

## **Suggested updated version 2 Eugene Figure Skating Club Freestyle Rules**

To skate on Club freestyle ice, skaters must have passed Learn to Skate (LTS) level Basic 3-4 or be returning Teen and Adult group lesson skaters. Ice time is first come, first served with scheduled lessons given priority. Second priority is club membership.

- Freestyle ice is for practice, not socialization. Please leave the ice surface if you wish to socialize or take a break. Move to the boards or box.
- Please note that parents are not allowed on the ice at any time.
- Parents should refrain from “coaching” on the Freestyle from the doors of the ice, through the glass, from the hockey boxes/benches, or from the boards. It distracts the skater and is dangerous. Save the discussion for off the ice.

### **Electronic devices**

- Do not skate with earbuds or headphones on both ears. Skaters must be able to hear and react to activity around them.
- Do not text or use your cellphone to take selfies while skating.
- If you are recording on ice, it should be done by your coach or someone with you. Under no circumstances should a recording be posted on social media if there are other skaters in the background – especially if those skaters are minors as this is a SkateSafe violation.
- Videotaping anyone other than your own skater is strictly prohibited.

### **Ice Surface**


All skaters are entitled to equal use of the ice, however, there are some rules for priority during lessons and while skating a program in practice.


- 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.
- Be aware of skaters setting up for jumps or spins and DO NOT cross their path.
- All skaters should try to give the right of way to skaters performing programs or taking lessons, while also creating a safe environment.
- Jump harness use is limited to fifteen minutes per student per session when it is needed by more than one coach and can only be used by a coach.
- Skaters must take care to avoid interference with users of the jump harness.
- Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately for an indefinite period of time.

**EFSC Coaches reserve the right to enforce these rules.**

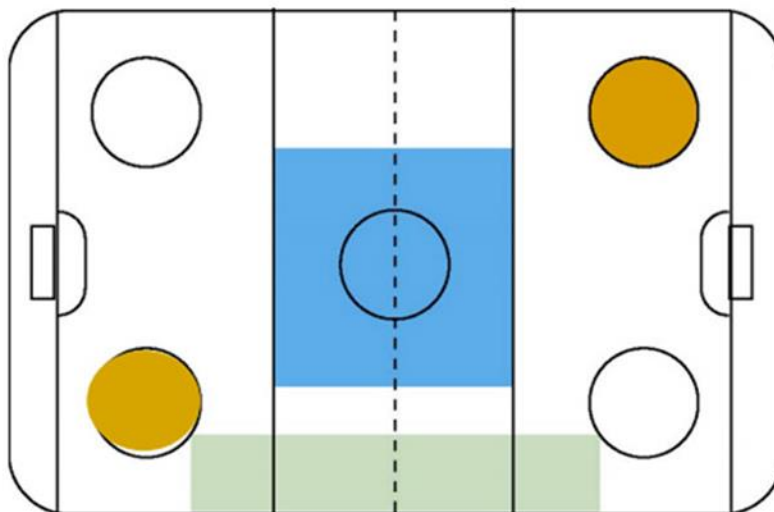
Continuous use of the same area of ice should be avoided especially in Lutz corners. Refer to the diagram below on locations of activity during freestyles.

**Diagram 1:**

 Shaded slow stationary section: spins, crossovers in center. No jump setups should be done in this area when slow moving skaters are present in this area. Beginners should feel safe here.

 Shaded area on the side used for "walk thrus", stationary work like 3-turns

 Shaded circles for practicing crossovers for lower level skaters when no left handed skaters are working on Lutz



**Diagram 2:**

Runways showing for flip, toe loop, and Lutz

