



Freestyle Session Rules

1. All skaters (including those with an unlimited card) must check in with the cashier and pay for the session prior to getting on the ice. Skating for any part of a session counts as skating for a full session. Bridging half of one session and half of the following session as one session is not permitted. No exceptions will be made for lessons.
2. Freestyle sessions are for skaters in Freestyle 1 & above. Exceptions may be made for lower level skaters in a lesson (prior approval must be granted by the Skating Director).
3. Low Freestyle sessions are for skaters in Basic 3 & above. No Glider Bars are permitted.
4. High Freestyle sessions are for skaters who have passed the USFS Preliminary Free Skate Test or Intermediate Moves in the Field.
5. Skaters should not take the ice until the designated start time of the session, and should exit the ice promptly at the end of the session when the Olympia doors open. This insures the best possible ice quality for skaters on each session.
6. Spins should be practiced in the middle of the rink, jumps are usually practiced at the ends of the rink or in the corners.
7. No more than 2 skaters may practice a handhold, arm hold, or travel down the ice together at the same time unless skaters are practicing a trio for an upcoming show.
8. Pair teams may only perform overhead lifts, throw jumps and death spirals when there are less than 15 skaters on the ice. These moves may not be performed on Low Freestyle sessions.
9. Personal music players may be used with only one earpiece in, so that skaters are able to hear other oncoming skaters.
10. When a skater's program music is playing on the rink speakers, they have the right of way on the ice.
11. Skaters and Professionals should make every effort to not interrupt the flow of other skaters. If you are not in motion, move to the boards.
12. In the event of a fall, please get up immediately and clear the area unless injured.
13. The ice is for practice, not socialization. Please go to the wall or leave the ice if you wish to socialize or take a break.
14. Skaters, coaches and parents are expected to show courtesy and good sportsmanship to others.
15. Hockey skates, rental skates, and photography are not permitted on Freestyle sessions.
16. No one is allowed on the ice without skates on.
17. All coaches are expected to inform their students of these rules and enforce these rules when on the ice.

Procedures for Playing Program Music

1. Please add your name to the music log on the cart if you would like to play your program or dance music during the session. You can put your name on the list a second time after you have completed your program.
2. Skaters in a lesson have priority to play their music out of sequence, but **only for a maximum of one play**. Coaches may put their student back in line if they would like to play it again.
3. **Skaters performing their programs have the right of way on the ice. Yellow belts are available on the music cart for skaters doing their program. The yellow belt helps others see who is skating to their music.**
4. Take your CD or IPOD home with you after practice. Ice World is not responsible for music left behind.

I hereby agree to the Ice World Freestyle Session Rules and Procedures for Playing Program Music. Additionally, I understand that failure to comply with the current rules stated in this document could result in loss of all skating privileges. For skaters under 18 years of age, parents are responsible for assuring that their skater understands and complies with these rules. If you or your skater do not understand any aspect of these rules, make an appointment with our Figure Skating Director, Heather Piepenburg, by contacting her at skating@iceworld.com to receive additional information.

Skater's Signature _____ Skating Level _____
Parent's Signature _____ Date _____
Cashier Signature _____ Date _____

Freestyle Skater Identification Information

Skaters Name: _____ Birth Date: _____
Parent Guardian Name _____ Home Phone # _____
Work Phone # _____ e-mail _____
Emergency Contact Information: _____
Head Coach: _____