

# 8

## SKATING



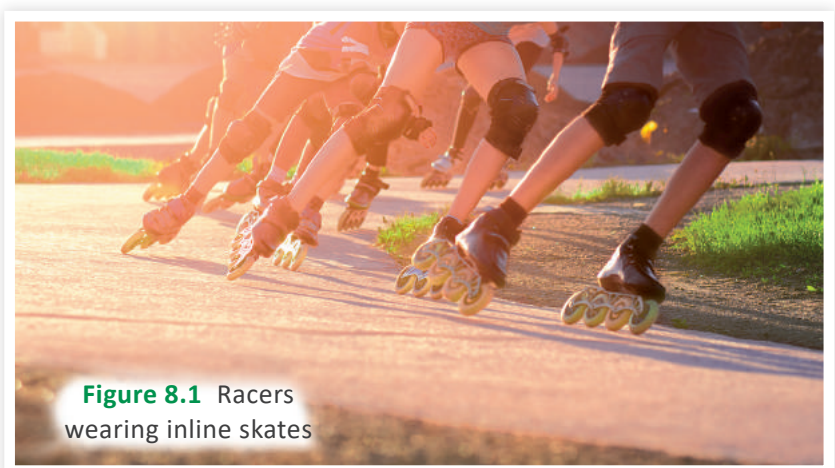
### HISTORY

Skating is a group of sports all of which involve travelling on solid surfaces using skates. Based on the type of surface, there are two main forms of skating, skating and hard surface skating. Skating on a hard surface can be further divided into quad roller skating, inline (or rollerblade) skating and skateboarding.

The first recorded use of quad roller skates was in a stage performance in London in 1743. However, the name of the inventor of these skates is not known. John Joseph Merlin, an inventor who was originally from Belgium but had settled in England, is credited with the invention of the first inline skates in 1760. The first public skating rinks opened up in England around this period. James Joseph Plimpton of New York City, USA, designed the first quad skates with a rubber cushion in 1863.

The international governing body for non-ice-skating sports is called World Skate, which is recognised by the International Olympic Committee. It was established as *Fédération Internationale de Patinage a Roulettes* (FIPR) in 1924 to manage only rink hockey (or quad roller hockey) competitions. In the 1960s, it changed its name to *Fédération Internationale de Roller Skating* (FIRS) to extend its coverage to all roller skating disciplines. In 2000, it changed its name to *Fédération Internationale de Roller Sports* (FIRS). Finally, in September 2017, the new name World Skate was adopted. Its head office is in Lausanne, Switzerland. The governing body for skating in India is the Roller Skating Federation of India (RSFI), which was founded in 1955 and is based in New Delhi.

Quad roller hockey was included as a demonstration sport in the 1992 Summer Olympic Games at Barcelona, while skateboarding is one of the five new sports being included at the 2020 Tokyo Olympics. The



**Figure 8.1** Racers wearing inline skates

biggest world event for non-ice-skating disciplines is World Roller Games, which was held for the first time in 2017 in China. It had 10 skating-related sports, 193 national teams and over 3,000 athletes.

### TYPES OF SKATING EVENTS

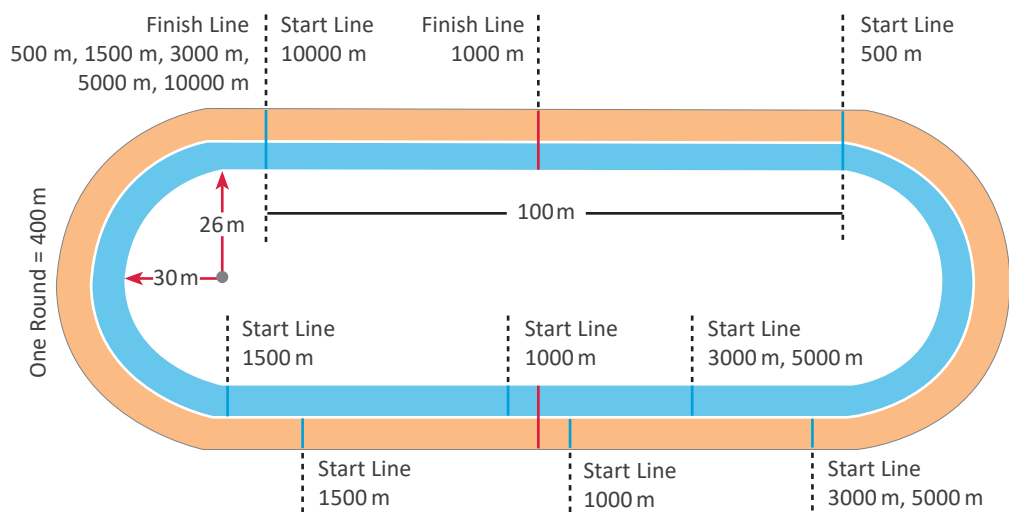
The disciplines in which events are organised by the Roller Skating Federation of India are:

- ❖ Speed Skating
- ❖ Artistic Skating
- ❖ Roller Hockey
- ❖ Inline Hockey
- ❖ Inline Freestyle
- ❖ Alpine Skating
- ❖ Downhill Skating
- ❖ Roller Derby
- ❖ Roller Freestyle
- ❖ Skateboarding
- ❖ Roller Scooter

### SPEED SKATING TRACK, EQUIPMENT AND OFFICIALS

A race course may be either a track or road course. A road race course may be either an 'open' or 'closed' circuit.

- ❖ Both on the track and on the road, the race course



**Figure 8.2** A speed skating track of total length 400 m

is measured 30 cm from the inner edge. The line is called 'rope'.

- ❖ In all courses, bends are to be bordered either by a natural edge or removable signals that are highly visible. Such signals are never to be placed on the rope of the track because they may represent danger for competitors.
- ❖ On a road course with both left and right bends, measuring is to be taken along an imaginary line at 30 cm from the extreme ends of the bends themselves.
- ❖ A track is defined as a race course within an outdoor or an indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same diameter or dimensions. In an indoor facility, tracks may have bends using the diamond formation.
- ❖ The total length of the track cannot be less than 75 m or longer than 400 m.
- ❖ The track surface maybe made of any material, provided it is perfectly smooth and not slippery, so that it does not compromise adhesion. The referee shall determine these properties.
- ❖ Tracks may be perfectly level or with banking at the bends.
- ❖ Tracks with a banking at the bends are to be not less than 125 m long and not more than 250 m. Banking are to be gradual and uniformly rising from the inside to the outside of the course. Straightaways may have a banking in order to allow the introduction of bend banking. However, straightaways are to be perfectly level longitudinally, to minimum of 33% of their total length.
- ❖ The finish line must be marked with a white line, 5 cm wide.
- ❖ The starting line must not be on a bend, except for the cases when it is impossible to do otherwise.

- ❖ Any external fencing directly bordering the track edge must be protected through suitable materials in order to avoid danger due to its presence.
- ❖ In 'open road' competitions, starting and finishing lines do not coincide.
- ❖ A 'closed circuit road' race course is a road course consisting of an asymmetrical closed circuit which competitors are to cover one or more times according to the distance of the event.

- ❖ A 'closed circuit road' race course must not be shorter than 400 m.
- ❖ The road course cannot be less than 5 m wide at any point of the course.
- ❖ The road surface must be uniformly and sufficiently smooth without hollows and fissures. The cross-fall of the course shall never exceed 3% of its width.
- ❖ In 'open courses' gradients shall never exceed 5%. Exceptions to this rule shall never exceed 25% of the whole course.
- ❖ Starting and finishing lines must be marked with a line 5 cm wide. The starting line must not be placed on a bend except when it is impossible to do otherwise. The finishing line shall be placed at not less than 50 m after the bend leading to the finish line.
- ❖ For track or closed road circuit competitions, competitors are placed so that their left hands are located facing the inside edge of the track or road. The direction of the race shall be counter clockwise.
- ❖ During races, only judges and skaters are allowed to stay on the course. Only the delegates and the medical team can enter the race course, and only after being authorised by the chief referee.
- ❖ Skates having a maximum of five wheels, fastened in line, or skates with two pairs of wheels fastened parallel to each other are permitted. The skate must not exceed 50 cm in length. Skates must be firmly attached to the shoes and axles are not to protrude from the wheels. Brakes are forbidden.
- ❖ The maximum diameter of the wheel must not exceed 110 mm. For marathon, the maximum diameter of the wheel must not exceed 125 mm.
- ❖ Every skater must wear a well-fitting and well-fastened helmet, which must be a hard gear with international certification.
- ❖ Heart rate monitor and corresponding watches are

allowed. Radios and earphones are forbidden. For marathon and long distances races, the skater is allowed to take the start with a small plastic bottle of water or hydration adapted equipment.

## RULES OF SPEED SKATING

1. There are different types of speed skating competitions:
  - ❖ Individual time trials, including marathons
  - ❖ Elimination races
  - ❖ Mass start races
  - ❖ Points races
  - ❖ Relay races
  - ❖ Elimination + points races
  - ❖ Knockouts
2. The objective in most competitions is to complete the total distance for the race in the shortest time possible.
3. At the beginning of the race, the skaters stand behind the starting line at 50 cm from each other. In mass start events, rows of competitors must be approximately 50 cm from each other.
4. The start may be repeated under the following conditions:
  - ❖ In races against time, when an athlete falls down because of a mechanical defect or any other reason for which she/he is not responsible;
  - ❖ In mass starts, when the falling down of one athlete causes the falling of several others, within the first lap from the starting line.
  - ❖ When an athlete starts before the signal is given, the start is cancelled and the athlete involved is penalized and after two violations, she/he is eliminated (for the first violation a yellow card will be shown and for the second violation and disqualification a red card will be shown).
5. During the initiation of the start the skate cannot leave the surface. The skate can roll but is not allowed to cut out of the back line. The oscillation of the skater's body is allowed.
6. The starter authorises the skater to go. The skater has 15 seconds to initiate the competition and if she/he does not do so, a false start will be declared and the skater will receive one warning.
7. In mass start, the ranking position of the athletes is determined according to the time at which her/his front tip of skate crosses the finishing line. At the finishing line, the leading skate must be in contact with the track or road surface. If the first skate is

not in contact with the ground then the front tip of her/his second skate decides the placement.

8. In the elimination race, the elimination will be established on the last part of the skate crossing the finishing line.
9. The race can be stopped only by the chief referee under certain critical conditions like poor ground or weather conditions, fall of a large group of skaters, or serious injury of one of the skaters.
10. In no case can athletes push other competitors or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct or help any competitor.
11. Athletes are not allowed to touch with their skate the ground outside the lines determining the course.
12. Athletes can repair a damaged skate, being careful not to obstruct the race. They can only receive from a third party the new skate or tools to repair them.
13. In the case of a fall, competitors who are still able to continue the race must stand up without any help from a third party. Otherwise, they shall be excluded from the competition.

## FUNDAMENTAL SKILLS OF SPEED SKATING

### Basic position:

- ❖ ankles straight up/down and bent/flexed forward
- ❖ skates parallel 6 – 8 inches apart
- ❖ knees over toes
- ❖ 90° bend at knees
- ❖ back bent at least 45°
- ❖ centre of gravity in middle of skates or slightly forward
- ❖ head up, looking 3-5 metres forwards

### Push to the side during the stride:

- ❖ complete extension of the pushing leg
- ❖ all weight transferred from push leg to glide leg
- ❖ 90° bend in glide leg
- ❖ skates should be parallel and pointing straight ahead
- ❖ centre of gravity over glide leg
- ❖ head, knee and foot of glide leg should be in same vertical line

### Arms:

- ❖ relaxed yet controlled
- ❖ hands open
- ❖ arm swing no higher than shoulders
- ❖ arms swing backwards and forwards
- ❖ slight bend in elbow in front

**Return of leg (Recovery):**

- ❖ legs parallel during recovery
- ❖ all weight on glide leg
- ❖ knees and feet come together when push is initiated
- ❖ leg relaxed after push to side
- ❖ glide leg bent 90°

**Turns:**

- ❖ push straight out along radius lines
- ❖ slight head rotation to left
- ❖ body lean to left
- ❖ left arm swing reduced
- ❖ feet close to ground during cross over
- ❖ push with pressure on the ball of the foot
- ❖ support leg bent 90°

**Starts:**

- ❖ skates parallel, 30° – 40° to the line
- ❖ skates shoulder width apart
- ❖ even weight distribution or centre of gravity slightly forward
- ❖ slight bend in leading arm
- ❖ trailing arm loosely extended behind
- ❖ arms and legs working in opposition, i.e. left arm/ right leg together and right arm/left leg together

**TERMINOLOGY**

**Barrier:** The outside wall, railing, or traffic line which form the boundaries of the skating surface.

**Blocking:** A foul; any unnatural method used by one skater to prevent another from passing, with or without body contact.

**Charging:** A foul; a trailing skater overtaking another skater in such a manner as to cause body contact, which disrupts the normal progression of the skater or skaters passed.

**Corner:** The area of the skating surface permitting the shortest linear dimension parallel to the barrier, or at right angles to the straightaway; the area of a skating surface of least length.

**Corner Marker:** A device, officially designated by rule as to size and construction, placed at each of the four corners of a speed track; also known as pylons.

**Distanced Skater:** A skater who is further than one lap behind the leader or leaders of a race and not in a position to place and is disqualified by the referee for being distanced.

**Elbowing:** A foul; use of the elbows by a contestant which interferes with the progress of another contestant.

**False Start:** 1. Any start which must be recalled. 2. Any infraction or irregularity on the part of a skater or skaters which necessitates a restart. 3. Any irregularity on the part of officials or spectators which necessitates a restart.

**Flying Start:** An illegal start; a skater being in rolling motion prior to the starting signal for a race. This does not apply to the open-type races where a rolling start is used, with the referee leading a pace lap or laps from the inside of the track to the timing line.

**Hipping:** A foul; the intentional use of the hips by a contestant to gain an advantage over or disrupt the progress of another contestant.

**Jamming:** A foul; a skater suddenly slowing up, causing the trailing skaters to run into each other.

**Loafing:** The act of any skater not skating to the best of her/his ability.

**Riding In:** A foul; contestant's body contact from the outside of the track forcing another skater from the line of travel.

**Riding Out:** A foul; contestant's body contact from the inside of the track forcing another skater from the line of travel.

**Shuttle Skating:** A foul; abnormal movement from side to side across the normal line of travel by a leading skater to hinder a trailing skater.

**Weaving:** A foul; irregular or unnecessary side to side movement of a contestant when skating the straightaway of the track.

**IMPORTANT TOURNAMENTS, PERSONALITIES AND AWARDS****Important Tournaments**

World Roller Games, Asian Roller Skating Championships, National Speed Skating Championship, National Roller Skating Championships, National Skateboarding Championship

**International Personalities**

Chad Hedrick (USA), Derek Parra (USA), Joey Mantia (USA), Alexis Contin (France), Pascal Briand (France), Shane Dobbin (New Zealand), Peter Michael (New Zealand), Reyon Kay (New Zealand), Brittany Bowe (USA), Ghizlane Samir (France)

**Arjuna Award Winners**

- 1988 — Naman Parekh
- 2015 — Anup Kumar Yama





## SUMMARY

1. Skating is a group of sports all of which involve travelling on solid surfaces using skates.
2. Skates are of three types: roller skates, inline skates and skateboards.
3. Skating developed originally in England in the 18th and 19th centuries before becoming popular in the USA in the late 19th century.
4. International non-ice-skating events are governed by World Skate.
5. Speed skating is one of many skating events and can be organised on a track or a road course
6. The objective in speed skating is to complete the marked distance in the least amount of time possible.



## QUESTIONS AND ANSWERS FOR VIVA

1. **In which city is the first recorded use of roller skates supposed to have taken place?**  
Ans. The first recorded use of roller skates is supposed to have taken place in London.
2. **What was the name of the inventor of the first inline skates?**  
Ans. The inventor of the first inline skates was John Joseph Merlin.
3. **What was the main reason for the early lack of popularity of skating?**  
Ans. The main reason for the early lack of popularity of skating was that skates used to be difficult to manoeuvre.
4. **Who is credited with designing the first quad roller skates with a rubber cushion?**  
Ans. James Joseph Plimpton, an American, is credited with designing the first quad roller skates with a rubber cushion.
5. **What was the original name of World Skate when it was set up in 1924?**  
Ans. The original name of World Skate was *Fédération Internationale de Patinage a Roulettes* (FIPR) when it was set up in 1924.
6. **In which year was the Roller Skating Federation of India founded?**  
Ans. The Roller Skating Federation of India was founded in 1955.
7. **Which skating event is among the five new events included at the 2020 Tokyo Olympics?**  
Ans. Skateboarding is one of the five new events included at the 2020 Tokyo Olympics.
8. **Name any four skating disciplines in which events are organised by the Roller Skating Federation of India.**  
Ans. The Roller Skating Federation of India organises events in speed skating, artistic skating, roller hockey, inline hockey, inline freestyle, alpine skating, downhill skating, roller derby, roller freestyle, skateboarding and roller scooter. (Choose any four)
9. **What is the maximum length of the track allowed in speed skating?**  
Ans. The maximum length of the track allowed in speed skating is 400 m.
10. **Cite any two conditions under which the start may be repeated in speed skating.**  
Ans. The start can be repeated in speed skating if an athlete falls down because of a reason for which she/he is not responsible or if an athlete starts before the signal is given.
11. **What is the maximum length of the skate allowed in speed skating?**  
Ans. The maximum length of the skate allowed in speed skating is 50 cm.
12. **Name any three fouls that are committed by athletes in speed skating.**  
Ans. Fouls committed by athletes in speed skating include blocking, charging, elbowing, hiping, jamming, riding in, riding out, shuttle skating and weaving. (Choose any three)
13. **Name the two athletes who have won Arjuna Awards in skating as of 2019.**  
Ans. The two athletes who have won Arjuna Awards in skating as of 2019 are Naman Parekh and Anup Kumar Yama.