

Skating Club of Maine Ice Rules

The Skating Club of Maine wants to assure that skaters are able to safely use freestyle ice, regardless of the level of your skating. The ice is used by skaters of many levels and it is important to understand the rules that will keep everyone safe. Please carefully read and sign the rules when you understand them. All skaters and guest skaters are required to sign the ice rules prior to taking the ice.

YOU MUST BE A FULL MEMBER OF USFS TO SKATE ON FREESTYLE ICE

- **Watch Out!** – Keep your eyes and ears open and be aware of what is going on around you at all times. By knowing where you are going and by seeing and anticipating where others are going, you will avoid collisions and injuries. No personal listening devices are permitted on the ice to assure that the skater is not impeded. Skaters hair and accessories must be styled so that it does not impede their vision. Example, worn in a ponytail or braid.
- **Be Courteous** – Respect the space of other skaters. If another skater is skating to their program music or working with their coach, give them the space they need. Keep your distance and avoid crossing the path of the skater and coach. Do not criticize another skater; that is their coaches' job.
- **Pay Attention!** – To who has the right of way, allowing everyone to get the most out of their sessions. Music will be played in the same order.
 1. Skater skating to program music must wear a pinney to have the 1st priority
 2. Skaters on lesson with a coach (coaches please don't monopolize a section of the ice for an entire session)
 3. Skaters on dance or moves pattern
 4. All other skaters.
- **Be Aware of Restricted Sessions** – During the dance/moves/ spins session Do Not Jump!! Restricted Freestyle means a class is in progress and the class has right of way. Do not skate through the class.
- **Keep Moving** – If you fall and you are not injured, get up quickly and move on. When you are down on the ice, it is more difficult for other skaters to see you. Avoid standing in one place on the ice for a prolonged period of time. Do not stand in the middle of the ice to tie skates, watch programs or TALK. Please go into the hockey penalty boxes or off the ice when you need a break. Standing in the middle creates a distraction and hazard for other skaters.
- **Keep the Boards Clear** – Only non-breakable water bottles and skate guards are permitted on the boards. Please put all clothing, manuals, CDs in the penalty boxes or off the ice.
- **Put the Lutzes Over There.** Since the Lutz jump has a long backward entry, the skater glides a few seconds at high speed with an unavoidable blind spot. The setup for a Lutz starts near the center of the rink and

moves diagonally across the rink to the corner face-off circles. Avoid spending too much time in these circles and avoid skating across the path of a skater entering a Lutz. Because Lutz jumps are usually concentrated in one area, there will be many ruts and divots in these corners. Skate carefully around them!

- **What to do if Someone is Injured** – If a skater has fallen and is injured, lend a helping hand. Approach the skater slowly and deliberately (don't rush and try to stop quickly by a skater). If the injured skater is unable to move, make sure someone stays with the skater and go get help from a skating pro or a rink employee.
- **If the Ice is Full** – A maximum of 21 skaters will be permitted on freestyle sessions to allow skaters to maximize their practice time. If the number of skaters wishing to use the ice exceeds 21, the following preference will be used.
 1. Skaters with contracted ice
 2. Skating Club of Maine full members
 3. Guests on a first come first served basis
- **SCM Directors Rule** – If there is misuse of ice, the directors may require a skater to leave the ice. If the infraction is serious the director may recommend, to the SCM Board, that the skaters' ice privileges may be rescinded for the remainder of the session or season.
- **TAKING THE ICE** – No skater or coach may take the ice earlier without the permission from the Director/Ice Monitor.

Have Fun! – We know you love to skate. So, skate great and be safe!

I have read and understand the Ice Rules for the Skating Club of Maine and agree to abide by them.

Skater printed name

Skater Signature

Date

Parent Acknowledgment if Skater is under 18 years of age