

# RULES AND REGULATIONS MANUAL SPEED SKATING



MAYAGÜEZ 2010



ODEGABE/CACSO



MAYAGÜEZ 2010



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**CACSO Address**



Avenida de la Constitución, Edificio 3  
San Juan, PR 00901

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MAYAGÜEZ 2010**

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**Mr. Reinaldo Irizarry**  
**Dr. Jorge Rivera Santos**



**ADDRESS**

Calle Ramos Antonini Núm. 58 Este  
Mayagüez, Puerto Rico 00680



**TECHNICAL DIVISION  
XXI CENTRAL AMERICAN AND CARIBBEAN SPORTS GAMES  
MAYAGÜEZ 2010**

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## A Panoramic View of Mayagüez

Population	100,000 inhabitants
Country	Puerto Rico
Area	201.1 km <sup>2</sup>
Longitude	18° N
Latitude	67° O
Local Time	GMT -4 hours
Average Temperature June- September	82° F / 28° C
Average Humidity June-September	80%

The XXI Central American and Caribbean Sports Games will be held mainly in the city of Mayagüez and in other cities of the *Porta del Sol* region that includes 17 municipalities in the west. The city of Mayagüez is located in the center of the west coast of the island of Puerto Rico. It covers 201.1 km<sup>2</sup> of land. It is contiguous to the municipalities of Hormigueros, San Germán, and Cabo Rojo on the south, Añasco on the north, Las Marías, and Maricao on the east and the Mona Canal on the west. Mayagüez is divided in 25 wards with a population of approximately 100,000 inhabitants according to the 2000 census. Fortunately, it has a tropical climate and an average temperature of 82° F/28° C year round.



The town was founded by don Faustino Martínez de Matos y Vélez Borrero. The land was donated by don Juan de Aponte, don Juan de Silva, and don Esteban Irizarry, among others. The town was called Mayagüez in honor of the Yagüez River; body of water of great importance, since it crosses a considerable part of the city. This word

(Mayagüez) is of indigenous origin and means Great Water Site. By then, Mayagüez was synonym of the Yagüez River and Chief Urayoán.

*La Cuna de Hostos*, name by which it is also known, in honor of the national hero Eugenio María de Hostos, holds another center of great importance; the Mayagüez Campus of the University of Puerto Rico. "El Colegio", like it has been known for decades, has served as an encounter place between Puerto Ricans and foreigners worldwide. This prestigious institution at a national and international level has been a great legacy to this city and Puerto Rico; this, thanks to its valuable contributions.



Today, Mayagüez is one of the cities of *Porta del Sol, Puerto Rico*. This ambitious project intends that its inhabitants as well as their visitors and tourists appreciate the natural resources, gastronomy, art and all the culture of this region. Thus, Mayagüez offers their citizenship great possibilities, taking advantage of the great potential that its people can offer. This city is a unique destination in the area with its accommodations, businesses, artisans, and artists that with their performance help with the progress of the economy of the west region of Puerto Rico.

The city of Mayagüez is ready to continue with the entrusted work, facing with great optimism the arrival of the XXI Central American and the Caribbean Sports Games that will be held in 2010.



**INTERNATIONAL FEDERATION OF ROLLER SPORTS  
FIRS**

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President

**PANAMERICAN ROLLER SPORTS CONFEDERATION  
CPRS**

Mr. Carlos O. Ferreira

President

**COLOMBIAN ROLLER SPORTS FEDERATION**

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Mr. Miguél Contreras

**SPORTS DIRECTOR**

Mr. Luis Alfonso Muñoz



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# SPEED SKATING

## RULES AND REGULATIONS MANUAL

### 1. SITE AND DATE

Speed Skating competitions of the XXI Central American and Caribbean Sports Games will be held from July 21 to July 25, 2010 at the Parque Recreativo El Salitre in Bogota, Colombia.

### 2. PARTICIPANTS

**2.1.** Athletes from countries whose Olympic Committees are affiliated to CACSO and the National Federations belong to the Pan American Confederation of Roller Sports will be eligible to participate.

**2.2.** Each country may participate with a maximum of eight (8) competitors, four (4) women and four (4) men. The delegation will be completed with one (1) Coach and one (1) Delegate.

**2.3.** The events will be individual and team events; each country may participate in all events with two (2) competitors, three (3) in relays, and the complete team in the Marathon.

**2.4.** Competitors must have no less than twelve (12) years of age to be eligible for competitions in accordance with the Rules of the ICC, the Technical Body of the FIRS.

### 3. ENTRIES

The Organizing Committee will send the official registration forms six (6) months prior to the opening of the Games.

All qualified countries must submit their registrations in the official form that will be posted in the official website of the XXI Central American and Caribbean Sports Games: [www.mayaguez2010.com](http://www.mayaguez2010.com)

These forms must be printed, have all the respective signatures, and submitted to the Organizing Committee on or before the deadlines stipulated.



### **3.1. Long list entry**

The long list entry must contain the names and functions of all potential participants in the Games. This list must be received at the Mayagüez 2010 Headquarters by midnight of February 17, 2010. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before February 24, 2010.

### **3.2. Numerical Entries**

The numerical entries must be submitted by the respective NOC and must be received at the Mayagüez 2010 Headquarters by midnight of April 17, 2010. It must indicate the number of athletes in each team. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before April 24, 2010.

#### **3.2.1. Insufficient Participants**

In the event that the sport and/or any of its disciplines cannot be executed due to a lack of entries, the Organizing Committee must communicate this immediately, via fax or email, to the National Olympic Committees that has made the corresponding numerical entries.

### **3.3. Nominal Entries**

All nominal entries must be at Mayagüez 2010 Headquarters by midnight on June 17, 2010. No changes or additions to entries will be accepted after this date. The nominal registrations can be sent via fax or email to meet the deadline, in which case they will have to be confirmed in writing, on the official forms, at the time of arrival of the delegation in Bogotá.

Nominal entries should not contain more participants or officials than the numerical entries.

### **3.4. Address**

Any information regarding the entries or another nature, can be sent to the following address:

**XXI JUEGOS DEPORTIVOS CENTROAMERICANOS Y DEL CARIBE 2010**

**P.O. Box 3248**

**Mayagüez, Puerto Rico 00681-3248**

**PHONE: (787) 832-2010 FAX: (787) 805-2011**

**EMAIL: [divisiontecnica@mayaguez2010.com](mailto:divisiontecnica@mayaguez2010.com)**

## **4. REGULATIONS**

**4.1.** Competitive skating for men and women will be conducted according to Official Rules and Regulations established by the FIRS and the International Skate Racing Committee (CIC), effective in 2010. The Pan American Confederation of Roller Sports will be in charge of the direction of the event.



**4.2.** Issues not covered by these regulations will be solved as follows:

**4.2.1.** Technical situations will be resolved in accordance with the stipulations stated in the rules of the FIRS and CIC.

**4.2.2.** The general situation will be resolved by the Organizing Committee under the rules of the CACSO.

**4.3.** The Organizing Committee will set the schedule of events and these will be carried out under the supervision of the elected Technical Committee.

**4.4.** Coaches and delegates cooperation is required to ensure the proper conduct of athletes during competition.

**4.5.** The Technical Committee will have all the responsibilities of management and technical organization of skating competition.

**4.6.** The delegate is responsible for ensuring that athletes are in the waiting area before being called up for his/her event.

**4.7.** The delegate is responsible for making any request to the Technical Committee.

**4.8.** In the individual track time trial event involving two (2) athletes per country, for the final ranking of the competition only the fastest time of each country will be taken into account which will be organized from lower to higher classification to produce the classifications and the medals table.

## **5. EVENTS AND COMPETITION SYSTEM**

The Central American and Caribbean Skating competitions will include the following events:

### **5.1. Track.**

#### **Men's and Women's Branch**

1. 300 meters Time trial
2. 500 meters. Groups
3. 10,000 meters. Point elimination
4. 15,000 meters. Elimination
5. 3,000 meters. Relays

#### **5.2. Route.**

1. 200 meters. Time trial
2. 1,000 meters. Groups
3. 10,000 meters. Point elimination
4. 20,000 meters. Elimination
5. 42 km Marathon



For an event to be considered official, a minimum of five competitors and/or teams from an equal number of NOCs must compete. If after the Technical Meeting one or more competitors and/or teams withdraw due to reasons beyond their control (after CACSO's verification), the event could be celebrated with a minimum of four (4) sets of competitors and/or teams from an equal number of NOCs.

## 6. COMPETITION CALENDAR

### Track

July 21, 2010		
9:00	300 meters Time Trial Elimination	W/M
18:00	15,000 meters. Elimination	W/M
19:30	300 meters. Finals	
July 22, 2010		
9:00	500 meters. Groups	W/M
18:00	10,000 meters. Point Elimination	
19:30	500 meters. Finals	W/M
19:45	3,000 meters. Relays	W/M

### Road

July 23, 2010		
9:00	200 meters Time Trial Elimination	W/M
18:00	20,000 meters. Elimination	W/M
19:30	200 meters. Final	W/M
July 24, 2010		
9:00	1,000 meters Group Qualifications	W/M
18:00	10,000 meters. Points	W/M
19:30	1,000 meters. Final	W/M
July 25, 2010		
9:00	Marathon	W/M

## 7. TRAINING PROGRAM

**7.1.** The program and training schedule will be established after numerical entries are received and will be confirmed upon arrival of the delegations to Bogotá, Colombia. The training is conducted at the site of Competition and other places assigned.

**7.2.** The facilities may only be used at the times designated by the Organizing Committee. The rotation of countries among the training facilities will be used to guarantee fair conditions.

**7.3.** During training periods in places intended for the actual event routes, protection services and route safety will be provided only at the specified times.



## 8. AWARDS

**8.1.** According to CACSO's regulations, the awards will be distributed in the following manner:

- **Individual and Relay Events**

<b>First Place:</b>	Gold Medal and Diploma
<b>Second Place:</b>	Silver Medal and Diploma
<b>Third Place:</b>	Bronze Medal and Diploma

**8.2.** The Award ceremonies will take place after each event. For the award ceremony, athletes must wear the official uniform representing their country.

## 9. COMPETITION OFFICIALS AND JURY OF APPEAL

**9.1.** The Pan-American Confederation of Roller Sports and the Organizing Committee, endorsed by the International Skate Racing Committee will be the ones responsible for designating the Judge Referee and the necessary Auxiliary Judges.

**9.2.** Each country may have a certified referee, who with the permission of the Pan American Confederation of Roller Sports may act as such in these events.

**9.3.** The Jury of Appeal shall be chaired by the President of the CPRS (or representative) and composed of the President of the Colombian Federation of Skating (or representative) and one (1) member appointed by the Delegates of the participating countries.

### **9.4. Appeals.**

All technical protest must be submitted in writing to the Jury of Appeal with a maximum of one (1) hour after completion of the event. Every protest must be accompanied by a deposit of \$ 100 (one hundred U.S. dollars). Decisions of the Jury of Appeal are final and must be resolved before the start of competition the next day.

## 10. FACILITIES AND IMPLEMENTS

The track and road skating rink will be located in the recreational park Salitre, Bogotá, Colombia.

## 11. UNIFORMS

Athletes should use exclusively uniforms, skates and helmet for the competitions.

**11.1.** All athletes will use a number at the height of the left hip, back, left shoulder and the helmet.

**11.2.** Under no circumstances clothes with symbols or trademarks of size greater than two (2) square inches (12.5 square cm) will be permitted.

**11.3.** It is absolutely forbidden to wear clothes with commercial advertising. The Technical Commission of Competition may request an athlete to change their uniform when they fail to comply with the provisions of this article.

## **12. TECHNICAL MEETING**

**12.1.** The technical meeting and draw for individual events and relays will be held on July 20, 2010 at 10:00 am in the room designated by the Organizing Committee.

**12.2.** Once the draw is done by Judge referee, scheduling may be amended and not only due to reasons beyond their control as an exception may cause the same Judge Referee to modify the schedule. After the draw a copy of the final schedule will be given out.

## **13. MEDICAL CONTROL**

### **13.1. Medical Control and Examinations**

Any athlete refusing to any medical control or examination or found guilty of doping, will get his/her accreditation withdrawn and will be expelled from the games and possibly from future international competitions according to the penalties established by the CACSO and CONCECA regulations.

### **13.2. Anti-doping Control**

The anti-doping control test will be conducted by the Medical Direction of the Organizing Committee. The regulations in force will be those from the Medical Commissions of the International Olympic Committee, WADA-AMA (World Anti-doping Agency), and CACSO. The selection of the athletes for the sample taking will be carried out by the CACSO's Medical Commission in coordination with the delegates from the CPRS.

## **14. REGULATIONS REGARDING ADVERTISING AND PUBLICITY-RULE 51 OF THE OLYMPIC CHARTER**

Everything related to the application of the regulations regarding advertising and publicity of sports materials and equipment, and sports clothes will be in force by the CACSO Regulations and by Rule 51 of the Olympic Charter. For consultation of the Olympic Charter, access the following link: ([http://multimedia.olympic.org/pdf/en\\_report\\_122.pdf](http://multimedia.olympic.org/pdf/en_report_122.pdf)).