

# The North Shore Skating Club Rules

## SAFETY RULES:

The following safety rules are **zero tolerance**. These safety rules and courtesy suggestions are subject to change as the need arises. If there are any questions, please discuss them with your primary coach or a member of the coaching staff. Failure to follow rules can result in expulsion from freestyle sessions.

1. All skaters are entitled to equal use of the ice.
2. No one is allowed on the ice without skates. Please refrain from taking the ice until the Zamboni has successfully exited the ice surface.
3. It is the responsibility of all skaters to keep the ice arena clean. Remove all belongings (tissue, water bottles, gloves, skate guards, sweaters, etc.) before leaving the ice.
4. Skaters must leave the ice in a timely manner at the end of the session so that the ice can be resurfaced, and the next session can start on time.
5. Doors should be shut once all skaters and coaches have exited.
6. Skaters and coaches must always be courteous and respectful to other skaters and coaches. Accidents happen, please use friendly and courteous language, such as, "Excuse me..." if someone is in your path of travel and apologize if you accidentally interfere with another skater's practice.
7. Skaters and coaches must always remain both cautious and alert. Respect each other's space by not skating too close to another person.
8. Skaters must keep moving unless receiving instruction from a coach. If a skater falls, they must get up immediately if able to do so. **DO NOT** sit on the ice. If you must stop – do so only at the boards.
9. Skaters should not stand around in groups talking or playing. All conversation is to be held at the wall or off the ice unless a coach/skater is demonstrating something.
10. Always be aware of what is happening around you. Be mindful of skater's practice patterns; Be mindful of high-level skaters passing near you at high speeds. Do not change direction without checking behind you.
11. Respect other's space. **DO NOT** skate or jump too close to another skater or coach. **DO NOT** skate too close to a skater who is spinning.
12. Be aware of skaters setting up jumps or spins and **DO NOT** cross their path.
13. In general, jumps are to be performed at either end of the ice and spins are allowed in any area of the ice except for camel spins which we typically keep to the area past the blue line near the proctor booth.
14. After jumping, please check the jump area for holes and repair large holes using ice shavings and water.
15. No "Backflips", no "Pairs Death Spirals" allowed of any kind.
16. Coaches that are filming students as part of their training must do so from the safety of the boards or move safely with the skater and be aware of the surroundings.
17. Pairs' teams must obtain prior approval to secure ice time by contacting [ice@nsskating.org](mailto:ice@nsskating.org)
18. **Parents are not allowed to "coach" from the doors of the ice, through the glass, from the hockey boxes/benches, or from the boards. It distracts ALL SKATERS, and it becomes an extremely dangerous situation.**
19. **Spectators shall not interfere with skaters unless they have completely exited the ice surface area.**

## MUSIC RULES

- Music is played in the order noted on the Proctor Sheet.
- The Club and volunteer proctors will do their best to use a rotating system so that a different contracted skater is first each week.
- Proctors can play from CDs or a device such as an iPhone. CDs should be clearly marked with the skater's name. Music is now readily available using iTunes and can be added to the proctor library. Please send your music selections to [music@nsskating.net](mailto:music@nsskating.net)
- Music may only be held for those with a lesson on that session. When the coach/skater requests to take the music off hold, the music will be played after the skater(s) who were recently called and any other coach/skater who has requested to remove music from a hold. EXCEPTION: Skaters who are competing or testing in the next week, are allowed to request a music hold.
- A skater who is called to skate in their program must put on a fluorescent belt or vest. The exception to this is for high freestyle sessions only.
- A skater should be aware of when his/her music will be played (knowing who he/she follows based on the proctor announcements) and should be ready with vest/belt on when his/her name is called. This minimizes delays and allows the maximum opportunity for skaters to skate to their music.
- Coaches using Bluetooth speakers must maintain a volume level that does not interfere with the overhead sound system.
- Earbuds/earphone usage is only accepted when skater is wearing one and coach is wearing the other.
- No one may stop another skater's music without permission from that skater.

## RIGHT-OF-WAY AND JUMP HARNESS RULES

- All skaters should try to give the right of way to skaters performing programs or taking lessons, while also creating a safe environment.
- Skaters and coaches should be considerate of others and remember to share use of the harness.
- Skaters and coaches must take care to avoid interference with users of the jump harness.

## YELLING, PROFANITY, BULLYING, AND OTHER UNSPORTSMANLIKE CONDUCT

- Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, yelling, harassment, intimidation, and bullying. This encompasses the ice, the lobby, and the parking lot areas. Failure to abide by this may result in being asked to leave the property. Any skater who is a victim of bullying should inform their parent(s) and coach immediately. **More advanced skaters are expected to be exemplary role models for younger skaters, both on and off the ice.**