

PSC Comprehensive Session Rules

These rules are set up for the safety of our skaters and to promote the best use of our ice time. All club members are asked to know and observe them. We strongly encourage the parents of all our skaters to learn the rules and teach them to your children.

Skating requires complete awareness of what is going on around you. Be alert for other skaters. Communicate with other skaters on the ice to avoid accidents.

The ice rules apply to PSC members, their families, guests and coaches. They will be strictly enforced. Any skater not abiding by these rules may be asked to leave the ice. All rules are subject to change by the PSC Board of Governors.

- To skate on Free Style sessions you must have passed at least USFS Badge 8 and be assessed by a Board Member. For your safety, you may be asked to practice on family sessions rather than Comprehensive sessions (refund will be given).
- Good sportsmanship is required. Please be courteous and aware of those skating around you.
- If you accidentally collide with another skater then please show courtesy to the other skater by asking if OK and getting help from a parent/coach if not OK.
- No skaters may push, pull, grab or purposely bump into other skaters.
- Do not stand still alone or in groups anywhere on the ice surface. Do not skate around the edge of the rink alone or in groups talking or not paying attention to the other skaters. If you want to have a discussion with a fellow skater, you should do so at the edge of the ice, not in the middle of the ice.
- Coaches are to teach from the edge of the ice except when demonstrating to a student.
- Headsets, ipods or walkmans are not allowed on any session.
- All skaters should remain alert and yield right of way as noted below.
- Yielding Right of Way:
 - Everyone (skaters and coaches) yields to whomever is skating to the music.
 - Skaters who are not on lesson yield to skaters who are on a free style lesson
 - If you are doing your program or in a lesson setting up a jump or spin and see someone crossing your path, a polite "excuse me" is an acceptable and effective way to alert that person to your presence. Yelling and shouting are not appropriate.
- Please do not skate between a skating professional and a student during a lesson.
- Stroke around the edge of the rink.
- Spin in the middle of the rink, except when practicing a program to the music.
- Jump on the outside of the center ice area (blue line to blue line).
- Keep moving with the flow of the session.
- Always be aware of other skaters. Look both ways when attempting backward spirals, leaving the boards or from speaking with your pro.
- The use of abusive language or uncontrolled temper on or off the ice will not be tolerated. Kicking holes in the ice, except as a normal consequence of toe jumps is forbidden.
- Only water is allowed at the rink edge - please, no food, coffee, other drinks or chewing gum.
- Please place water, guards, tissue, binders, etc. away from the edge of the ice or in the hockey boxes to avoid having these items fall onto the ice, potentially causing a skater to trip or fall.
- Remember that the goals of any sport are to have fun, build skills, and gain mental and physical conditioning and discipline.

ENJOY YOUR SKATING!