



Roseville Figure Skating Club

Roseville, Minnesota

Rules of the Ice

Safety

- Follow ice flow patterns and rules
- Be aware of other skaters
- No visiting – if talking with coach do so at the boards with backs touching the wall and eyes on the ice
- Keep moving – no standing still – No talking to other skaters while on the ice at any time!
- Get up QUICKLY after a fall
- Watch out for skater wearing bright belt –move out of their way!
- Wear bright belt when doing program - one that stands out from your shirt or dress color
- Hair tied back – including long bangs
- Stretching – Do Not swing and kick leg behind you
- Wear skating attire
- Stretching before getting on the ice is STRONGLY ENCOURAGED

Dress Code

- ❖ Appropriate attire
 - skating dresses
 - leotards or unitards
 - skirts appropriate top
 - aerobic/work out wear
 - sweaters, sweatshirts, and warm-up jackets (waist length)
 - Male skaters may wear athletic pants of a comfortable nature
- ❖ Inappropriate attire
 - jeans
 - oversized jogging pants or wind pants
 - oversized sweatshirts or heavy jackets
 - camisoles or tank tops with spaghetti straps
 - crop tops that show skin above the navel
 - extra low rise pants and skirts
 - jewelry that is loose or could fall off
 - Larger dangly earrings (anything larger than quarter size)
 - Shirts with foul language or inappropriate logo, characters or phrases

Conduct

- Cooperate and be respectful of Rink Parents, Coaches, and other Skaters
- Use ice time productively (no visiting or standing still)
- Be on time and prepared (water, tapes, etc.) for all ice sessions (if entering ice late be aware of moving skaters and stay close to boards)
- Be respectful! No tantrums, kicking ice, inappropriate comments or gestures (facial or otherwise). Be on your best behavior even when you're frustrated.
- Keep private or "inside jokes" off the ice and out of the locker room.

Remember:

We are all here to keep a safe, productive, and positive environment.

Any coach or rink parent has the right to remind you of these rules if you are in violation and to inform your coach and/or your parent.