

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – TWO (2) DIVISIONS

Division	Age Category	Number of Participants
3 km Prediction (3000 metre)	Women 55+ Men 55+	Two (2)
1.5 km Prediction (1500 metre)	Women 75+ Men 75+	Two (2)

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario Senior Games – Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

Prediction

1. Participants predict the time it will take them to skate the 3000-metre (3KM) course **or 1500 metre (1.5 km) course**
2. At the provincial level, competitors will skate twice over a two-day period (once per day).

Determining the Winners

Prediction

1. The participants closest to their predicted times (over or under) win. In the event of a tie, two (2) medals will be awarded.
2. At the provincial level, competitors' actual times for the two days will then be compared to their predicted times. Disregarding plusses and minuses, the two differential times will be totaled. The person in each event whose total differential time is closest to zero wins the gold.

D) AWARDS

Gold (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction
Silver (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction55+
Bronze (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction

E) RULE SOURCE

As there is no specific rule source for the prediction event, the rules provided under "Tournament Set-Up" and "Skating Rules Summary" will apply.

For Speed Skate events, see Speed Skate Canada www.speedskating.ca/redbook.cfm

Websites

www.skateontario.org www.skatecanada.ca

www.speedskatingontario.org www.speedskating.ca

F) EVENT REQUIREMENTS

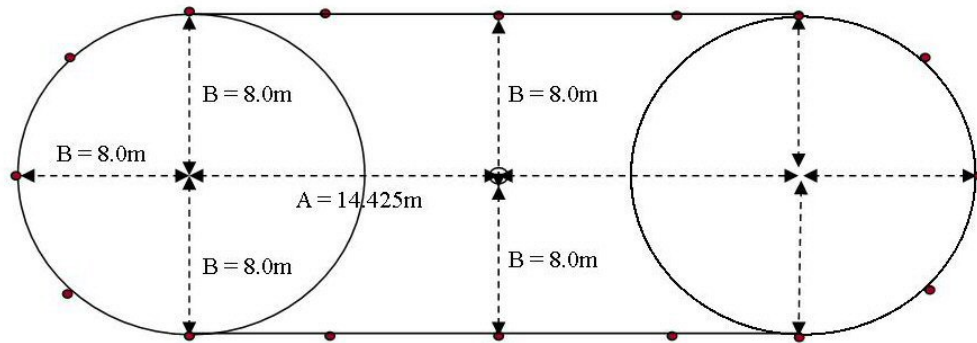
Equipment

1. All types of ice skates are permitted. A separate heat will be held for those participating with speed skates.
2. For Speed Skate, safety-type headgear which has a seal of certification meeting the actual ASTM F1849 standards and which must be securely fastened under the chin, cut-resistant and water-resistant gloves or mitts, shin guards, knee pads and long-sleeved clothing must be worn by all competitors.

Facilities

1. The facility shall be a regulation size arena (minimum 185x85 feet (56.39 x 25.91 metres))
2. The facility shall have a clearly marked start and finish line.
3. The facility should not have any obstructions on the course that could be dangerous to skaters.

PREDICTION SKATING - 3000 M (27 Laps)



1. Find the centre of the ice.
2. Measure 14.425 m (47' 5") from centre.
3. Use this point as a centre of the curve.
4. Use a long tape measure or string and measure 8.0 m. (26' 3") from this point to 5 or more points, forming an arc with the pylons.
5. Repeat at the other end.
6. Place more pylons to form the sides of the track.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Chief of Race
- B) One (1) Starter
- C) One (1) Assistant Starter
- D) Timekeepers
- E) Lap Counters
- F) Results Officials

The host committee will ensure that all officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to stage this event.

Skating Rules Summary

1. A medical examination two months prior to the event is strongly suggested.

Prediction

1. Skaters will skate in heats with no more than seven (7) skaters per heat. Participants will use a curved start.
2. Participants must register 45 minutes prior to the start of the event. At this time, the participants will give their predicted times to the officials. Predictions from competitors may be used to determine timed heats (Close predicted times may be grouped together).
3. **Participants are permitted to change their predicted time on the second day of competition.**
4. Music during the competition is **NOT** permitted.
5. The same arena shall be used for both days of competition.
6. Participants may not use watches, **electronic timing devices i.e cell phones, smartphone/tablet, etc** There shall be **no coaching from sidelines**. Convenors should ensure that any clocks in the facility are covered.
7. If a skater skates inside the track, this will be considered off tracking. In order for the skater to be considered back on track, the skater must re enter the track at the point from where the exit took place and complete the required laps. No time adjustments will be made for this error
8. A separate heat will be held for those participants using speed skates.

