



Freestyle Rules and Procedures

The following rules and procedures have been established to provide the safest, most productive and beneficial session for each participant. Your cooperation is much appreciated. The Freestyle Supervisor has the right to remove from the practice session - without refund of payment - any skater, parent and/or private instructor choosing to ignore these rules.

Safety is everyone's responsibility.

Accidents do happen, but every skater and private instructor is to be on the alert and avoid potentially hazardous situations.

- Prior to taking the ice, skaters check in with the Freestyle Supervisor and pay for the session.
- Prior to taking the ice, private instructors who are not on staff at the Franklin Park Ice Arena must show proof of liability insurance.
- Headphones are not allowed on the freestyle session.
- Food and/or beverages other than water in plastic containers are not allowed.
- Solo tapes are given to the Freestyle Supervisor who plays them in the order they are received.
- A five-minute warm-up is given before any solo tape is played.
- Pro requests are allowed as a courtesy, BUT LIMITED TO ONE UNTIL EVERY SKATER has his/her music played once.
- The volume of hand held tape players is not to exceed the arena stereo system.
- Skaters must wear a solo vest when performing to their music.
- For efficiency of time, the Freestyle Supervisor calls two names. The second skater is considered "on deck" and puts on a vest in preparation for his/her music.
- Skating order will remain the same throughout the freestyle with the exception of pro cuts. The Freestyle Supervisor will not skip any skater's music unless asked to do so.
- SOLOISTS HAVE THE FIRST RIGHT OF WAY. It is the responsibility of all skaters and private instructors to remain aware of the soloists.
- SKATERS RECEIVING PRIVATE LESSONS HAVE SECOND PRIORITY.
- Instructors and skaters working on the harness must yield the right of way to the solo skater.
- Parents may not attempt to instruct their skaters from the boards.
- Skaters may not follow or "mirror" other skaters during their solos.
- Skaters are not to congregate anywhere on the ice or at the boards.
- Skaters and coaches may not sit *on* the boards at any time.
- Skaters must not fix their skates while on the ice, but should exit the ice or sit in the players' bench area.
- Skaters must get up from a fall as soon as possible to avoid a potentially hazardous situation.
- Skaters are to pick up their belongings and dispose of any trash before leaving the freestyle session.
- Skaters are responsible for picking up their music tapes/CDs at the end of the FS session.

Note: Special policies are in effect during Freestyle sessions of *more than 15 skaters*:

- Dance, pair or couple skating may not be practiced without explicit permission from the Skating School Director.
- Private coaches should teach from the boards as much as possible.

Questions? Contact our Freestyle Supervisor during the afternoon or Saturday morning sessions.