

ROLLER SKATING FEDERATION OF INDIA

SPEED SKATING DISTANCES (in meters) - RACES and AGE GROUP - w.e.f 07/04/2019 *21_2_20 (Reference 11 RR annexure - A)

AGE GROUP	QUAD TRACK RACES			QUAD ROAD RACES		INLINE TRACK RACES						INLINE ROAD RACES					
	1 RINK I	2 RINK II	3 RINK III	4 ROAD I	5 ROAD II	6 RINK IV	7 RINK V	8 RINK VI	9 P.T.P. + ELI *	10 ELEM *	11 RELAY	12 ROAD III	13 ROAD IV	14 ROAD V	15 POINTS	16 ELEM.	17 Marathon
CADET 05 to 07	1 Lap	2 Laps	3 Laps	--	--	1 Lap	2 Laps	3 Laps	--	--	--	--	--	--	--	--	--
07 to 09	1 Lap	500 + D	4 Laps	1 lap	--	1 Lap	500 + D	1000	--	--	--	--	1 lap	--	--	--	--
09 to 11	1 Lap	500 + D	1000	1 lap	--	1 Lap	500 + D	1000	--	--	--	--	1 lap	--	--	--	--
Sub Junior 11 to 14	--	500 + D	1000	1 lap	1500	--	500 + D	1000	--	5000	3000	100	1 lap	3000	--	--	--
Junior 14 to 17	--	500 + D	1000	1 lap	3000	--	500 + D	1000	10000	10000	3000	100	1 lap	--	10000	15000	
Senior Above 17	--	500 + D	1000	1 lap	3000	--	500 + D	1000	10000	10000	3000	100	1 lap	--	10000	15000	
Masters Above 30	--	--	--	--	--	--	500 + D	1000	--	5000	--	--	--	--	--	--	--

1. Maximum Skaters allowed in the Cadet for each Age Group from each State/U.T. in both Boys and Girls events are 3 each for Quads and Inline races ; therefore maximum number of 36 Skaters i.e. (Boys 18 + Girls 18) are allowed to take part from a team participating in all events in all age groups.
2. From each Unit, Cadet skaters (Quad and Inline) of the age group 5 - 7 years Boys & girls can take part in 2 out of 3 races, (Quad and Inline) skaters of the age group 07 - 09 and 09 - 11 years Boys & Girls, can take part in 3 out of 4 races, with not more than 2 skaters taking part in each race.
3. Maximum Skaters allowed for Sub Junior, Junior and Senior Age Groups from each State/U.T. in both Boys and Girls events are 3 each for Quads and 4 each for Inline races ; therefore maximum number of 42 Skaters i.e. (Boys 21 + Girls 21) are allowed to take part from a team participating in all events in all age groups.
4. From each Unit's Team, a Quad skater can take part in maximum 3 out of 4 races with not more than 2 skaters taking part in each race.
5. From each Unit, Inline skaters of the Age Group 11 - 14 (SUB JUNIORS) can take part in 3 out of 6 races and skaters of the Age Group 14 - 17 and Above 17 (JUNIORS & SENIORS) can take part in 4 out of 8 Inline races with not more than 2 skaters taking part in each race. Only a Skater taking part in a regular race is entitled to take part in Relay and Marathon Races; however Juniors and seniors skaters will race together in Marathon race for one gold, one silver and one bronze.
6. Maximum Skaters allowed in the Masters age group from each State/U.T. in both Men and Women events are 3, therefore maximum number of 6 Skaters i.e. (Men 3 + Women 3) are allowed. From each unit Inline Skaters of Above 30 years (MASTERS) can take part in 2 out of three races, with not more than 2 skaters taking part in each race.
7. Only National participant are allowed to take part in Master Age Group.
8. Inline skaters are not allowed to take part in Quads races similarly Quad skaters are not allowed to take part in Inline Races.
9. * Track, Point to Point + Elimination (10 K) and Elimination(10 K) races may be conducted on Road wherever Bank Track is not available.
10. In case of a bank Track, it should preferably be 6 meters wide and a lap should normally be of 200 meters.
11. Road Races and Relay Races are to be conducted subject to availability of proper infrastructure.
12. Relay races are to be conducted only on 200 meter Bank or Flat Track.
13. Speed Technical Committee General Regulations and Updated World Skate(FIRS) Speed Skating rules Shall be followed for conducting all races .
14. * One Lap on the track: The Track should not be shorter that 50 meters and longer than 200 meters. It can be a flat or banked track. The start and finish should be at the same point, Start and Finish on the bend should be avoided.
15. For other details please refer to General Rules for Speed Skating 2019.



D. Bhagirath Kumar
Chairman - STC - RSFI





Naresh Kumar Sharma
GENERAL SECRETARY
ROLLER SKATING FEDERATION OF INDIA