

## **Jones Center Ice Etiquette and Freestyle Rules** (Updated 2023)

The following is a list of ice etiquette and freestyle expectations on each session. The Jones Center's coaching staff is responsible for ensuring that these rules are followed on every session. These rules are set in place to ensure that our freestyle sessions are safe and promote a productive training environment.

1. Skaters must have their own figure skates or be in private lessons to be on a freestyle session.
2. No chewing gum or eating is allowed on the ice.
3. Skaters can only have water in water bottles or sports drinks (Gatorade, etc....) on the ice.
4. No talking is allowed during freestyle sessions.
5. Parents are not allowed to talk to the skaters while they are on the ice. Skaters must exit the ice to talk to parents.
6. Videoing is welcome without distraction to the skater being videoed or other skaters on the ice. All videoing should be done from the hockey players' benches. If a skater needs to watch the video, we ask that they step off the ice.
7. Parents are asked to watch practice from the stands or skate counter. Parents are not allowed to sit in the hockey boxes to watch practices.
8. Parents are only allowed in the music box if they are volunteering to play music during the sessions.
9. No repetitive getting on and off the ice.
10. Skaters must have appropriate skating attire on the ice. No blue jeans or street clothes are allowed on freestyle sessions.
11. Skaters are not allowed to wear dangling articles of clothing or jewelry.
12. Skaters' hair must be pulled securely out of their face.
13. Limit standing on the board to no more than 1 minute.
14. Skaters are not allowed to congregate in or in front of the music box.
15. Skaters are not allowed in the music box.
16. Skaters are not allowed to use their cell phones while on the ice. If a skater needs to use their phone, they must step off the ice away from the hockey boxes and ice arena doors.
17. Skaters should be respectful of all coaches on the ice, talking back is not allowed at any time and will not be tolerated.
18. Skaters must skate by themselves on the ice, unless they are working on a duet.
19. Skaters are allowed to play their music 3 times per session, unless no one else is wanting to play music. Skaters must wear a sash around their waist while skating program with music.
20. Skaters must get up immediately after falling.
- 21. Skating right of way is as follows: 1) Skaters doing program with music (wearing a sash around their waist); 2) Skaters in lessons and 3) Skaters practicing.**
22. No headphones or earbuds are allowed on the ice.
23. No props are allowed on the ice without coach's permission.
24. Skaters agree to adhere to practice patterns on the ice... including, but not limited to, not spinning on the ends of the rink and in the corners unless they are doing their program and spin in choreographed in that area. When practicing, jumps should be done on the ends and corners of the rink while spins should be practiced in the center of the rink.

### **Consequences**

The Jones Center's Coaching Staff may at any time ask a skater to leave the freestyle session for failing to abide by any of the above ice etiquette or freestyle rules. If a skater is asked to leave the ice, they will not be issued a refund for the session.

- First Offense – Verbal Warning
- Second Offense – Parent's will be notified
- Third Offense – Meeting with skater, coaches and parent
- Fourth Offense – Skater will not be able to utilize Jones Center freestyle session for a one week time period.
- Fifth Offense – Meeting with Jones Center representatives, coach, skater and parents