



Viking Skating Club is committed to creating an atmosphere where our skaters are excited to skate **in a safe environment**. We encourage and celebrate both individual and team accomplishments. However, our main focus is safety which is especially critical during Freestyle Ice participation, as skaters have a greater responsibility for their own actions. Freestyle Skating is a privilege and to assure the safety of all skaters, following the VSC Freestyle Ice Rules is an absolute requirement to participation. VSC will monitor on-ice behavior, and, as necessary, warn skaters. Because safety is of the utmost importance, any continued non-conforming skater behavior will result in a loss of Freestyle Ice privilege for a period of time.

Who can use Freestyle Ice

- Skaters who are at least thirteen years old, in Freestyle 1 or above, and are members of the Viking Skating Club may use the Freestyle ice without a coach present. Exceptions may be made with the approval of the Skating Director and Club President.
- VSC Skaters who are younger than thirteen years old and have not passed into Freestyle 1 may only use the ice during their lesson, supervised by a coach. Once the lesson is over, the skater must leave the ice.
- Prior to the Viking competition, we will offer a Saturday supervised small group practice with a skating coach for skaters new to the competition. During this time, advanced skaters will be notified that less experienced children are on the ice and extra care should be taken. Otherwise, the above rules apply.

Rules while on the ice

- Skaters must be aware of others **at all times** and assume responsibility for moving to avoid accidents.
- All skaters must wear the orange safety vest while their program music is being played.
- **The skater wearing the orange vest has the right of way!** Skaters are responsible to watch for the orange vest at all times (including during lessons). Generous spacing must be given to the orange vest skater practicing their program.
- Backward spirals are not allowed during the freestyle sessions other than during a lesson or while a skater is wearing the orange vest .
- Unless a skater is wearing the orange vest, all camel spins must be done in the circles at the Zamboni end of the ice, .
- Skaters are not to congregate in groups and talk in the middle of the ice surface. Talking in groups must take place on the side of the boards or, preferably, off ice.
- The use of all portable electronic music devices and cellular telephones is strictly prohibited during the Freestyle Ice time (i.e. NO iPods used with ear buds or headphones, etc.).
- Skaters who demonstrate reckless behavior (which ultimately impacts the safety of others) will be warned by the Freestyle Monitor. Repeated offenses will result in a skater suspension of the Freestyle Ice privilege.



- Please note that failure to respect the space of other skaters—including those not wearing the vest—will be considered reckless behavior. Skaters who cut across others' paths, skate too close to another skater, or do not pay attention to the movements of others on the ice will receive an immediate warning. This warning will be given to the skater in the presence of the parent (or the parent will be contacted in a timely manner if the parent is not present). If there is a second offense, the skater will be removed from the ice. No refunds will be given for ice time or coaching fees.

Music Policy

- Skaters must hand in their music at beginning of the session. All CD's must be labeled with the skater's name and event (ex.: freestyle, artistic, etc.). The skater must have the CD's stacked in order in which they would like them played. (ex: freestyle on top for first turn, artistic next for second turn, etc...). Skaters who hand in their music late **will not** be bumped up in the rotation; they will be placed at the back of the line. Please hand in only CD's, no CD cases.
- The proctor will play the music in the order it was handed in. They will always announce "(name) followed by (name)". **Please pay attention while you are practicing & get the vest while the skater ahead of you is skating!** Any changes to the music you want played should be made while you are "on deck". **If you are not ready when your name is called you will forfeit your turn in the rotation.**
- Skaters staying on the ice only for a ½ hour session must inform the proctor when they hand in their music. This way, the proctor can be sure that their music is played during the time they are on the ice.
- Skaters with couples music – the music must be played in lieu of one of your regular turns. (the couples music does not take a 3rd spot in line).
- There will be no playing of music over the loud speaker just to hear it and choreograph a program. Please do all choreography on the side of the ice with a separate CD player.
- Coaches may take 1 cut per 1-hour session.

I/We acknowledge that we have read and fully understand the above rules and agree to skate according to these rules on Viking Skating Club's Freestyle Ice .

Skater's Name _____

Skater's Signature _____ Date _____

Parent / Guardian's Signature _____ Date _____