>2</b>		

#### Ties:

- In the case of a tie for first both athletes will receive 3000 points and the next skater will receive 2323.

#### **3000m Points Race - Racing Formats and Special Regulations (8 skaters on the line)**

- For the last distance (3000m Points Race), skaters will go directly to the finals based on the points accumulated during the 3 preceding distances (See chart). All skaters will compete in the last distance. Each skater will be identified by their own helmet cover number.
- Skaters will score points when they cross the line with 21, 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 27.
- The gun shall be fired when the lead skater has 7 laps remaining. Skaters who are lapped prior to the lead skater having 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. These 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. Skaters who do not complete the final lap and are tied in points shall remain tied. Should skaters who complete the final lap finish with an equal number of points, the result on the final lap will be used to break the tie. A skater who completes the final lap and is tied in points with a skater who did not complete the final lap shall be placed ahead of the skater who did not complete the final lap. Skaters in the A final will receive Final Points for positions 1 through 8, skaters in the B final will receive Final Points for positions 9 through 16 and so on and so forth.
5. Penalized skaters shall receive no points for the race; however points earned by those skaters during the race will not be re-distributed. They will receive last place final competition points for their final.
6. During the 3000m Points Races there will be a bell rung with 22, 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 and removed from the race or penalized will not take part in the restart.

Final A	Final B	Final C	Final D	Final E	Final F	Final G	Final H
Rank 1-8	Rank 9-16	Rank 17-24	Rank 25-32	Rank 33-40	Rank 41-48	Rank 49-56	Rank 57-65

**Penalties:**

- Penalized skaters will receive the last place rank in that race.
- Skaters who are penalized in the preliminary round will be ranked last and seeded into the Bottom Bracket round below the timed skaters based on their initial seed times submitted for the competition.
- Skaters who are penalized in the Bottom Bracket round will be relegated to the last place final (s).
- Skaters who are penalized in a Heat will be relegated to the last place final determined by the outcome of the Heat.
- Skaters who are penalized in a Quarter final will be relegated to the last place final determined by the outcome of the Quarter Final.
- Skaters who are penalized in a Semi Final will be relegated to Final B.

**Did Not Finish Skaters (DNF):**

- DNF skaters will receive points above the penalized skaters.

**Did Not Start Skaters (DNS):**

- DNS skaters will receive points below the penalized skaters.

**Relays:**

- Each Branch may enter up to 1 male team and 1 female team.
- Each Branch may name 3-5 skaters to a relay team with a minimum of 3 and maximum of 4 skaters in any one race.
- Male and female teams will skate a 3000 relay.
- Heats and Finals will not be held on the same day.
- Only those skaters who participate in a heat or final are eligible for a medal.

**Relay Seeding Process:**

- Each Branch will submit a 500m time for each of the 5 skaters named to participate in a relay. The average of the 4 fastest times submitted will be used to seed relay teams in qualifying heats. In the case of a team of 3, the average of the 3 times submitted will be used.
- After having established a list of times (from the fastest to the slowest), the heats will be seeded in the following manner:

<u>Semi A</u>	<u>Semi B</u>	<u>Semi C</u>	<u>Semi D</u>
Fastest Team	2 <sup>nd</sup> fastest Team	3 <sup>rd</sup> Fastest Team	10 <sup>th</sup> Fastest Team
6 <sup>th</sup> Fastest Team	5 <sup>th</sup> fastest Team	4 <sup>th</sup> fastest Team	11 <sup>th</sup> Fastest team
7 <sup>th</sup> Fastest Team	8 <sup>th</sup> Fastest Team	9 <sup>th</sup> Fastest Team	12 <sup>th</sup> fastest Team
			13 <sup>th</sup> Fastest Team

**Advancement to Relay Final**

- First place team from Semi Final A, B and C will automatically advance to a single Final. The next fastest team will join the Final. In the event of more than one penalty in the Final, medals will be awarded based on the next fastest time in the Heats of those teams not qualifying for the Final.

**Protocol:**

- A summary of Provincial/Territorial ranking and overall points will be tabulated after each race and at the conclusion of the competition (i.e. Games Flag Points).
- A separate competition protocol with individual race results will be prepared at the conclusion of the competition as per SSC format.



## **Canada Winter Games Speed Skating Jury of Appeal**

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

## APPENDIX 5 – FIELD OF PLAY APPEAL PROCEDURE

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

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

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

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

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



**APPENDIX B**

**2019 CANADA WINTER GAMES**

**TEAM PEI TRAINING TEAM COMMITMENT FORM**

**2019 Canada Winter Games  
Red Deer AB. – February 2019  
Team PEI  
Short Track Speed Skating Training Team  
Commitment Form**

I, \_\_\_\_\_ am committed to competing for a position on Prince Edward Island's 2019 Canada Winter Games Short Track Speed skating Team. By making this commitment, I pledge to contribute my passion and experience of the sport to help create the best competitive long and short track teams for the 2019 Canada Winter Games.

I am aware that the 2019 Canada Winter Games are over a year away and that by committing to a long-term development program, I can become a much better skater and team member. By making this commitment, I want to help PEI create its best possible team and develop a larger group of high achieving skaters (both long and short track) within the Province. I am willing to be part of that program.

I agree to do my part in training and overall personal development to make my best effort to be on the team, and understand that this includes:

- Getting the proper rest an athlete needs;
- Eating an appropriate diet;
- Maintaining a positive attitude;
- Contribute to a positive, safe and mutually supportive training team;
- Managing my time and especially my schoolwork to ensure that I can give my speed skating the time it deserves;
- Completing a high performance training diary via the Ahead in the Game App (unless arrangements are made with the coach);
- Attending Canada Games team practices, dryland and on ice training sessions, fitness testing, selection competitions and training camps;
- Adhering to Speed Skate PEI's 2019 Canada Winter Games Selection Criteria Requirements;
- Following the training program as prescribed by the Canada Games Coach(es);
- Learning, understanding and developing all aspects of being an elite athlete in my sport;
- Adhering to the Suggested Athlete Pathway when possible;

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Printed name: \_\_\_\_\_

## Appendix C - Standard Deviation and Scoring System

This system, which is commonly used on scientific statistical evaluations is referred to as Standard Deviation. In this system, a skater is awarded points based on whether their performance is above average, average, or below average. Each skater will be awarded points in the 500m, 1000m and 1500m based on their fastest time skated from September 1, 2017 – December 16, 2018.

Standard Deviation is determined by following basic statistical formulas and making the necessary calculations.

The first calculation is determining the “Mean” or the “Average” performance of the group.

The formula for Mean is:  $\bar{X} = \sum X_i / N$

- $\bar{X}$  is the symbol representing the Mean
- $X$  represents an individual performance
- $\sum X_i$  represents summing each performance
- $N$  is the number of performances

Example: Determining the Mean performance of 5 skaters in the 500m

Skater A	39.10		N = 5
Skater B	40.10		$\bar{X} = \sum X_i / N$
Skater C	40.20		$\bar{X} = 201.00 / 5$
Skater D	40.30		$\bar{X} = 40.20$
<u>Skater E</u>	<u>41.30</u>		
$\sum X_i =$	201.00		Therefore, the average performance of the group in the 500m is 40.20 seconds.

The next calculation is determining each skater's deviation from the mean. This measures how far their performance was above or below the average performance.

The formula for deviation from the Mean is:  $X - \bar{X}$

	X =	$\bar{X} =$	X - $\bar{X}$ =	
Skater A	39.10	40.20	-1.1	Therefore, Skater A is 1.1 seconds faster than the average, Skater B is 0.1 seconds faster than the average, Skater C equals the average, Skater D is 0.1 seconds slower than the average, and Skater E is 1.1 seconds slower than the average.
Skater B	40.10	40.20	-0.1	
Skater C	40.20	40.20	0.0	
Skater D	40.30	40.20	0.1	
Skater E	41.30	40.20	1.1	

The following calculation determines the standard deviation or average deviation from the mean. This measures the average variation difference in performance from the average performance.

The formula for Standard Deviation is:  $S = \sqrt{\sum (X_i - \bar{X})^2 / N}$

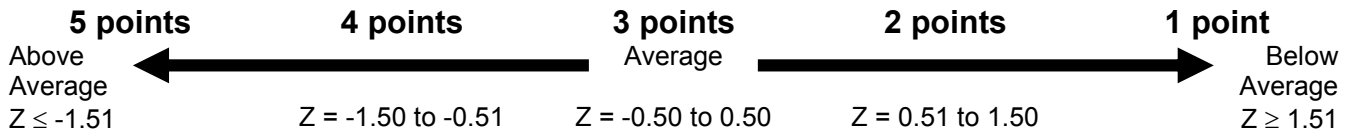
	X =	$\bar{X} =$	X - $\bar{X}$ =	(X - $\bar{X}$ ) <sup>2</sup> =	
Skater A	39.10	40.20	-1.1	1.21	$S = \sqrt{\sum (X_i - \bar{X})^2 / N}$ $S = \sqrt{2.44 / 5}$ $S = \sqrt{0.488}$ $S = 0.699$ Therefore, the skaters' standard deviation is 0.699.
Skater B	40.10	40.20	-0.1	0.01	
Skater C	40.20	40.20	0.0	0.00	
Skater D	40.30	40.20	0.1	0.01	
<u>Skater E</u>	<u>41.30</u>	<u>40.20</u>	<u>1.1</u>	<u>1.21</u>	
$\sum (X_i - \bar{X})^2 =$				2.44	

The final calculation determines how many standard deviation units each performer is above or below the mean. This is referred to a Z-score.

The formula for Z score is:  $Z = (X - \bar{X}) / S$

	X =	$\bar{X} =$	X - $\bar{X}$ =	(X - $\bar{X}$ ) <sup>2</sup> =	Z =	
Skater A	39.10	40.20	-1.1	1.21	-1.73	Therefore, Skater A is 1.73 standard deviation units above the mean, Skater B is 0.01 standard deviations above the mean, Skater C is equal to the mean, Skater D is 0.01 standard deviations below the mean, and Skater E is 1.73 standard deviations below the mean.
Skater B	40.10	40.20	-0.1	0.01	-0.01	
Skater C	40.20	40.20	0.0	0.00	0.00	
Skater D	40.30	40.20	0.1	0.01	0.01	
Skater E	41.30	40.20	1.1	1.21	1.73	

The scoring procedure uses a scale of 1-5 points. Points awarded are relative to the skater's Z score. A skater that is average would receive mid-range points, a skater that is above average would receive higher points, and a skater that is below average would receive lower points. The following points scale is used:

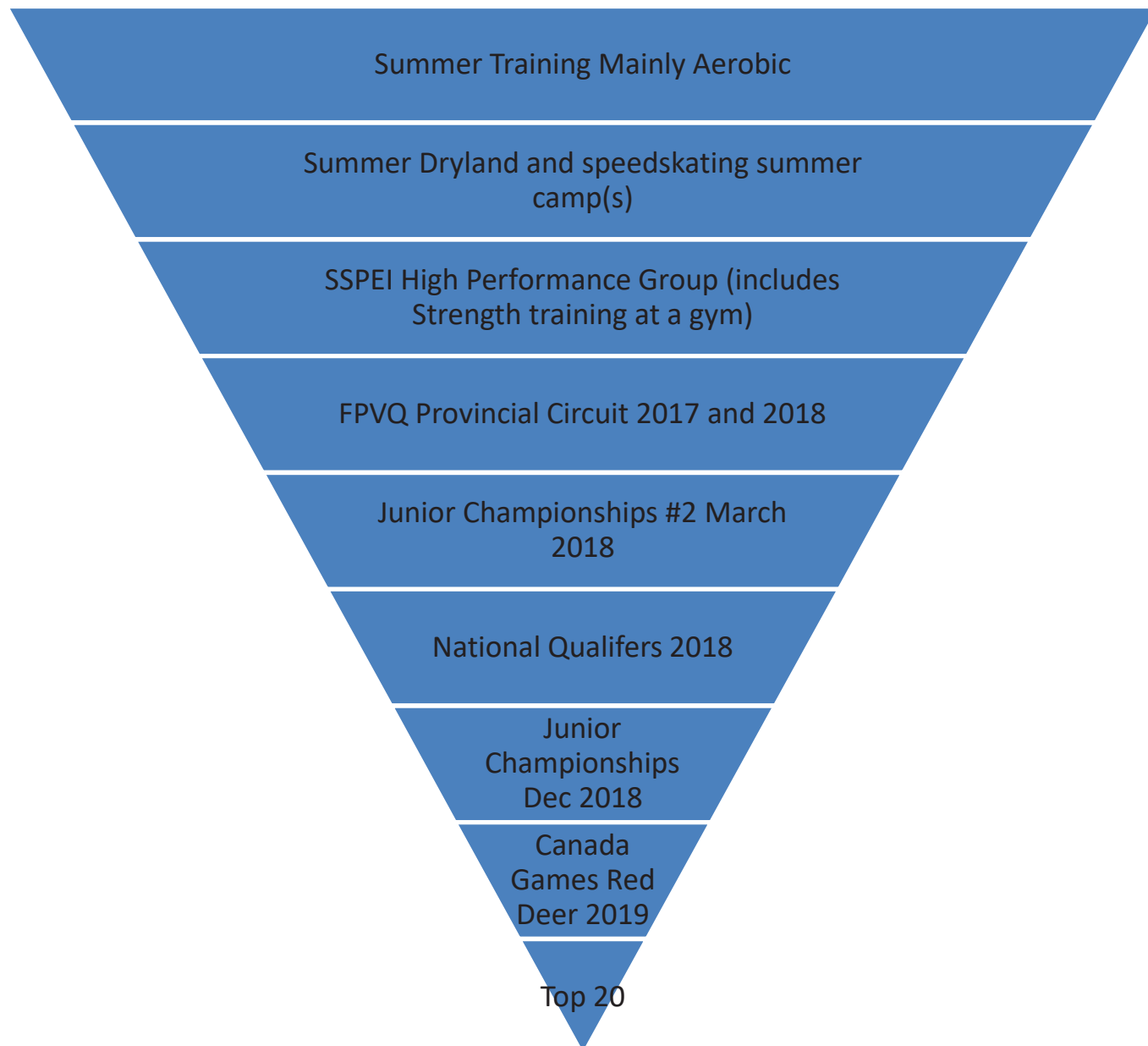


This is the scoring procedure used when the objective of the evaluation is to be shortest/quickest. However, when the objective of the evaluation is to be longest then reverse the negatives in the Z scores.

Skaters will tally the points they are given in the 500m, 1000m and 1500m and the skaters with the top 5 highest point totals will earn the right to the Team. The 6th place person will be named an alternate. If there is a tie for 5th place, each tied skaters' 500m times and 1/2 of their 1500m times used above will be summed, and the lowest sum will earn the 5th place spot.

# Appendix D - Recommended Pathway for SSPEI Short Track Canada Games 2019 Team

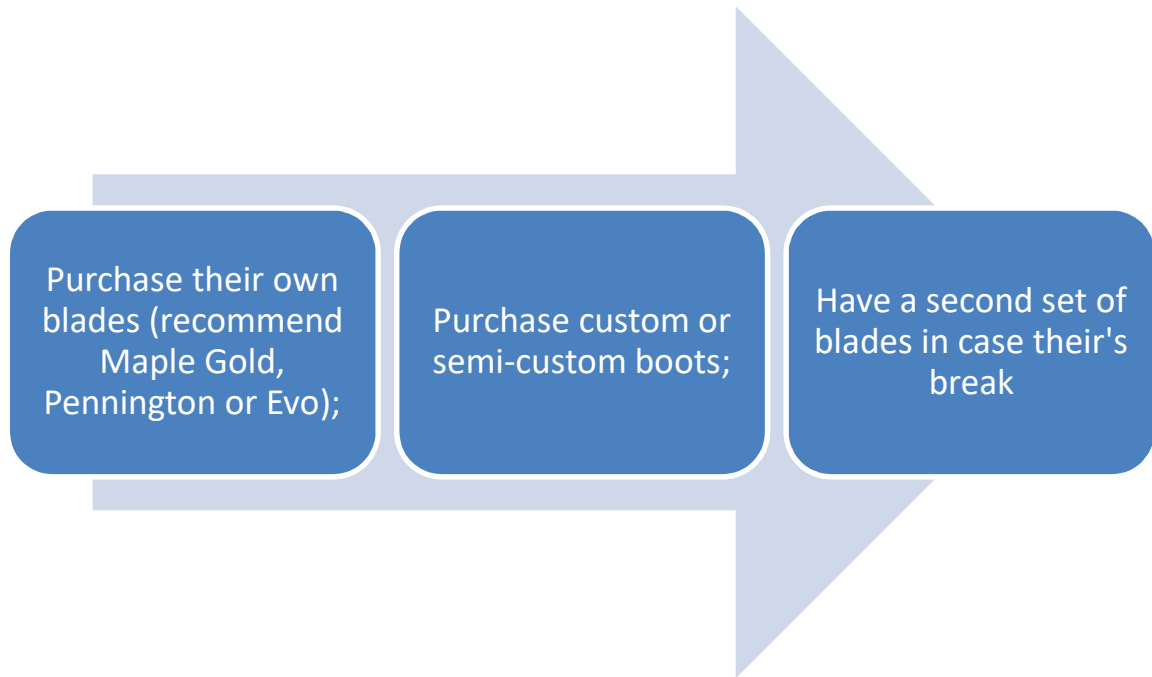
---



# Appendix D - Recommended Pathway for SSPEI Short Track Canada Games 2019 Team

---

## EQUIPMENT RECOMMENDATIONS



## APPENDIX E

### GUIDELINES FOR THE ALLOCATION OF BYES

#### FOR SELECTION TO TEAM PEI FOR 2019 CANADA WINTER GAMES

##### 1) Purpose

a) The purpose of this document is to provide guidelines to the Selection Committee in the granting of Byes in the event that a Selection Competition is used as part of the selection process for Team PEI and in the event of Bye requests. Only one Bye per gender will be given for Team PEI.

##### 2) Philosophy for allocation of Byes

a) Due to exceptional circumstances (e.g. illness, injury, equipment breakage, etc.) and through no fault of his or her own, an athlete sometimes does not have the opportunity to compete, or fully compete, in the Selection Competition. In this situation, the athlete is eligible to apply for a Bye for selection.

b) The basic philosophy for selecting an athlete by granting a Bye is that the athlete given the Bye has demonstrated superior performances in previous competitions to one or more athletes otherwise being considered for selection.

##### 3) Rules for requesting a Bye:

**The Bye Policy will only apply to selection for Team PEI.**

a) Bye requests must be made in writing to the Selection Committee (see deadlines below)

b) Unless physically incapable, only the athlete requesting the Bye can submit the request.

c) If the Bye request is made on the basis of an illness or injury, the athlete must provide documented evidence from a sports medicine practitioner of the illness or injury. The Selection Committee has the right to request, in which case the athlete must agree, to allow for further independent medical review after the Bye request has been submitted.

d) If the Bye request is made on the basis of equipment breakage, the breakage must be reported to and verified by the race Referee or Selection Committee representative immediately following the race in which the equipment breakage occurred.

##### 4) Conditions for applying for a Bye

a) Bye requests will be considered in two categories: a) Pre-competition illness, injury, or other unforeseeable extenuating circumstance that prevents an athlete from competing in the Selection Competition. If the athlete is ill or injured before the beginning of the competition, he/she must request a Bye before the Coaches' meeting at the competition. Bye requests must

be formally announced at this meeting so that all other competitors can be made aware of the possibility of a Bye being granted. A bye request will be ruled ineligible if the skater subsequently competes in the Selection Competition.

b) Injury, illness, equipment breakage or other unforeseeable extenuating circumstance occurring during the Selection Competition. A Bye request must be made within 24 hours following the final day of the competition unless the athlete is physically incapable of making this request (in such a case, the athlete's coach may make the request). (See Item 3(d) above of Rules for Requesting a bye for the reporting requirements for equipment breakage).

In all categories: The Bye request must state clearly what the athlete is asking for, and provide supporting documentation (medical, race report, referee report, etc.).

#### **5) Process for reviewing a Bye application:**

**The following outlines the process for considering Bye requests.**

a) Following the Selection Competition, the Selection Committee will meet (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) The Selection Committee will review the facts, and evaluate the athlete based on past performances and establish the placement of the athlete in the Adjusted Final Selection Ranking.

#### **6) Conditions for Granting a Bye**

a) When considering whether or not to grant a bye, the Selection Committee must evaluate:

i. The medical condition of the athlete.

ii. The degree to which the athlete has followed the prescribed rehabilitation process and medical team directives in recovering from their injury, including prior to the Selection Competition, during the Selection Competition and following the Selection Competition.

iii. The athlete's readiness to compete at the 2019 Canada Winter Games according to feedback received from medical and his/her coaches.

b) If any of the above is not at a level satisfactory to the Selection Committee, the Bye may be refused on this basis alone.

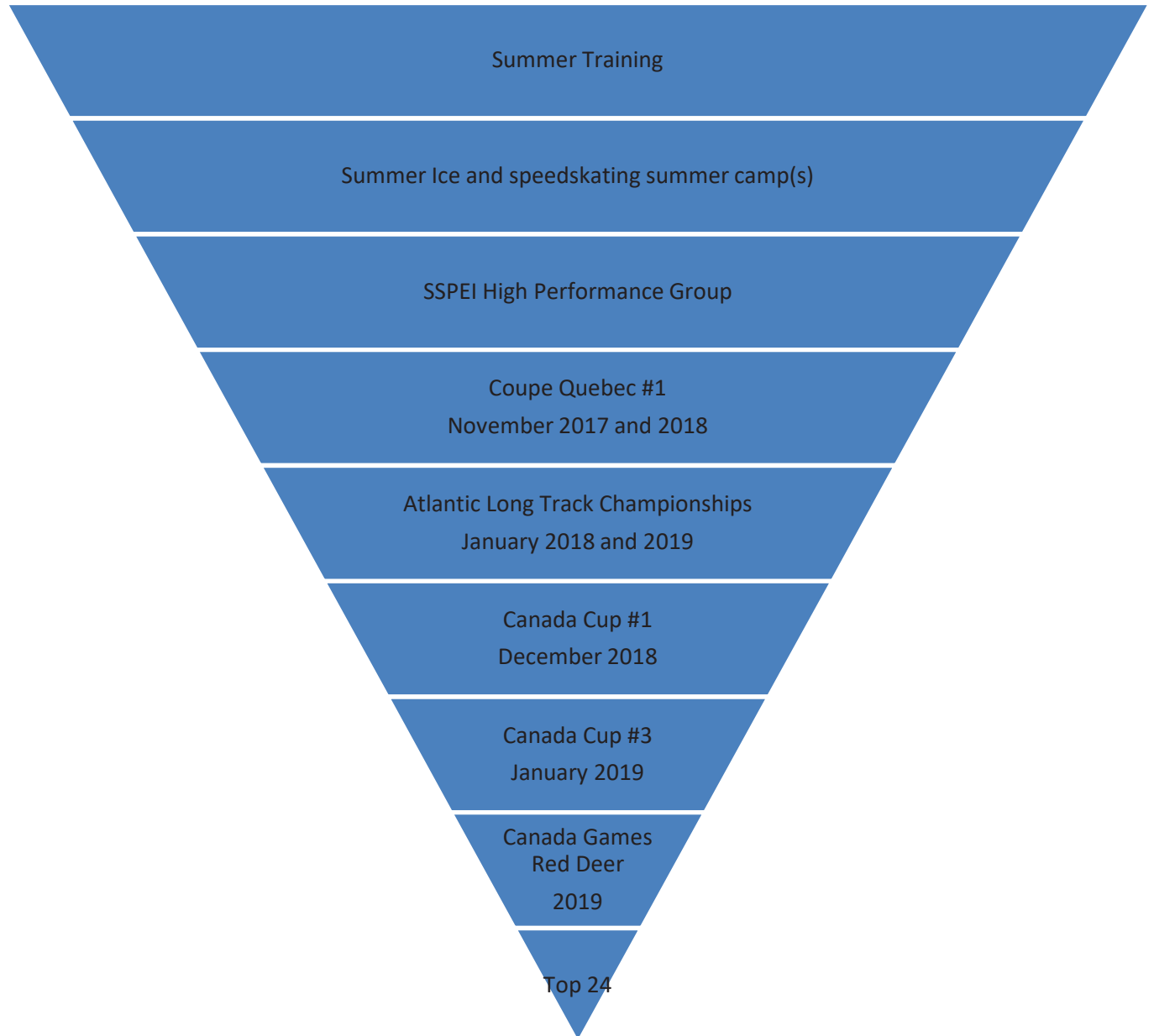
c) Following the preliminary analysis, the Selection Committee will consider all aspects of the respective athletes' performance at the Selection Competition, if they participated in part or in



whole. This evaluation will take into account the informed feedback and discussions from the coaching staff and medical team.

# Appendix F - Recommended Pathway for SSPEI 2019 Canada Games Long Track Team

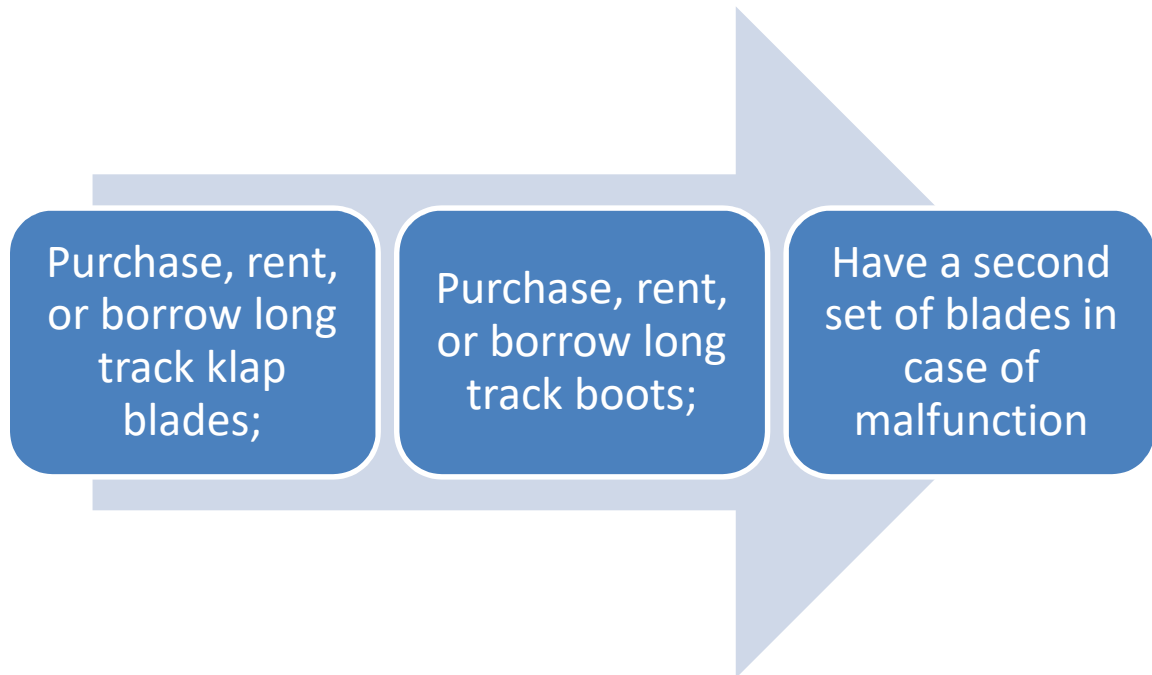
---



# Appendix F - Recommended Pathway for SSPEI 2019 Canada Games Long Track Team

---

## EQUIPMENT RECOMMENDATIONS



# Appendix F - Recommended Pathway for SSPEI 2019 Canada Games Long Track Team

---

## Female

Distance	CWG Record	135%	120%	Canada Cup Standard
<b>500m</b>	42.09	56.82	50.50	50.60
<b>1000m</b>	1:23.98	1:53.37	1:40.77	1:40.30
<b>1500m</b>	2:15.35	3:02.72	2:42.42	2:35.40
<b>3000m</b>	4:46.70	6:27.04	5:44.04	5:26.70

## Male

Distance	CWG Record	135%	120%	Canada Cup Standard
<b>500m</b>	37.17	50.17	44.60	46.30
<b>1500m</b>	1:59.03	2:40.69	2:22.83	2:19.40
<b>1000m</b>				1:31.00
<b>3000m</b>	4:14.65	5:43.77	5:05.58	5:02.00
<b>5000m</b>	7:09.62	9:39.98	8:35.54	8:28.60

For Canada Cups women meeting a time standard in any distance are eligible to compete in the 500m, 1000m, and 1500m. Women must have the time standard from the 1500m or 3000m to be eligible to compete in the 3000m.

For Canada Cups men meeting a time standard in any distance are eligible to compete in the 500m, 1000m, and 1500m. Men must have the time standard from the 1500m, 3000m, or 5000m to be eligible to compete in the 5000m.