



# Freestyle Rules & Etiquette

**For the benefit of all, we ask all parents, skaters, and coaches to observe the following guidelines so that freestyle sessions can be a safe and positive experience for all.**

1. Parental coaching is not allowed. This is a distraction for both skaters and coaches alike! Please support your child from the stands.
2. A serious work atmosphere must be maintained at all times. Skaters and Coaches should not be interrupted while on the ice. Skaters should be on time and may not leave the ice during training without permission from a coach.
3. All skaters should show respect for coaches and other skaters. All skaters are entitled to equal use of the ice. A friendly and courteous "Excuse me...", works wonders in educating new or inattentive skaters. Apologize if you accidentally interfere with another skater's practice.
4. Skaters who are performing their music program have first right of way, followed by skaters in a lesson. However, on busy sessions skaters are limited to skating their program once in any 15 min. period. Music will be played and queued via the arena computer Key Card system. Coaches should work with their own portable CD Player or Blue-Ray Player if they are using music for an extended period or if they have a student who does not have a key card. Music should not be played excessively loud! Skaters should wear the colored safety belt to be more visible on busy sessions. No cell phones or other music players may be plugged into the music system without arena approval. Skaters may not skate with head phones at any time.
5. Yelling, screaming, temper tantrums, profanity or disrespect for authority will not be permitted. Anyone doing so will be asked to leave the ice, with no refund!
6. Skaters should not stand around in groups talking or playing. Remember these sessions are for serious practice only.
7. Skaters must respect the ice, no kicking or intentionally making holes in the ice.
8. Everyone must pick up after themselves (water bottles, tissues, skating equipment, etc.). Food is not allowed at any time on the barrier for anyone!
9. Please be observant in the Lutz corners. These are ALL FOUR corners of the ice surface. Lutz's are backward jumps and the skater cannot see to avoid other skaters in these corners. In general, spins should be practiced in the center and jumps in the track. Coaches using a circle should choose the center circle or "lefty" circle as much as possible.
10. KEEP MOVING. If you fall, get up immediately! DO NOT sit on the ice. Coaches and skaters should be aware of Moves In The Field, and Ice Dancing patterns to avoid collisions. Move to the barrier if you are not actually skating.
11. All coaches are responsible for monitoring rules and safety during freestyle sessions. All suggestions or reprimands are to be received with sincere respect and courtesy. A skater's primary coach is not the only coach with authority over a skater during freestyle sessions.
12. Cell Phones, Personal Digital Music Players, Food, Glass Beverage Containers, Tot Props, and Hockey Sticks are not allowed on freestyle sessions. During busy sessions personal items like handbags and water bottles should not be placed on the barriers.
13. Tots and beginners under the age of 8 must be under the supervision of a coach. They may only skate during a private lesson unless given permission by the Skating Director .
14. Coaches who use the overhead track "Jump Harness" must be qualified and use it in a safe manner. No playing, hoisting or swinging students at any time! Hand held "Fishing Pole" harnesses may be used by qualified coaches if used safely. Coaches using both types should be conscious of other skaters.
15. Skaters must pay for ice time before they take the ice. No exceptions!