



Freestyle Session Rules & Information

- Freestyle sessions are open to USFS member figure skaters, pre preliminary and above, to practice and take private lessons.
- The schedule is subject to change. Please check the website regularly for updates.
- All skaters and guest coaches must sign in BEFORE entering the ice.
- **The flag end of the rink (beyond the blue line) should be used to practice jumps and center ice (between the blue lines) should be used to practice spins.**
- Some of the busier sessions will have a mix of low and high level skaters. For everyone's safety, please be alert at all times!!!
- Do not sit or lay on the ice.
- The skater doing their program to music has the right of way.
- All skaters are permitted to use the sound system to play either program or practice music. If you need assistance using the sound system, please ask a coach or go to the office.
- Coaches have priority over the use of the music while giving a lesson.
- Practicing synchro programs/elements together or in unison is limited to two skaters.
- If you need to talk to another skater please do so at the boards, by the player benches.
- Please keep all doors to the rink closed during the session.
- Spectators/Parents and are not permitted in the doorways or on player benches during the session.
- Please be sure to take all your belongings with you at the end of the session including tissues and bottles.
- USFS Virtual Testing for SS (MIF) is not permitted on any freestyle session.
- Guest coaches who wish to teach on Freestyle must contact the skating school in advance skatingschool@icehutch.com