



New England Skating Club Freestyle Ice Etiquette*

Skating Etiquette

- All skaters must be kind and courteous.
- Skaters may not kick the ice or boards.
- Only water is permitted on the ice.
- No food, gum or candy on the ice.
- Skaters that bring water or kiss & cry bags onto the ice must leave them on the wall.
- Skaters wishing to chat with each other must do so off the ice.
- Skaters should be skating when on the ice.
- Hockey lessons are not permitted on NESC Club Freestyle Ice.*

Music Etiquette

- Ensure there are no other skaters in line ahead of you before playing your music.
- A coach may bump the line a maximum of two times in a 50-minute session.
- As a courtesy to all, skaters may practice their routine with music a maximum of two times during a 50-minute ice session. This includes the time while in a lesson with a coach.
- Skaters competing at Regionals or Sectionals may get one chance to skate a program on clear ice at the end of the session.*
- All skaters must wear a vest when practicing their routine.
- Skaters wearing the vest have the right of way and other skaters should use caution.

Teaching Tools

The following are **not** permitted on freestyle ice:

- No full-size hockey sticks.
- No pucks.
- No water bottles used as weights.
- No hula hoops.

Teaching tools that are allowed:

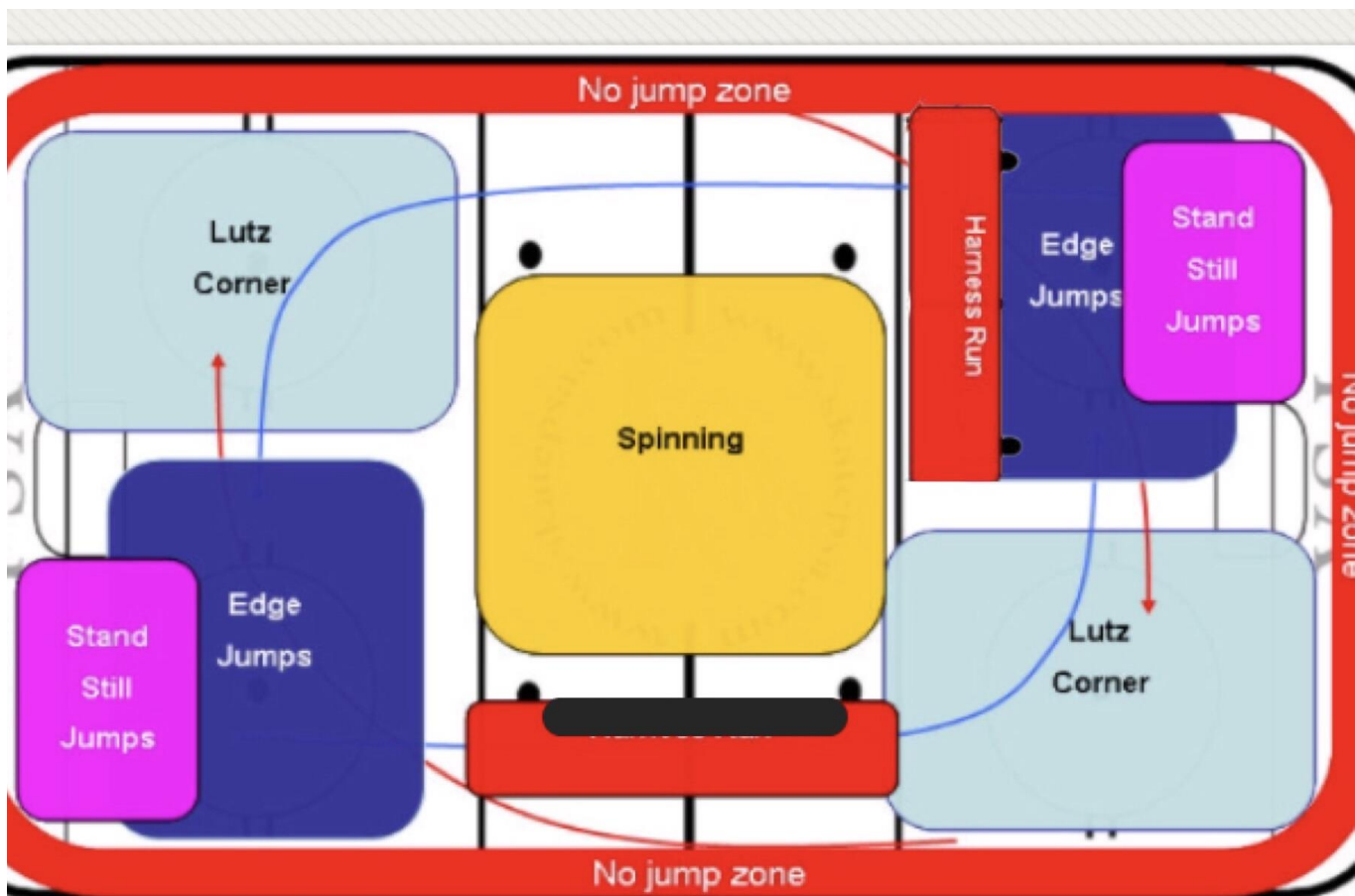
- Modified hockey sticks.
- Velcro wrist weights.
- Rubber bands.
- Squeakers and posture vests are permitted.

Pole harness training

- Permitted by a trained coach.

Safe Use of Ice

- Lutz jumps should be done in the corners.
- Edge jumps should be done around circles.
- Spins in the middle.
- Traffic pattern on ice is counter-clockwise.



***These rules also apply to Norfolk Arena Freestyle Ice with the following exceptions:**

- 1) clear-ice skate for Regional/Sectional competitors – not permitted
- 2) hockey lessons – are permitted