

Norwegian Speedskating Cup 2009/2010



1.1. Norwegian Speedskating Cup consists of a series of international competitions which are organized according to the following rules:

1.2. Classes/distances

a.) Skaters compete in such classes:

Men, senior	(MS)
Ladies, senior	(LS)
Men, junior A+B	(MJ)
Ladies, junior A+B	(LJ)

b.) The Ladies compete in the distances 500 m, 1000 m, 1500 m, 3000 m and 5000 m.
In the classes for Men the distances are 500 m 1000 m, 1500 m, 3000 m, 5000 m and 10000 m.

c.) Ladies senior/junior and Men senior/ junior are drawn together in each distance and ranked individually according to their best achieved result of the season on the distance concerned. See more specific information about this below.
In addition to this some of the competitions will also be organized as sprint and allround competitions, marked *. The NC ranking counts totally (distances/overall) within each class.

d.) The team pursuit competition at NC 5 is organized as an unofficial NC competition for teams representing regions, districts or clubs, and without any teams/skaters achieving NC points. (See para 6.3.3.)

1.3 Competition program

1.3.1. Men senior/junior

	Date	Place/track	Organizer	Distances	Comm.
1	10.-11.10.	Bjugn	Bjugn/Ørland SK	500-1000-3000 / 500-1500-5000	
2	17.-18.10.	Hamar/Vikingskipet	Stange SK	500-1000-3000 / 500-1500-5000	
3	07.-08.11.	Göteborg/Ruddalen	IK Wega	500-1000-3000 / 500-1500-5000	
4 *	28.-29.11.	Hamar/Vikingskipet	Hamar IL	500-3000 / 1500-5000 500-1000 / 500-1000	
5	12.-13.12.	Asker	Asker SK	500-1000-3000 / 500-1500-5000	Incl. team pursuit
6	16.-17.01.	Frogner	OSK	500-1000-3000 / 500-1500-5000	Oscar race
7 *	13.-14.02.	Hamar/Vikingskipet	Hedmark SK	500-5000 / 1500-10000 500-1000 / 500-1000	
8	27.-28.02.	Hamar/Vikingskipet	Sand IF	500-1000-3000 / 500-1500-5000	NC final

1.3.2. Ladies senior/junior

	Date	Place/track	Organizer	Distances	Comm.
1	10.-11.10.	Bjugn	Bjugn/Ørland SK	500-1000-1500 / 500-1000-3000	
2	17.-18.10.	Hamar/Vikingskipet	Stange SK	500-1000-1500 / 500-1000-3000	
3	07.-08.11.	Göteborg/Ruddalen	IK Wega	500-1000-1500 / 500-1000-3000	
4 *	28.-29.11.	Hamar/Vikingskipet	Hamar IL	500-1500 / 1000-3000 500-1000 / 500-1000	
5	12.-13.12.	Asker	Asker SK	500-1000-1500 / 500-1000-3000	Incl. team pursuit
6	16.-17.01.	Frogner	OSK	500-1000-1500 / 500-1000-3000	Oscar race
7 *	13.-14.02.	Hamar/Vikingskipet	Hedmark SK	500-3000 / 1000-5000 500-1000 / 500-1000	
8	27.-28.02.	Hamar/Vikingskipet	Sand IF	500-1000-1500 / 500-1000-3000	NC final

2. Entry to each competition

The entry must be sent to the organizer – whose address is published on the website of the Norwegian Skating Association (NSF) – not later than 08:00 p.a. on the Monday ahead of the NC competition concerned. Entry fee, also for taking part in the team pursuit, must be paid to the bank account of the organizer at the same time as the entry is sent. The entry is valid as soon as the entry fee has been paid. When entering the skaters the organizer must be informed of the distances each skater will take part

in. The time of the entry **must** be observed. For post entries the organizer shall require double entry fee. If a skater changes from one distance to another an extra entry fee in addition to the ordinary entry fee must be paid to be allowed to start at the new distance. Entry fees that have been paid will not be reimbursed if the skaters are withdrawn after the time allowed for entries. (See §5 in the rules of the NSF.)

After the deadline for entries the organizer will send the entry lists to the Norwegian Skating Association, att. Arild Gjerde. The entry lists will then be published on the NSF's website and continuously updated.

3. Exemptions in NC competitions

For participation in NC junior there is given a general exemption for skaters competing for the last year in Junior B. After having received an application the Norwegian Speed Skating Technical Committee (NSSTC) may in special cases give exemptions for participation in NC junior. Such applications must be sent in for each competition. An application which is not approved by the skater's club or skating group, will not be dealt with. An application concerning exemption should be sent to and will be dealt with by Trond Eng, trondeng@online.no.

4. Foreign citizens

Foreign citizens who are members of a Norwegian club, i.e. they have paid NSF licence, are allowed to participate in NC events as if they were Norwegian skaters. Other skaters coming from abroad will be awarded prize money in each event as if they were Norwegians, but they will not be awarded any NC points.

5.1. Ranking/pairing

Ahead of the first NC competition the NSSTC makes the seeding/grouping based on the best results from the previous season in each distance, and includes any improvements of the present season. For later NC competitions the skaters' best achieved results in each distance will decide the ranking in every distance.

5.2. Ranking list for each distance

The ranking in each distance is based on the following principles and order:

- a) The best result of the season in each distance. (See § 5.1)
- b) Results achieved in Calgary or Salt Lake City will be added 0,800 time point before they are included in the ranking list. For manual times there will be added 0,20 seconds.
- c) If a skater has not achieved a season best result in a "standing" race in the distance in a later NC competition, the skater will be ranked based on his/her best result of the previous season.
- d) If two or more skaters have the same ranking times to complete a group, their individual ranking will be decided by drawing lots by the referee at the draw meeting.

6.1. Pairing/grouping/drawing

The referee is responsible for the ranking of the entered skaters, with common ranking for juniors and seniors when the competition includes both classes, according to paragraphs 5.2, a-d.

The entered skaters will be grouped in this way:

Group 1: The eight highest ranked skaters according to the ranking criteria above.

Then groups of eight skaters till there remains a group consisting of fewer ranked skaters, who will make up the highest numbered group of ranked skaters.

If there are entered skaters without any ranking time, they will be drawn in a separate group.

6.2. Single distances

The referee, possibly in cooperation with the Technical Delegate, may lower the number of skaters in each group if there are few competitors.

Usually there will be an open draw within each group for all distances. The highest numbered group is drawn first and starts first, then the groups in a descending sequence. Group 1 starts last. If there is an odd number of skaters, the first drawn skater will start alone in inner lane in the first pair. If the last group of ranked skaters consists of an odd number of skaters, and also skaters without any ranking time are entered, the last drawn skater without any ranking time will start in outer lane together with the first drawn skaters of the ranked skaters.

6.2.1. Exceptions

In events with 2 x 500 m and 2 x 1000 m the pairing for the second of each of these two distances is based on the results of the first of these two distances in this way:

Group 1:

For skaters who took part in the first day's 500 m (1000 m), the best one starting in the inner lane in the first 500 m (1000) will be paired with the best one starting in the outer lane, and the skaters start in the opposite lane from the first race (500 m or 1000 m). This pair will start in the end. The pairing continues like this till perhaps some skaters who all started in the same lane in the first 500 m (1000 m), remain.

Group 2:

Skaters who all started in the same lane in the first 500 m (1000 m) will be paired according to the results they achieved in the first distance in such a way that the two best will make a pair, then the two next etc. A draw between the two skaters in each pair will decide which skater will start in the inner/outer lane. The two highest ranked skaters will start in the last pair in this group, etc. In case there is an odd number of skaters in group 2, the lowest ranked skater will start in the "correct lane", alone, or possibly together with the last drawn skater in group 3. (See below.)

Group 3:

Skaters who will start only on the second day's 500 m (1000 m), will form the third group. These skaters will be ranked based on the original time ranking, and there will be an ordinary draw among these, who will start first in the distance. If there is an odd number of skaters totally the first drawn skater will start alone in the inner lane in the first pair. (See also the last sentence under Group 2.)

6.3.1. Sprint competitions

a.) The two first distances

The pairing for the first day is carried through as for single distances.

b.) The second day

For the second race of the 500 m, 1000 m respectively, the skaters shall be paired according to the time ranks from the first race of 500 m, 1000 m respectively, in such a way that the participants change lanes in the second race. The highest ranked skater who started in the inner lane on the first day is paired with the highest ranked skater who started in the outer lane, and the skaters change lanes. This applies for the next two skaters, etc. The starting order of the pairs shall be opposite of the ranking, i.e. the highest ranked pair shall skate in the last pair, and the lowest ranked skater(s) in the first pair.

6.3.2. Allround competitions

a.) The two first distances

The pairing for the two first distances is carried through as for single distances.

b.) The third distance

For the third distance the arrangement of pairs shall be based on the ranking in total points after two distances. If some skaters are equal in total points, the skater with the better time in the first distance is considered to be better ranked. The starting order of the pairs shall be opposite to the ranking of the skaters: the skaters ranked 1 and 2 after two distances will skate in the last pair, the skaters ranked 3 and 4 will skate in the next to the last pair, etc. The higher ranked skater in each pair shall start in the inner lane.

c.) The fourth distance

The pairing for the fourth distance shall be based on the time ranking from the first long distance and according to the same principle as for the third distance. (See para b.) above)

6.3.3. Team Pursuit

A team pursuit competition over 6 laps for ladies and 8 laps for men shall be organized for teams with three skaters in each team. The finishing time of the team will be determined as the finishing time of the third skater in the team. If not all the three skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified. The teams shall be ranked according to the ranking time of the second best skater in respectively 1500 m for ladies and 3000 m for men. The two highest ranked teams shall start in the last heat, ranked teams 3 and 4 in the second last heat, etc. The two teams in a heat shall start simultaneously at each side of the track, at the middle of the straights, and the better ranked team shall start on the finishing straight. Skaters in the better ranked team shall wear white armbands, the skaters in the other team shall wear red armbands. (See also para 1.2.d) above and § 261 apart from para 1 e) in the ISU Technical Rules for Speedskating.)

The arrangement of the heats will be carried through after the races on the first day.

7.1. Team Leaders' Meeting

A team leaders' meeting shall be conducted by the referee each day one hour before start of the races unless other information has been given.

8.1. NC points pr distance (single distances)

1. pl = 40 pts	6. pl = 22 pts	11. pl.= 14 pts	16. pl. = 9 pts	21. pl. = 4 pts
2. pl = 35 pts	7. pl = 20 pts	12. pl.= 13 pts	17. pl. = 8 pts	22. pl. = 3 pts
3. pl = 30 pts	8. pl = 18 pts	13. pl.= 12 pts	18. pl. = 7 pts	23. pl. = 2 pts
4. pl = 27 pts	9. pl = 16 pts	14. pl.= 11 pts	19. pl. = 6 pts	24. pl. = 1 pt
5. pl = 24 pts	10. pl = 15 pts	15. pl.= 10 pts	20. pl. = 5 pts	

8.2. NC points in sprint and allround competitions (only after four distances)

1. pl = 160 pts	6. pl = 88 pts	11. pl. = 56 pts	16. pl. = 36 pts	21. pl. = 16 pts
2. pl = 140 pts	7. pl = 80 pts	12. pl. = 52 pts	17. pl. = 32 pts	22. pl. = 12 pts
3. pl = 120 pts	8. pl = 72 pts	13. pl. = 48 pts	18. pl. = 28pts	23. pl. = 8 pts
4. pl = 108 pts	9. pl = 64 pts	14. pl. = 44 pts	19. pl. = 24 pts	24. pl. = 4 pts
5. pl = 96 pts	10. pl = 60 pts	15. pl. = 40 pts	20. pl. = 20 pts	

8.3. NC points in the NC final

In the NC final the skaters will achieve double NC points.

8.4. NC points if equal ranking

Skaters with equal ranking will achieve the same number of points

9. Entry fee/prize money in NC competitions

a.) Entry fees:

Outdoor: NOK 100,- / Indoor: NOK 150,- pr. distance.

Sprint/allround comp. outdoor: NOK 400,- / Indoor: NOK 600,-

Team Pursuit: NOK 50,- pr. team.

b.) Prize money pr. distance:

6 prizes: 400-250-200-150-150-150:	16 or more participants
5 prizes: 300-250-150-150-150:	13-15 participants
4 prizes: 250-150-150-150:	10-12 participants
3 prizes: 200-150-150:	7-9 participants
2 prizes: 200-150:	4-6 participants
1 prize: 200:	1-3 participants

c.) Prize money sprint/allround:

6 prizes: 1.600-1.000-800-700-600-600:	16 or more participants
5 prizes: 1.200-1.000-800-700-600:	13-15 participants
4 prizes: 1.000-800-700-600:	10-12 participants
3 prizes: 800-700-600:	7-9 participants
2 prizes: 800-600:	4-6 participants
1 prize: 800:	1-3 participants

If equal ranking the total amount of prize money will be shared between the skaters ranked equal. Example: When two skaters are both no. 3 in a distance with 16 participants, the amount of prize money for each skater will be 200+150 divided by 2, which means NOK 175 pr. skater.

10. TD, overdommere og startere

Technical delegate (TD), referees and starters are appointed by the NSSTC/DUH. NSF will cover the cost for TD, the organizer must pay the expenses for appointed referees and starters.

11.1. Results/Prizes

In the result list for every NC single distance competition the NC points shall be indicated for every distance. For sprint and allround competitions NC points shall be indicated for each class in the list showing the classification after four distances. Separate lists for seniors and juniors, both in single distance and sprint/allround competitions shall be made.

11.2. Reports

The organizer must immediately after the competition send by email complete results to:

- a) NC coordinator / responsible for NC ranking for senior, Erik Julsrud, ejulsrud@bbnett.no
- b) Responsible for NC ranking junior, Trond Eng, trondeng@online.no
- c) NSF's group of statistics/Web-editorial staff, resultat@n-s-f.no

12. NC ranking responsibility

Those responsible for NC ranking for senior/junior shall as soon as possible work out updated NC ranking lists and send it to NSF's Web- editorial staff to be announced. (See the email address above.)

13. Time ranking responsibility

Responsible in the NSSTC for time ranking is Trond Eng, assisted by Magne Teigen and Arild Gjerde when needed. The time ranking of all distances will be announced consecutively on NSF's web sites.

14. Calculation/announcing of the final classification for each category

The final classification is for each category, and all competitions count.

15. The final total prize money pr. category

Category	1. plass	2. plass	3. plass
Menn senior:	kr. 12.000	kr. 7.000	kr. 4.000
Menn junior:	kr. 9.000	kr. 5.000	kr. 3.000
Kvinner senior:	kr. 12.000	kr. 7.000	kr. 4.000
Kvinner junior:	kr. 9.000	kr. 5.000	kr. 3.000

NC-coordinator 2009/2010

Erik Julsrud

Phone: 62 58 37 13

Mobile: 926 89 317

E-mail: ejulsrud@bbnett.no or erik.julsrud@no.ibm.com.