

## Rules

We want all figure skaters to enjoy their freestyle time at the Kotler Arena. Please read the rules below so that skaters can practice in a safe manner. Should you have any concerns or questions contact Angie via email: [Rink@tetonvalleyfoundation.org](mailto:Rink@tetonvalleyfoundation.org).

1. In order to practice on freestyle ice, skaters must have passed at least **Basic 6** skill level which includes forward/backward crossovers, turning between backward and forward and the ability to stop from speed. (Does not apply to skaters who are taking a private lesson with an authorized Coach during the freestyle session).
2. The use of proper jumping patterns is required - jumps are to be on or around the two hockey circles at the ends of the rink.
3. Spins should be practiced in the center of ice.
4. No back spirals or other elements that do not allow the skater to look behind, unless you are working with a Coach.
5. Skaters or Coaches are not allowed to sit on the boards. Coaches should teach from the sideboards whenever practical.
6. Benches by the ice are to be used by Coaches and students only.
7. Sports drinks and water must be in closed containers only. (No food to be taken on the ice during sessions.) No breakable containers are allowed rink side.
8. Doors to the ice are to remain closed during Freestyle session.
9. Parents are not allowed to instruct skaters at any time. Only authorized Coaches are allowed to teach or help skaters on freestyle.
10. If skaters must talk to someone off the ice, even if for a brief time, they are required to get off the ice to do so, or the skater may be asked to leave the ice.
11. Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.
12. Being verbally abusive to other skaters or Coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.
13. If there is a collision of any kind between skaters, both parties are to do the following no matter who is at fault: a. Skate over to the other person involved. b. Ask him/her if they are okay c. Apologize for the collision.
14. A skater that has a severe fall, concussion, or injury should leave the ice (if safe to do so) and seek professional medical assistance. The manager on duty must be notified immediately.
15. Injured skaters must contact the manager on duty and if necessary file an incident report

## Protocol & Etiquette

- Follow the counterclockwise direction of traffic unless in a lesson, program, or practicing a skill that requires the opposite direction.
- Who has the Right of Way?
  - - Skaters running their program with music
  - - Pair skaters in lifts (if applicable)
  - - Skaters in a lesson
  - - Skaters setting up a jump pattern
- Be aware of your surroundings and the traffic patterns of the other skaters. Be understanding if someone gets in your way.
- If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.
- Keep moving while on the ice - it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop or stand in the middle of the ice or any of the jumping corners. Move to the dasher boards when not moving.
- Look both ways before leaving the railing or skating across the ice.
- Always give way to a skater who is skating their program to music or in a lesson.
- Spins should be done in the center of the ice between blue lines and the face off circles unless in a lesson.
- Do not hang out in corners where skaters might be doing lutz jumps. (This could be all corners if there are both clockwise and counterclockwise jumpers).
- If you are an experienced skater, be patient with less experienced skaters. Remember, you were once new to freestyle too!
- Music (if applicable) will be played on a fair rotation - those in a lesson have the right to advance in order.
- Pick up all belongings at the end of the session. Dispose of all dirty tissues and water bottles when done.
- Skaters, Parents, and Coaches will always show respect for each other and the facility.