

ICE & FIELD

AT THE CROSSOVER

FREESTYLE SESSION RULES

General Rules

1. A maximum number of 20 skaters will be allowed on each freestyle session. Skaters must be in Freestyle 1 of either LTS USA or ISI and if not, need to have permission of the Skating Director *and* be in a lesson to skate the session. Before stepping on the ice, skaters must sign in and pay for each 30 minute session. Skaters who do not sign in and pay will be asked to leave the ice. No overlapping of sessions allowed. If a skater stays on the ice 5 minutes over a freestyle session they will be charged for an additional session. ****THE RIGHT IS RESERVED BY THE SKATING DIRECTOR TO DESIGNATE IF SKATERS ARE AT THE LEVEL TO SKATE ON ANY FREESTYLE SESSION.****
2. Group lessons of only two skaters are allowed and no more. Groups of more than 2 skaters may only practice for ice show or competition purposes on open freestyle ice with special permission from the Figure Skating Director. Ice & Field will not tolerate coaches creating their own group class programming during a freestyle session.
3. Hockey skating lessons may be given on open freestyles (2 players max per lesson). It is the coach's responsibility to educate hockey players on freestyle ice rules and etiquette. No cones, hockey pucks, sticks or equipment allowed on the ice.
4. Virtual lessons (such as FaceTime & Zoom) are permitted on all freestyle sessions. Remote coaches must be compliant with US Figure Skating for the current season.
5. Rink gates should remain closed at all times during freestyle sessions.
6. Exit the ice when the ice resurfacer comes on the ice and close all rink gates.
7. Take pride in the ice and help patch holes created by skaters. If a patch bucket is not available, scrape up snow, fill the hole and then fill with water. The patch bucket is located in the resurfacer room.
8. Parents are welcome to watch from the lobby, viewing room upstairs, bleachers, or through the Plexiglas. Parents are not allowed on the players bench side of the rink. Parents are only allowed in the hockey box area due to an emergency when needing to assist their skater.
9. Kicking the ice or boards, excessive speed, shouting, foul or abusive language or arguing with other skaters or coaches will not be tolerated. Any skater or coach engaging in this behavior will be asked to leave the session immediately.

Right-of-Way

1. Show respect for all skaters and coaches on the ice at all times. Skaters on the portable harness have the first right-of-way as they cannot react as quickly as a single skater can since they are restricted by the harness and the operator. Give the portable harness extra space.

2. The skater running a program to music has the second right of way. Colorful belts are provided to help identify the skater whose music is being played. Be aware of which skater is doing his/her/their program and give them extra space.
3. Skaters taking a lesson have the third right-of-way over other skaters not in a lesson on the session.
4. Pairs and Ice Dance couples have the fourth right-of-way as they cannot react as quickly as singles skaters.
5. No following another skater during their program, during their moves patterns, or at any other time.
6. No congregating by the boards in groups of two or more. Keep the session moving!
7. Spins will be practiced in the middle of the ice, closer to the blue lines so jump passes can easily go through center ice.
8. All skaters and coaches must maintain awareness of other skaters and coaches on a session at all times. Coaches cannot only focus on their student, ignoring the patterns of other skaters. This is a safety hazard for others on the ice.

Music

1. A skater's program may be played up to two times on a 30 minute freestyle session (once per 15min). Please do not stop and restart your music if others are waiting in line.
2. Skaters in a lesson will receive program priority over non-lesson skaters.
3. A dry erase board will be provided to write the order of skaters' programs.
4. Double run-throughs are allowed only once on a session and must be communicated to other coaches beforehand.
5. An air pod may be worn in one ear only.
6. Please play all music at a level that ensures other coaches can communicate with their athletes.

Coaches on Sessions

1. Be aware of your surroundings at all times, especially when going backwards. It is the coach's job to teach their skaters proper freestyle etiquette and awareness while on the ice. If you are not in motion, you should be by the boards or in the hockey box. Refrain from standing in the middle of the ice and from chasing your students during lessons and programs. Coaches should coach from the boards with the following exceptions: choreography, beginning skaters, setting Skating Skills patterns. In these instances, coaches should still be courteous of others on the ice. No continuous following your students around the rink.
2. No sitting or hanging on the boards.
3. Bring a high level of positive energy, enthusiasm and professionalism to each freestyle session.
4. It is the coaches' responsibility to educate their athletes on the rules and etiquette of freestyle sessions.
5. Be sure your coaches' commission are paid prior to stepping on the ice.
6. Guest coaches must be approved by the Figure Skating Director prior to coaching by completing the guest coach application form which can be requested by emailing peter@iceandfield.com.