



# Ice Rules & Traffic Patterns

**ASPIRE TO BECOME YOUR BEST**

## INTRODUCTION

Skating on freestyle ice is a wonderful way to practice and accomplish your skating goals. Skaters on practice ice designated for figure skating all have an individual practice regimen. While most skaters are practicing individually, there are a few rules and traffic patterns that help everyone have a safe and productive practice.

**The golden rule for skating on freestyle ice is to always be respectfully aware of other skaters on the session.**

## GENERAL PRACTICE SESSION RULES & TRAFFIC PATTERNS

*\*Remember to check with your rink management for additional rules and policies regarding to their freestyle practice sessions.\**

- Dress in attire that is appropriate for skating practice. Warm, fitted clothing is preferred, and most rinks prohibit jeans and street clothing. Hoodies are discouraged, but if worn the hood must remain unused.
- Sign in and pay for each session before entering the ice. Skaters should also remain on the ice for the duration of the session.
- No chewing gum or food is allowed on practice sessions. Only water and sports drinks should be brought onto the ice for practice.
- Look both ways before skating away from the barrier
- Skaters should always be courteous and respectful of others. Use common courtesies such as “excuse me,” “thanks” and “heads up.”
- When passing slower skaters (traveling in the same direction), always pass to the outside of the skater
- When skating toward another skater, and when in doubt, skate to the right
- Skaters should place used tissues, empty water bottles, etc. into the appropriate trash/recycling container before, during and after practice.
- 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.
- Use of electronic devices on the ice is acceptable only when and where appropriate for training purposes only. Earbuds are discouraged as they may inhibit your awareness of others.

## RIGHT OF WAY

- Programs have the 1st priority to the right of way. The program skater should be easily identifiable. Many rinks use a fluorescent colored vest or material that can be tied around the waist.
- Skaters in a lesson have the second priority to the right of way.
- Additional or alternate right of way rules may be in use at your rink. Check with your local staff to ensure that you understand their specific set of guidelines.

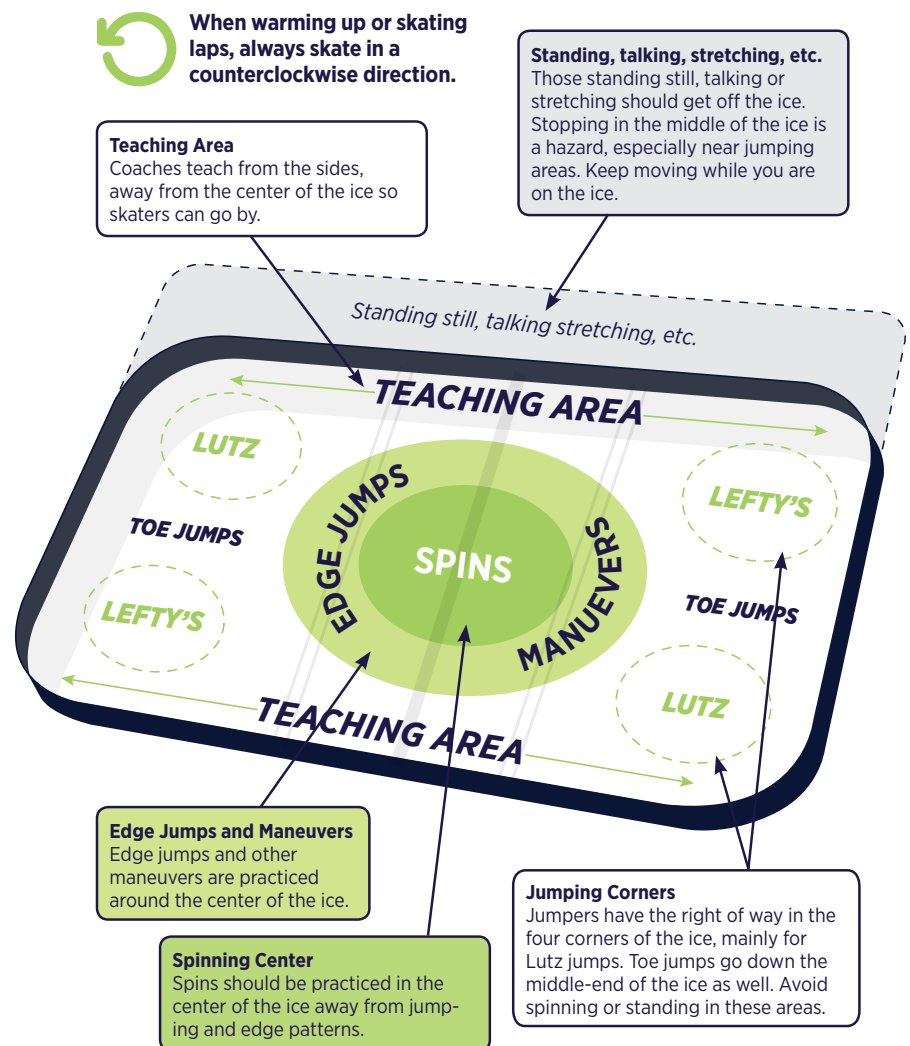
## PROGRAMS & MUSIC

- Individual program music is generally played on a rotational basis. Skaters in lessons and coaches are generally given priority in the rotation; however, this may vary from rink to rink.
- Check with rink management to ensure you understand the music rotation and equipment use policies in use.
- In general, be ready to skate your routine when it is your turn. Loitering and unpreparedness leads to frustration and may cause delays, affecting other skater's practice.
- Understand that if the session is fully attended, not everyone will be able to play their music, simply due to the lack of time.

## PRACTICE PATTERNS

Please note the Rink Safety Diagram to understand the flow of traffic on free-style practice sessions.

- Spins are best practiced at center ice. Standstill jump practice is best placed on the goal lines in the corners opposite the Lutz corners. Edge jumps are generally practiced on a continuum just outside of center ice.
- Practicing the Lutz presents particular safety issues. Try to be especially aware of your surroundings when you are in the Lutz corners. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.
- Remember, skaters may jump and spin in either direction. Take note of these skaters and again, be particularly mindful of both Lutz corners.
- Dance and moves in the field patterns utilize the perimeter of the rink (using the continuous/perimeter axis). These patterns vary and, depending on the level of the skater, may fully utilize the ice surface.





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## EXITING THE ICE

- At the end of all sessions, skaters should pick up all belongings and exit the ice immediately.
- When the ice resurfer enters the ice, all skaters and coaches must leave the ice immediately. If you are skating to your music, stop skating immediately, turn off music and clear the ice - no exceptions.

## TOP TIPS & REMINDERS

- If you are a less experienced skater, be extra careful and stay aware of other skaters. Look ahead of where you are skating to see what others are doing or are about to do.
- If you are an experienced skater, be patient with the less experienced skaters. Remember - you were new to freestyle sessions at one time, too.
- Be understanding if someone gets in your way.
- Practicing elements in consistent locations on the ice is key to safety and productive practice sessions. By learning these patterns, skaters will feel comfortable practicing at any rink.

## PROHIBITED BEHAVIORS

There are a few behaviors to avoid when practicing on freestyle ice. These behaviors are disrespectful of others and/or the rink facility and could present an unsafe skating environment for others.

- Deliberately challenging, scaring or intentionally blocking another skater
- Being verbally abusive to other skaters/coaches
- Laying on the ice
- Kicking or gouging the ice
- Slapping or kicking the sides of the rink
- Chatting on the ice for prolonged periods
- Videotaping anyone other than your own skater is strictly prohibited