

February 2022

Beijing, China

Rules of Speed Skating

Beijing 2022 Olympic Winter Games

Speed Skating will feature an action-packed program at the Ice Ribbon stadium in Beijing. Athletes will compete in single distances ranging from 500m to 10,000m, as well as in the Mass Start and Team Pursuit events.

The program comprises 14 medal events over 12 days of competition from February 5-19, 2022.

Single distances

The ten distances are held in time trial format, but the Skaters will compete in Pairs. Each Skater starts in his own competition lane determined by a draw, and they change lanes at the backstretch each lap. The athlete starting in the inner lane wears a white armband and the one in the outer lane wears a red armband.

The Men's program features the 500m, 1000m, 1500m, 5000m and 10,000m and the Women's the 500m, 1000m, 1500m, 3000m and 5000m. There is a maximum of three Skaters per National Olympic Committee (NOC) in each individual event, except for the Women's 5000m and the Men's 10,000m, in which only two skaters per NOC are eligible. For the allocation of quota places per event and per NOC, refer to [ISU Communication No. 2449](#).

Depending on the distance, the starting line of each race varies. In the 500m, the Skaters start at the beginning of the finishing straight and they will switch lanes on the backstretch after the first corner. Each Skater thus completes an inner and an outer corner to cover an even distance.

In all distances except in the 1000m, the finish line is at the end of the finishing straight. In the 1500m (3¾ laps) the start is at the beginning of the backstretch; in the 3000m (7.5 laps) and the 5000m (12.5 laps) the start is at the end of the backstretch; and in the 10,000m (25 laps) the start is at the finish line. In the 1000m (2.5 laps) the starting line is halfway the backstretch, and the finish line is halfway the finishing straight.

Team Pursuit

In the Team Pursuit, nations compete with Teams of three Skaters, which will increase the pace because Skaters can make use of each other's draft or push each other. The Men's competition comprises eight laps and the Women's six. Like the single distances, the Team Pursuit is held in Pairs, but there are no inner and outer lanes. The two Teams start simultaneously at each side of the track, at the middle of the straights.

The Olympic Team Pursuit competition features quarter-finals, semi-finals and finals. The quarter final phase is held in time-trial format, with the fastest four Teams advancing to the semi-finals. The semi-finals and final will be skated in a knock-out format. Each qualified NOC can enter just one Team of three Skaters and a reserve Skater. Substitutions between the different phases of competition are allowed.

Mass Start

The Mass Start, which made its debut on the Olympic program four years ago at PyeongChang 2018, is a bunch race over 16 laps, with intermediate points sprints every four laps. In the first three intermediate sprints, the first three Skaters will gain 3, 2 and 1 points. In the final sprint the first six

Skaters will gain 60, 40, 20, 10, 6 and 3 points. Note that the first three finishers in the final sprint, cannot be surpassed based on points in intermediate sprints.

The Mass Start competition will feature two semi-final races and a final. The first eight ranked Skaters from the two semi-final races qualify for the final. There is a maximum of two Skaters per NOC eligible for the Mass Start, and each semi-final race can have a maximum of one competitor from the same NOC.

Track

A Speed Skating rink is 400 meters long. According to the ISU regulations a standard Speed Skating track consists of two lanes, with two curved ends each of 180 degrees, in which the radius of the inner curve should not measure less than 25 meters and not more than 26 meters. The width of the inner competition lane is 4 meters. The width of the outer competition lane must be at least 4 meters.

Timing

In all distances except the Mass Start, ranking is based on time. The times are measured and recorded to the accuracy of one hundredth of a second. The third decimal digit is recorded for the purpose of breaking ties only.

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About the International Skating Union

The International Skating Union (ISU), founded in 1892, is the oldest governing international winter sport federation and the exclusive international sport federation recognized by the International Olympic Committee (IOC) administering the sports of Figure Skating (Single & Pair Skating and Ice Dance), Synchronized Skating, Speed Skating and Short Track Speed Skating worldwide. The objectives of the ISU are to regulate, govern, promote and develop its sports on the basis of friendship and mutual understanding between athletes. Currently three ISU disciplines are included in the Olympic Winter Games program (Figure Skating, Speed Skating and Short Track Speed Skating). For further information please visit [isu.org](#).