



## Freestyle Rules

1. All Skaters and Coaches must PAY and REGISTER for each Freestyle BEFORE going onto the ice. The ice monitor will immediately remove any skater who is has NOT REGISTERED ONLINE prior to the start of the freestyle. (This rule also applies to skaters who are in a private lesson)
2. Parents are not allowed to talk to skaters, or teach from the door to the rink. The doorways should be clear and whenever possible closed. **Parents are not allowed in the hockey boxes.** Also parents should not communicate or interfere with skaters while they are on the ice.
3. Water only on sessions. (*No Starbucks, Cokes, Gatorade etc.*)
4. No food to be taken on the ice during sessions.
5. No cell phone use during sessions. (Playing one's music from a phone is the only exception.)
6. Music sign-up procedure: If you are not in lesson, sign your name on the clipboard in a "skater" spot. Do not sign up again until your music has been played from the first request. Make your music run-throughs count! The music order of will be: **Coach> Coach> Skater.**
7. The skater whose music is being played has the right-of-way. Skaters in lesson have the second right-of-way. That means if so-and-so is doing a jump in YOUR spot, but he/she is in a lesson, YOU have to move.
8. Background music may be played between program run-throughs however such music should be pleasing for all skaters attending the session and should not contain excessive swearing or be generally unsuitable for young audiences.
9. Skaters must wear their own personal skates. No hockey skates or hockey equipment to be used. Clothing must be appropriate for figure skating. No jeans are allowed. Long hair must be tied back and neatly presented. School clothes and fashion clothing is not suitable.
10. Skaters or Coaches that deliberately kick the boards or the ice, swear, or generally interfere with other skaters or coaches during training sessions will be removed from the ice for that day.
11. Skaters or Coaches who are **excessively loud** or shout at students to the point of disrupting other skaters and coaches will be asked to tone down their behavior.
12. Skaters or Coaches are not allowed to sit on the boards.
13. Skaters or Coaches deliberately damaging rink property will be removed from the facility indefinitely only to be allowed back into the rink after re-authorization from Bellerive Ice Center Management.
14. Use proper jumping and spinning patterns. Spins should be practiced in the middle and jumps on or around the two hockey circles at the ends of the rink.
15. Skaters should minimize talking during training sessions. Focus your time and energy on what you want to accomplish during a session, and then do it.
16. If there is a collision of any kind between skaters, both parties are to do the following, no matter who is at fault: *Skate over to the other person involved, ask him/her if she is okay, apologize for the collision.*
17. A skater that has a fall, concussion, or injury should leave the ice (if safe to do so) and seek professional medical assistance. The manager on duty should be notified immediately.
18. Injured skaters must contact the manager on duty and if necessary file a incident report.

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*Bellerive Ice Center reserve the right to refuse admission.*