

Agreements and Regulations

Short Track Speed Skating

BeNeLux-Cup 2025-2026



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Foreword

In this document “Agreements and regulations - BeNeLux-Cup 2025-2026” you can find information about the organization of the KNSB Regional Competition Netherlands South (Gewest Noord-Brabant / Limburg / Zeeland), combined with Belgium and Luxembourg, also known as the BeNeLux-Cup.

In this competition both beginning skaters and more experienced skaters will be given the chance to participate. Especially for younger skaters, the BeNeLux-Cup is seen as an introduction to Short Track Speed Skating.

It is important that beginning skaters have good guidance from their club so they will have a positive experience in a good atmosphere.

Also it is important that these skaters learn to follow the rules and how to deal with them. When a penalty is justified, skaters should get it. This is very important to guarantee the safety during races and also contributes to a fair competition climate. All ISU racing rules apply.

The competitions will be organized in accordance with the latest ISU Regulations and relevant ISU Communications.

By competing in the BeNeLux-Cup, clubs and skaters agree to the Agreements and Regulations as described.

Any questions and/or comments can be addressed to the primary contacts for the BeNeLux-Cup via your primary contact of your clubs secretariat.

Primary contacts BeNeLux-Cup 2025-2026

Gunter Werner	Belgium
Mark Schippers	the Netherlands
Kaj Backström	Luxembourg

Furthermore, the Agreements and Regulations as mentioned on the following pages apply.

We wish you all a pleasant Short Track Speed Skating season!

Calendar season 2025-2026

Date *	Location
Sunday September 28th 2025	Hasselt, Belgium (Date To Be Announced)
Saturday November 15 th 2025	Nijmegen, the Netherlands
Sunday December 7 th 2025	Tilburg, the Netherlands
Sunday December 14 th 2025	Luxembourg, Luxembourg
Sunday March 8 th 2026	Deurne, Belgium

* Due to circumstances, the given date, location and/or time can be changed by the organizing committee of the competition.

Conditions for participating

Participation in the BeNeLux-Cup

All skaters registered by a club in Belgium, the Dutch region “Gewest Noord-Brabant / Limburg / Zeeland” or Luxembourg are allowed to participate in the BeNeLux-Cup.

Participating skaters must have a valid competition license from their own federation in order to compete in the BeNeLux-Cup.

Participating in other regions (only applicable for skaters from the Dutch clubs)

As stated in KNSB Communiqué 6, skaters can only compete in their own region, in which case the region will be decided by the club registration of the skater.

Participation in other regions is only allowed if, with good reason, participation in their own region is undesirable. A motivated request to participate in another region can be delivered via the club secretariat and can only be approved if both regions agree to participate in the other region.

Participation of skaters from outside the region

1. Participation of skaters from Dutch regions is only possible if skaters are not allowed to participate in their own region, due to their regulations. This will only be possible for skaters in age category Jun ABC or Senior/Master.
2. Participation of skaters from other countries is possible for skaters in age category Jun ABC or Senior/Master.

These skaters should be entered by their club secretariat on the waiting list on <https://shorttrackonline.info/entry.php> (see Page 11: Registration for participating for skaters from outside the region)

Organizing Committee & Competitor Steward will make a decision on the accepted competitors and inform their clubs secretariat.

Protective equipment

Junior D / E / F

For skaters competing in one of these categories, the minimum protective equipment consists of;

- A (Short Track) helmet
Large aeration holes and openings, through which a skate blade would fit (no longer or larger than the thickness of the helmet), are forbidden
- Cut resistant neck protection (integrated in racing suit or separate neck guard)
If a neck guard is used, it must be placed under the suit in such a way that a blade cannot slide under the guard. The neck guard shall cover entirely the neck to below the chin regardless of the Skater's position.
- Cut resistant gloves
- (Cut resistant) knee and shin guards
- Safety-goggles

Skaters in these categories are strongly recommended to wear cut resistant ankle protection and a cut resistant suit (minimum level 2)

Junior A / B / C / Senior / Masters

In addition to before mentioned protective equipment, skaters in these categories shall at least wear;

- An ASTM approved helmet
- Cut resistant suit, minimum level 2 (level 3 is highly recommended!)
- Cut resistant shin guard including hard shell
- Cut resistant knee padding
- Cut resistant ankle protection or socks

Further details and obligations can be found in ISU communication 2586 (Protection equipment in Speed Skating and Short Track Speed Skating)

Liability

In accordance with I.S.U. Rule 119, the Organizing Committee assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the events in the BeNeLux-Cup.

General rules and regulations

Agreements and regulations Short Track BeNeLux-Cup

Every year, prior to the start of the new season, but preferably before September 1st, the document “Agreements and Regulations Shorttrack BeNeLux-Cup” for the upcoming season is published on www.shorttrackonline.info.

In principle, the Agreements and Regulations are valid for the entire season and can only be changed during the season if a majority of the organizing clubs agrees to this change. Changes during a season will only be applicable by exception.

In principle, the current agreements and regulations will remain valid for the upcoming season. The organizing clubs will always be looking for improvements and therefore suggestions can be done to the primary contacts of the BeNeLux-Cup (before April 30th). Changes for upcoming season will be made if a majority of the organizing clubs agree.

Number of competitions

Clubs will aim to organize a total number of 5 competitions in the BeNeLux-Cup per season. The organizing clubs will therefore keep in contact with each other when the previous season ends, to discuss their intentions on organizing a competition in the upcoming season.

Before the new season starts, the calendar for this season will be determined and communicated to the clubs via the document “Agreements and Regulations Short Track BeNeLux-Cup”. Preferably the competition dates are set before September 1st, but in some cases circumstances are in place, where the dates are not yet known or need to be changed.

Competition rules and regulations

Category

Category will be determined by age on July 1st 2025

Senior & Masters	19 +
Junior-A	17 / 18
Junior-B	15 / 16
Junior-C	13 / 14
Junior-D	11 / 12
Junior-E	09 / 10
Junior-F	8 and younger

Combined age-categories in groups

In order to create an attractive and safe competition for all participating skaters, different age categories will be combined in groups. If necessary by the number of skaters and for safety measures, the groups will be divided in divisions. (div. A for the fastest skaters in a group, div. B for the next etc.).

The placement in groups will be as followed for all organized competitions in the BeNeLux-Cup;

Junior D / E / F (JunDEF)

Junior A / B / C / Seniors / Masters (JunABC/SM)

- For group JunDEF, the divisions will be determined by the best 500m time of the skater in the current or previous season.
- For JunABC/SM, the divisions will be determined by the best time of the skater on the programmed distance in the current or previous season. If more than one distance is programmed for this group, the shortest distance will be applicable for the determination in divisions (only if the shortest distance is 500m or higher).

Dispensation to compete in another age category

Clubs can file a motivated request for skaters to compete in a higher age category in the BeNeLux-Cup. Any approved request is only valid for the current season of the BeNeLux-Cup and therefore this skater can win prizes in this category.

The correct procedure is;

- The club secretariat of the skater files a motivated request to the primary contacts BeNeLux-Cup (**at latest 3 weeks** prior to the first competition in which the skater will compete)
- The organizing clubs will deliberate and come to a decision (at latest 10 days prior to the competition). The decision will be communicated to the club-secretariat. Decisions are not open for discussion.

The following aspects will be taken in careful consideration to come to a decision:

- o Fastest time on 500m in comparison with other skaters in the own age category and in the higher age category:
When a skater request to move up an age category, he or she must be significantly faster than the other skaters in their own age category **and** must be able to compete with the skaters in division A of the requested age category
- o Safety of all competitors (Short Track experience, length/weight, speed)

Distances

Based on the number of participating skaters and available time, the organizing committee, with support of the Competitor Steward, will make the program and determine the distances that will be skated in the competition. For all distances, the program will be following the “all-final system”. Clubs will try to make a program with a variety of distances to be skated throughout the season.

To ensure skaters ranked in a lower division have the possibility to qualify for a higher division in the next competition, organizing committee & Competitor Steward will strive to schedule a full set of distances which are used for division ranking (500 / 1.000 / 1.500 m). If this is not possible, for example due to time schedule, a minimum of 1 race in one of the beforementioned distances is scheduled for those skaters.

Relay races

In addition to the individual distances, the organizing committee, with support of the Competitor Steward, will try to fit a relay race in the program:

- clubs can enter relay teams (it is allowed to freely mix genders in the relay teams),
- to ensure that as many skaters as possible can compete in the relay races, teams may also consist of skaters from different clubs,
- the organizing committee will inform clubs about the procedure of entering relay teams on the competition day, after consultation with the Competitor Steward.

The aim of relay races is to let skaters get used to skate relay races. To ensure that skaters learn from possible infringements, coaches have a duty to inform their skaters of the infringements seen in the relay races.

Officials & volunteers

For every competition the organizing committee will ensure that enough volunteers are in place, to be able to organize a good competition. Help from other clubs can be requested to ensure that enough experience is in place at crucial functions and new volunteers to learn from them.

The following functions need to be presented by experienced officials in every competition organized in the BeNeLux-Cup:

- Starter
- Head referee + assistant referee
- Competitor steward

Timekeeping

The organizing committee will preferably strive for electronic timekeeping for the competition. The organizing clubs are looking into the possibilities for a standard for timekeeping, but for now the organizing club is responsible.

If manual timekeeping is being used, the correct procedure and equipment needs to be used. This procedure is distributed among the organizing clubs in the BeNeLux-Cup.

Classifications, rankings and ceremonies

Award ceremony per competition

After each competition, except for the last competition of the season *, an award ceremony for the overall classification of the competition day will take place for the following categories **:

Junior-F Boys	Junior-F Girls	(All skaters receive participation prize)
Junior-E Boys	Junior-E Girls	(All skaters receive participation prize)
Junior-D Boys	Junior-D Girls	
Junior-C Men	Junior-C Women	
Junior-B Men	Junior-B Women	
Junior-A Men	Junior-A Women	
Senior & Masters Men	Senior & Masters Women	

** After the last competition of the season, an award ceremony for the overall classification of the Short Track BeNeLux-Cup 2025-2026 will take place for the mentioned categories.*

*** Skaters from outside the region will be included in the classification for the competition day. However, these skaters are not included in the overall ranking of the Benelux Cup.*

Points for the overall classification of the BeNeLux-Cup (<https://shorttrackonline.info/rankings.php>) will be scored as followed; 1st place 1000 points, 2nd place 970 points, 3rd place 941 points etc. (minus 3 % for each place in the ranking).

In the overall classification for the BeNeLux-Cup, the result of one competition (the one with the least points or in which the skater did not participate) will be deleted.

In case of a draw (equal number of points) in the overall classification of the BeNeLux-Cup, the following rules apply to split the draw:

- 1) skater with the highest points in the “non-counting” competition will be ranked higher;
- 2) skater with the highest points scored in an individual competition of this season’s BeNeLux-Cup will be ranked higher;
- 3) skater with the highest points scored in the final competition of the BeNeLux-Cup will be ranked higher

Participation in “Regional finals”

An extra classification will be made up to determine which skaters will participate in the “Regional finals”:

Junior-D/E Boys	Junior-D/E Girls
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For the highest ranked skaters of the regional competitions a final competition is organized by the KNSB. The number of competitors per region is determined by KNSB Sectiebestuur and will be published in KNSB Communiqué 6 “Regionale wedstrijden en Regiofinale”.

For season 2025-2026 from each region 8 boys & 8 girls (plus 2 reserve skaters per category) will be invited to participate in this competition.

The skaters:

- must have participated in the BeNeLux-Cup in group JunDEF,
- are categorized as Junior-D or Junior-E by their age,
- are ranked in the overall classification of the BeNeLux-Cup in place 1 to 8

The 2 reserve skaters will be appointed as followed:

- all Jun D/E skaters will be ranked on basis of the times skated in this seasons BeNeLux-Cup on a 500mtr
- the 2 highest ranked skaters (per gender), who didn't qualify for participation through the overall ranking, will be appointed as reserve skaters

If a qualified skater withdraws from the regional finals, the highest reserve skater from the respective region will be invited to participate.

Skaters who competed in the BeNeLux-Cup with dispensation are excluded from participation in this competition.

Entry

Announcement

The announcement for the competition will be published on <http://www.shorttrackonline.info> at the latest 3 weeks prior to the competition.

The announcement for the competition will contain at least the following information;

- Competition is being organized following the "Agreements & Regulations BeNeLux-Cup"
- Organizing club and contact information (contact via club-secretariat of the skater)
- Date, provisional time-schedule & location of the competition
- Possibility for skaters from outside the region to join the competition (copy text "Participation of skaters from outside the region")
- Entry dates
- Entry fee and payment procedure
- Liability clause (ISU Rule 119)
- Starting rules (for season 2025-2026 one false start is allowed)

Registration for participating

For each competition skaters, coaches and team leaders need to be registered by the club secretariat via <https://shorttrackonline.info/entry.php>

Entry closes on the Friday the week prior to the competition.

Registration for participating for skaters from outside the region

Skaters can be registered by their club secretariat on the waiting list. After closing of the entry, the organizing committee and Competitor Steward will decide how many and which skaters will be let in to the competition. Organizing committee will inform the club secretariat of the skaters at the latest Monday prior to the competition.

If more places become available later in the week, other skaters from the waiting list can be contacted (via their club secretariat) to join the competition.

Withdrawal from participating until entry deadline

Until the registration is closed, skaters can be withdrawn from the registration list by the club secretariat.

Withdrawal from participating after entry deadline

After the registration is closed (orange button "closed" on <https://shorttrackonline.info/entry.php>) skaters can be withdrawn from the registration list by the club secretariat until Thursday prior to the competition.

Withdrawal from participating after closure

After closure of the entries (Thursday prior to the competition until the evening before the competition) the club secretariat can withdraw skaters by sending an e-mail to the organizing committee (contact details can be found in the published announcement).

Participating clubs have a responsibility to point out to skaters that late withdrawals are undesirable and only allowed due to events beyond their control (e.g. illness, injury, unforeseen circumstances).

Withdrawal from participating on competition day

Withdrawal on the competition day must be done by the club secretariat, team leader or the individual skater. This needs to be done at the registration desk as soon as possible.

If a skater needs to withdraw during the competition, the competitor steward must be informed as soon as possible.

Entry fee for the competition

Entry fee for the competition is to be determined by the organizing committee and may vary per competition due to different circumstances. Organizing clubs take into consideration that the entry fee must cover the expenses for organizing the competition, but will not strive to make profits from organizing competitions in the BeNeLux-Cup.

Competition day

For a smooth competition day the following regulations are in order.

Registration by the registration desk

At least 30 minutes before the program starts (warming-up or first race in case no warming-up is on the program), all skaters are present. When arriving, all skaters must be registered by the desk by the team leader of their respective club.

Notice of late arrival

If a skater is not able to be present 30 minutes prior to the start of the competition, the team leader will notify this to the registration desk.

Warming-up (on-ice)

- During the warming-up skaters are obliged to wear their helmet numbers.
- During the warming-up a practice start is only allowed on the middle-line on the inside of the track!
- Cooldown or slow-skating on the inside of the track, not at the outside near the boarding.

Heatbox and coach area

The heatbox area is only for skaters. Since the heatbox area leaves a small amount of space, please make sure skaters who need help with helmets and/or tying laces are ready before entering the heatbox area.

Skaters should leave the heatbox-out area after collecting their belongings, to make way for the skaters in the next race, coming of the ice.

The coach area is only for coaches and team leaders. Skaters can report to their coach in the coach area prior/after their race for feedback, but can't stay in the coach area.

Starting rules (false start)

As the BeNeLux-Cup is considered an introduction to competing in Short Track competitions, one false start per race is allowed.