



**CONFÉDÉRATION EUROPÉENNE
DE ROLLER SKATING**
(affiliated to F.I.R.S.)

**EUROPEAN SPEED SKATING COMMITTEE
C.E.C.**



C. E. C.

COMITÉ EUROPÉEN DE COURSE

SPORTS RULES

ENGLISH

2011

PART A - Competition rules

Art. 1 - Race course

1. The race course may be either a « track » or « road » course. A road race may be either an « open » or « closed » circuit.
2. Both on track and on the road, the racecourse is measured 30 centimetres from the inner edge. This line is called “rope”.
3. In all courses, bends are to be bordered either by a natural edge or moving signals that are highly visible. Nevertheless, such signals must not represent a danger for competitors.
4. On road courses with both left and right bends, measuring is to be taken along an imaginary line at 30 centimetres from the extreme ends of the bends themselves.

Art. 2 - Tracks

1. A « track » is defined as a racecourse with an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same diameter.
2. The total length of a track cannot be less than 125 meters or longer than 400 meters, the optimal width must be 6 meters. Every derogation must be requested by the Organising Federation and authorised by the CEC.
3. The track surface may be made of any material, provided it is perfectly smooth and not slippery, so that it does not compromise adhesion.
4. Tracks may be perfectly level or with banking at the bends.
5. Tracks with banking at the bends are to be not less than 150 meters long and not more than 250 meters. 200 mt tracks are preferred for open air European Championships. Banking is to be gradually and uniformly rising from the inside to the outside of the course. Straightaways may have banking in order to allow the introduction of bend banking. However, straightaways are to be perfectly level longitudinally, to a minimum of 33% of their total length.
6. The finish line must be marked with a white line, 5 centimetres wide.
7. The starting line must not be preferably on a bend. In sprint races this is mandatory. If the starting line of 500 mt race is on a bend, this line must be moved (forward or backward) so that there are 5 linear mt after the start. The length of the sprint race may thus change to a max. of 5%.

8. External fencing bordering banked tracks must be protected through suitable materials, if possible transparent ones without element prominent, from low to high level, in order to avoid dangers due to its presence. The lack of this protection may cause, if decided by the C.E.C., the cancellation of the event.

Art. 3 - Road course

1. In "open road" competitions, starting and finishing lines do not coincide.
2. A "closed circuit road" race course is a road course consisting of an asymmetrical closed circuit which competitors are to cover one or more times according to the distance of the event.
3. A **optimal** "closed circuit road" racecourse must not be shorter than 400 meters and longer than 600 meters **(from 350 mt to 500 mt for Youth Championships)**.
4. The road course cannot be less than 8 mt. **(7 mt. For Youth Championships) wide** in any point of the course. **CEC only, upon Organisers' request, motivated by clear difficulties, the CEC may authorise derogations to what established at point 3 and 4.**
5. The road surface must be uniformly and sufficiently smooth without hollows and fissures. The surface must not present hollows and /or dangerous points for the running of the race and for the safety of competitors. If there are hollows, it is mandatory (otherwise the event is cancelled) to stop these with plaster or other material. The Chief Referee is responsible for the practicability of the racecourse. The cross-fall of the course shall never exceed 3% of its width.
6. In "open courses" gradients shall never exceed 5%. Exceptions to this rule shall never exceed 25% of the whole course.
7. Starting and finishing lines must be marked with a line 5 centimetres wide. The starting line must not be placed, preferably, on a bend. The finishing line shall be placed at not less than 50 meters after the bend leading to the finish line.

Art.4- Homologation of a race course

All racecourses must be previously homologated by the C.E.C., directly or through the concerning body of the National Federations, charged by the C.E.C. itself.

Art. 5- Suitability for practice of a race course

1. Any decision regarding the suitability for practice of a racecourse is up to the chief referee after the start of the competition itself.

2. When the ground or weather conditions hinder the normal performance of a competition or the continuation of the same, the chief referee can interrupt the competition for a given period of time or he can cancel it. In the case of preliminary heats, the competition shall start or continue once the ground condition is suitable for safe skating, provided that it ends within 24 hours of its interruption.
3. When the competition, which was, interrupted starts again, only the athletes who were competing at the moment of the interruption shall participate again. If the start of the competition is scheduled after more than 24 hours, not confirmed competitors, excluded from the list, those who withdrew or were disqualified continue to be excluded. Thus, only competitors having right to participate may take part at it.
4. When the track or road is slippery it is up to the chief referee to decide about the application of anti-slippery coat on the whole course or part of it, upon request of delegates.

Art. 6 - Direction of the race

For track or road closed circuit competitions, competitors are placed so that their left hands are located facing the inside edge of the track or road. The direction of the race shall be counter clockwise.

Art. 7 - Official distances of the courses

Both for track and road courses, official distances are the following: 200 - 300 - 500 - 1.000 - 1.500 - 2.000 - 3.000 - 5.000 - 10.000 - 15.000 - 20.000 - 30.000 - 50.000 meters. In road races, an endurance race may be added: 42,195 km (marathon) for women and for men.

Marathon and half-marathon may be foreseen in road competitions.

Upon request of National Federations an endurance race (80-100 km) may be scheduled.

Art.8- Categories and Official distances for the European Championships.

The European Championships are divided, according to ages, in:

ABSOLUTE : Seniors and Juniors "A" categories.

YOUTH: Juniors "B" and Cadets categories.

The foreseen races are:

1) - SENIORS (over 20) :

A) European Senior Championships on track (men)

- 300 mt time trial
- 500 mt sprint
- 1.000 mt in line
- 10.000 mt point-to-point / elimination race
- 15.000 mt elimination race

3.000 mt relay race (max. 3 skaters)

B) European Senior Championships on track (ladies)

300 mt time trial
500 mt sprint
1.000 mt in line (new formula)
10.000 mt point-to-point / elimination race
10.000 mt elimination race
3.000 mt relay race (max. 3 skaters)

C) European Senior Championships on the road (men)

200 mt time trial
500 mt sprint
10.000 mt point-to-point
20.000 mt elimination race
5.000 mt relay race (composed of 3 skaters maximum)
Marathon (km.42, 195)

D) European Senior Championships on the road (women)

200 mt time trial
500 mt sprint
10.000 mt point-to-point
15.000 mt elimination race
5.000 mt relay race (composed of 3 skaters max.).
Marathon (km 42,195)

2) - JUNIORS "A"(under 20) and 3) - JUNIORS "B"(under 18)

A) European Junior Championships on track (men)

300 mt time trial
500 mt sprint
1.000 mt in line (new formula)
10.000 mt point-to-point / elimination race
15.000 mt elimination race
3.000 mt relay race (composed of 3 skaters maximum)

B) European Junior Championships on track (women)

300 mt time trial
500 mt sprint
1.000 mt in line (new formula)
10000 mt point-to-point / elimination race
10.000 mt elimination race
3.000 mt relay race (composed of 3 skaters maximum)

C) European Junior Championships on the road (men)

200 mt time trial

500 mt sprint
10.000 mt point-to-point
20.000 mt elimination race
5.000 mt relay race (composed of 3 skaters max.).
Marathon (km. 42,195)

D) European Junior Championships on the road (women).

200 mt time trial
500 mt sprint
10.000 mt point-to point
15.000 mt elimination race
5.000 mt relay race (composed of 3 skaters max.
Marathon (km. 42,195)

ATTENTION:

1. The CEC is allowing the participation at the marathon races of a number of skaters being the same of those entered for the Championship (road and track) plus two more skaters in order to promote this race

2. If there are less than 3 weeks between the European and World marathons, the marathon at the at the European championships will not be held, being substituted by a 1.500mt time-trial team race, men and women.

4) – CADETS (under 16)

A) European Cadet Championships on track

300 mt time trial
500 mt sprint
3.000 mt point-to-point
3.000 mt relay race (composed of 3 skaters max.)
5.000 mt elimination race

B) European Cadettes Championships on track

300 mt time trail
500 mt sprint
3.000 mt point-to-point
3.000 mt relay race (composed of 3 skaters as max.)
5.000 mt elimination race

C) European cadet Championships on the road

200 mt time trial
1.000 mt in line
10.000 mt elimination
3.000 mt relay race (composed of 3 skaters as max.)

5.000 mt point-to-point

D) European Cadettes Championships on the road

200 mt time trial
1.000 mt in line
10.000 mt elimination
3.000 mt relay race (composed of 3 skaters as max.)
5.000 mt point-to-point

Art. 9 - Types of competitions

1. time trail
2. elimination races
3. mass start races
4. endurance races
5. point-to point races
6. relay races
7. stage races
8. pursuit races or time trial pursuit races
9. sprint races

1. Time trial races on track or on the road.

In such competitions there are a certain number of skaters or teams that cover a circuit, according to the order decided by draw. Ranking will be prepared on the basis of the time of each skater.

Qualifications and finals must be scheduled in the evening for the best 12 times, starting from the worst time of qualifications.

As concerns team time trial races, if there was first an individual time trial race, the starting order will be established by reversing the individual ranking.

For example: the country to which belongs the first ranked skater will start as last one and so on.

2. Elimination races (on track and on a « closed »road circuit).

This competition is carried out through direct elimination of one or more competitors on one or more fixed points of the course always starting from the second lap and until the end of the race. Number of skaters and distance to be covered will be established as follows:

- No elimination during the first laps (two as minimum); elimination of one skater one lap out of two (minimum) for circuits less than 250 mt.;

- elimination of one skater at each lap (minimum) for circuits being more than 250 mt.
- * elimination is made on the second skate. This CIC rules, will be tested on the occasion of the European Championships solution, obliged by.

The final should be planned in such a way that after the last sprint, there must be at least five skaters. The Chief Referee before the start will communicate the elimination system.

At the European Championships on the road the 20.000 mt men and mt 15.000 women elimination races must plan, from the start, 15 laps without eliminations. If the number of competitors is not enough, distances may be cut.

In points - elimination races, score in a fixed point of the lap and elimination will occur at alternate laps.

3. Mass start race (track and on the road)

In these races an unlimited number of competitors can participate at the same time. When the number of registered athletes is too high in relation of the size of the track or the road, preliminary heats may take place, for races up to 20.000 mt, followed by a final event.

In that case, the number of skaters admitted to heat will be established by CEC during the preparatory meeting.

Eliminated skaters will be ranked *ex-aequo*, according to positions occupied in the order of arrival of heats, i.e. the last of heats will be the last *ex-aequo* ones in the final ranking, the penultimate will be the *ex-aequo* penultimate and so on.

In in-line races (individual and for teams) the race ends after the arrival of the first skater. For the 1.000 mt race, three heats must be scheduled: heat, semi-final and final. Each heat must be composed of 7 skaters as maximum. In such competition, the first and the second skater minimum of each heat pass the heat. Only if necessary and in heats, one or two of the best times among the first three may be drawn up. Heats will be composed on the basis of the initial drawing of countries.

Skaters having the same nationality cannot participate in the first heat. Loosing skaters will be ranked *ex-aequo* among all heats (example: the last ranked skaters of all the heats of the 1st phase will be the last one in general ranking and so on).

If time of skaters at the arrival is available, ranking among all the last, penultimate skaters and so on the basis of their time.

4. Endurance races (track and on the road).

For these races a time-limit is fixed and athletes are ranked according to the order they achieved at the expiration of the time allowed, taking into account the course already covered.

5. Point-to-point races (on track and on « closed » road circuit).

This competition awards a score for each competitor or team after each fixed point of the course. At the completion of the last lap a greater score will be awarded. The competitor or team totalling the highest number of points wins the race. If there is a tie in points between two skaters, it will be decided by who was the first of them at the finish line in the last lap. If a skater is lapped or does not finish the race, that athlete will lose the points earned for this race, but he will be ranked according to the arrival or according to when he/she withdrew or was eliminated.

In intermediate flying arrivals 2 points will be assigned to the first skater and one point to the second one.

At the arrival, the following points will be assigned:

3 points to the 1st ranked skater,

2 points to the 2nd ranked skater

1 point to the third skater

6. Relay races (on track and on the road)

- a. These races are run by teams composed of two or more competitors who are to cover a fixed distance and can arrange relays in a given area or freely.
- b. At the time of the relay, competitors must touch their mate. If the zone of "relay" is beside the finishing line, the last relay may be carried out even after the sound of the bell.
- c. During relay races only judges and athletes are allowed to stay on the course.
- d. During the European Championships, according to the size of the track and according to the number of teams, semi-finals may be planned. It will be up to the Chief Referee together with the CEC to determine heats according to « seed » teams.
- e. In European Championships, participating countries may enter 4 skaters, but only 3 skaters competing.
- f. When a skater comes in the circuit for the relay, this must be carried out, under penalty of disqualification of the whole team.

7. Stage races.

- a. Stage races, even in several days, can take place only on a regular road course. They are a combination of middle distance, long-distance, and time-trial races, combined and arranged together according to specific regulations. The final ranking results from the total of the different times

or points obtained by each competitor after covering the fixed distances, which are called "stages".

- b. For each stage some bonus, such as point or time allowance, can be granted to the athlete or athletes according to their placements. These bonuses must be included in the program.
- c. If several athletes get the same time, the final ranking is to be made according to the best result attained for each stage.
- d. The competition can take place on one day or on several consecutive days according to the number and length of the stages. Some rest days may be included.

8. Pursuit race or time trial pursuit

This competition is carried out both on track and closed road circuits in the form of preliminary heats by two competitors or by two teams that start from two points equidistant from each other and that covers a fixed distance. The first part of the race is to establish the scoreboard of the first 8 or 4 skaters (or teams), followed by the direct elimination. Thus skaters or teams, even if reached must cover the distance. Teams shall be composed of two or three athletes. As far as pursuit races by teams are concerned, the second athlete is the one who establishes the ranking or the elimination.

A ranking will be prepared on the basis of the time of each skater or team and the first 8 (4 for teams) will run the following phase by direct elimination, by gathering the first with the last time, the second time with the penultimate and so on.

Winners will pass the phase and they will be gathered by using the same system, up to run the final for the 1st and the 2nd place. Eliminated skaters and teams will be ranked in the following places according to times obtained in the previous phases. Couples will be by draw among participating teams.

9. Sprint races (on track and on the road).

- a. These races are mass start distance ones, time trial, on short distances (500 mt maximum) and with a certain number of skaters for each heat (5 skaters maximum on track, 5 o 6 skaters maximum on the road).
- b. The winner and the second ranked skater of each heat qualify for the following heat, plus ,only at the 1st and 2nd phase, a min. number of skaters who registered the best time, in all the heats, and only if necessary to form the heats of the 2nd and/or 3rd phase, according to a program scheduled in advance by the Jury. We remind you that the composition of the heat is made on the arrival order of time trial race.
- c. Races of the championships will be subdivided in a maximum of four phases.

- d. The final race will be run as a mass start distance one, with 4 skaters. General ranking, besides the finalists, must be drawn up with times, subdivided in the different phases.

Art. 10 - The start

1. For every competition, only starts without moving. The starting signal is to be given either through a gunshot or an acoustic signal (with the exception of time trial races where start is free) in 10 seconds from the signal. For the time trial race start, the skater must have at least one skate within the starting line and the second line dashed at 60 centimetres from the starting line.
2. In any competition, in case of false start, the starting judge calls back competitors to the starting line. Athletes resume their positions and the start is repeated.
3. If a competitor does not answer the starting judge after being called twice, at one minute interval from each other, he is eliminated.
4. In sprint races, whenever is possible, move the finish line to have the start in a straightaway and to allow skaters not to tire too much.
5. For mass starts. The starter says « attentions » and then he fires a shot.

Art. 11 - Starting conditions

The starting signal is given when the athletes are standing behind the starting line at 50 centimetres from each other. Their starting positions are determined by the initial drawing of lots, sprint races excepted. The winners of preceding heats have right, by drawing, to be in pole position, in the position they choose, and so the second ones, the third ones until the end of the starting order.

Sprint races starting conditions.

First heat will be made according to the classification of countries for the time trial race, if it was run and for countries that took part at it. Drawing for the positions of countries that did not participate or that participated with a higher number of skaters than time trial competitions. This list allows the serpentine system, avoiding that skaters belonging to the same country take part together at the first heat. In the 2nd and 3rd phase, the subdivision of eventual drawn up skaters by times will be made on the basis of times

Example of serpentine system with 30 skaters:

Sprint race heats must be 6 composed of 5 skaters. In the first heat the composition will be as follows:

1st heat

1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18
24	23	22	21	20	19
25	26	27	28	29	30

The first 2 skaters of each one of the elimination heats will classify in the semi-final phase, plus 4 losers according to the times registered in those heats, for a total of 16.

2nd heat :

16 athletes will be included in the second serpentine, the first ranked according to obtained times, then the second skaters according to times and then drawn up skaters, always according to times. 4 heats of 4 skaters will be composed of.

3rd phase - Semi-finals:

8 skaters will be included in a 3rd serpentine, first the first skaters according to obtained times, then second skaters according to times and 2 semi finals will be made. The final will be run by the first two of each semi final.

The skater called at the starting line according to his/her position in the serpentine, will choose his/her lane.

Start repetition.

On the referee's order the start may be repeated in the following cases:

- a) In races against time, when an athlete falls down because of a mechanical defect or any other reason for which he is not responsible, according to the Chief Referee .
- b) For the non functioning of photocells
- c) In mass starts, when the falling down of one athlete causes the falling of several others, within 130 meters from the starting line, this distance must be clearly marked and well visible for the Jury;
- d) When an athlete starts before the signal is given, the start is cancelled and the athlete involved is penalised; after three violations, he is eliminated.

Art. 12 - Facilities, equipment and miscellaneous services

The race course is to be provided with facilities, equipment and miscellaneous services according to the type of event.

- 1) For closed circuit road or track competitions:

- a) loudspeakers;
- b) a counter laps
- c) a bell or any other device indicating the last lap;
- d) first-aid centre, duly equipped with doctor and ambulance. The lack can be motivated by different local law. The presence of an alternative means of transportation must be certified by the local hospital.
- e) separate dressing-rooms for men, women and referees;
- f) a covered separate place to stand provided with table and chairs for the jury;
- g) a place reserved for athletes and their managers and coaches;
- h) a place reserved for the press; radio and television people suitably supplied;
- i) gates to keep the public aside;
- j) sufficient lighting equipment for night events;
- k) a security service;

l) **double finish-linx equipment** and photo-electric cells for the start: The cell, at the starting line of skaters, must be place at 20 cm height from the track or the road, and at 10-20 cm of height at the arrival. In pursuit races two cells are necessary , being connected at the starting judge. **Double finish-linx**, automatic electronic timekeeping and camera connected with monitor are mandatory in European Championships. The Jury may use this video camera only for arrivals and only the Chief Referee and his/her assistants, in case of claim, may see all the competition. The C.E.C., must have its room, may use the same cameras and every other device for checking eventual claims. Photoelectric cell is mandatory at the starting and arrival line in time-trial races.

For the link/ position of the photo finish it is necessary:

- A) - brightness: 2200 lux to be measured at one metre in height
- B) -three phase energy
- C) - bridge for the lamps: at 2,5 - 3,0 mt. Maximum in height
- D) - **double finish-linx**

Each alteration to what above mentioned must be previously agreed by CEC.

- m. its is necessary to mark the lanes at the start of the sprint race (5 for the track and 6 for the road);
- 2) For open road courses competitions; furthermore what indicated, excepted ,points b) and c) , must be provided with:
 - a) a canvas stripe reading "FINISH LINE" to be placed above the finishing line. If there are preceding finishing lines, it will be written on the ground;
 - b) a signal indicating the last 500 meters of the course, if it is an open circuit;
 - c) signals and protections indicating possible obstacles if the Chief Referee esteems those dangerous to skaters;
 - d) in races being more than 20.000 mt, water supply areas must be situated according to the Chief Referee and weather.
 - e) transportation means provided with a special identification mark enabling the jury to follow the competition;

- f) some cars for the transportation of injured athletes or of those who withdrew from the competition. Such vans shall include a doctor with everything necessary for first-aid assistance, and a judge who will write down all the athletes' withdrawn, keeping account of their withdrawn order so as to prepare their final placement;
- g) gates to keep the public aside;
- h) a camera at the finish line to be used by the Chief Referee in case of difficult interpretation.

Art. 13 - Finish line in the different types of competition.

1. The ranking position of the athlete is determined according to the time at which his/her most advanced point of the skate crosses at the finishing line, provided a part of it is in touch with the ground. If the first skate is not in contact with the ground then the placement is decided by the leading point of his/her second skate.
2. In relay races, the ranking position is determined by the skater of the last lap of the team crossing the finishing line with the most advanced point of his/her skate.
3. In endurance races, the finish line is represented by the exact point where the athlete is at the expiration of the fixed time.
4. In time trial races or team time trial races, the ranking position or the elimination (pursuit) is determined by the second skater.

Art. 14 - Placement of lapped athletes

In mass start races on track or on closed road courses, the athletes who have been lapped or who are about to be lapped, and who may hinder the competition, may be eliminated. Athletes who have been lapped and eliminated or withdrawn will be placed in the order opposite to their elimination.

Lapped and not eliminated athletes must cover the distance of the competition. The race is over when the winner crosses the finish line.

Art. 15 - Ex-aequo placement in mass start competitions

In mass start competitions, when a group of athletes crosses the finish line all together, and thus it is not possible to determine their exact finishing order, all of these athletes involved will be awarded the same placement position and will be listed in alphabetical order.

For an eventual ranking assigned points will be divided by the number of participants.

Art. 16 - Tie-break trial and races against time

In order to determine the first-placed skater in races against time, when two or more athletes obtain the same time, millesimum will be taken into account. In

case of further tie, the trial shall be repeated in order to establish the placement order, competition must be repeated in order to obtain ranking only for the 1st, the 2nd and the 3rd one.

For other placements, skaters having the same time, at 1.000/ second, will be ranked ex-aequo.

The time obtained by each competitor in individual competitions must be immediately communicated after arriving at the finish.

The skater responsible of the advanced closing of the arrival photocell, with parts of the body not being the skate, will be disqualified from the competition for not correct behaviour.

Art. 17 - Arrival.

The athlete leading the race on the last straightaway of the course, shall not obstruct the runner-up and must continue in a straight path. Athletes violating this rule will be reduced in rank and placed after obstructed skater.

Art. 18- Order at the finish line

At the end of each competition, the Chief Referee shall verbally communicate the official order at the finish line. Any protests against the order at the finish line may be allowed. Any protest against the order at the finish shall be submitted in writing to the Chief Referee within 15 minutes from the official announcement of the order at the finish line, along with the corresponding fee of 120 EUR . The prize - giving ceremony will be held only 15 minutes after the official announcement of the order at the finish line and in any case only after decision on any protest and any successive appeal to CEC have been taken ,appeal accompanied by the corresponding fee of 180 EUR.

Art. 19 - Maximum time in road competitions

Maximum time in road competitions is computed by increasing by 25% the time obtained by the first competitor.

Art. 20 -General rules

1) Competitors are strictly forbidden to accept any sort of help, with the exception of races longer than 20 km.

In relay races ,athletes along the track and not skating, waiting for the relay may receive some water from their own trainer. In every case, all this is always at risk of who is doing it.

2) Competitors are to reach the finish line along the shortest imaginary line, without loops or lateral deviations that may hinder other skaters.

3) In no case, shall the passing of other athletes on the left cause difficulty to other competitors.

4) In no case can athletes push other competitors or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct or help any adversary competitor or team skater (team play).

- 5) In road or track closed circuit competitions, athletes who are passed shall not obstruct such pass or help another competitor.
- 6) Athletes are not allowed to touch with their skate the ground outside the line delineating the course, excepting if obliged by sudden hinders or by other skaters.
- 7) Athletes can repair a damaged skate, being careful not to obstruct the race, and without receiving help from other people.
- 8) Athletes violating the above mentioned rules may be warned or disqualified.
- 9) In case of fall, competitors who are still able to continue the race must stand up without any help from a third party. Otherwise, they shall be excluded from that competition.
- 10) All the athletes must take part in races fairly and enthusiastically. Those showing a negative attitude or clear inability may be excluded from the competition upon decision of the Chief Referee.
- 11) In mass start races on open circuit roads, athletes must comply also with the above mentioned rules, always keep to their right and in no case can they overcome the centre of the road. Furthermore, athletes must strictly observe instructions given by the organiser.
12. Athletes who withdraw from the race should go to the finishing line and inform a member of the Jury, so that they will be ranked according to their position.

Art. 21 - Competition uniform

- 1) Participants of both sexes are to wear corresponding uniforms. Those who are not properly equipped may be excluded from the competition.
- 2) The competition uniform is the following:
 - a) the same uniform with the name of sponsors that must be suitable. In international competitions with the participation of national teams advertisements are allowed provided they do not hinder the easy identification of the official colours of the national teams or of the name of the country.
 - b) integral hard headgear. This headgear must be locked all the time the skater is on the track or road. It must be hard outside and soft inside. Headgears with ends are allowed only in individual races, such as time trial race.
 - c) Skates. It is allowed the use of all skates. Skates with two pairs of wheels fastened parallel to each other or skates having a maximum of six wheels fastened in line are permitted. The skate must not exceed 50 cm in length. Maximum diameter of wheels 110 mm. (100 mm **only** for cadets)
Skates must be firmly attached to the shoes and axles are not to protrude from the wheels. Brakes are forbidden. It is allowed the use of skates where the hard connection shoes/frame/wheels may be substituted by an elastic connection (spring and or rubber spring buffers). This new skate must be homologated by CEC.

- d) Race numbers. Athletes are identified by means of three numbers. They are applied on both hips and on the back. Numbers are to be clearly visible. If a four number is supplied by organisers, it is placed on the helmet, on the side of the photo finish.
- e) The use of apparatus of control and/or vocal link, at electrical/electronic impulses is admitted at risk and ranger of the skater using it, who is the sole responsible for every consequence towards himself/herself and towards thirds.
- f) Skaters may wear sunglasses or glasses during competitions only if tied.

Art. 22 - Identification of the Champions.

European Champions running in a race for which they are champions may wear the European champion shirt.

Art. 23 - Anti doping.

Anti doping controls are mandatory during official competitions, according to the laws of the country organising the championships and according to European and IOC rules too.

In this case, in each official competing day one race will be drawn, for ladies and men. The winner and one skater drawn among the first five ranked skaters will be tested. The control will be checked by the CEC Responsible for anti doping ,together with the official local doctor charged of anti doping. Not to be tested or a positive result of analysis means the disqualification of skater from the whole manifestation, more foreseen sanctions and giving back gained medals. Skaters must be at disposal of organisers after the race, waiting for the drawing.

As indicated in the corresponding article of the "Anti doping Rules" of the I.O.C., it is underlined that:

" The test must begin within an hour from the notification to the athlete except for awarding of the athlete, just scheduled interviews, necessary medical controls, relax.

During all this period of time, the athlete must be always under the visual control of the Anti doping Responsible until the end of test and absences must be declared after 30 minutes"

Organisers are responsible for the equipment and rooms for anti doping controls. In order to make easier everything, anti doping rooms with bathrooms must be at max. 100 mt away from track or road.

PART B - BASIC REGULATIONS

Art. 1 - Constitution.

The Comité Européen de Course (C.E.C.) is a technical body of the Confédération Européenne de Roller Skating (C.E.R.S.). The headquarter is located in the country of the current President or where the President wants.

Art. 2 - Tasks

The C.E.C. carries out the tasks which have been given to them by C.E.R.S. , that is:

1. to organise and promote speed-skating activities in Europe and prepare and administer the relative regulations;
2. to establish and maintain close relationships with all the National Federations affiliated with CERS
3. to make sure that all the affiliated Associations comply with CERS and CEC International Regulations;
4. to amend the CEC regulations whenever necessary;
5. to make sure that all international competitions have the CEC approval when CERS and CEC regulations demand it;
6. to make sure that the behaviour of competitors accompanying people and skaters comply with the rules established by CERS;
7. to make sure that the doping control takes place according to the present CEC Anti doping Rules (see art.23- part A);
8. on the occasion of the European Championships CEC will pay travel, board and lodging expenses for the International or European Judges appointed by the CEC, for a maximum of 6 judges, excluded those of the hosting country, from the dinner of the 2nd day before the beginning up to breakfast of the day after the end of the championship. In every case, CEC will fix the required number of judges necessary for those events, according to the typology of courses. Nations having less than 10 entered skaters on track and on the road events must provide CEC a name of one European or International Judges and CEC will select, among these, the necessary Jury. The Organising Federation too must put at CEC disposal the same number of judges.

If the hosting country has no sufficient judges, CEC may convene judges from other federations and corresponding board and lodging expenses will be up to Organisers.
9. to impose fines to the affiliated Federations for the non-observance of CEC Regulations. The affiliated Federations can appeal against such fines, first to the CERS Executive Board and secondly to CERS Congress;
10. to decide on the second appeal on the protests submitted by the affiliated Federations and rejected by the Chief Referee, (Judge of the first appeal) in all European Championships;

11. to disqualify, by establishing the period of time, the athletes, the managers and coaches who resulted positive on the anti-doping control.

Art. 3 - Composition of the C.E.C.

The C.E.C. is composed of a President elected by the Congress and four Members, having different nationality, proposed by their federation according to CERS Rules and appointed by the CEC President. A National Technical Director cannot be candidate as CEC President if he/she maintains such charge in his/her own country.

The Secretary, appointed by the President, is also Member of the Committee.

A Vice Secretary General may be foreseen, if put at disposal by the National Federation of the CEC President.

They are in charge for four years and they may be re-elected.

Art. 4- Duties of CEC members

1) The President presides over the General Assembly as well as CEC meetings and is responsible for any administrative and financial matter regarding the Committee. He has the casting vote and represents CEC in every official circumstance. The President represents the CEC at the Executive Board of CERS, of which he is a Member by right. He authorises the European Championships and other events. He convenes meetings as well as the CEC General Assembly. He adopts disciplinary measures and he addresses to the CERS Executive Board when those disciplinary measures concern Officials.

2) The Vice President assists him and when necessary takes his place, if invited .

3) The other three members carry out individual functions assigned to them during CEC first meeting, and are the followings:

- a) to assist the President in any sport matter, especially in the organisation of the European Championships;
- b) to assist the President in any administrative matter and in the improvement of the Regulations according to the voted needs. among these, public relations for the European Championships, relations with the press (press conferences) and the television, relations with the Jury and with anti doping problems.
- c) to assist the President for eventual contracts and/or agreements with sponsors.

Art. 5 - The Secretary of the Committee

The President appoints a Secretary/Treasurer who shall be confirmed by CEC. The Secretary may be paid for his/her work, but has no voting right. His/her tasks include all secretarial work and the drawing up of the minutes of the meetings. He/she also looks after the financial matters of the committee, for which he/she also works as a treasurer, who prepares and manages the balance and that in every case must be undersigned by the President.

Art. 6 - Meetings of the C.E.C.

The C.E.C. meets on the occasion of the most important official championships, upon convocation of the President. If necessary, the CEC may meet on other occasions too.

During CEC meetings, decisions are adopted by majority of votes of attendants. In case of tie, the President has the casting vote.

Art. 7 - Dismissals

CEC members who are absent for three consecutive times at the meetings, without any valid justification, or hindering the Committee with their negligent or inadequate behaviour, will be invited to resign before the end of their office.

Art. 8 - Revenue and expenditures

Every year the CEC prepares a budget for its own activity. This budget will be submitted at the yearly meeting of CERS Central Committee, together with the balance of the previous year.

1) The main CEC revenues consist of:

- a) fees from European Championships;
- b) fees from international competitions;
- c) entry fees of skaters at competitions;
- d) sale of its own publication;
- e) fees for refused appeals.
- f) equipment or money from sponsors

2) The main CEC expenditures are:

- a) common administrative expenditure;
- b) expenditure for medals, badges and trophies;
- c) expenditures for the extraordinary meetings of the Committee ;
- d) board and lodging expenses for the judges at the European Championships

Same travelling expenses will be recognised to judges sent to special and important event in Europe, as well a to judges and trainer to promotion and updating clinics in European federations;

e) assistance to developing countries and/or technical seminars for such nations.

f) Insurance expenses.

Art. 9 - The General Assembly

The Agenda must include :

1. Presidents' welcome.
2. Reading of the previous General Assembly minutes.
3. President's report.

4. Financial report.
5. Appointment of scrutinizers, if necessary.
6. Proposals to change Sports Regulations.
7. Nominations of future European Championships and other events to be included in the calendar.
8. Elections.
9. Other business.

Art. 10 - Participation and right of vote.

The C.E.C. Ordinary General Assembly is scheduled during the European Championships and on the occasion of the four year term CERS Congress ; delegates of affiliated federations attend the Assembly with right of vote.

At half mandate, a biennial Extraordinary Assembly is foreseen.

Art. 11 - Convocation of the Assembly

The President of the Comité Européen de Course summons and presides over the Assembly. The President establishes the day, date and venue, the Agenda according to art.9 that CEC Secretariat will send 60 days before the fixed date for the Assembly. C.E.C. must receive 30 days before the fixed date for the Assembly the proposals, candidatures included, that federations want to include in the Agenda.

Art. 12 - Proxies and votes.

Delegates prepare and discuss proposals by supplying information on technical, administrative and organising problems of speed skating.

The Assembly adopts decisions by majority of votes of attending delegates. In case of tie, the President has the casting vote. Absent countries cannot vote by proxy.

Minutes must be prepared, signed by the President and the Secretary, and sent to affiliated Federations.

Art. 13 - Other business

1. All National Federations, Associations must forward within April 1 of each year, a list of all the clubs involved in speed skating, along with the name and address of the officials of the Speed Committee.
2. Furthermore, National Federations must send to C.E.C. within February 15 of each year, the calendar of the international competitions scheduled in their country and they must send 30 days before the corresponding

program. At the end of competition, organisers must send to the C.E.C., directly or through their Federation, the results and the report of Jury, if disciplinary actions are necessary and for the homologation. Those documents are mandatory for the European Championships.

3. If organisers are not sending what above requested, the C.E.C. will adopt necessary actions.
4. All Federations and Associations that issue magazines and brochures on roller skating shall send a copy of every issue to the C.E.C.
5. All C.E.C. minutes, letters and copies of administrative documents or any other document shall be kept by the President, for 4 years at least. Such documents shall be given to his successor.
6. Matters which are not included in these regulations will be settled by CEC, whose decisions shall be ratified during the following General Assembly.

PART "C"
TECHNICAL REGULATIONS

Chapter A - Competitions in general

Art. 1

Only CEC, Continental Confederation, National Federations, Associations and Clubs associated with these can organise official international competitions. No Federation or Club which in some way is part of the CERS structure may participate in any privately-organised international event, or in any event organised by groups not belonging to CERS.

Art. 2

National Championships, competitions, criteria and any event organised within the recognised Continental Confederation, in which only members of those organisations can participate, do not need CEC approval.

Art. 3

National Federations shall send to the C.E.C.:

- a) the list of results of National championships and international competitions carried out in the country;
- b) a written report about National Championships organised by them, immediately after the end of the competition.

Art. 4

Races on road or track can be organised by all the different National Federations, for all the recognised categories.

Art. 5

National and Continental Championships of the same sport discipline can be organised only once a year. The winners of each competition are the official holders of the title until the following competition of the same kind.

Art. 6

All international competitions must be authorised by CEC. Federations affiliated to CERS must meet at least by December 15th of each year in order to establish the official calendar for the following year. CEC must receive this calendar within and not later than February 15 of each year.

Exceptionally, events scheduled in the second half of the year, whose application is submitted at least 60 days prior to the beginning date, will be authorised. Approved events already on the calendar will have priority.

International events recognised by the C.E.C. will be so classified:

- a. Competitions for national teams- international races
- b. Interclub competitions- interclub races

Art. 7

The notification of any event to be forwarded to the CEC 60 days before the beginning date must include the following information:

- a) place, opening date and duration;
- b) whether the tracks are indoor or outdoor, condition of the track (material and dimensions), facility capacity;

- c) deadline for entry;
- d) entry fee for participant;
- e) possibility of training on the track;
- f) number of Federations invited and number of judges for each country;
- g) expenses to be met by organisers for the travel and stay of athletes and judges of each Federation;
- h) specification of organiser's responsibility with regard to possible accidents;
- i) specification of First Aid facilities and availability of the doctor in case of serious accidents.
- j) list of awards.

Art. 8

All athlete registrations must contain:

- a) Given name, family name, date of birth and nationality;
- b) amateur status, according to FIRS rules.

The participation application for international races must be in writing and must be undersigned by the applying National Federation.

The participation application for interclub races must be in writing by the concerned club after authorisation of its Federation.

Art. 9

Entries for each competition (from a foreign club or federation) must be expressly communicated to CEC and participating Federations by the organiser.

Art. 10

Should it be necessary to postpone a competition, the organiser shall promptly notify the new date to each participant. CEC must also be informed. Entries that have been already submitted remain valid unless otherwise notified.

Art. 11

The various fees to be paid must be established during the biennial Assembly

Chapter B - European Championships

Art. 12

1) European Championship events are divided as follows:

- men on track
- women on track
- men on road
- women on road.

2) European Championships are open to all the national teams of the Federations which are members of C.E.R.S., who have regularly paid their fees and have given confirmation of their participation according to the terms established by C.E.C.. Participating federations must have regularly paid their affiliation fees to C.E.R.S., as by list sent by C.E.R.S.

Art. 13

The championship is organised every year according to C.E.C. Sports Rules and C.E.R.S. rules.

At least eight countries must take part in a European Championship, for men and ladies. The C.E.C. is responsible in assigning the organisation of the European Championships, on the basis of bids submitted by national federations, their organising skills and according to an alternating order.

Art. 14

After having charged a federation of the organisation of a European Championship, concerned federation and the C.E.C. will discuss modalities.

Decisions will be communicated to all federations and associations. If special agreements are taken between organisers and the federation, these will be communicated to C.E.C. with details of agreement.

Art. 15

The organising federation can delegate one of its clubs or members to organise the championships, nonetheless the appointed federation will still be completely responsible, without exceptions, and should any unexpected incidents arise.

The organising federation is always responsible towards C.E.R.S., C.E.C. and all participating Federations and it is obliged to pay organising fee, established by C.E.C., six months before the beginning of the championships.

Art. 16

1. All skaters belonging to the categories recognised by the different affiliated Federations can participate in competitions approved by the C.E.C.
2. Athletes who are suspended or disqualified by CEC cannot take part in CEC approved competitions.

Art. 17 - Nationality, age, sex.

Athletes taking part in international events and competing for their National Federation must prove that they have the passport of the same country.

In case of changing in nationality or double passports, the following is in force:

A) - Athletes changing nationality (ex. marriage, birth in a country from foreign parents, etc)

After the legal period foreseen by Law of the country (from some months to some years according to Law, different in each nation) they may compete for the new country

B) - Athletes with double passport

Being 20 years old, thus seniors, they must choose and after having participated in one European competition with the colours of one nation they cannot anymore change "colour" of the passport. Before being 20 years old, the participation in cadet or junior category, does not hinder a different selection as senior.

Stateless athletes may belong to the national team of a Federation when;

- a) it is sure that he/she has no nationality;
- b) it is sure that he/she has lived continuously for more than two years in the country of the National Federation which they wish to compete for.

Proofs mentioned on points a) and b) must be spontaneously forwarded, before leaving, by means of an official document issued by the country for which he/she wishes to compete;

c) minimum age to compete in a European Senior Championship is 15 years. Maximum age to participate in a Junior "A" European Championship is 19 years while the minimum age is 15. The maximum age to participate in a Junior "B" championship is 17 years while the minimum is 15 years. The maximum age to participate in a European cadet Championship is 15 years while the minimum age is 13. In any case, skaters cannot participate in two different championships of different category in the same years. The participation in one championship (cadet, junior or senior category) furthermore cancels the possibility to participate, even in the future, in a championship of lower category, as foreseen by CIC too.

The age is considered at January 1st of the year of the championship. Age and nationality are proven by presenting the passport or official document to CEC in the place where the European Championship takes place;

d) Female skaters must submit official document stating the sex. This document filled on the enclosed CEC form has no expiry. The CEC decision to maintain this document for all female skaters is due to the law about privacy and in order to avoid discriminations among female skaters.

Art. 18

Each country may enter a total of 6 (six) male skaters and 6 (six) female skaters at the European Senior Championships. 3 male skaters and 3 female skaters from each country may take part in races.

Each country may enter a total of 6 (six) male skaters and 6 (six) female skaters at the European Junior "A" e "B" Championships. 3 male skaters and 3 female skaters from each country may take part in races.

Each country may enter a total of 6 (six) male skaters and 6 (six) female skaters at the European Cadet Championships. 3 male skaters and 3 female skaters from each country may take part in races.

Art. 19

The course lengths valid for the Championships are established in the « A » Part of the sport regulations. Should the need arise to reduce the number of races during the Championship, as a result of circumstances beyond control, CEC Members are then to decide which races to eliminate.

Art. 20

The organising Federation is responsible of:

1. organising fee for the European Senior Championships on track amounting to 7.000 EUR paid in advance to CEC, organising fee for the European Senior Championships on the road amounting to 7.000 EUR paid in advance to CEC, organising fee for the European Junior and Cadet Championships on track and on the road, carried out in the same venue, amounting to 9.000 EUR paid in advance to CEC;

2. Payment of travel, board and lodging expenses for CERS President, CEC President and Members from the dinner of the second day preceding the beginning of the Championship until the breakfast of the day after the end of the Championship.
3. Board and lodging expenses for CEC Secretary **and** Vice Secretary General, if attending, from the second day preceding the beginning of the Championship until the breakfast of the day after the end of the championship.

Furthermore, the hosting country must pay the board and lodging expenses for eight International/European judges at least, (12 in case of European Championships, all categories together) or for National Judges.

If this number is not achieved, the CEC will summon necessary judges from other federations, being their board and lodging expenses up to Organisers.

For all, board and lodging expenses will be met from the dinner of the second day preceding the beginning of the championship until the breakfast of the day after the end of the championship.

Hotel must be of first category, single rooms for CERS and CEC Members. Travelling expenses will be reimbursed for economy class flights.

Everybody up to Organisers must confirm his/her attendance 10 days before the beginning of the event.

The Organisation is NOT responsible for eventual guests of CERS/CEC, whose expenses will be up to concerned people.

For the best organisation of the European Championships, the C.E.C. will check some months before the beginning, the sports venue, logistics (hotels, means of transportation and everything up to teams, if foreseen) and the availability of judges of good level.

In case of serious difficulties, not being possible a quick solution, the event will be assigned to another Federation, and withdrawing Federation will have a fine as here below indicated.

The list of "obligations" is at enclosures 11 and 12.

Art. 21

Organisers must send to participating countries a list of hotels offering the best fares and where they may book. Furthermore, Organisers must ensure transfers eventually to be paid, from airport or railways station to hotel and back, but only if required well in advance. At the same time, free daily transport from hotel/circuit/hotel, according to the program prepared by Organisers **to be shown in hotel where teams lodge. The program must include trainings too in the days before the event.**

If participating countries wish to lodge in another hotel, not belonging to the list, and out of the areas of official hotels, Organisers must provide transfers for skaters and officials, but concerned people must reimburse Organisers the extra kilometres.

Organiser must put at CEC disposal 2 cars (seven persons) for all the championship.

Art. 22

- 1) Each country that decides to withdraw after submitting an entry must notify C.I.C. and the organising Federation of this decision no less than 30 days prior to the beginning of the Championships. A withdrawal of this type, however, is accepted only as an exception.
- 2) The CEC shall examine the circumstances which have led to the decision to withdraw from the Championships. If, upon examination, the withdrawal is considered unjustified, the CEC will fine the Federation of 1.000 EUR as minimum and 2.000 EUR as maximum, according to how much before the beginning of the Championships the request for withdrawal of the entry time has been submitted.
3. European Championships will be assigned 2 years at least in advance. Federations requesting and accepting in writing the organisation of the European Championships, if they give up then their candidature, they will pay a fine amounting to 1.000 EUR, this fine will be of 2.000 EUR if cancelled the year before the event and of 4.000 EUR if cancelled during the last 6 months.

Art. 23

For European Championships, the rankings per country are calculated by adding the points obtained in each event, by participating and ranked athletes. Athletes placed first in each competition obtain 12 points, the second one 11 points and so on until the 12th ranked skater who will obtain one point. Furthermore, all ranked skaters will have one point for the participation. Disqualified athletes do not receive any score. There will be 2 rankings, one for men and another for women.

Art. 24

- 1) The winner of each Championship competition is named Champion of that speciality and holds the title until the following Championship.
- 2) The organisers shall supply the jerseys for all the winning athletes, as by CEC pattern.
- 3) The first, second and third place winners of each Championship competition receive gold, silver and bronze medals, supplied by CEC. Organisers will support the cost of medals by giving a contribution of 4 EUR for each medal.

Art. 25

Homologation of track and road circuit will be made by the organising federation and ratified by CEC as well as the circuits for training.

Art. 26

Organisers establish the schedule for the European Championships; CEC President must approve it.

Art. 27

Each participating Federation has the right to make a protest during the European Championships concerning only the order of arrival. The reasons behind the protest must be described in writing and given to the Chief Referee within 15 minutes of the end of the event or after the announcement of the result, along with a fee of 150 EUR. The protest will be examined by the Chief Referee in the first instance; if rejected, the complaining Federation can, within 15 minutes from the official announcement of the decision of the Chief Referee, submit another appeal to CEC, along with the payment of the corresponding appeal fee amounting to 250 EUR.

The decisions of the first and second appeal shall be verbally communicated to the Delegate of the complaining country, then in writing and made official.

The fees of non-accepted protests will be confiscated by CEC.

All national teams participating in a continental championship must attend the opening and the closing ceremony, with jerseys or national team uniform (according to official communication).

Art.28

European Championships are preferably scheduled:

- during two middle weeks of July for **youth category**
- during the first two weeks of August for **Absolute category**.

In every case it is necessary to take into account the dates of the world championships.

Exception could be made mandatory before the end of the championship of the previous year. Alterations of 2/3 days may be accepted for domestic reasons.

Art.29- Championships -duration

Absolute (Senior+Junior" A") Championships on track and on the road must be run normally in **7 days (3 days for the track, 3 days for the road,** plus 1 day for the marathon) and one intermediate free-day.

Youth (Junior "B"+Cadet) Championships must be normally run in 7 days (3 days for the track, 3 days for road plus 1 day for marathon) with an intermediate free-day. Meetings and assemblies to be scheduled during the free-day.

For exceptional reasons (weather or something else) the championships on track may continue up to 12h30 of the free day while those on the road must end at the fixed date.

Art.30- Opening and closing ceremony

At the opening and closing ceremonies of championships and all official events, it is mandatory to observe art.51 (CERS) about timing, when skaters are on sports venue(30 minutes)

In case of special ceremonies requested by Organisers, including long time for exhibitions or something else, the first day will be for time-trial race and its prize awarding ceremony. Races will begin the second day. All this to obtain a big attendance of skaters at the opening ceremony.

Chapter C - European records

Art. 31

CEC recognises and validates European records , set on official events of European or World Championships at which National Federations affiliated with CERS, for individual records, participate. For those trials it is mandatory to observe established rules, checked and signed by the Chief Referee.

Art. 32

In cadet, junior and senior categories, the following records are recognised:

- a) men track races
- b) women track races
- c) men road races
- d) women road races

Distances are mentioned in Part A of those rules.

Art. 33

It is possible to recognise intermediate records.

Art. 34

In order to validate a record, it is mandatory to observe all sports rules as well as anti doping controls.

Art. 35

The record on the road will not be recognised if the wind (measured by means of a special instrument officially located on the course) exceeds 2 m/s.

In trials for record it is allowed the participation of other skaters. Records on the road will not be validated when the circuit is not visible (obstacles inside the circuit).

Art. 36

1) When a record is set, the organising Federation of the world or continental championship where the result has been obtained must notify CEC within 60 days of the following.

- a) date when the record has been set;

- b) minutes, in triplicate, bearing the signatures of the referee and the judges who attended the competition. The minutes must include the list of times achieved and must be undersigned by the three official time-keepers of the competition. When the records are set on a track or on a closed circuit, this list shall specify the total times and the times achieved for each lap around the track. The minutes must indicate where the competition was held, the day and hour, the wind speed and the name of the athlete who set the record.
- 2) With this signature, the competition judge certifies that all the items of the CEC official regulations have been respected and that those who sign the minutes have really acknowledged the times registered by the time-keepers with the corresponding tape or electronic recording.
- 3) Together with the minutes, it is necessary to enclose the following:
- a) plan of the competition course, prepared by the competent technical office of the locality, indicating the course length, starting point, finishing line and the exact number of laps determining the distance;
 - b) a list of the skaters, in order of arrival, who took part in the competition during which the record was set;
 - c) certificate of nationality of the skater who set the record;

Art. 37

CEC must inform all the CERS member Federations about the changes made in the list of the records.

PART "D"
REFEREEING REGULATIONS

Art. 1 - Composition and tasks

The CEC President must appoint, organise and register all Continental Speed Judges and verify their activity. The CEC President will use the co-operation of suitable and necessary people in order to carry out such work.

Art. 2 - CEC Powers

- a) To guarantee the uniform interpretation and application of Technical Regulations and any other directions issued by CEC for the European Championships and all the other continental competitions.
- b) To point out to the National Federations, any particular lack of proper performance of judging duties during continental championships or events, recommending or not their appointment for international competitions.
- c) To draw up every year a report about its own activity, the activity carried out by its collaborators and by the continental Judges employed throughout the year, to take care of financial business, to draw up a regular financial statement; to appoint from time to time the two collaborators who shall examine future continental Judges.

Art. 3 - Availability of International and European Speed Judges

Each year, every National Federation must send to CEC a list of its International Speed Judges already qualified as "international" and "European", by January 31st.

Such Judges shall renew their card every year and pay the fee established by CEC. It is foreseen a category of continental Judges, speaking their mother tongue only and who have a perfect knowledge of technical rules and speed skating.

National Federations must communicate to CEC the names of their European Judges who have been suspended, expelled or for any reasons have interrupted their activity.

Art. 4 - Examinations and appointment of European Speed Judges

- 1) National Federations shall communicate to CEC the names of the Speed Judges they want to propose as European Judges, indicating their sports curricula; each candidate must have officiated at least for two (2) years at the maximum category in his own country. Such candidates must have a senior high school

certificate and must be less than 40 years old. Exceptions about the age may be applied for special merits.

- 2) Proposed candidates will be examined by a Commission composed of or coordinated by CEC. Candidates who pass such exams will be registered as Continental Judges and can be used for continental events. Examinations will be scheduled on the occasion of European Championships or international events.

Art. 5 - Classification

International Judges are classified in the following categories:

- a) international referees-judges
- b) international judges (A category)
- c) international auxiliary judges (A category)
- d) European Judges.

International Judges are those of at least 5 years in such position that according to the CIC have just shown in previous continental or world championships their capacity as judges on curves, finishing and starting judges, secretariat etc. and are able to conduct a continental or world championship.

International Auxiliary Judges (A category) are those of at least 3 years in such position, which have shown their capacity in at least two judging positions in previous continental or world championships and are fit for such a category.

International Auxiliary Judges are those who passed CIC examinations.

European Judges are those who passed examinations as by art. 4 of CEC Rules. Those European Judges must not have mandatory the knowledge of a second language. Nevertheless, they may be appointed as Chief Referees, after CEC decision, only if there are no International Judges.

Art. 6 - Employment of Judges

On the occasion of European Championships, each National Federation will communicate CEC the judges selected among the affiliated ones for the current year, so that CEC may compose the Jury. Available International Judges may be used according to needs for a better running of the championships.

Art. 7 - Restrictions

All International and European Judges must retire at their 65th birthday. International and Continental Judges having relatives participating in Championships or who are trainers or managers of participating athletes must be excluded if possible from the Jury.

When appointed, judges in such a situation must explain this to the Chief Referee who will consider their position in the assignment of tasks. The hosting country may put more Judges at availability.

Art. 8 - Duties of International and Continental Judges

International and Continental Judges appointed to Championships or International competitions must respect and strictly enforce all regulations and other rules issued by CEC without any reference to their own country. The infringement of this rule is a severe disciplinary violation.

Art. 9 - Disciplinary measures

CEC can request CIC to punish an International Judge for violating the present regulations or any other legitimate international regulations. This can be done by means of warning, suspensions of one year or a final removal from the Roster.

Disciplinary measures taken against International and Continental Judges by National Federations, Confederations or Associations are definitely recognised as valid and applicable also by CIC and CEC.

Art. 10 - List of International Speed Judges

Every year CEC communicates to National Federations an updated list of Continental Judges available according to art. 3 of these regulations.

Art. 11 - The Jury

- 1) Each competition is directed by a Jury. The Chief Referee is the President of the Jury and he is responsible for the proper conduct of the competitions. The Chief Referee vouches directly for his own actions to CEC. On the occasion of European competitions, CEC itself appoints the Chief Referee plus 1-2 Assistant Chief Referee, by selecting them among the regularly registered International or Continental Judges. The responsibility of every decision, during competitions, will be up to those three persons only.
- 2) For CEC competition, the minimum jury consists of:
 - a) one chief referee;
 - b) one secretary;
 - c) a different number of judges according to the importance of the competition and type of course;
Three official time-keepers, appointed by the relevant special body and up to the Chief Referee only.
- 3) For the Continental Championship competitions, the minimum composition of the Jury shall be the following:
 - a) one chief referee;

- b) one or two assistants to the Chief Referee;
 - c) one or two secretaries;
 - d) two/ four corner judges
 - e) 3 finish judges;
 - f) 1 starting judge;
 - g) 1 judge appointed as a lap-scorer.
- 4) A CEC Member may be part of the Jury, if necessary and upon request of the Chief Referee.
- 5) Three time-keepers, at least, being Organisers responsible of their expenses must collaborate.

Art. 12 - Sport Uniform

In international competitions, the uniform of judges consists of white jersey, white trousers (for women: white jersey and skirt), white socks and white shoes. In addition, the FIRS or CERS badge on the left part of the jersey. In winter, grey trousers and blue jacket.

Art.12 bis- « working venue»

Judges cannot use mobile telephones when acting on the road and on track.

At the same time, Organisers must provide the Jury a certain number of walkie-talkies, for road competitions and marathons.

Alcoholic drinks and smoking are forbidden to judges during competitions. In competitions last more than two hours, Organisers must provide Judges with a room with snacks and soft drinks.

Boxes for circular communications and official documents to countries must be placed out of secretariat or judges room.

Art. 13 - Tasks of the Chief Referee

- 1) Besides the specific tasks provided in the various articles of these sport regulations, the Chief Referee is in charge of the technical and disciplinary control of the competition. Therefore, he shall:
- a) guarantee that all competitors enforce the regulations and decide about any technical problems that might arise during a competition, even when not covered in these regulations;
 - b) assign to each member of the Jury his/her particular task;
 - c) direct the work of the judges, co-ordinate, control and decide in case of discrepancy. He/she shall also prepare a report on the work of the jury and submit it to CEC;

- d) exert his/her disciplinary power towards competitors, trainers and Federation managers, when their behaviour on the course site requires the adoption of sanctions, provided in these regulations;
- e) direct the repetition of any trial, when in his/her opinion any of them has been carried out in an irregular way. This applies also to time trials, or when a skate is broken or in the other cases included in the regulations;
- f) sign minutes of the competition, drawn up by the secretary, and forward them to CEC together with the reports of other possible events that might occur during the competition;
- g) make drawing for the starting list and for sprint races;
- h) check that the judges are in the right place and that time-keepers are ready before ordering the starter to give the starting signal;
- i) in case of immediate disqualification, check that it is announced and that the disqualified athlete immediately leaves the track;
- j) immediately disqualify those athletes who do not comply with judges warnings;
- k) warn the athletes who have been reprimanded by the judges for minor irregularities;
- l) remove or replace those judges who, in his/her opinion, do not completely carry out their duties.
- m) he/she shall decide in the first instance on the protests, about the order of arrival, submitted by the Federations of the athletes participating in the competitions.

Art. 14 - The Jury Secretary

The Jury Secretary has the task to co-operate with the Chief Referee, particularly in regard to the settlement of the preliminary heats, in the preparation of individual rankings and rankings by nations, and in the drawing up of the competitions minutes that will later be submitted to the Chief Referee and signed by him/her. Furthermore, he/she will be the first interlocutor of time-keepers.

Art. 15 - The starting judge

The tasks of the starting judge are the following:

- a) before the beginning of each event he/she should gather the competitors and give them the last directions. Checking their uniform and competition number. Athletes who are not found at the starting line at the moment of the starting signal are excluded from the event;
- b) he/she checks that all the skates of all competitors are behind the starting line;
- c) he/she gives the starting signal only after the chief referee's consent;
- d) he/she says the word "attention", then there is a pause and soon after this he/she shoots the starting gun or gives a signal by means of his/her whistle;
- e) in case of a false start, he/she shoots the starting gun again in order to call back the competitors and warns the skaters who, in his/her opinion, have caused the false start.

Art. 16 - Course judges

- 1) The tasks of the course judges are the following:
 - a) to supervise the progress of the event for the portion of which they are responsible;
 - b) to immediately inform the Chief Referee about any irregularities during the events;
 - c) to take note of lapped competitors, and of those athletes who withdrew and inform the Chief Referee.
 - d) to warn skaters who made irregularities.

- 2) According to their respective positions along the track, course judges are called in the following ways:
 - straight judges
 - corner judges
 - relay judges (in relay races)
 - auxiliary judges

Art. 17 - Finish judges

- 1) The task of the finish judges is to exactly establish the order of arrival of competitors.

- 2) In mass start distance races, the number of judges shall be established according to the requirements. The Chief Referee shall assign specific tasks to each judge.

- 3) Finish judges must be a minimum of three. According to the requirements, such a number can be increased but shall always be an odd number. In case of discrepancies, the decision will be made by majority. In any case, when photo-finish or video scanner is used, the photo-finish or video scanner results are final.

Art. 18 - Lap scorer judge

- 1) The lap scorer judge shall:
 - a) take note of the number of laps covered;
 - b) signal the laps still to be covered using the counting device at his/her disposal;
 - c) signal the leading athlete;
 - d) cross a lap, when covered by leading competitors;
 - e) provide that the last lap to be covered is signalled by means of a bell.

- 2) In case of long-lasting competitions, organisers must agree with the judge the method of determination of times to be adopted.

3) A lap scorer device, reporting the number of laps, shall be placed at least 3 meters in front of the finish line, possibly in the inner part of the track.

Art. 19 - Judges in charge of competitors control

The tasks of these judges are the following:

- a) before the beginning of each event, to check that every competitor is supplied with his or her competition number and that this is applied according to the regulations;
- b) to announce to the competitors when they must be at the start of the contest for which they have been entered, and to make sure that no one may have access to the track they have been entered, and to make sure that no one may have access to the track where the competition takes place before the Chief Referee has given his/her authorisation;
- c) to prevent competitors who have already finished their event from going back on the track. Competitors shall occupy the position assigned to them.

Art. 20 - Manual determination of times

- 1) If no photo-finish, photo-electric cells are available, the task of the time-keepers is to determine the time achieved by skaters in each single event and report them in the minutes that will later be delivered by the time-keeper directly to the Chief Referee.
- 2) In order to guarantee the exact determination of times, it is necessary to observe the following:
 - a) times are to be taken by three official time-keepers belonging to a recognised Federation;
 - b) stop-watches are to be of a special type approved for competitions and supplied with a certificate attesting the recent control of the same;
 - c) when two out of three stop-watches are in agreement, the time indicated by such two will be considered valid;
 - d) when the three stop-watches indicate three different times, the average of the three times is considered valid;
 - e) when only two stop-watches register the time, the worse time indicated will be considered valid.
- 3) Time-keepers must stand near the starting line, turning their back to the starter. In competitions where the starting line is far from the finishing line, time-keepers can be located on the finishing line and start their stop-watches as soon as they see the smoke of the gun.

All time-keepers must report the fractions of the seconds at least in tenth and upon request of the Chief Referee in hundredths or thousandths. In road races, organisers must also provide transportation for the time-keepers, in order to carry them from the starting line to the finish line.

- 4) For the European Championships, the **double finish-line** and the automatic electronic time-keeping plus video camera with monitor are compulsory.

The Jury may use this camera only for arrivals. CEC may use the same camera and every other equipment to check eventual complaints.

In time-trail races, photoelectric cell is compulsory at the starting and finishing lines. In pursuit races the double photo cells with printing machine are compulsory, all connected to one starter.

Art. 21 - Appeal Commission

- 1) For all European competitions supervised by CEC, the Appeal Commission shall be constituted by CEC Members. There must be at least three present, and their decisions will be final.
- 2) When only two (2) Members are present to constitute the Appeal Commission, a third person, selected by both Members of CEC among the official Delegates of the participating countries, is added to the Commission.

Art. 22 - Sanctions

Disciplinary measures that can be adopted during the competition, towards athletes responsible of violations to the jury instructions or the principles of sport ethics, are the followings:

- a) warnings;
- b) reduction in rank in the order of arrival;
- c) disqualification from the competition.

Art. 23 - Warnings

Warnings may be given for minor violations. Generally, warnings precede reduction in rank or disqualification (except for very serious infringements); they are added up and when an athlete is responsible for several warnings even though of minor importance, he/she may be disqualified from the competition according to the unquestionable judgement of the Chief Referee.

Warnings can be given by any judge in charge of the progress of the competition, who shall immediately inform the Chief Referee; Chief Referee only must communicate the warnings.

Warnings are not carried forward to the next heat or final.

Art. 24 - Reduction in ranking

During a competition and particularly in the final stages, when a competitor has made him responsible of a fault towards one or several opponents, he may be

reduced in ranking according to the opinion of the Chief Referee. If the damages towards one adversary, the athlete responsible for it must be reduced in rank after the damaged concerned skater. If the damage is towards more skaters, the athlete responsible for it may be reduced after the last skater who suffered the fault and he may be disqualified from the competition.

Art. 25 - Disqualification

- 1) Disqualification measures may be applied:
 - a) due to sum of warnings (3) during the same competition;
 - b) for serious infringements;
 - c) in the case of very serious infringement competitors may be disqualified by the CEC from all the Championship events. Especially when one skater makes a fault in order to let his or her team-mate win, besides the disqualification, a fine of max 300 EUR may be adopted towards the team. The Chief Referee is obliged to communicate CEC very serious infringements for other disciplinary measures;
 - d) CEC has the ultimate power to adopt disqualification measures, even for an indefinite period of time;
 - e) when a competitor has used doping substances.

- 2) Measures indicated in a) and b) points above are applied by the Chief Referee and the sanction shall be made public. In point c) d) and e) it is the responsibility of the CEC about this serious fault and to communicate it.

Art. 26 - Disciplinary measures of the Jury

Any member of a jury who is affected before, during or after a competition by any offence or violence of any kind on the part of a competitor or another person (affiliated one), may immediately inform the Chief Referee who shall adopt the necessary measures and shall forward a specific report to CEC.

In case of no affiliated person, the Chief Referee may address himself/herself to Organisers and for very serious infringements to the Police.

Art. 27 - Measures taken in relation to the Delegates

Delegates who have been officially appointed by the participating countries must behave according to the principles of sport honesty and fair play. The Chief Referee, according to the seriousness of the infringement made, shall warn them and send them away from the competition site and forward a special report to CEC. Against the sanctions inflicted by CEC to the official Delegates of the affiliated Federations, it is possible to appeal to the CERS Central Committee and if necessary to the CERS Congress.

Art.28- Fees for checking the photo-finish, video scanner and tapes in case of claim.

In case of claim. Official delegates may see photo-finish and/or video scanner and/or videotape after having paid a supplementary fee of 50 EUR.

PART « E » - CLAIMS

Art. 1 - Claims regarding the admittance of competitors

- 1) Claims regarding the admittance of a competitor to a competition may be submitted:
 - a) by a Federation delegate who believes that one of his skaters has not been admitted though he was eligible;
 - b) by all Federations delegates believing to have been damaged because of the admittance to the competition of a skater belonging to another Federation, who does not have the right to participate.
- 2) Claims are to be signed by the official delegate and submitted in writing to the Chief Referee thirty minutes prior to the beginning of the competition.
When the Chief Referee believes he has adequate information to admit a competitor to a competition, and that such an admittance is the subject of a dispute, he can admit said competitor with due reservation, leaving the final decision to CEC that will take care of any necessary control;
- 3) This decision must be made known to the official delegates of the participating countries.

Art. 2 - Claims against the decision of the Jury

Any claim against decisions made by the Jury, about the order of arrival only, must be given to the Chief Referee within the 15 minutes following the end of the competition involved or of the reading of the order of arrival, by the speaker with exclusive reference to the ranking.

As concerns claims against the time, time recorded by timekeepers will be taken into account.

Art. 3 - Claims fee

A fee in the amount of 150 EUR shall accompany any claim submitted to the Chief Referee and a fee amounting to 250 EUR for those submitted to CEC.. Such an amount shall be given back only when the claim is upheld, otherwise it will be kept by CEC. If the appeal (second one) is accepted), the fee of the first claim to the Jury will be reimbursed.

All claims must be written in French or English, CEC official languages, or on headed paper of the Federation.

Art. 4 - Competition ratification

Competition results become official only after their ratification by CEC and their publication in the official communiqués.

Art. 5 - CERS and FIRS Rules

CERS and FIRS Rules will be applied for everything not envisaged in these Rules.

PART « F »: RULES FOR EUROPEAN CUP

CHAPTER "F" "European Cup" Rules

1) **Participation, logistic, competitions, rankings, awardings**

The experimental rules, to be confirmed after the 2nd year of activity of this event, are the following:

- Minimum number of organising countries : six
- Minimum number of competitions in the circuit: eight
- Maximum number of yearly competitions: ten
- (In 2011 we have 7 countries with 10 competitions. If in the future CEC has bids from other nations, the countries with more competitions – Belgium, The Netherlands and Germany in 2011- will cut something, by making a turn over of locations).

Organisers of 2011 will have a priority if possible.

- Days of competition: three for each event (in 2011, exceptionally, we shall have two locations- Bologna, Heerde with 2 days of competition).

- Categories: competitions are for Cadet, Junior B, Junior A and Senior categories

- Races: in each event, every day, there will be a speed competition (up to 1.000 mt) and one long distance.

Each Organiser may decide for another category (out of the European Cup), as Masters or Beginners up to 13 years old.

- Rankings: separate rankings for speed and endurance skaters will be prepared after each event. A skater may participate in speed and long distance races. No rankings per team. Points will be assigned as follows: 20 points to the 1st skater, 19 points to the 2nd one and so on plus 1 point as participation to all ranked skaters), with the increase of 0,1 point to the first skaters just to mark the winners.

- Participation: open to everybody, from National and Regional Teams to clubs and individual skaters provided they are authorised by their corresponding National Federation .

Only skaters with European license may participate in Euro Cup. Organisers exceptionally may accept skaters with extra-European license, but those skaters will take part at the domestic race only and they will not be included in the Euro Cup rankings.

-Participants may find details for entries on the website of each organisation and may send it, with the authorization of their National Federation together with fee of € 15, senior and junior A e B, € 10 for cadets, to be paid by bank transfer as indicated.

- Medals: the CEC will supply medals for the first 3 skaters of each ranking.
- Organisers are authorised to use CEC logo and must hoist CEC flag in the sports venue.
- Organising fee and money prize: an organising fee amounting to € 1500 to be paid CEC at least 2 months before the event with all the corresponding documents. A part of this sum- € 1000 – will create a money prize to be assigned on the basis of the final ranking (10.000 € in 2011). In order to increase this money prize. Organisers will do their best in looking for sponsors, with the assistance of CEC. This matter will be coordinated for the CEC, with Organisers, by CEC Member, Mr. Jan Piotrowsky. All

the “financial” supports of Sponsors will be used to increase the money prize and no fee is requested by the CEC.

Final rankings: a skater must participate at 50% of events + 1 in order to enter in the final ranking. If the skater participated in more events he may delete the lowest points.

-The CEC will attend every event with its own Delegate, two Delegates at the final event, being the board and lodging expenses up to Local Organiser. Board and lodging expenses of other CEC attending members will be CEC responsibility.

- Judges: each organisation will send CEC the list of necessary and available judges, with the name of the suggested Chief Referee. The CEC can change the Chief Referee; in that case the travelling expenses will be up to CEC.

- Insurance: each participant must have his own personal insurance. At the same time, Organisers too must have an insurance against third party.

- Website: each organisation must have its own website containing details of the events (entries, hotels, features of track, modalities of entries, type of races, etc).

Before, during and at the end of the event, all data must be sent, via web, to Mr. Jan Piotrowsky (jan.piotrowsky@skynet.be), to be uploaded in CEC website.

- Technical equipment: each organiser must have a finish-line or something similar and a photo-finish.

- Anti doping: anti doping control according to rules in force in the hosting country.

- Venues: venues, dates and web references will be uploaded in CEC web site every year.

- Future programs: every year, in the last venue, a meeting will be scheduled to agree the program of the following year according to received proposals.

PART “F” BIS–RULES FOR MARATHONS AT EUROPEAN CHAMP.SHIPS

Race will be run on an open road circuit or closed circuit being 1.500 mt in length
A number of skaters equal to that entered at the European Speed Skating Championships on the road and on track plus other two skaters, ladies and men, may participate at the European Championships, until a maximum of 18 men skaters and 18 female skaters.

The race is valid for the assignment of the European title, no points for the rankings per nations and skaters.

Lapped or withdrawn skaters will be ranked after the last one, ex aequo, according to their race number (for technical reasons).

It is allowed to follow the race by private car or motor-bikes, max. one per country, after the bus picking up withdrawn skaters, if in circuit, according to the Chief Referee, they do not cause problems to the running of the race and if the organisation does not provide transport for one delegate per nation.

Part « G »- Rules for the European Master Marathon Championships

The European Master Marathon Championships are organised every year, in different countries, on the basis of requests sent to CEC-Master Responsible by

National Federations, within and not later than in August of the previous year and these will be assigned according also to the experience of Organisers for such event.

Categories: ladies and men, over 30, over 40, over 50 and over 60.

The event may be organised in concomitance with another race, i.e. World Cup. Skaters entered in another competition (for example W.C.) cannot be included in the Master ranking.

Insurance: skaters are responsible for themselves but they must have insurance towards third parties or skaters during the competition.

Medals: provided and paid by CEC.

Jury: the C.E.C. will appoint the Chief Referee with the agreement of the hosting country. The latter will be responsible for the appointment of other national/European/International judges according to needs.

Organising fee: 1.000 EUR to be paid to CEC.

Other financial obligations up to Organisers:

-Travelling, board and lodging expenses (3 nights) for CEC President and CEC Master Responsible.

-Board and lodging expenses (3 nights) for CEC Secretary General;

-Board and lodging expenses (3 nights) for the Chief Referee, appointed by CEC.

-Organisers are always responsible for Judges.

We underline that entry fees (for example for skaters or clubs) and contributions from sponsors are always up to Organisers and nothing is due to CEC.

Part « H » - CERS RULES

CERS Rules are applied for everything not envisaged in such rules.

ART. 1 - CEC FEES

Organising fee for continental competitions with club teams	70 Euro
organising fee for European Senior Championships on track	7.000 Euro
Organising fee for European Senior Championships on the road	7.000 Euro
Organising fee for European Junior and Cadet Championships on track	9.000 Euro
Organising fee for CERS Cup or Cup of Europe	700 Euro
Organising fee for Euro Cup	1500 Euro

Organising fees for the European Championships must be paid CEC as follows:
50 % within 6 months before the beginning of championships
50 % before the preparatory meeting.

The Championship cannot be run if the organising fee has not been paid regularly and hosting country must pay a fine.

Other financial obligations up to Organisers of the European Championships:

- payment of travelling expenses (according to CEC Rules), board and lodging expenses for CERS President, CEC President and Members.
- payment of board and lodging expenses for international/European Judges, if possible, of their country.
- payment of board and lodging expenses for CEC Secretary General and for CEC Vice Secretary General, if attending.

Individual room in hotel 4 stars for everybody from the dinner of two days before the beginning of the championships until breakfast of the day after the end of the championships.

Affiliation fee for European Judges.....30 Euro

At the first year of affiliation other 30 EUR more must be paid for the badge and card.

The CEC bank account for organising fee and fees for judges is the following:

URBINATI UMBERTO - PRESIDENTE CEC
BANCA PICENA TRUENTINA
CREDITO COOPERATIVO
FILIALE DI SAN BENEDETTO DEL TRONTO (ITALY)
IBAN IT74K0833224400000040106075
SWIFT BIC ICRAITRR980

• Entry fee at a European Championship- for each entered skater per category

- | | | |
|---------------------------------|---|-------------------|
| • Senior | | 60 Euro for track |
| • Senior | | 60 Euro for road |
| • Junior "A" e "B" | | 30 Euro for track |
| • Junior "A" e "B" | 3 | 0 Euro or road |
| • Other skaters (marathon only) | | 10 Euro |
| • No fee for cadet | | ----- |

• Claim fees

1. claim fee against decisions of the Chief Referee 150 Euro
2. claim fee to C.E.C. 250 Euro
3. fee to see videotape, video scanner and photo-finish 50 Euro
4. withdrawal from championships: an entered country not participating at or that withdrew from the European Championships must pay a fine of 1.000-2.000 EUR, according to the delay without notice and for the seriousness of withdrawal.

PART « J » - GUIDELINES FOR THE PREPARATORY MEETING AND EACH OFFICIAL RACE.

1. Attendance at the preparatory meeting

The following persons must attend the preparatory meeting, before the running of a Championship:

- C.E.C. Members
- President of hosting Federation or his/her Delegate
- Delegates of all participating countries ;
- invited Judges and local Judges who will act during the championship.

The meeting will be headed by CEC and the President of the hosting Federation.

CEC President will run the meeting.

FIRS and CERS President and/or Members may attend it.

2. Translations

The hosting Federation must provide translators in CEC official languages and in the language of the hosting country, if different.

3. Agenda

It will include :

- a) Welcome of the President of the hosting country ;
- b) Welcome of CEC President ;
- c) Roll-call of countries for confirmation of attendance ;
- d) Confirmation skaters, sex control and payment of fees (country, skaters and payment of fees). All this will be carried out during a meeting scheduled before the preparatory meeting.
- e) Appointment of the Chief Referee and Jury
- f) Fixing, with the assistance of jury, drawing and type of races;
 1. draw for countries
 2. mt 500 sprint ladies and men (number of phases, heats and skaters who qualify)
 3. in line races (heats if necessary) and number of heats, skaters who qualified.
 4. mt. 1000 – number of heats, skaters who pass the phase and eventual drawn up skaters

5. point-to-point races (heats if necessary).
6. elimination and points/eliminations races
7. Rules for team races.

g) Closing

During the pre-meeting, in order to confirm the participation of skaters, each Delegate must submit:

1. Document stating the Delegate, members of the official staff (doctor, physiotherapist, etc.).
2. Final list of skaters
3. Passports of all skaters .
4. Female gender certificate for ladies.
5. 60 EUR for each senior skater, 30 EUR for each junior "A" e "B" skater , track and road

Reminder: the drawing made at the preparatory meeting is for the starting order, at the first phase, in all individual competitions for each category, except 500 mt sprint.

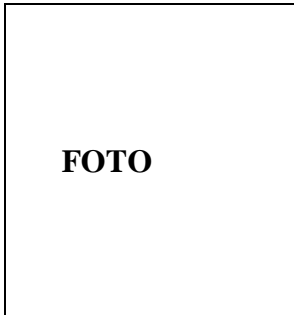


CERS

CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

Ann. 1



FOTO

NOM / NAME

DATE DE NAISSANCE / DATE OF BIRTH

PLACE DE NAISSANCE/PLACE OF BIRTH.....

PASSEPORT N° / PASSAPORT NUMBER
.....

CERTIFICAT

*L'athlète susmentionnée aux examens médicaux
peut participer dans la catégorie féminine*

CERTIFICATION

*The above mentioned sportswoman according to
medical examinations is allowed to take part in
female category*

Le Docteur – Doctor

.....

Cachet et signature Fédération National
Seal and signature of the National Federation

.....



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

C.E.C.

ann. 3

Event Epreuve	
------------------	--

Lap Tour	
-------------	--

Time Heure	
---------------	--

Skater in fault Coureur en faute		
N°	Nom	Pays

Skater impeded Coureur Gêné		
N°	Nom	Pays

Disqualified from all the competitions in the championship
Disqualification de toutes les compétitions du Championnat

Disqualified from the competition
Disqualification de la compétition

Declassified
Déclassement

Warning
Avertissement

Referee
Juge Arbitre

Signature of the track judge
Signature du juge du parcours

.....

.....



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

C.E.C.

COURSE POINTS

ann. 4

CATÉGORIE. _____ O Femmes O Hommes O Piste O Route COMPÉTITION mt. _____ TOURS _____ N°ATHLÈTES AU DÉPART _____

TOURS	C/P	ATHLÈTE	TOURS	C/P	ATHLÈTE	TOURS	C/P	ATHLÈTE	TOURS	C/P	ATHLÈTE	ARRIVÉE
107			80			53			26			1°
106			79			52			25			2°
105			78			51			24			3°
104			77			50			23			4°
103			76			49			22			5°
102			75			48			21			6°
101			74			47			20			7°
100			73			46			19			8°
99			72			45			18			9°
98			71			44			17			10°
97			70			43			16			11°
96			69			42			15			12°
95			68			41			14			13°
94			67			40			13			14°
93			66			39			12			15°
92			65			38			11			16°
91			64			37			10			17°
90			63			36			9			18°
89			62			35			8			19°
88			61			34			7			20°
87			60			33			6			21°
86			59			32			5			22°
85			58			31			4			23°
84			57			30			3			24°
83			56			29			2			25°
82			55			28			1	C		26°
81			54			27			0			27°
ne parti pas (NP) / avertissement (A) / doublé (D) / retiré (R) / disqualifié (DS)												28°
caractéristiques : _____												29°
athlètes ne partis pas : _____												30°
athlètes avertissement : _____												31°
athlètes disqualifiés : _____												32°
												33°
												34°
												35°
												36°
												37°
												38°
												39°
												40°



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

C.E.C.

COURSE ELIMINATION

ann. 5

CATÉGORIE. _____ O Femmes O Hommes O Piste O Route
 COMPÉTITION mt. _____ TOURS _____ N° ATLÈTES AU DÉPART _____
 PREMIER ÉLIMINATION À _____ TOURS - DERNIÈRE ÉLIMINATION À _____ TOURS / ARRIVÉE
 ÉLIMINATION DU N° _____ ATLÈTE A TOUR
 SPRINT FINALE AVEC _____ ATLETES

TOURS	C/E	ATHLÈTE	TOURS	C/E	ATHLÈTE	TOURS	C/E	ATHLÈTE	TOURS	C/E	ATHLÈTE	ARRIVÉE
107			80			53			26			1°
106			79			52			25			2°
105			78			51			24			3°
104			77			50			23			4°
103			76			49			22			5°
102			75			48			21			6°
101			74			47			20			7°
100			73			46			19			8°
99			72			45			18			9°
98			71			44			17			10°
97			70			43			16			11°
96			69			42			15			12°
95			68			41			14			13°
94			67			40			13			14°
93			66			39			12			15°
92			65			38			11			16°
91			64			37			10			17°
90			63			36			9			18°
89			62			35			8			19°
88			61			34			7			20°
87			60			33			6			21°
86			59			32			5			22°
85			58			31			4			23°
84			57			30			3			24°
83			56			29			2			25°
82			55			28			1	C		26°
81			54			27			0			27°
ne parti pas (NP) / avertissement (A) / doublé (D) / retiré (R) / disqualifié (DS)												28°
caractéristiques : _____												29°
athlètes ne partis pas : _____												30°
athlètes avertissement : _____												31°
athlètes disqualifiés : _____												32°
												33°
												34°
												35°
												36°
												37°
												38°
												39°
												40°



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

C.E.C.

COURSE POINTS/ELIMINATION

ann. 6

CATÉGORIE. _____ O Femmes O Hommes O Piste O Route
 COMPÉTITION mt. _____ TOURS _____ N°ATLÈTES AU DÉPART _____
 PREMIER ÉLIMINATION À _____ TOURS - DERNIÈRE ÉLIMINATION À _____ TOURS / ARRIVÉE
 ÉLIMINATION DU N° _____ ATLÈTE A TOUR
 SPRINT FINALE AVEC _____ ATLETES

TOURS	C/E/P	ATHLÈTE	TOURS	C/E/P	ATHLÈTE	TOURS	C/E/P	ATHLÈTE	TOURS	C/E/P	ATHLÈTE	ARRIVÉE
107			80			53			26			1°
106			79			52			25			2°
105			78			51			24			3°
104			77			50			23			4°
103			76			49			22			5°
102			75			48			21			6°
101			74			47			20			7°
100			73			46			19			8°
99			72			45			18			9°
98			71			44			17			10°
97			70			43			16			11°
96			69			42			15			12°
95			68			41			14			13°
94			67			40			13			14°
93			66			39			12			15°
92			65			38			11			16°
91			64			37			10			17°
90			63			36			9			18°
89			62			35			8			19°
88			61			34			7			20°
87			60			33			6			21°
86			59			32			5			22°
85			58			31			4			23°
84			57			30			3			24°
83			56			29			2			25°
82			55			28			1	C		26°
81			54			27			0			27°
												28°
												29°
												30°
												31°
												32°
												33°
												34°
												35°
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												38°
												39°
												40°

ne parti pas (NP) / avertissement (A) / doublé (D) / retiré (R) / disqualifié (DS

caractéristiques : _____
 athlètes ne partis pas : _____
 athlètes avertissement : _____
 athlètes disqualifiés : _____



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

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C.E.C.

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.....(YEAR)

APPLICATION FORM FOR STAGING AN EUROPEAN CUP

This form must be completed by the Organiser and countersigned by the National Federation.

Application form must be sent to:

CERS-CEC office
e-mail : cerscec@yahoo.it
raoul.trumpy@teletu.it

Closing date for applications: 30 juneyear (bearing the stamp of your National Federation)

Section 1: Venue Details

Name of European Cup _____

Web Site _____

Venue Stadium _____

City _____

Telephone _____ Fax _____

Organiser

Name _____

Address _____

Telephone _____ Fax _____

Mobile _____ E-mail _____

Date of competition:..... (to be approved by the CEC).

Name of the Member of the Organising Committee
nominated by the Member Federation: _____



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

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C.E.C.

Headquarters (Hotel or.....)

Name _____

Address _____

Telephone _____ Fax _____

Web site _____

E-mail _____

Hotel Star rating _____

Timetable

We accept the list of disciplines decided by the CEC Meeting.

Schedule

As agreed by the Board of Management of the CEC.

Section 2: Application Information

General

The observation and respect of the current Rules, Regulations and Guidelines shall always be one of the minimum requirements. If a Meeting does not satisfy the minimum requirements for the previous season's status, the Federation retains the right not to deliver a permit, to downgrade the meeting and/or request the Board of CEC to impose penalties.

Technical Matters

The Meeting Organiser confirms that:

- All provided and personal equipment are FEDERATION certified
- Implements, except vaulting poles, will be provided
- The warm-up area is adequate

Timing, Measurement and Data Processing

- The meeting Organiser guarantees to provide the following:
- Adequate number of clocks and rotating boards as per CEC Regulations
- A minimum of finish Linxx

Please provide the names of the service providers:

Results: _____

Timing: _____



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

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C.E.C.

Medical

The Meeting Organiser guarantees that the medical facilities meet with the following requirements:

- On site emergency aid including resuscitation and minor suturing.
- Emergency ambulance service providing full hospitalisation as soon as possible.

Anti-Doping

- The Meeting Organiser guarantees that all facilities provided for doping control will comply with the relevant FEDERATION Anti-Doping Regulations.
- There will be separate control rooms for Men and Women.
- That the cost of conducting Anti-doping Tests, including the air-freight delivery (if necessary) to an FEDERATION accredited laboratory will be covered.

The minimum number of tests to be conducted is **04**.

Timetable - Start List – Results

The Meeting Organiser guarantees the following:

- The Entry List and the Timetable will be made available on Organizersand CEC Website least **7** days before the European Cup.
- The Start List will be made available on CEC Website after the Technical Meeting. If there is no Technical Meeting, it will the day before the Meeting.
- The results will be made available online immediately after the event and the transfer of data to his FEDERATION and CEC.
- The FEDERATION will be informed of any correction to the Results as soon as they happen.

Media

Press Chief

Name _____

Address _____

Telephone _____ Fax _____

Mobile _____ E-mail _____

Accreditation Deadline: _____

Insurance

The Meeting Organiser confirms that he will subscribe the obligatory liability insurance for Athletes / Officials / Spectators.



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

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C.E.C.

Meeting Cancellation Insurance is optional – will you subscribe?.....YES/NO

Section 3: Advertising & TV / Marketing

Advertising at the Stadium

Is there any permanent advertising in the stadium?.....YES / NO

If yes, please list the permanent boards and their content:

_____	_____
_____	_____
_____	_____

TV rights to the Meeting

1) To whom do you sell the domestic TV rights to the Meeting: _____

2) Who will be your Host Broadcaster? _____

Sponsorships Rights

Does the Organising Committee own all the sponsorships rights to the Meeting?.....YES / NO

Section 5: Undertaking

We hereby apply for permission to stage an FEDERATION European Cup Meeting (Rule 1.1.e.), under the current version of the Rules and Regulations of the FEDERATION as outlined below and undertake to:

1. Abide by the Rules, Regulations and Guidelines of the FEDERATION.
2. Abide by the FEDERATION Advertising Rules and Regulations.
3. Abide by the FEDERATION Anti-Doping Rules, Regulations and Procedural Guidelines.
4. Abide by the Regulations concerning Federation/Athletes' Representatives and the Codes of Conduct for Federation/Athletes' Representatives.
5. Agree to abide by the FEDERATION CEC Regulations,
6. Agree to respect any decision taken by the FEDERATION.
7. Bear travel and accommodation expenses of the FEDERATION/CEC Delegate(s) and staff according to the guidelines set forth in the CEC
8. Ensure that the programme complies with the structure indicated in FEDERATION CEC Regulations.
9. The Organising Committee guarantees to abide to the agreement between CEC and FEDERATION with regards to all marketing and other rights granted to the FEDERATION. The FEDERATION will provided with all technical and logistical support (free of charge unless otherwise specified).



CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

COMITÉ EUROPÉENNE DE COURSE

C.E.C.

Organiser: _____

.....

Date:

President of Member Federation

or

General Secretary of Member Federation

.....

.....

Stamp of the Member Federation



CERS

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COMITÉ EUROPÉENNE DE COURSE

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CHAMPIONNAT D'EUROPE _____

CERIMONIE PROTOCOLAIRE

EPREUVE.....

1 – MEDAILLE OR :
REMISE PAR :

2 – MEDAILLE ARGENT :
REMISE PAR :

3 – MEDAILLE BRONZE :
REMISE PAR :



CERS

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IN LINE COMPETITIONS EN LIGNE ON TRACK AND ON THE ROAD

For cadet, junior and senior categories the maximum number of skaters admitted at the starting line is according to the distance to be run and according to the here below table

IN LINE COMPETITIONS ON TRACK

TYPE OF TRACK AND LENGHT	≤ 3.000 MT	> 3.000 MT ≤ 5.000 MT	> 5.000 MT ≤ 10.000 MT	> 10.000 MT
BANKED TRACK ≤175 MT	Max 15	Max 23	Max 31	Max 39
BANKED TRACK >175 MT	Max 19	Max 27	Max 35	Max 43

**IN LINE COMPETITIONS ON THE ROAD
(closed tracks/rinks)**

Max 25	≤ 3.000 MT
Max 35	> 3.000 MT - ≤ 5.000 MT
Max 45	> 5.000 MT - ≤ 20.000 MT
No limit	> 20.000 MT, without taking into account the length of the circuit

In relay races the max. number of teams at the starting line is 7 on track and 9 on the road

Note: a majority by 10% is admitted according to the Chief Referee.

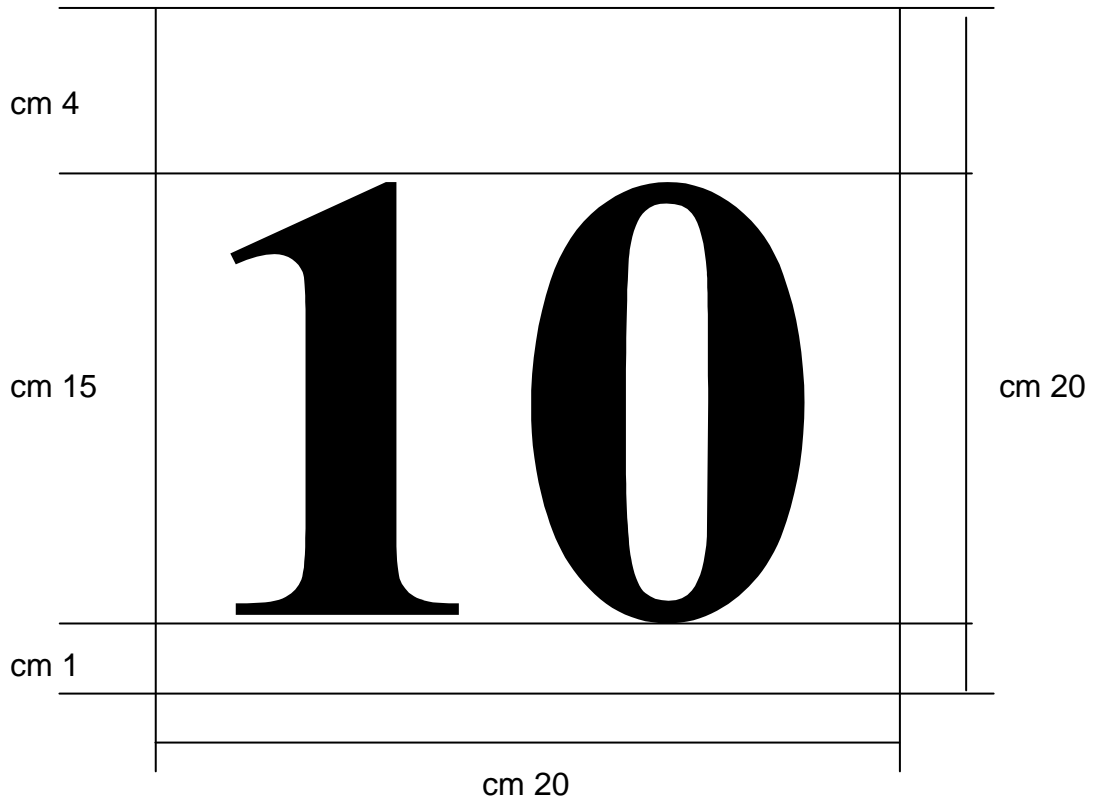


CERS

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NUMBERS

The square of white fabric must be min. 20 x 20 cm and the number printed in black, 15 cm in height

Note: each athlete must have 3 numbers to be put on the uniform (hips, left and right) and on the shoulders. Furthermore, he/she must have a little number, always in white fabric (10x10 cm) with the number in black (6 cm height) to be put on the arm photo finish side.



CERS

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OBLIGATIONS UP TO ORGANISERS OF EUROPEAN ROLLER SPEED SKATING CHAMPIONSHIPS-CADETS and JUNIORS "B"

As established by the current CEC Rules, here below we summarise the financial obligations up to the Hosting Federation:

1. Organising fee of 9.000 EUR (track + road), 50% to be paid 6 months before the beginning of the championships.
2. Travel and board and lodging expenses for CERS President or his Representative, (if attending).
3. Travel and board and lodging expenses for CEC President and 4 CEC Members.
4. Board and lodging expenses of CEC Secretary General and CEC Vice Secretary General (if attending).
5. Means of transportation (2 cars) at CEC disposal for a minimum of 8 persons.
6. Travel, board and lodging expenses for a minimum of 8 local judges, national, international or European ones (*).
7. Specials agreements with hotels or youth centres and immediate communications to federations.
8. T-shirts for winners , as by official CEC pattern. Contribution of 4 EUR for each medal. medals will be CEC responsibility.
9. **Double finish-line** at arrival.
10. Electronic time-keeping with double photocell for time-trial races.
11. Video recorder with TV set.
12. Video recorder for CEC in case of claims.
13. Insurance for third parties during the event.
14. Certification of the National Federation for track and road circuits (to be sent CEC).
15. Travel, board and lodging expenses (2-3 days) for two persons from the CEC for survey of sports equipment and so on, 2/3 months before the beginning of the championships.
16. Communication about track and road circuits (distances, lanes, and so on).
17. Availability of the following: one room for the CEC, one room for the Jury (with snacks and no alcoholic drinks), one press-room and one booth for the Organisers of the 2009 European Championships. A booth/area must be foreseen for CEC sponsors that must require it at least one month before the event.
18. Rooms for anti doping controls, not too far from the competition venue.
19. One room for the Preparatory meeting and meeting for confirmation of skaters.
20. Transfers airport/town and back for the CEC and the foreign Judges (whose stay is up to the CEC).
21. Transports for teams, if required, according to art.21 part C, from the airport or railway station and back as well as domestic transfers (hotel/track/road and back), for trainings and competitions.
22. Availability of min. 4 walkie-talkies for the Judges for the road and/or marathon competitions.
23. Creation of an internet site (in French and/or English) for news spreading.

Competitions timetable will be prepared by the CEC, after agreement with the Organising Federation.

We remind you to provide A category hotel, single room for all the CEC Members. For judges the double room may be provided, if it is possible.

All stay starting from two nights before the beginning of the competitions to the breakfast of the day after the end of competitions.

If the Organising Federation does not have a sufficient number of judges, the Organisers will be responsible for a corresponding number of International/European Judges from other countries, upon CEC agreement.



CERS

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OBLIGATIONS UP TO ORGANISERS OF EUROPEAN ROLLER SPEED SKATING CHAMPIONSHIPS- JUNIORES "A" and SENIORES -

As established by the current CEC Rules, here below we summarise the financial obligations up to the Hosting Federation:

1. Organising fee of 14.000 EUR (7.000 € track +7.000 € road), 50% to be paid 6 months before the beginning of the championships.
2. Travel and board and lodging expenses for CERS President or his Representative, (if attending).
3. Travel and board and lodging expenses for CEC President and 4 CEC Members.
4. Board and lodging expenses of CEC Secretary General and CEC Vice Secretary General (if attending).
5. Means of transportation (2 cars) at CEC disposal for a minimum of 8 persons.
6. Travel, board and lodging expenses for a minimum of 8 local judges, national, international or European ones (*).
7. Specials agreements with hotels or youth centres and immediate communications to federations.
8. CEC Standard T-shirts for winners, as by official CEC pattern. Contribution of 4 EUR for each medal. Medals will be CEC responsibility.
9. **Double finish-line** at arrival.
10. Electronic time-keeping with double photocell for time-trial races.
11. Video recorder with TV set.
12. Video recorder for CEC in case of claims.
13. Insurance for third parties during the event.
14. Certification of the National Federation for track and road circuits (to be sent CEC).
15. Travel, board and lodging expenses (2-3 days) for two persons from the CEC for survey of sports equipment and so on, 3/4 months before the beginning of the championships.
16. Communication about track and road circuits (distances, lanes, and so on).
17. Availability of the following: one room for the CEC, one room for the Jury (with snacks and no alcoholic drinks), one room for secretariat (computer, fax, telephone, photocopy etc.), one press-room and "gazebo" or similar area for the Organisers of the 2009 European Championships(if attending) and CEC Sponsors. Request for such areas must be submitted at least one month before the event..
18. Rooms for anti doping controls (no far from track or road)
19. One room for the Preparatory meeting and meeting for confirmation of skaters.
20. Transfers airport/town and back for the CEC and the foreign Judges (whose stay is up to the CEC).
21. Transports for teams, if required, according to art.21 part C, from the airport or railway station (the nearest one) well as domestic transfers (hotel/track/road and back), for trainings and competitions.
22. Availability of min. 4 walkie-talkies for the Judges for the road and/or marathon competitions.
23. Creation of an internet site (in French and/or English) for news spreading.

Competitions timetable will be prepared by the CEC, after agreement with the Organising Federation.

We remind you to provide A category hotel, single room for all the CEC Members. For judges the double room may be provided, if it is possible.

All stay starting from two nights before the beginning of the competitions to the breakfast of the day after the end of competitions.

The Organisation is NOT responsible for eventual guests of CERS/ CEC, whose expenses will be up to concerned people.

If the organising federation has no sufficient number of judges, it will be responsible for the expenses of an equivalent number of International/European Judges of other countries, with CEC agreement.



CERS

CONFÉDÉRATION EUROPÉENNE DE ROLLER SKATING

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OBLIGATIONS UP TO ORGANISERS OF EUROPEAN ROLLER SPEED SKATING CHAMPIONSHIPS-MASTERS

As established by the current CEC Rules, Part "G", we summarise the financial obligations up to the Hosting Federation.

1. Organising fee of 1.000 EUR ,to be paid 6 months before the beginning of the championships.
2. Travel and board and lodging expenses for the Chief Referee(3 days) appointed and/or approved by the CEC.
3. Travel and board and lodging expenses for CEC President and 1 CEC Master-Responsible.(3 days)
4. Board and lodging expenses of CEC Secretary General.
5. Transportation at CEC disposal .
6. Board and lodging expenses for a right number of local judges, national, international or European , according to the needs of the event.
7. Specials agreements with hotels or youth centres and immediate communications to federations.
8. For each category, CEC Standard T-shirts for winners . Medals for the first 3 skaters of the 8 races, will be CEC responsibility.
9. Video scanner at arrival.
10. Micro-chips (with a deposit to be reimbursed) for each skater and corresponding system of checking.
11. Adoption of every measure for a more safe circuit and insurance for third parties during the event.
12. Establishment of starting in different packs, according to category and sex.
13. Certification of the National Federation for track and road circuits (to be sent CEC).
14. Communication of road map to all participants .
15. Selection of a venue, available from the day before the beginning of the event, for entries of skaters and confirmation.
16. Entries at the Masters Championships of "amateur" skaters only.
17. Transports for teams, if required, from arrival to depart point, if in Open-Circuit.
22. Availability of min. 6 walkie-talkies for the Judges and a sufficient number of motorbikes, minimum six for the transportation of judges during the competition..
23. Remind all participants that a medical certificate for practising sport is mandatory.
24. Creation of an internet site (in French and/or English) for news spreading.

We remind you that fees for skaters, clubs and/or contributions from bodies, sponsors or media are up to Organisers and nothing is due to CEC.

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