



## Sugar Land Ice & Sports Freestyle and Training Session Rules

Texas Gulf Coast Figure Skating Club skaters, parents and coaches are expected to abide by the rules and regulations of our home rink, Sugar Land Ice & Sports Center. These rules are in place to maximize the safety, enjoyment and productivity of all skaters.

ALL SKATERS & COACHES ARE RESPONSIBLE FOR AND OBLIGATED TO ENFORCE THE FOLLOWING:

1. All skaters must personally check-in on the Sugar Land Ice MindBody website or App before each scheduled session to pay for their freestyle sessions and/or training sessions.
2. Skaters and coaches are responsible for making sure they are skating in the appropriate session for their level of skill.

**Basic Skills Practice Session** - Snowplow 1 - Free Skate 6

**Low Session** - Free Style 1 - Prelim FS

**Low/High Combined** - Free Style 1 and Above

**USFS** - Passed Pre Preliminary Moves in the Field and above

**HIGH** – Passed Pre-Juve FS & above

3. Levels are subject to change at the discretion of Sugar Land Ice & Sports Center
4. All skaters will be allowed on at the time the session starts, not 1 minute earlier, by the rink clock time.
5. As a training center, we must maintain a working atmosphere that is free of distractions. Parents and spectators are to remain in the stands while a session is in progress. Persons who stand at the glass, in the team benches, or interrupt a skater's training will be asked to leave the arena.
6. All skaters are obligated to move from the path of the skater with the "right of way."
7. FIRST "RIGHT OF WAY" BELONGS TO THE SKATER HAVING THEIR MUSIC PLAYED. This skater will be identified by a brightly colored sash. All skaters in the program will be required to wear the sash.
8. Music is played from the referee's box by cell phone or ipad. A sign up sheet is available for busy sessions.
9. Make sure you pay attention to the skater ahead of you and be in your starting position when the other skaters' music has ended.
10. SECOND "RIGHT OF WAY" BELONGS TO SKATERS IN LESSON.
11. Respect for coaches and other skaters on the ice and good sportsmanship are demanded!

12. All skaters are expected to be aware and courteous on the ice, looking out for other skaters and moving when necessary. Skaters exhibiting poor sportsmanship (i.e. foul language, kicking the ice, etc.) will be asked to leave the arena for the day.
13. All skaters are expected to practice for the entire session. Talking, playing and/or not utilizing the session for its intended purpose is reason to be expelled from the ice for the day without a refund.
14. Skaters are expected to dress neatly in skating attire (no street clothes) for freestyle sessions.
15. Skaters are expected to secure their hair neatly while on the ice. Skating attire includes dance wear and athletic wear, but does not include bare legs, shorts, or jeans.
16. Food will not be permitted on the ice.
17. Please help keep the arena clean by picking up all tissues, cups, etc. at the end of each session.

I have received and will abide by all ice rules. Failure to do so could result in ejection from the ice.

Skater's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(SIGNED FORM MUST BE RETURNED WITH REGISTRATION)