

# The Yerba Buena Ice Skating Center Freestyle Rules

## Skaters

1. Skaters are required to check in and pay before stepping on the ice. Skaters may NOT get on the ice early just because the ice is done early. Only a skater having first lesson on a session may get on 5 minutes early to warm up. The Zamboni doors must be closed before entering the ice surface.
2. Only water bottles with water are permitted on the ice. No food or other drink is allowed.
3. Please clear all personal belongings (including cups and used Kleenex) from the rails after each session. It is everyone's responsibility to keep the ice rink clean.
4. Skaters and coaches must clear the ice immediately upon request. Please close all doors behind you. The resurface machine will not go on to the ice until the ice is cleared. Sitting on the railing is prohibited at all times. Likewise, skaters are not allowed on the ice until the resurface machine has cleared the ice and the resurface gates have been closed. Coaches may enter the ice surface early to set up for their next lesson.
5. Nobody is allowed on the ice while the resurface machine is in operation.
6. The use of any portable device by skaters for recording video, listening to and/or playing music, including but not limited to, personal phones, tablets, iPods, Air Pods, Ear Buds, etc., is dangerous and prohibited at all times. **Only coaches** may video from either the wall or hockey boxes.
7. Skaters must not stand on the ice away from the rails and must refrain from congregating in little groups out in the middle of the ice surface.
8. Skaters may not use the hockey boxes to store their belongings while they are skating. Instead, they should utilize the lockers. The hockey box areas are only for our coaches, their equipment, and personal belongings while they are teaching.
9. Kicking or digging at the ice with skate blades is strictly prohibited.
10. Inappropriate behavior, including but not limited to, facial or body gestures, profanity, physical or verbal abuse, stomping or kicking the ice, etc., is not allowed and will be subject to immediate dismissal from the ice rink.
11. Any coach may have a rink supervisor dismiss any skater displaying inappropriate behavior, (not just their own students), from the ice rink.
12. Skaters wearing clothing with profanity or inappropriate images on them or will be subject to dismissal from the rink.

## Coaches

13. The official rink policy is that **there are to be NO VIRTUAL LESSONS AT ALL!** It is very dangerous when the skater is paying attention to someone who's not even in the rink and can't see what might be happening or developing on the session. Plus, those coaches don't have permission to work at YB, don't have YB listed as additional insured on their policy, and don't pay a pro fee, or commission, to the rink.
14. Coaches may 'cut' into the music line 2 times during a 30-minute lesson.
15. Coaches may not 'cut' the music line to play music for a student who is not on lesson with them.
16. Coaches can only be on lesson with one (1) student, couple, or small group at a time for the purpose of playing program music.
17. Coaches must not 'cut' the music line one after the other, etc. No more than two coaches in a row may 'cut' the line when there are others waiting to play their music.
18. Coaches should not be coaching in the middle of the ice where they become an impediment to traffic flow. The one exception to this is for choreography.
19. Coaches should not be skating on any busy or sold-out session unless they have **signed up for and paid for** the session themselves.

## Right of Way and Music

20. All skaters should familiarize themselves with the traffic flow diagrams placed around the rink to know where to practice spins and certain jumps so as not to create a blockage in flow around the ice surface, and must be mindful of skaters that jump and spin the other direction.
21. The skater skating his or her program has the "right of way." It is everyone's responsibility to be aware of who is skating his or her program. The yelling of "move", or "program", etc. is not acceptable at any time. The words "heads up", "on your left", or "on your right" are acceptable. At the YBISC rink, watch for any skater wearing the orange belt. The skater on program must realize that they will need to alter their patterns into jumps when it is clear another skater has not seen them.
22. Skaters on lesson with their coach have second "right of way."
23. Third "right of way" goes to everyone else. It is everyone's responsibility to watch out for each other and avoid collisions!
24. Skaters may not start their program over just because someone gets in their way if others are waiting to play music. They should finish their program to the end.

25. Skaters may play their **music two (2) times per 60-minute session, three (3) times on a 90-minute session.** Skaters must not play their music back-to-back to back, etc., and expect to have the right of way each time. If playing a program more than the allowed times on a session, the skater no longer has first right of way. (This does not include run throughs of a program while on lesson with your coach.) The only exception to this is Pattern Dances which are so short in duration. A coach may play up to two (2) pattern dances in a row.

## Parents

26. Parents are **NOT ALLOWED TO BE IN OR NEAR THE MUSIC (OR COACHES) BOX, TO PLAY MUSIC!**
27. Parents, other family members and/or friends are not allowed to stand or congregate in doorways, as these locations can be hazardous. Instead, friends and family members should sit in the bleachers or on the rink benches.
28. Parents may not coach nor take videos from the doorways to the ice.
29. Parents may not 'coach' through the crack between the windows/plexiglass, and may not use hand signals to try to 'coach' from the bleachers.
30. **Parents must not distract any skaters on the ice surface as it is very dangerous to do so. When your child is paying attention to you, they are not paying attention to what is happening on the ice surface around them!**
31. **It is everyone's responsibility to be an ambassador for the rink and be kind and courteous to visiting skaters and parents who may have questions or be unfamiliar with our system. Give them a smile and help them out!**

By signing below, I acknowledge that I have received, read, and agree to abide by the YBISC freestyle rules as stated above to the best of my ability.

\_\_\_\_\_  
Signature of Skater

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent  
(if skater is a minor)

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to skater

## **\*\* General Ice Etiquette \*\***

- ❖ All skaters, coaches, and parents/guardians must strive to create a positive and fun atmosphere. Celebrate all our skaters' successes, and, in challenging times, be quick to offer encouragement and a positive outlook.
- ❖ All members are to set a good example for new or prospective members and guests of our rink. Please be friendly and welcoming, and kindly assist those who may be unfamiliar with our facility and policies.
- ❖ While figure skating is a beautiful sport, it is also quite challenging, and at times can be downright frustrating! An essential element of any athlete's development is learning how to productively manage negative emotions. Therefore, negative or disrespectful comments, profanity, and/or disruptive behavior (including, but not limited to, yelling, kicking the ice or the boards, banging on the glass) will not be tolerated from anyone, on the ice, off the ice, and/or at competitions and events.
- ❖ ***Verbal and/or physical abuse of any skater, parent/guardian, coach, volunteer, or rink staff member will never be tolerated, and is in violation of US Figure Skating rules.***
- ❖ Skaters may not congregate in groups or socialize on the ice.
- ❖ **All skaters are to remain alert while skating** and to yield the right of way as follows:
  - skaters (and coaches) should yield to whomever is skating to the music;
  - skaters who are not in a lesson should yield to those who are in a lesson;
  - special care should be taken with elements with limited visibility (e.g., certain free skating moves or dances). **Experienced/older skaters and coaches should be courteous to less experienced/younger skaters who may not have the experience or skill to always know when/how to get out of the way. Remember, we were all beginners once!**
- ❖ Skaters and coaches should use good judgment and fairness when playing music and programs. Please be mindful of our young skaters and refrain from playing music with explicit lyrics. During crowded sessions, program music will be played in the order/line established in the music box by the coaches and skaters. Coaches' requests for programs, "cutting the line", will have priority.
- ❖ **Parents/guardians are asked to refrain from coaching or offering instruction to their children during practices.** Skaters and coaches find this distracting, and your instruction may conflict with the coach's, thus confusing the skater. If you are concerned about your child's practice habits, please discuss the situation with your child's coach. He/she may be able to offer more productive and less distracting ways for you to encourage your child to keep on task.
- ❖ At skating competitions and events, please remember that you are a representative of **Yerba Buena Ice Skating Center** and/or **The Skating Club of San Francisco, Inc.**, and it is important that your conduct reflect positively on our facility and/or the club. *As a **Training Facility** and a **Club**, we are a **team**, and we must strive to support all of our members.* Please be supportive and encouraging of all our skaters.
- ❖ **All skaters, coaches, and parents/guardians are required to abide by all the rules and regulations set by the Yerba Buena Ice Skating Center, and to cooperate with all directions from rink and coaching staff. This is our "home", and it is essential to treat our rink and its personnel with courtesy and respect.**