

ORANGE COUNTY SPORTSPLEX

FREESTYLE FIGURE SKATING

RULES & ICE ETIQUETTE

Respect the Sport

- Be aware of others at all times
- Freestyle sessions are for figure skating disciplines
- Basic 3 and below must be with a coach
- Basic 4 and Age 7+ may practice independently

Ice Etiquette

- Keep your head up and be aware of traffic
- Do not stand in the middle of the ice
- Conversations should take place at the boards, not in the middle of the ice
- Get up quickly after falls

Right of Way

1. Program with music
2. Lesson skater
3. Moves patterns
4. Other elements

Use of Ice

- Center ice is for spins
- Corners are for jumps
- DO NOT practice spins in the Lutz corner
- Maintain flow of traffic

Be Respectful

- Only approved coaches may teach
- Coaches and skaters must avoid blocking jump patterns
- Parents must observe from designated seated areas
- Parents are not allowed to coach from rink doorways or from sidelines

Music Rules

- Max 2 plays per lesson
- Lessons may break in line – once
- Max 2 plays per lesson
- No profanity
- Keep volume appropriate

Skaters Dress Code

- Hair must be tied back and neat
- NO JEANS allowed on the ice
- Wear appropriate athletic skating attire
- Present yourself in a clean, professional manner

Safety & Registration

- Check in before skating
- Must register prior to session
- No sitting or lying on ice

