



Freestyle Rules

The following rules apply to all Freestyle times. Under special circumstances, some deviation may occur upon agreement of the Coaches, ice monitor, or Director in charge of a particular session. All skaters will be expected to follow the rules at all times. Should a skater choose not to obey these guidelines, they will be told to leave the ice by any Coach, ice monitor, or Director for the remainder of the session with no refund. A warning may be given, but is not mandatory in all cases. If a skater is removed from the ice repeatedly, they may be, at the Skating Director's discretion, asked not to return to freestyles for a period of time. All Coaches have the authority and are expected to reprimand any skater who does not comply or respect these policies.

1. All skaters must sign in and pay for the session before stepping on the ice.
 2. All skaters must be appropriately dressed during freestyle sessions.
 3. No food, gum, or drinks on the ice. Water bottles are allowed on the boards.
 4. A good attitude must be brought to every session. No rudeness, tempers, or disrespect will be tolerated. No foul language, kicking the ice/boards or dragging a toe pick will be tolerated. All skaters and professionals must strive to avoid on-ice collisions. Skaters must be careful around those at a higher or lower level.
 5. Skaters must not wear headphones on the ice.
 6. Skaters are to keep moving while on the ice. Skaters should not sit or stand around the boards. Talking with friends in groups or one on one is not allowed on the ice.
 7. Skaters and coaches should not linger in any of the four jump corners and should move out of the area as soon as possible. Spins should be practiced in the middle area of the rink.
 8. Laying on the ice is not permitted. If you have fallen, get up as quickly as possible. If you are hurt, don't move and call to a skater or coach to help you.
 9. Chasing or horsing around will not be allowed.
 10. Parents are not permitted to coach from the balcony, boards, or doors.
 11. Skaters music will be played in the order submitted.
 12. After a skater's music is played, it will be placed at the end of the rotation, and may be played again after all requested music has been played at least once, and the rotation begins again with time permitting.
 13. Coaches may bump a skater's music to the top of the order if that skater is in a lesson, but may only bump twice during a given lesson. There will be one skater request played between each bump. Coaches may not monopolize playing their skater's music if the other skaters who have not played music are waiting.
 14. A piece of music may only be restarted due to technical difficulties.
 15. Skaters in a lesson whose music is playing has the right of way, and must be wearing a sash.
 16. Skaters in a lesson have right of way priority immediately below the skater wearing the sash.
 17. No shadowing another skater, except for group numbers including duets and trios.
 18. Props must not endanger any skater on the ice. Handheld props may be used at any time. On ice props can be used during a lesson in which a coach has control of the prop and will remove it from the ice immediately after use.
 19. Skaters are to remove all personal property from the boards when the session has ended and promptly leave the ice. If the Zamboni bay opens, exit the ice immediately.
 20. Parents/skaters who have any issues with the enforcement of these rules must contact the Skating Director.
- (Added by Northwoods Ice Skating Director per email on 1 July 2022)
21. Virtual Tests will not be filmed during Freestyle sessions.
 22. Virtual Lessons require prior approval from Northwoods Skating Director.