

ROLLER SKATING FEDERATION OF INDIA

SPEED SKATING DISTANCES (in meters) - RACES and AGE GROUP - w.e.f 2nd July 2025 (Reference 11 RR annexure - A)

AGE GROUP	QUAD TRACK RACES			QUAD ROAD RACES		INLINE TRACK RACES								INLINE ROAD RACES						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
	RINK I	RINK II	RINK III	ROAD I	ROAD II	RINK IV	RINK V	RINK VI	RINK VII DUEL TT*	POINTS **	ELEM **	RELAY	MIXED RELAY+	ROAD III	ROAD IV	ROAD V ***	POINTS	ELEM.	Marathon	
Cadet																				
06 to 08	1 Lap +D	2 Laps+D	3 Laps	--	--	1 Lap +D	2 Laps+D	3 Laps	--	--	--	--	--	--	--	--	--	--	--	
08 to 10	1 Lap +D	500 + D	4 Laps	1 lap	--	1 Lap +D	500 + D	1000	--	--	--	--	--	--	1 lap	--	--	--	--	
10 to 12	1 Lap +D	500 + D	1000	1 lap	--	1 Lap +D	500 + D	1000	--	--	--	--	--	--	1 lap	--	--	--	--	
Sub Junior																				
12 to 15	--	500 + D	1000	1 lap	1500	--	500 +D	1000	200	5000	--	3000	4000	100	1 lap	3000	--	--	--	
Junior																				42K
15 to 18	--	500 + D	1000	1 lap	3000	--	500 +D	1000	200	5000	10000	3000	4000	100	1 lap	--	10000	15000		
Seniors																				
Above 18	--	500 + D	1000	1 lap	3000	--	500 +D	1000	200	5000	10000	3000	4000	100	1 lap	--	10000	15000		
Masters																				10K
Above 35*	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--		

Important Notes:-

- 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.
- From each Unit, Cadet skaters (Quad and Inline) of the age group 6 - 8 years Boys & girls can take part in 2 out of 3 races, (Quad and Inline) skaters of the age group 08 - 10 and 10 - 12 years Boys & Girls, can take part in 3 out of 4 races, with not more than 2 skaters taking part in each race.
- 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.
- From each Unit's Team, a Quad skater of Age Group 12-15, 15-18 & Above 18 yers can take part in maximum 3 out of 4 races with not more than 2 skaters taking part in each race.
- From each Unit, Inline skaters of the Age Group 12 - 15 (SUB JUNIORS), can take part in 3 out of 7 races and skaters of the Age Group 15 - 18 and Above 18 (JUNIORS & SENIORS) can take part in 4 out of 9 Inline races with not more than two (2) skaters taking part in each race.

6. (i) RELAY RACE: A Relay Team Consists of a minimum of three (3) and a maximum (4) skaters of the age groups 12 - 15 (SUB JUNIORS), 15 - 18 (JUNIORS) and Above 18 (SENIORS). All those Relay Team Skater are entitled to receive medal and certificated only if they have participated at some stage (Series, QF, SF or Final) in the relay race. Skaters who has not participated at any stage in the relay race are not entitled for the certificate and medal.
6. (ii) From each Unit, a maximum of one Relay Team of Girls/Women and Boys/Men are allowed.
6. (iii) From each unit, only one (1) Mixed Team per age group 12 - 15 (SUB JUNIORS), 15 - 18 (JUNIORS) and Above 18 (SENIORS) is allowed.
6. (iv) Mixed Relay Team consist of 4 Skaters (Two (2) Male & Two (2) Female Skaters. Skaters are to relay every lap. The last relay will be made prior to the start of last lap. All other rules of relay shall be applicable.
6. (v) Skaters taking part in a regular race are only entitled to participate in Relay, Mixed Relay and Marathon Races.
6. (vi) For Marathon race, Junior and Senior skaters will race together for one gold, one silver and one bronze medal.
7. 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.
8. Participants of previous Speed National Championships are only allowed to take part in Master Age Group.
9. Inline skaters are not allowed to take part in Quads races similarly Quad skaters are not allowed to take part in Inline Races.
10. ** Track, Points (5 K) and Elimination(10 K) races may be conducted on Road wherever Bank Track is not available.
11. *** Road V 3000mts race on road for the age group 12-15 inline boys & girls is a road race (Not elimination)
12. In case of a bank Track, it should preferably be 6 meters wide and a lap should normally be of 200 meters.
13. Road Races and Relay Races are to be conducted subject to availability of proper infrastructure.
14. Relay races are to be conducted only on 175 to 200 meter Bank or Flat Track.
15. INDIA SKATE (RSFI) Speed Technical Committee General Regulations and Updated World Skate(FIRS) World Speed Skating rules Shall be followed for conducting all races .
avoided.
- 17.* Club/District/State level competitions, where 200 meters track is not available, the 200 mts DUEL TT can be be conducted as a time trial event. Howere the participants selected, have to participate in the National level competitions as a duel TT event.
18. For other details please refer to General Rules for Speed Skating 2025.

Note: The races will not be conducted if the total number of participants/teams in the particular age group are less than three (3) from three different States/UT's.

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