

Resources

Ice Skating Institute Office

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Your local library is an excellent source of information about skating. You can check with any skating centers in your area. There might also be a local skating club where you can obtain more information.

In addition to metric racing, the United States and Canada also skate pack-style long track, with up to eight skaters on the track.

Short Track

- Is skated on standard (200-by-85-meter) or Olympic size (200-by-100-meter) hockey rinks.
- Is skated on a track of 111 meters.

Four to six skaters start on the line, with the first skater across the finish line declared the winner.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children.

Long- and short-track skaters can begin their ice experience as early as five years old, while many adult skaters continue through their 60s and 70s.

Types of Ice Skates

Skating Rules

- Make sure your skates are laced firmly.
- Always watch where you are going.
- Skate in the same direction as everyone else.
- Do not skate too fast.
- Do not skate behind people and surprise them.
- Do not tease others who are learning to skate.

Ice Skating Games

Noncompetitive: Racing on Ice, Relay Races, Sprint Races, and Lap Races.

Competitive: Skill Competitions, and Obstacle Course Skills Competition.

Speed Skating on Ice:

The World's Fastest Self-Propelled Sport

Ice speed skating is composed of two styles: **long-track** (metric) and **short-track** speed skating.

Long Track

- Is skated on a 400-meter oval.
- Is a competition against the clock.

Two skaters on the track compete for time in distances from 500 to 10,000 meters.



Rink skate



Speed skate



Figure skate



Hockey skate

This Cub Scout sports program is developed in cooperation with the Ice Skating Institute of America.