

**NATIONAL INLINE RACING
ASSOCIATION**



**2009
OFFICIAL
RULEBOOK**

OFFICIAL RACING RULES
of the
NATIONAL INLINE RACING ASSOCIATION
2009 edition



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Official NIRA Rule Book

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OFFICIAL RACING RULES OF THE NATIONAL INLINE RACING ASSOCIATION

Forward

These rules contained in this Rule Book are the only rules which are to be used at competitions sanctioned by the National Inline Racing Association, the National Inline Racing Association Short Track Racing Series and the NIRA National Championships.

Mission Statement

The Mission of the NIRA is to create a national competitive program for the Sport of Inline Speed Skating that encourages the creation of teams, clubs and competitions across the country which incorporates the excitement of Olympic Short Track Ice Speed Skating and the International competitive formats of Inline Speed Skating used at the Federation International de Roller Skating (FIRS) World Inline Speed Skating Track Championships.

Applicability of Racing Rules

1. These Racing Rules will be utilized at all NATIONAL IN-LINE RACING ASSOCIATION Short Track National Championships sanctioned by this Association.
2. These Racing rules are intended to be utilized at all local and regional competitions sanctioned by members of the Association. The sanctioning member may alter or waive certain rules providing the change is published in advance of the start of competition.

The Track

1. Tracks to be utilized are those approved by the National In-line Racing Association and published showing approved on the diagram. See Appendix A.
2. For Short Track meets, all competitions will be skating on **100 meter tracks** for floors less than 85 feet wide and 185 feet long. Competitions may be skated on **111 meter tracks** for floors 100 feet wide and 200 feet long or larger.
3. **Starting and Finish Lines** are the same located at the center of the straightaway (twelve meters behind the first corner marker - see diagram), except for the **ELIMINATION RACE**, where the finish line will be located at the first corner marker. The line will be a minimum of 0.006 meters (approximately 1/4 inch) to a maximum of 0.002 meters (approximately 2 inches) in width. The short track starting line will be divided into equal spaces marked on the floor. These starting lanes will be a minimum of 0.75 meters to a maximum of 1.0 meters to suit the floor dimensions. A yellow pre-start line will be located 0.75 meters behind starting line.
4. For Short Track meets, the **MARKERS** will be placed as indicated on the drawings with the outside edge on the marks (approximately 3"-4" circle) on the floor. The markers will consist of un-weighted plastic corner markers available from the National Inline Racing Association or rubber toilet plungers with a hole drilled in them to keep from sticking to the floor.
5. **The Relay Track** is made up of the Relay Box Area, Relay Zone and Re-Entry Zone see Appendix B.

Official NIRA Events

100 Meter Time Trials / The One Lap 'DASH FOR CASH'

In this exciting event, each skater competes individually against the clock for one lap (100 meters). Individual times will determine each age groups 100 meter placements and heat and starting line position for the Individual Age Group events.

The Individual Age Groups / Distances Skated

The competitive age of the skater will be the age of the competitor on January 1st of the current season.

INDIVIDUAL AGE DIVISIONS

Grand Master - 40 years and older	500/1000/1500 Meters
World Class Master - 30 years and older	500/1000/1500 Meters
World Class Senior - 17years and older	500/1000/1500 Meters
World Class Junior - 13 -16 years	500/1000/1500 Meters
World Class Freshman - 10 -12 years	500/1000/1500 Meters
Juvenile - 7 - 9 years	300/500/1000 Meters
Tiny Tot - 6 and under	200/500/700 Meters

DISTANCES SKATED

NEWCOMER INDIVIDUAL AGE GROUPS are for skaters who have started speed skating (in any organization) within the past two seasons. A season would be defined as any part of the skating year prior to the NIRA Nationals. Skaters must choose to skate the Newcomer or their regular Individual Age Group **NOT BOTH**. This event is not an official National Championship event for the NIRA Nationals. Age on Jan. 1

NEWCOMER INDIVIDUAL AGE DIVISIONS

Newcomer 'Juvenile' - 9 years and under	200/300/500 Meters
Newcomer 'Freshman' - 10 -12 years	300/500/700 Meters
Newcomer 'Junior' - 13 -15 years	300/500/1000 Meters
Newcomer 'Senior' - 16 years and older	300/500/1000 Meters

DISTANCES SKATED

The 'Last Man Out' Elimination Race

In this race within a race, the last skater (based on the last point of the last skate) crossing the finish line on each designated elimination lap will be eliminated and must leave the race. When only five skaters remain in the race there will be three lap to go. This challenging and exciting event will be competing in the following age groups.

LAST MAN OUT ELIMINATION RACES

Juvenile Girls. - 9 years and under	3,000 meters
Juvenile Boys - 9 years and under	3,000 meters
Freshman Girls. - 10 to 12 years	5,000 meters
Freshman Boys - 10 to 12 years	5,000 meters
Junior Ladies - 13 to 16 years	5,000 meters
Junior Men - 13 to 16 years	5,000 meters
Senior Ladies - 17 and older	5,000 meters
Senior Men - 17 and older	5,000 meters
Masters Ladies. - 30 and older	3,000 meters
Masters Men - 30 and older	3,000 meters

DISTANCES SKATED

The 'Points & Elimination Race'

During this race, the bell will be rang on the designated bell laps and one point will be awarded to the first place skater on the following lap. The last place skater determined by the last part of the last skate will be eliminated. Points awarded for the final lap will be, three for first, two points for second and one point for third. The winner will be determined by the skater with the most points who finishes the race.

POINTS RACES

Juvenile Girls - 9 years and under	3,000 meters
Juvenile Boys - 9 years and under	3,000 meters
Freshman Girls - 10 to 12 years	5,000 meters
Freshman Boys - 10 to 12 years	5,000 meters
Junior Ladies - 13 to 16 years	5,000 meters
Junior Men - 13 to 16 years	5,000 meters
Senior Ladies - 17 and older	5,000 meters
Senior Men - 17 and older	5,000 meters
Masters Ladies - 30 and older	3,000 meters
Masters Men - 30 and older	3,000 meters

DISTANCES SKATED

POINTS AND BELL LAPS

3000 meter Points Race

Bell Laps	28, 25, 22, 19, 16, 13, 10, 7, 4, 1
Points Laps	27, 24, 21, 18, 15, 12, 9, 6, 3, F

5000 meter Points Race

Bell Laps	49, 46, 43, 40, 37, 34, 31, 28, 25, 22, 19, 16, 13, 10, 7, 4, 1
Points Laps	48, 45, 42, 39, 36, 33, 30, 27, 24, 21, 18, 15, 12, 9, 6, 3, F

Three Person Relays

Following the relay formats for both Olympic Short Track Ice Speed Skating and the Federation International de Roller Skating (FIRS) World Championships, **THREE PERSON RELAYS IN THE FOLLOWING RELAY EVENTS** will be competing during qualifying championships for the NIRA NATIONAL CHAMPIONSHIPS.

3 PERSON RELAY DIVISIONS (relay every one lap)

Juvenile 3 Girl Relay - 9 years and under	1,500 meters
Juvenile 3 Boy Relay - 9 years and under	1,500 meters
Juvenile 3 Mixed Relay - 9 years and under	1,500 meters
Freshman 3 Girl Relay - 10 to 12 years	3,000 meters.
Freshman 3 Boy Relay - 10 to 12 years	3,000 meters
Freshman 3 Mixed Relay - 10 to 12 years	3,000 meters
Junior 3 Lady Relay - 13 to 16 years	3,000 meters
Junior 3 Man Relay - 13 to 16 years	3,000 meters
Junior 3 Mixed Relay - 13 to 16 years	3,000 meters
Senior 3 Lady Relay - 17 years and older	3,000 meters
Senior 3 Man Relay - 17 years and older	3,000 meters
Senior 3 Mixed Relay - 17 years and older	3,000 meters
Masters 3 Lady Relay - 30 years and older	3,000 meters
Masters 3 Man Relay - 30 years and older	3,000 meters
Masters 3 Mixed Relay - 30 years and older	3,000 meters

DISTANCES SKATED

Relay Racing Rules

1. All relay racing teams consist of three person teams.
2. All team members must participate in the race and relay everyone lap for three person teams.
3. All members of the relay team will be uniformly dressed to the point of having a jersey or bib or helmet cover of the same color. Teams which do not comply with this may be excluded from the relay event.
4. A competitor will be in the race and responsible for the team until they are relayed by a team member. Relaying will be by touch or push within the relay zone that is to say, a competitor will not be in the race until they have been touched or pushed by the competitor they are relieving. After completing the relay touch or push, a relieved competitor must quickly move to the right outside, thus allowing trailing teams an unobstructed track
5. Relay teams will line up in the relay box in the center of the floor prior to the start of the race.
6. Ladies must start the 3 Mixed Relays.
7. Relay team competitors will return to the relay box in the center of the skating surface from the side relay reentry lane after their relay laps are completed. All relay teams will remain in the box until all relay teams have completed the event and Relay Judges have completed placing teams.
8. Breaches of the relay racing rules which may result in disqualification or declassification are considered as follows, a. failure to touch or push teammates. b. failure to touch or push teammates within the relay zone. c. entering the track outside corner markers before the relay zone. d. failure to properly return to the relay box.

Starting of Racing Events

1. The Starter will decide all disputes relating to the start.
2. The Starter will stand forward and beside the skaters so that they have a clear view of all skaters starting the event.
3. **The START OF THE RACE** will begin with the skaters taking their position on the pre-start line (0.75 meters behind the starting line). On the command **"TO YOUR MARK"**, the skaters will position themselves at the starting line and wait for the command **"SET"**, at which time the skaters will assume their final starting position and become motionless until the starting gun is fired (approximately 1 to 1.5 seconds). The timing clock will also begin with the firing of the gun.
4. If a **FALSE START** takes place, the Starter will recall the skaters with a second shot, or a blast with their whistle, and the skaters must return to their starting positions without delay. The skaters must once again assume their starting position at the pre-start line. The complete starting procedure with all verbal commands will be used. There will be a distinct interval between all skaters becoming motionless and the starting shot.
5. The Starter will **CHARGE THE FIRST FALSE START TO THE FIELD (ALL SKATERS ON THE LINE)**. If a second or a subsequent skater false starts, they will be disqualified from that race only.
6. If a skater falls in the first 10 meters after the starting line or before the apex (center) of the turn after the starting line, the starter **MAY** call the skaters back and make a new start.

7. If a skater falls within the specified distances and the fall was not caused by interference or impeding, and the fall does not interfere or impede the other competitors, The race will not be recalled by the starter.
8. Any skater that by their action, deliberately delays the start, will be warned as if he has made a false start, and it will count as a false start.
9. In the event of a misfire by the Starter's gun, or an official's delay in the start of a race, the complete starting procedure with all verbal commands will be used. If the skaters have left the starting area, the starter will command their return to the starting line with a whistle. Skaters will return without delay. All false starts and disqualifications will remain in effect.
10. For **TIME TRIALS competitions** (Example: 100 meter Dash for Cash) **only standing starts will be permitted.** The start will be as follows: Both skates and all wheels must touch the ground and must not be moving. The oscillation of the skaters body is allowed. A dashed line must be drawn 60 centimeters (24") from the starting line. The skater must have at least one skate within the two lines. The first movement of the skate must be in the direction of the competition.
11. For **TIME TRIALS,** the starter authorizes the skater to go by giving the command **'READY'**. Neither the TO YOU MARK / SET command nor the shot of the gun is required. The skater then has 15 seconds to initiate the start and if they do not, a false start will be declared
12. For **LAST MAN OUT ELIMINATION RACES,** and **POINTS RACES** all skaters must use a standing starting position. The starter will not use a command and will quickly fire the starting gun.

The Finish of Racing Events

1. The competitor whose skate, or any part thereof, first crosses the finish line, will be the winner of the race.
2. The position of subsequent finishers will likewise be decided only upon the basis of the order of any part of a competitor's skate crossing the finish line, no matter what the position of the body of the competitor may be as he crosses the finish line.
3. If the leading skate is not in contact with the track, then placement is decided by the leading point of their second skate
4. In the **ELIMINATION 'LAST MAN OUT' RACE,** the last skater crossing the finish line (based upon the last part of the last skate crossing the finish line) on each designated elimination lap will be eliminated from the race and must leave the track. When only five skaters remain - the race will have three laps remaining.

Seeding of Heats and Starting Line Position for Individual Age Groups

Seeding of skaters into heats and determining the starting line position (from inside to outside) for **INDIVIDUAL AGE GROUPS will be determined by the 100-meter time trial.**

EXAMPLE: SEEDING AND STARTING LINE POSITIONS FOR 2 HEATS / 12 SKATERS;

Heat 1: 1st fastest time / inside starting line position 4th fastest time / 2nd starting line position 6th fastest time / 3rd starting line position 8th fastest time / 4th starting line position 10th fastest time / 5th starting line position 12th fastest time / outside starting line position	Heat 2: 2nd fastest time / inside position 3rd fastest time / 2nd position 5th fastest time / 3rd position 7th fastest time / 4th position 9th fastest time / 5th position 11th fastest time / outside position
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Qualifying for the Final Event

1. Before each qualifying heat, the official will announce to the competitors the number of competitors that may qualify in said heat for the next round of that event.
2. Under normal conditions a competitor must finish in a qualifying position to be placed in the next round of that event.
3. **Victim Rule:** A competitor who does not finish in a qualifying position in a heat or a subsequent event may be placed in the next round of that event by the Referee; if within the last two laps; in the judgement of the Referee, the competitor is the victim of a foul while in a qualifying position through no fault of their own, which thereby prevents the competitor from finishing in a qualifying position. In any event, the competitor, unless injured or temporarily disabled, must finish said race to the best of their ability in an attempt to qualify and the judgement of the Referee in respect thereto will be final.
4. The number of **automatic qualifiers** from each qualifying heat to a final event will be as follows:

In the shortest distance in the Individual Age Groups - First and Second placements from each heat will automatically be placed in the final for that distance. When more than three heats are skated semi-finals must be skated. No more than six skaters are allowed on the starting line for the short distance.

In the middle and long distance races. First place only from each heat will automatically be placed in the final for that distance. All other qualifiers will be determined by the fastest overall times of each skater in the qualifying event.

Example: 2 heats / first 2 automatic qualifiers from each heat and 2-7 fastest times

3 heats / first 3 automatic qualifiers from each heat and 4-5 fastest times

4 heats / first 4 automatic qualifiers from each heat and 2-7 fastest times / 2 semi finals

5. The number of skaters on the starting line is determined by the distance being skated:

Short distance / 6 skaters

Middle distance / 7 - 8 skaters

Long distance / 8 - 9 skaters

Disqualifications Definitions

CHARGING

Inside - Occurs when a competitor is on the inside attempting to pass a skater or skaters on a straightaway going into a turn, up to the apex of the turn, and the passing skater makes strong physical contact with a competitor being passed.

Outside - Will be when a skater leaves a position on the turn by skating wide and then attempts to regain the original position, thereby making strong, physical contact with another competitor skating a track to the left.

DRIFTING OR CHANGING LANES

A leading skater has the right to determine their line as they come out of the corner onto the straightaway. Skaters must stay in their respective lane positions on the straightaway and must continue in a straight path and not obstruct the runner up. However, if the lead skater is far enough ahead so that changing lanes will not interfere with the following skaters, the competitor may cross to another lane. Skaters must not cross to the inner edge of the track except when they are at least one meter ahead and changing lanes will not interfere with other skaters.

FALSE START

Occurs after skaters have been put on the mark, and one or more crosses the line before the gun signals the start of the race, or if a skater takes a starting position before the word "set." However, if the 'jump' is instigated by a skater due to a movement of the body (head, shoulders, arms) even though they do not complete the move by crossing the line, they will receive the penalty.

INTERFERENCE

When overtaking, the responsibility for any obstruction or collision will be upon the skater passing, providing that the skater being overtaken does not act unfairly.

PUSHING

Any skater who uses hands, forearms, elbows, shoulders, or hips on another skater, causing the latter to fall, trip, lose balance, skate wide of normal track, or lose position.

REFEREE HAND SIGNAL

Notifies judges to pick extra places because a rule infraction has been committed and may change the order of finish.

TRIPPING

Occurs when a skater, immediately after completing a pass, drags the rear foot, thereby knocking another skater's foot from under them.

Disqualifications

The Referee and Assistant Referee will signal all fouls by upraised arm.

The Referee may disqualify a competitor from an event if the competitor

1. Push against, impedes, crosses the course of, or in any way interferes with another competitor.
2. Intentionally move the corner markers or fails to skate all times outside the corner markers.
3. Willfully fails to wear their number in plain view, or is improperly clothed. Numbers will be worn as issued, no folding or bending.
4. Deliberately skates backward before crossing the finish line to ridicule other skaters in the race, or otherwise discredits the performance of other competitors, or delays the starting of the event.
5. Deliberately kicks out their skate or throws their body across the finish line, thereby causing danger to another skater at the finish.
6. Fails to yield the track when being lapped by another skater(s).

The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:

1. At any time commits any act unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.

2. Loafs, competes to lose, coaches during the race, or use unfair team work by blocking or impeding other competitors.
3. Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.

The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.

The Referee may call out of a heat or race any competitors who are disqualified.

The Referee may in their discretion disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.

Conduct of the Race

If the field of competitors in qualifying heats of final events of championships races, is deliberately slowing the pace to a speed not in keeping with the ability and caliber of the competitors, The Referee will have the right to call the race no contest prior to the halfway point and require such qualifying heat or final event to be re-skated. All false starts and disqualifications will remain in force on the re-skate.

Suspension and Permanent Exclusion

Whenever a competitor has been disqualified from an entire meet, the Referee, within ten days from the termination of said meet, will file a written report with the Executive Director of the NIRA, either personally or by certified or registered mail, in which the report will contain the full facts and circumstances concerning the disqualification, the name of the competitor so disqualified, the name of any witnesses, and the Referee's recommendation with respect to what suspension, if any, should be imposed by the NIRA.

Upon receiving such reports and recommendation, the Executive Director, after conferring with the Board of Directors of the NIRA, will serve a copy thereof, either personally or by registered or certified mail, upon the competitor named in the report together with notice of hearing to be held at a specific place designated therein and at a time not less than thirty nor more than sixty days from the date of the Executive Director's receipt of the Referee's report.

The competitor disqualified by the Referee pursuant to the Racing Rules will have the right at such hearing to testify and present witnesses or any other evidence on their behalf.

In accordance with these rules of the National In-line Racing Association, at the conclusion of the hearing the Board of Directors will:

1. Dismiss the charges against the competitor, or
2. Suspend the competitor for a definite period of time, or
3. Permanently exclude said competitor from all speed skating competitions conducted by the NIRA

Protests

Verbal protests may be made only by a coach, appointed coach, or skater on behalf of any competitor, before or after any race against other competitors, or against any acts or any decisions of any official, including the Referee, or against any disqualifications by the Referee.

Competitors will not enter the center of the track to present a protest in their own behalf.

Upon a verbal protest being made, the Referee will make note of the same but will not stop the races by reason of such verbal protest.

Verbal protests must be reduced to writing and filed with the Referee within one hour.

Written protests may be filed without previous verbal protests, provided, however, if no written protest is filed within one hour after the happening of the incident complained of by the competitor, The protest will be deemed to have been waived.

The Referee, upon receiving written protests, will promptly hold a hearing thereon, and after hearing all parties wishing to be heard, will promptly render a decision. If the facts produced at said hearing warrant, the Referee may reverse previous decisions or disqualifications made by him.

Upon written protest being filed, the Referee will hold up all prizes until the final decision has been rendered.

Written protests will contain the following information and must be submitted on an official NIRA protest form. Failure to present the following information authorizes the Referee to reject the protest.

1. The date, time, and event number of the incident.
2. The person or persons involved, including skating numbers, whenever possible
3. The particular rule or rules alleged to have been infringed.
4. A statement of the facts.
5. Requested action of the Referee.
6. Signatures of the protester.

Contestants' Equipment

The following equipment and apparel parameters are set forth for all registered skaters competing in any sanctioned speed skating meet.

Any type of **skate** (quad or Inline) may be used provided they are in a safe condition and will not cause harm to the skating surface or any fellow competitor.

The **uniform** will be of non-transparent material consisting of a long or short sleeved shirt and shorts. One or two piece uniforms are permitted. Shirts must be tucked inside of shorts at all times while skaters are on the skating surface.

The skater and uniform must be clean and neat. Torn, discolored or uniforms in disrepair, may not be used.

Helmets with the ANSI Z90.4 and/or Snell Bicycle Standard are required to be worn by all speed skaters at all speed skating competitions. All normal markings on helmets must be left intact and not tampered with in order that they readily identified as having complied with the ANSI Z90.4 and/or SNELL Bicycle Standard.

All contestants must have their helmets properly positioned forward with the front of the helmet slightly above the eyebrows. Should any contestant willfully remove their helmet during a race or should a skater's helmet come off for any reason during a race, the skater will automatically be disqualified.

The use of **gloves** is permitted to be worn in speed skating competition. The gloves must be of the bicycle or racquet sports type, preferably with fasteners at the wrist which are fastened.

The use of **eyeglass safety straps** is mandatory in all speed skating competitions. Elastic sport eyeglass safety straps must be fastened tightly around the head.

With the exception of wedding bands, contestants will not be permitted to wear jewelry of any kind during races.

Meet Officials

THE OFFICIALS AT A MEET WILL BE:

One Chief Referee, and two Assistant Referees / Observer Referees, selected by the Chief Referee.

One Chief Starter, and one assistant selected by Chief Starter

One Chief Competitive Steward, and one or more assistants selected by the Chief Steward.

One Chief Judge and at least three Judges for each of the first five positions.

One Chief Timer, two assistants and Time Scorer.

One Chief Scorer, and one or more assistants selected by the Chief Scorer.

One Lap Counter.

One Announcer.

One Physician.

Two Track Stewards, responsible for replacing track markers.

Powers and Duties of Officials

The Chief Referee is the official representative of the National In-line Racing Association at the meet and as such will exercise authority at a meet when check-in of skaters begins and will:

1. Assemble prior to the meet the Chief Starter, Chief Judge, Chief Timer, Chief Clerk of Course, and all the other officials to review and summarize the rules to be followed in the meet. Coordination of effort and uniformity of application of the rules will be stressed.
2. Approve or reject officials for the meet, May remove any official at any time during the meet if they deem such removal advisable.
3. Hear and decide all disputes and protests; penalize infringements of these rules; uphold and enforce the NIRA Constitution, By-Laws, Racing Rules and Official Protocol.
4. Change any heats deemed unfair to competitors.
5. Be sole judge as to whether the weather or skating surface conditions warrant the running of the meet, have the power to adjourn the meet.
6. Have authority to permit a skater to compete pending a decision on a protest against such skater.
7. Have authority to make decisions concerning all questions which arise during the meet; all decisions of the Referee will be final unless reversed by the Board of Directors of the NIRA.
8. Have the ability to skate with contestants, a comparable track inside the corner markers while the race is in progress.
9. Inform the skater of the reason for disqualification as soon as possible after the completion of the race.

The Assistant Referee / Observer Referee will perform all duties assigned to them by the Chief Referee. Immediately after a race, they will report any foul or irregularity they observe to the Chief Referee.

1. Observer Referees are positioned near the beginning or end of the curves.
2. Observers must be NIRA approved Referees.

The Competitive Steward will name and assign duties to such assistants as required. The Steward will:

1. Verify competitors' entry forms as to class.
2. Fairly arrange and equitably distribute the competitors in the heats using the standardized NIRA clerking procedure:
3. Advise the skaters of the distance of the race and, if a preliminary, the number to qualify.
4. Will cause to be posted in a timely manner, the names of skaters qualifying from a heat for the next semi, or final race.

Timekeepers:

1. **The Chief Timer, two Assistants, and two substitute Timers** will time each event. The time of one or more of the substitutes will be used only when one or more of the three regular timers fail to record the time of the event.
2. If **Manual Timing** is used then: If two watches agree and the third disagrees, the time indicated by the two is the official manual time. Or, if all watches disagree, the time indicated by the watch showing the intermediate time is the official manual time.
3. If **Electronic timing** is used, then: The time electronically recorded is the official time.
4. If an electronic time is not available, the official times will be the official manual time with 0.20 seconds added to it.
5. Time starts with the firing of the gun. Thirty-two (.32) caliber flash type shells are to be used outdoors. Crimp type twenty-two (.22) caliber shells will be used for short track.
6. Immediately after the finish of the event, each Timer must show the time to the Chief Timer who will record the individual time.

The Chief Scorer will name and assign duties to such Assistant Scorers as required. The Scorers will:

1. Record the finish positions of the first four competitors as determined by the judges.
2. Record the official time of each race as determined by the Timer and verify the time for record. The Scorers will mark cards "Record" for all records set during the meet.
3. Keep a cumulative record of points scored by competitors.
4. Has the responsibility to forward the Record Application form properly entered and signed, together with the heat or final card, or copy thereof, and the track surveyor's certificate to the Chairman of the Records Committee within 15 days of the meet.

Judges:

1. **The Chief Judge** will assign positions to the Judges. At Long Track meets the judges will be positioned on tiered platforms to permit all judges a proper view of the finish line.
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2. Each Judge will make a written note of the number only of the skater finishing in the position to which each is assigned, without referring to any selections made by any of the other Judges.
3. These individual decisions will then be turned over to the Chief Judge who will compute the standings, record the decision on the official judge's card for that event, and note thereon the official time received from the Chief Timer.
4. In case of disagreement among the Judges, the Chief Judge will hear each Judge involved and make the final decision as to the order of finish, which will be without appeal.
5. A **video camera** dedicated to the purpose of recording the finish of races will be available for the finish line judges to review the finish of a race when appropriate. The Chief Judge will be the sole judge of the necessity of reviewing the video tape of the finish. The camera will be mounted five (5) to ten (10) meters downstream from the finish line and will have a clear view of the entire finish line.
6. If **photo finish equipment** is available and used to record the finish of a race, the order of finish as indicated by the photo may be taken by the Chief Judge as the official results of the race. The Chief Judge will be the sole judge of the necessity of viewing the finish photo.

The Lap Counter will count the laps of the lead skater(s) only and display this using a lap counter visible from a minimum of 15 meters. A bell will be rung for the lead skater(s) starting their last lap. Skaters who are one or more laps behind the leaders must rely on their scorers to inform them when they have one lap to go.

The Chief Starter may name and assign duties to such Assistants as he may require. The Starter will:

1. Have jurisdiction over skaters reporting to the starting line.
2. Be the judge of unfair starts.
3. Briefly announce any special rules of the meet or, in his discretion, remind the competitors concerning any standard racing rule.
4. Allow Assistant Starters to start some races.

The Announcer will, as much as possible, provide a running commentary of the event, its development, the individual skaters participating, the organizer and the sponsor.

First Aid and Medical Personnel: For all events, medical or paramedical personnel will be present, with the necessary equipment to provide assistance in case of an injury.

The Organizer: All sanction applications must include the name of the person responsible for the aspects of the race. This individual will be called the Organizer, who must be a member of the NIRA and will be responsible for the overall success of the event, keeping in mind the interest of the skaters, the NIRA, the volunteers and the sponsors.

Code of Conduct

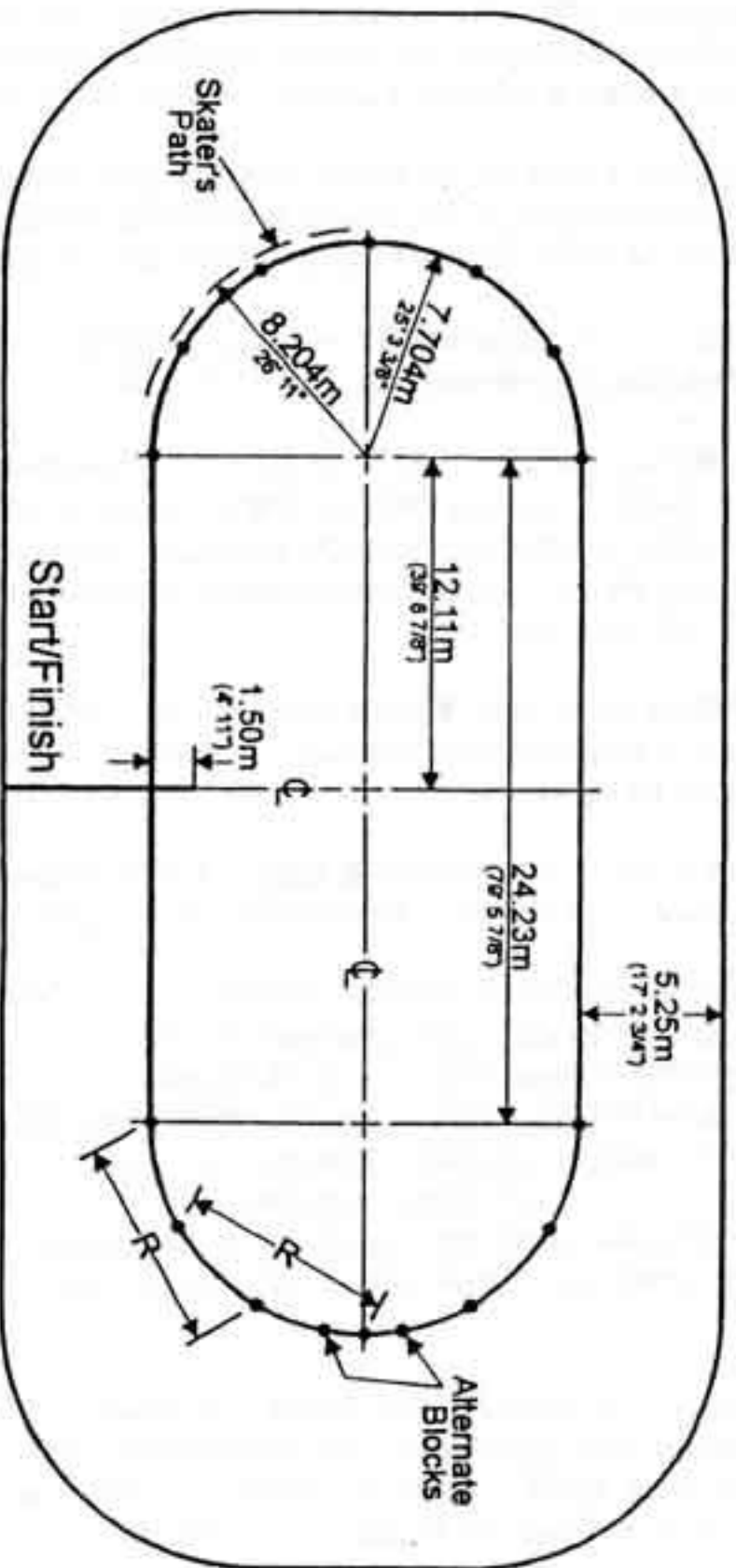
All members of the **NATIONAL IN-LINE RACING ASSOCIATION** are expected to adhere to the highest code of conduct at all NIRA sponsored or sanctioned functions. It is a requirement that the following precepts be adhered to for the good of all in the sport.

1. The NIRA is unequivocally opposed to the use and possession of any banned substances and to the encouragement of contribution by any other individuals or by the athletes themselves to any use of such substances in contravention of the rules regarding doping as set out by the U. S. Olympic Committee.
2. The NIRA will recognize and accept any and all penalties imposed on any competitor or official by the USOC who has been found guilty of any infractions of the Drug Policies of the USOC. The NIRA will make available to all members, information as provided by the USOC Drug Education Program.
3. The NIRA prohibits unsportsmanlike conduct, cheating, dishonesty and conduct unbecoming a lady or gentleman. This includes all those items discussed in detail below.
4. The competitor will at all times show respect for his or her fellow competitors, the officials conducting the competition, coaches, and the spectators. The competitor will exhibit the following traits: sportsmanship, courtesy toward others, respect for the rights of others, responsible behavior, and a sense of fair play. At no time will a competitor attempt to take advantage of another competitor, official or other person associated with the sport.
5. This code prohibits the use of physical abuse, mental abuse, intimidation, coercion, harassment, disruptive conduct, disorderly conduct, threats of any sort of harm, causing injury, or any such activity which infringes upon the rights of others.
6. It is forbidden to damage or steal anyone's property, whether competitor, rink, hotel, or the like. The competitor is bound to pay restitution in addition to the disciplinary action the NIRA may prescribe.
7. Any breach of the Code may be brought before the NIRA Board of Directors for disciplinary action. A report of the incident may be made by any member of the NIRA and will be made to the Executive Director in writing within 10 days of the incident. The Executive Director will forward the report with a recommendation to the NIRA Board of Directors for a mail or telephone vote within 10 days of receipt of the report. The NIRA Board of Directors will recommend whether disciplinary action by the NIRA is appropriate. If the Board vote is to proceed with disciplinary action, the person(s) will be notified and a hearing held with all parties heard. The hearing may take place up to 30 days from the report of the Executive Director, or 60 days after the incident. If no action is taken, the incident report will be discarded.
8. A special committee may be appointed by the President to conduct the hearing and prepare a written final report with a recommendation to the NIRA Board of Directors for action. The special committee will comprise a minimum of three NIRA members, at least two of whom will be members of the Board of Directors. They may be selected from the same geographical area in order to control costs.
9. After reviewing the evidence, the NIRA Board of Directors will render a decision that is in accordance with the paragraph 'SUSPENSION AND PERMANENT EXCLUSION' of the NIRA Racing Rules; a. dismiss the charges, b. suspends the member for a definite period of time, and the report will remain in the NIRA files, c. permanently suspend the member, and the report will remain in the NIRA files, d. restitution for any and all property damage will be made prior to accepting a request for reinstatement.

Recommendations

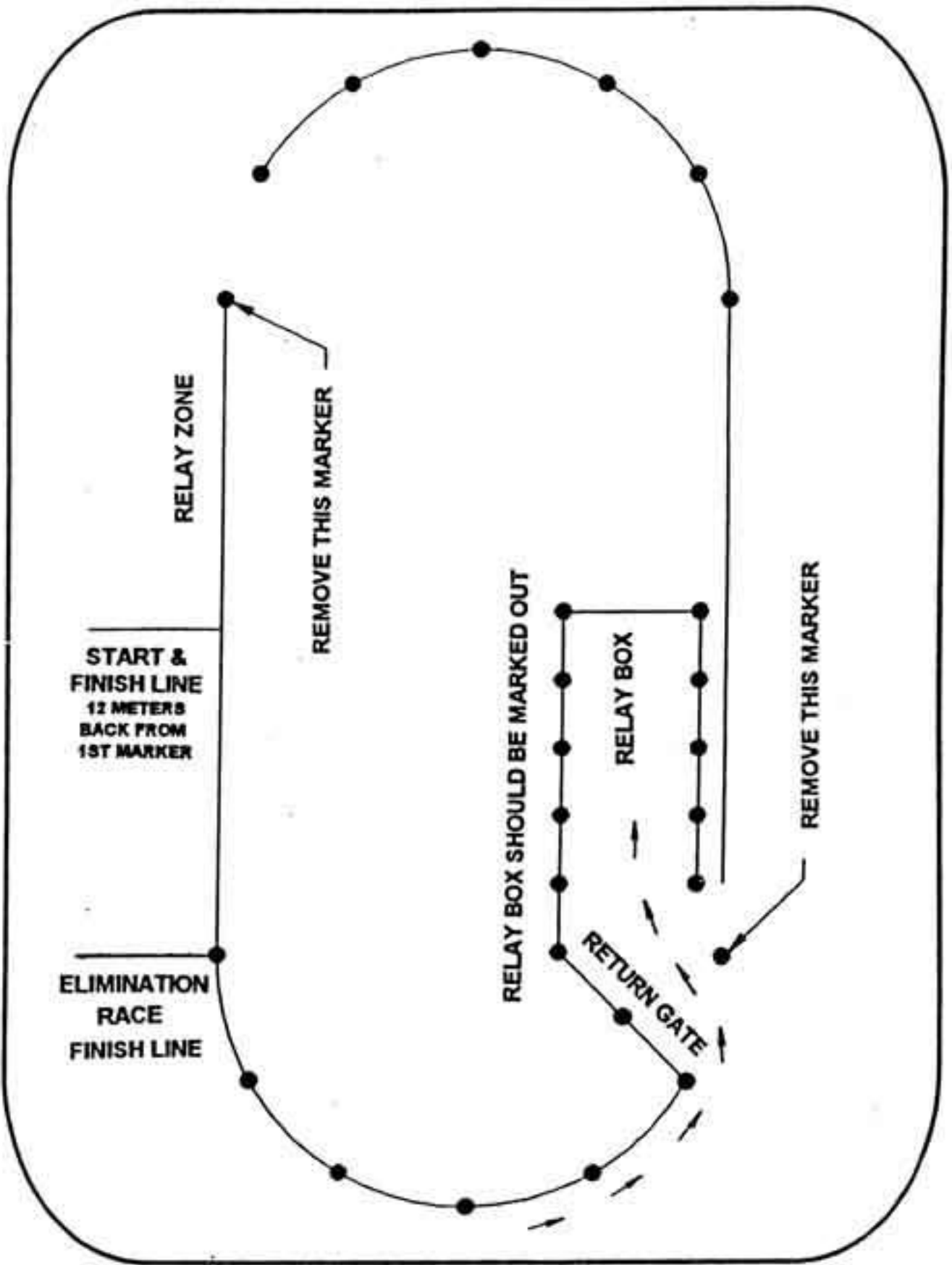
The National Short Track Championships be held in the Spring with the championships being open to all skaters with no regional qualifications.

100 METER TRACK



Notes:

1. Distance between boards & track survey line is 5.25 minimum. If rink is narrower than 85 ft, radius and straight length may be adjusted to maintain 5.25m but yield skater's path of 100m.
2. Distance between every other block is the radius (R) of the survey line. The center block may be replaced by two blocks 1.5m either side of it, on the survey line.
3. All layouts are to be from the rink center lines.



THE RELAY TRACK

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