

RED ROSE FIGURE SKATING CLUB

FREESTYLE ICE RULES

Basic Rules Governing All Behavior

1. Please respect the rights and property of others.
2. Please respect the property of the arena.

Specific Rules Governing Freestyle Skating Sessions

1. All skaters and coaches must adhere to the stated freestyle ice level regulations, located in the blue clipboard.
2. Drinks are allowed on or below the railing. Food and breakable containers are not permitted near the rail or on the ice. Please pick up all your belongings and trash at the end of the session.
3. The use of any portable audio device on ice is prohibited.
4. Skaters and parents may not interrupt another skating lesson.
5. Parents, skaters not in the session, and other spectators should not loiter at the rail, benches, or doorways. This is unsafe and it interferes with a constructive training session.
6. Coaching by parents from the bleachers, benches, doorways or railing is **not** allowed at any time. Parents will be asked to leave the arena if this happens. Underaged skaters will have to leave with their parent if this occurs. In addition, only coaches, skaters, and ice monitors are allowed in the hockey boxes and music area.
7. Skaters and parents not wearing skates are prohibited from being on the ice during a freestyle session. Coaches carry their own liability insurance covering this.
8. Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners. Remember to look both ways before leaving the railing or skating across the ice.
9. If skaters must talk to someone **off** the ice, even if for a brief time, they need to get off the ice to do so or the skater will be asked to leave the ice.
10. Many freestyle and dance moves require space. Extra caution and common sense should be used by the skater to ensure adequate clearance when doing these moves.
11. It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern.
 - a. If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do. If you are not in a lesson or running a program, try to stay close to the boards.
 - b. If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyle ice at one time, too.
 - c. Please be understanding if someone gets in your way.

Right of Way

1. Skaters taking private lessons have the right of way. Skaters doing a routine to music, in their lesson, have priority.
2. Skaters on the harness also have the right of way. Please be careful of the harness area.
3. Skaters doing a routine to music, out of a lesson, have the right of way over general skaters in the session. Every effort should be made to stay out of the way these skaters. Skaters should not, however, expect to perform their program without interruptions on the ice.

Music

1. Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches.
2. After a skater's music has been played, their music or another program may be put at the end of the line to re-enter the rotation. Dance music can take the place of program music. Please do not stop and restart your music repeatedly if others are waiting in line.
3. Coaches may put the music of the student they are teaching ahead of other skaters not in a lesson. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line.
4. If there is a crowd of 10 or more skaters, skaters must follow the posted ice rules regarding the running of programs in and out of a lesson. This typically occurs in the weeks prior to competitions and test sessions.

Prohibited Behavior

1. On the ice, skaters must not: kick, stomp feet or drag toes, stand, sit or lie in one spot, curse or use inappropriate language, race or play tag (unless instructed by a coach during group lessons), chew gum, smoke, throw objects, sit on boards, use a cell phone, eat or drink while skating (drinks being kept on the boards is acceptable). Alcohol and illegal drugs are strictly prohibited.
2. Equipment (i.e., cones, bands, etc.) must always be in the control of the skater and/or the coach. Use of hockey sticks and pucks together is prohibited on the ice.
3. Being verbally abusive to other skaters or coaches is prohibited.
4. Deliberately challenging, scaring or intentionally blocking another skater is prohibited.
5. Videotaping anyone other than your own skater is strictly prohibited.

The fundamental rules of courtesy, good sportsmanship, and common sense apply at all times. The first infraction of a rule, skaters will be issued a warning. The second infraction, skaters will be asked to leave the ice for a session. Should a concern arise, skaters must speak to their own coach first and then to the monitor, or one of the Skating Directors. The monitor or member of the RRFSC coaching staff has the authority to correct those violating the rules. The Board reserves the right to enforce such discipline as it deems necessary for the safety and well-being of other skaters.