

Columbia Figure Skating Club Ice Rules 2023-2024

It is the responsibility of all skaters, parents and coaches to familiarize themselves with these rules which are in place to help ensure the safety of skaters.

SKATER SAFETY AND RESPECT MUST BE EVERYONE'S PRIORITY

Basic Rules

- *All skaters must have a signed CFSC Skater Code of Conduct, CFSC Waiver and CFSC Ice Rules on file with the CFSC.
- *Respect the rights of others. Respect the property of the rink and the property of others.
- *Drinks in non-breakable containers are allowed on or below the railing. Food is not permitted on the railing or on the ice.
- *All belongings and trash must be collected at the end of the session.
- *Ice monitors are located in the warming room and all skaters must sign in with them before stepping on the ice.
- *Skaters under the age of 12 may not be left alone at any session without an adult designated by the parent to be responsible for the skater.
- *To support the safety of skaters, the number of skaters allowed in each session is between 25 and 28 skaters at the discretion of CFSC Board of Directors.
- *Skaters at or below Freestyle 1 are only allowed on a freestyle session during a lesson with their coach.
- *Do not loiter at the railing, entry doors or benches outside of the warming room.
- *Coaching by parents is not permitted at any time.
- *If a skater must talk to someone off the ice, even if for a brief time, they must get off the ice to do so.

Specific Rules for Freestyle Sessions

The Columbia Figure Skating Club (CFSC) freestyle sessions are designed for figure skaters to get quality practice time to learn jumps, spins, footwork, dance and programs. They are serious working sessions.

- *All skaters must be aware of other skaters on the ice at all times. Try to anticipate other skaters' patterns as you decide your own pattern.
- *Less experienced skaters must be extra careful to stay aware of other skaters; look ahead to see what others are doing or are about to do to avoid skating in their path.
- *Experienced skaters must be patient with less experienced skaters. Remember you were a less experienced skater once, too!
- *Be understanding if someone gets in your way.
- *Look both ways before leaving the railing or skating across the ice.
- *Keep moving while on the ice. It is dangerous to stand still during a session, especially in the middle of the ice or in any of the jumping corners.
- *If you fall and are not hurt, get up quickly.

- *Maintain control and reasonable speed at all times.
- *Racing, speed skating, tag, chain skating, reckless behavior and horseplay are not permitted.
- *Skaters should be mindful to perform spins in the center and jumps in the corners.
- *Group programs of three or more skaters are not allowed during sessions containing more than 10 skaters, except on Sunday club ice used for show practice or other designated club ice.
- *Throw jumps, lifts and props are not allowed during any session containing 14 or more skaters, except on Sunday club ice used for show practice.
- *For Sunday club ice, there are no back spirals or camel spins allowed unless performed as part of the show.

Non-compliance with these rules may result in being asked to leave the ice or the rink for the remainder of the session. Ice monitors, management or coaches have the authority to remove a skater from the ice.

Right-of-Way

SAFETY and RESPECT must be the PRIORITIES for all skaters at all times!

Right-of-Way priorities are established to ensure the safety of our skaters. A skater skating their program to music should be visually identifiable. Other skaters on the session should do their best to stay clear of the skater doing their program.

- *Skaters in a program with music have the first right-of-way (keeping in mind safety for all, including themselves).
- *Skaters in the harness have the secondary right of way.

Skaters in a lesson have priority over other skaters. Coaches utilizing the harness for a lesson are expected to be aware of their surroundings at all times and should pay particular attention to and make accommodation for the skater wearing a vest or sash who is skating a program with their music.

While on the ice, all skaters and coaches are expected to be aware of the activities around them and to exercise every caution required to avoid collisions.

SAFETY IS FIRST! Be responsible. Be aware. Watch around you.

The primary right-of-way goes to the skater who doesn't see the potential for a collision. All skaters should try to give way to skaters performing programs or taking lessons, but SAFETY IS FIRST. Just because your music is playing, or you are in a lesson doesn't give you the right to put another skater in danger. Single skaters have more flexibility in their on-ice pattern than skaters in a harness or pairs/dance teams.

Safety and Respect are the number one priority at all times for all skaters on the ice! And, a quick apology or nod can go a long way towards maintaining respect when needed.

Music Rules

- *Coaches may put the music of the student they are teaching ahead of other skaters who are not in a lesson with a coach.
- *Music should be rotated so that all skaters can skate their program. Order is coach, skater, coach, skater.
- *A skater whose music is in queue to be played can only be bumped ONCE by any coach in a lesson. There are NO exceptions. Any skater found bumping another skater's music in the queue may be asked to leave that work session with NO refund. Any coach who does not follow this rule will receive a written warning from the club for their first offense; thereafter, the coach will risk the loss of privileges on club ice for the remainder of the season.
- *A skater's music may not be removed from the queue except by that skater or their coach. Any skater found removing another skater's music from the queue may be asked to leave that work session with NO refund. Any coach who does not follow this rule will receive a written warning from the club for their first offense; thereafter, the coach will risk the loss of privileges on club ice for the remainder of the season.
- *Skaters should not stop and restart music if another skater's music is in queue. During a lesson, a coach may re-start the music up to 2 consecutive times, after which time, the music must go to the end of the queue.
- *After a skater's music has been played, their music must be put at the end of the queue to re-enter the rotation. No multiple copies of music can be put in the queue.
- *Every skater should have their music played once before any skater has their music played a second time. If there is no other music in the queue, a skater may play their music a second time, being mindful of others who may join the queue.
- *Not everyone may be able to play their music on full sessions.
- *Skaters may play their music a maximum of 3 times per session.
- *No lingering in the hockey box.

Prohibited Behavior

Anyone engaging in these behaviors will be asked to leave the session immediately.

- *Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railing is prohibited.
- *Being verbally abusive to other skaters or coaches is prohibited.
- *Deliberately challenging, scaring or intentionally blocking another skater is prohibited.
- *Videotaping anyone other than your own skater without permission is prohibited and will not be tolerated.
- *Unsafe or discourteous behavior of any kind will not be tolerated.

Entering and Clearing the Ice

No one is allowed on the ice until the Zamboni doors are closed.

When the doors for the Zamboni open, all skaters and coaches must leave the ice immediately—no exceptions.

Skater, parents and coaches are expected to follow the rules at all times. Disregard for these

rules may result in loss of club ice privileges. A warning may be given, but is not mandatory.

I understand the CFSC Skating Rules and I agree to follow the rules.

I have explained the CFSC Summary of Skating Rules to my child and I agree to ensure that my child follows the rules.

Signature of Skater and/or Parent/Guardian of minor member: