



Club Rules and Regulations

The following Club Rules & Regulations apply to all **UCSC skaters, board members, coaches, staff, parents/guardians** and **guests** while on the premises of the **Mitchell Field Arena & Community Centre**. Where applicable, these rules also apply at any **other location** where club programs are held.

These rules are in place for the **safety** and **well-being** of everyone involved.

Gear and Attire

1. Everyone on the **ice** must wear **skates**. No other footwear is permitted on the ice surface.
2. **CSA-approved helmets** are **mandatory** for skaters in the **Pre-CanSkate** and **CanSkate (Stages 1-5)**, and **Teen/Adult Learn to Skate** session. Helmets are **optional** for skaters in **Stage 6**. Hockey helmets with a **cage and chinstrap** are **mandatory** for skaters ages **3 to 5** and recommended for young skaters and those who wear glasses.
3. **Corrective eyewear** must be worn on the ice whenever applicable.
4. **Scarves and loose-fitting hats are not permitted** on the ice. **Snug-fitting hats** are allowed for skaters who feel cold.
5. Skaters with hair **longer** than **chin length** must **tie it back**.
6. **Practice wear** should be **comfortable** and **form-fitting** to allow **free movement** and ensure coaches can observe proper technique. **Skating dresses, skirts, and yoga pants** are acceptable. **Dresses** must be worn with **appropriate skating tights or bottoms**.
7. The following attire is **not permitted** on the ice unless part of an **ice show costume**:
 - a) **Jeans, shorts, or denim-style pants**
 - b) **Sleeveless tops, tank tops, tube tops, low necklines, or bare midriffs**
 - c) Clothing with **offensive language or imagery**
 - d) **Props or accessories**

Coaching

1. Skaters participating in **STAR 3+** and **Adult STARSkate** sessions must **hire a coach** for a **minimum of 15 minutes** per skating day.
2. **Parents are not permitted to coach** or instruct from the boards.

On-Ice Conduct

1. All skaters and guests must be **registered** and have **paid in full** before entering the ice. Failure to do so will result in immediate removal.
2. Skaters must remain **aware of their surroundings** and **yield appropriately** to others with the **right of way**.
3. **Eating, drinking** (other than bottled water), and **chewing gum** are **not allowed** on the ice.
4. **Foul language** or **inappropriate behaviour** from skaters, parents, or coaches will **not be tolerated** on or off the ice. (Please refer to the **Skate Canada Code of Ethics** for more information.)
5. **No skater** may enter the ice without a **Skate Canada-certified coach** present.
6. All **doors to the ice surface** must remain **closed and latched**.
7. Skaters and coaches must **exit the ice** as soon as the **Zamboni** reaches the arena doors. Please be **mindful** of your **session end time** and **leave the ice promptly** to keep all sessions on schedule.

Music

1. **Coaches have priority** when requesting music. Please use this privilege **responsibly**.
2. The **skater whose music is playing** has the **right of way**. All skaters must stay **aware of their surroundings** regardless of whose music is on.
3. **Choreography** should be practiced using a **personal device**, not the general sound system.
4. **Headphones, earbuds**, or any type of personal listening device are **not allowed** on the ice.
5. Only **designated music operators, board members** and **professional coaches** may operate the **sound equipment**.

Off-Ice Conduct

1. **Skate guards** must **always** be worn when **off the ice**.
2. Skaters and parents must use **designated change rooms** to **put on or remove skates**. Changing skates in the **viewing area** or elsewhere in the community centre is **strictly prohibited**.
3. **Parents of skaters aged 10 years and under** (CanSkate or STARSkate) must **remain on the premises** for the duration of their child's session.
4. Please help keep the **viewing area, change rooms**, and **washrooms clean**.
5. **Defacing club or arena property** is **strictly prohibited** and may result in the **loss of skating privileges**.