



## FREESTYLE RULES FOR FIGURE SKATERS & COACHES

### Before You Skate

- Freestyle sessions are in 30-minute blocks of time and there is a maximum of 25 skaters per session. It is important for all skaters to note the number of skaters signed up for the session(s) they wish to participate in.
- All skaters and coaches must sign in and pay for the ice time by session (including virtual coaches). Please sign-in and pay *before* stepping on the ice. Sign-in for virtual coaches is the responsibility of the student skater receiving the virtual lesson.
- All freestyle skaters must have passed Free Skate 1 to skate a freestyle session alone. The Free Skate 1 designation will be at the discretion of the MSIH Skating Director, and skaters will be assessed to ensure they are at the required level. In addition, figure skaters 7 years old and younger must be in a lesson with a certified coach to be on the ice, regardless of ability level.

### While skating

**On Ice Conduct** - Standing, sitting or game playing on the ice is not permitted.

**Allowable Hydration** - Bottled water or sports drinks are allowed, however glass bottles, chewing gum, or food are not permitted.

**Situational Awareness** - A single Earbud from this type of device is permitted provided the skater is aware of their surroundings and be at a volume level in which they may hear normal audible warnings or commands from other skaters and coaches present on the ice. All freestyle skaters must be able to hear warnings from coaches and other skaters.

**Music** - Freestyle music will be played in a rotational order. The exception to this is lesson music that will be played out of rotation only by the coach. After the lesson the music will be placed back in the rotation order.

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## **Areas of Practice**

- a. Spins are practiced in the center of the arena.
- b. Jumps are executed in the corners or at either end.
- c. Practicing of choreography and other connecting steps must be kept moving.

## **The Rules of Right of Way shall follow:**

First Position - A skater in a lesson using the harness with a coach.

Second Position - A skater running through a program with music in a lesson.

Third Position - A skater in a lesson.

Fourth Position - Running through programs with music out of a lesson.

Fifth Position - Out of a lesson.

## **Virtual Lessons -**

Virtual coaching is allowed, but all coaches teaching virtual lessons must have a signed all necessary coaching credentials, coaching insurance, and rink coaching contract on file. In addition, virtual coaches must abide by the same rules and pay the same fees as all in-person coaches at the Ice House.

Virtual lessons do NOT have right of way. A virtual coach is not able to properly supervise their students or watch out for other skaters.

## **Group lessons -**

During regular Freestyle sessions, no more than four students are permitted to participate in a group lesson with a coach. Group Lessons should not monopolize large areas of the ice and extreme caution and courtesy should be exercised when skaters are skating at high speed in a group. With any lesson involving more than one skater, MSIH and FSCM instructors are asked to be cognizant of the impact that small groups can have on the quality of a session.

## **Ice Etiquette -**

Skaters or parents yelling during a freestyle is prohibited. We should all respect each other, talk calmly, and always treat other skaters and coaches with respect. Advanced skaters are expected to exhibit patience toward beginner skaters...remember, you too were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters. Skaters will avoid areas where coaches are in a lesson. Unsafe or discourteous behavior of any kind will not be tolerated. The Skating Director will give first, second and third warnings leading to the skater being sent off the ice and a possible suspension from the facility.

Follow the Golden Rule "Treat others as you would like to be treated"