

Freestyle Session Rules



Where to practice jumps:

Practice jumps (not in a program) shall be performed on either end of the ice.

Where to practice spins:

Practice spins (not in a program) shall be performed in the middle of the ice.

No socializing on the ice:

Skaters shall not stand, congregate, practice for prolonged periods or perform spins in corners. Doing so prevents other skaters from executing jumps. Have social discussions at the boards or off ice. Freestyle sessions are meant for skaters to skate...so keep moving! Use the entire ice.

Playing program music:

All skaters on Freestyle Sessions have the right to play music in the boom box.

1. Skaters performing a program to music **must wear the orange belt**.
2. If a skater puts on a program cd and **does not have the belt on, music can be turned off**.
3. To insure everyone has a fair chance of getting music played, **the music order will be 1 skater to 1 coach at all times**. Skaters & Coaches must follow music order.
4. Coaches must put a "post it tag" on their cd to indicate they are a coach.
5. **There will be no cutting of music in line. Skating Etiquette:** The last person to play music should call out the next skater's name in line and push play for that skater. Coaches should also do the same for other skaters/coaches.

Right of way:

1. Skaters wearing the orange belt have the first right of way. Everyone must look for the belt while skating and yield right of way.
2. Skaters in a private lesson have the next right of way.
3. If a skater is in a lesson with a professional partner, for safety reasons, they have right of way over any skater except a skater with the orange belt.
4. If a skater is in the middle of the rink performing a spin, for safety reasons, they should complete the spin before yielding to other skaters.
5. Coaches need to keep moving and not stand on the ice. Beware of jump/spin areas and who is wearing the belt. Keep eyes open and really watch all areas of the ice.

Props:

Skaters may only skate with props while in a private lesson. Coaches are responsible for safety issues. Be aware of all skaters while setting up a prop and never leave it unattended on the ice. When not in use, prop must be completely off the ice.

Personal Belongings:

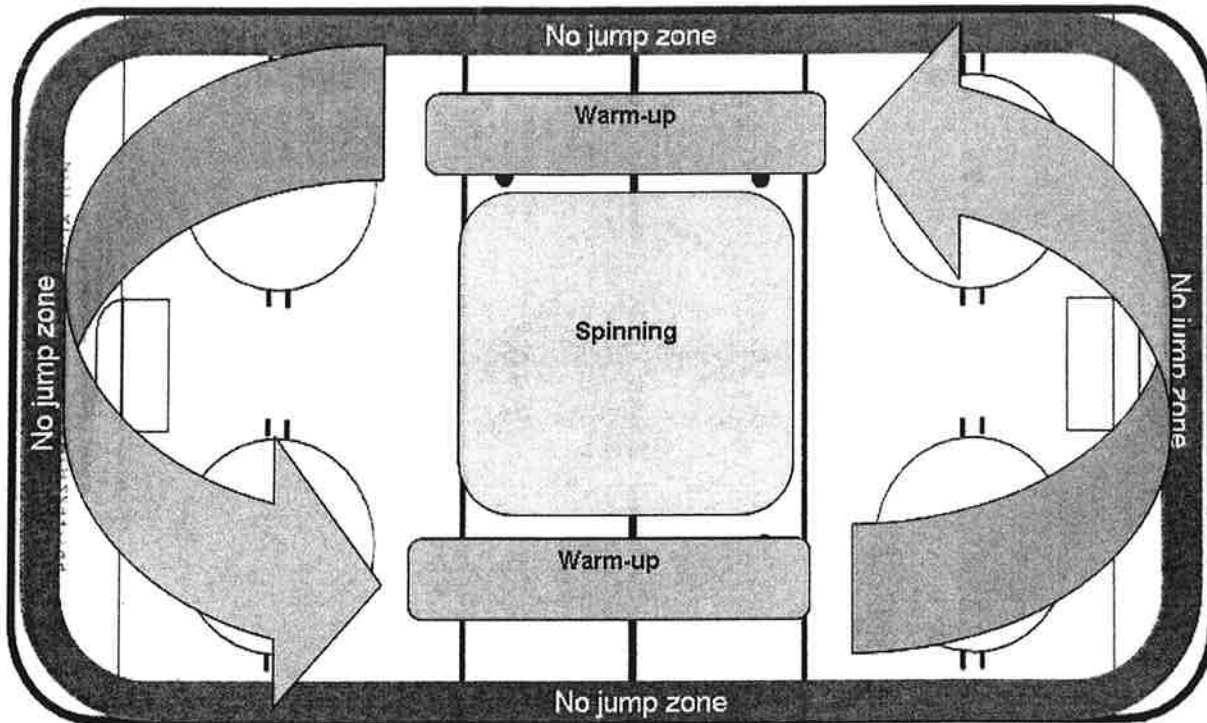
Skaters are responsible for keeping the hockey boxes free of clutter. Tissues, bottled water, cds, skate guards, etc must be picked up after each session. **Skaters may not wear personal headphones on the ice.**

Monitoring:

Coaches are to insure that all skaters understand the rules governing Freestyle Sessions and are to monitor all sessions for safety.

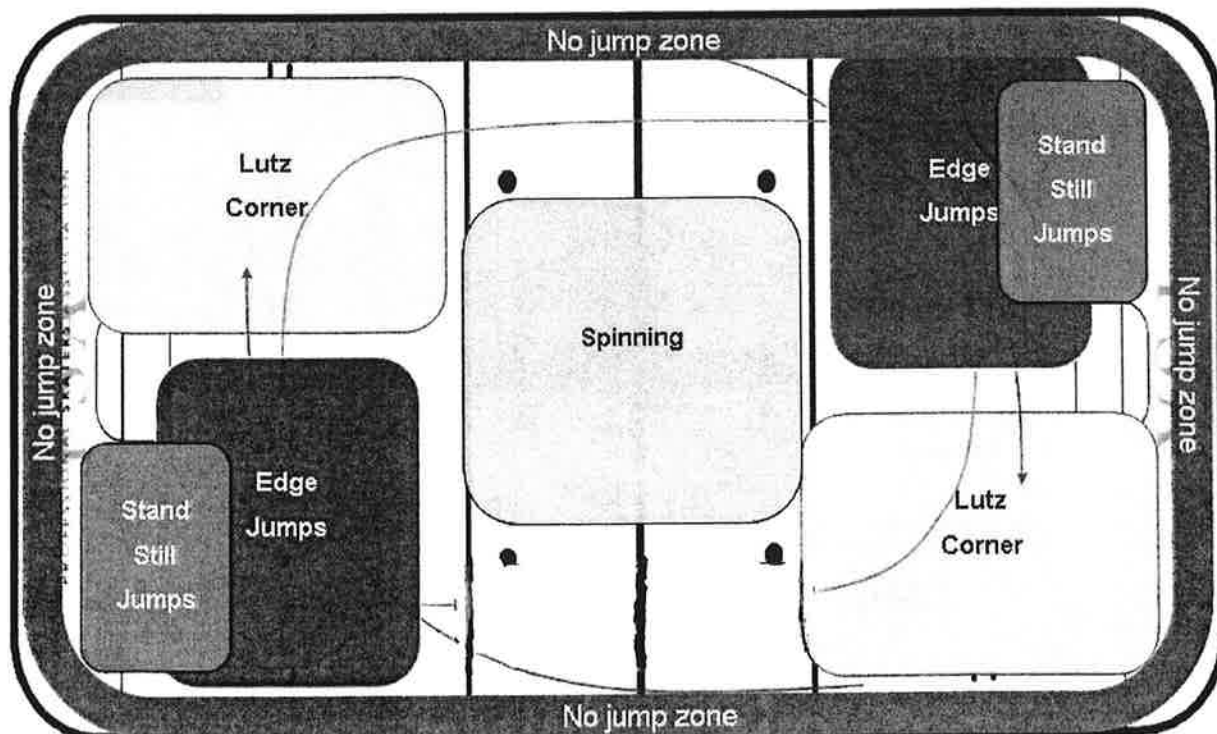
Freestyle Session Diagrams

Suggested Warm Up Pattern



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Suggested Traffic Flow Pattern



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