

## ROLLER SKATING FEDERATION OF INDIA

### SPEED SKATING DISTANCES (in meters) - RACES and AGE GROUP - For 55th Nationals (Reference 9 RR annexure-III A)

AGE GROUP	QUAD RACES				INLINE TRACK RACES						INLINE ROAD RACES			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	RINK I	RINK II	RINK III	ROAD I	RINK IV	RINK V	RINK VI	RELAY *	P.T.P. *	ELEM. *	ROAD II **	ROAD III	ELEM.	Marathon
	Time Trial				Time Trial									
08 to 12	300	500	1000	1500	300	500	1000	3000	---	---	1 lap	100	3000	---
12 to 16	300	500	1000	3000	300	500	1000	3000	10000	15000	1 lap	100	20000	21K
Above 16	300	500	1000	3000	300	500	1000	3000	10000	15000	1 lap	100	20000	21K

#### Important Notes:-

1. Maximum Skaters allowed for each Age Group 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.
2. From each Unit, Inline skaters of the Age Group 08 - 12 (SUB JUNIORS) can take part in 3 out of 6 races and skaters of the Age Group 12 - 16 and Above 16 (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 it should be noted that participation in Marathon race is restricted to Junior and Senior age group skaters only.
3. 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.
4. Inline skaters are not allowed to take part in Quads races similarly Quad skaters are not allowed to take part in Inline Races.
5. \* Track, Point to Point (10 K) and Elimination(15 K) races may be conducted on Road wherever Bank Track is not available.
6. In case of a bank Track, it should preferably be 6 meters wide and a lap should normally be of 200 meters.
7. Road Races and Relay Races are to be conducted subject to availability of proper infrastructure.
8. Relay races are to be conducted only on 200 meter Bank or Flat Track.
9. \*\* Road II to be conducted as per CIC rules.
10. For other details please refer to 9 RR.



Naresh Kr. Sharma  
GENERAL SECRETARY