



## General MIF/Freestyle Session Guidelines

MIF/Freestyle sessions are open to anyone who has passed Basic Skills Level 6.

The following guidelines apply during the freestyle sessions:

- All skaters must be conscious and considerate of other skaters and coaches during freestyle sessions. Right of way goes to those skaters having lessons.
- Talking should be done along the boards or off ice.
- All skaters must be aware of the standard MIF test patterns and keep those areas clear. Right of way in these areas should be given to skaters working on their test moves. Be particularly aware of those skaters working on higher level MIF tests as they need to move through their patterns with speed.
- Practicing of synchro programs should be done in groups of no more than 2 skaters at once. These skaters can be attached or unattached.
- Coaches instructing a group should have their skaters stand near the boards or in a small group to the sides when the coach is demonstrating a move, as to not get in the way of other skaters.
- Run throughs of any programs to music should be limited to no more than 4 times during a session unless working with a coach.
- When multiple programs are practiced during a session skaters can line their music up on the boards (iPod or CD). The programs will be played in order, with skaters having lessons getting priority.
- If you need to rest, there are nice benches off the ice.
- Do not congregate at the music station.
- No playing tag or racing.
- No hanging on or unnecessary touching of other skaters.
- No games or contests involving dips or shoot the ducks.
- No sitting on the ice, scraping of ice or throwing of ice.
- Holes should be patched.