National Sports Center Figure Skating Ice Rules

www.superrink.org

** Good sportsmanship is expected of all skaters, parents and coaches both on and off the ice.

** Courtesy is to be shown for a skater performing their program to music. Please give the skater the right of way and move out of the way whenever possible.

** **Please keep all the doors onto the ice closed for the safety of the skaters**. If a skater needs to talk with someone who is off ice while they are on ice – PLEASE exit the ice surface and shut the door until you return to the ice. We need to keep the door closed for the safety of the skaters and it is very distracting to have the door opening and closing during the sessions.

** Player boxes should be empty during ice sessions.

** Anyone in the stands will need to refrain from visiting with or coaching skaters during ice times.

** All skaters must check in before they enter the ice in on the check in sheet posted near ice entrance.

** If you are on the ice surface you must be in motion. If you must stop for any reason, please move to the sideboards and look around before leaving the boards again to avoid colliding with another skater. Skaters will be asked to move to the side of the rink if they are visiting on the ice surface. This is for the safety of ALL the skaters.

** Skaters must avoid the jump harness when it is in use.

** **All music will be played by the rink iPad system email music to NSCfigureskatingmusic@superrink.org. All skaters may only have ONE music selection in line at a time. Music order will follow lesson, lesson, non-lesson (when applicable).**

** **Random skaters and guest coaches will need to email any music to the above email a minimum of 3 days prior to the session to give time to upload music to iPad. Music will only be played off the iPad on contract ice sessions.**

** Coaching from the sides is encouraged.

** ALL Spins should be practiced in the middle of the rink; exception beginning spins may be practiced at the end of rink between the wall and the end red line (coach's discretion). When practicing spins in the middle please use the "tag system" with the wall between EACH spin.

** Props may only be used one week prior to a competition and must be used with discretion to help ensure the safety of the other skaters on the ice.

** Rhythmic props (ball/hoop/ribbon) may only be used while the skater's program is being played or while in a lesson with their coach.

** No Skating with ear buds, air pods, headphones or phones. Please use the music player provided to play your music.

**When playing ice dance music - please be advised that only one ice dancer can be skating the pattern at a time. "Mirroring" where one ice dancer starts at opposite ends doing the same dance patterns simultaneously when the dance music is being played is not allowed.

Entering and exiting the ice Please skate along the side of the rink when entering the ice as to merge-in with the traffic flow already established by the other skaters (please no cutting across the middle to place your items on the wall). Use this same system when exiting the ice as well.