

# National Sports Center Figure Skating

## [www.superrink.org](http://www.superrink.org)

### ICE RULES

- \*\* Good sportsmanship is expected of all the 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 need to talk with someone who is off ice while they are on ice – PLEASE leave the ice 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 or coaching with skaters during ice time.
- \*\* All skaters must check in before they enter the ice in the contract book.
- \*\* 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 skaters may only have ONE cd/music in line at a time.  
CD order will go lesson ~ lesson ~ non-lesson (when applicable)
- \*\* 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 the safety of the other skaters on the ice.
- \*\* Rhythmic props (ball/hoop/ribbon) may only be used while the skaters program is being played or while in a lesson with their coach.
- \*\* Couples spotlight, couples ice dance, pairs allowed on sessions with pre-approval from Jane or Anna.

**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.**