



## **PRACTICE RINK INSTRUCTIONS**

1. All Practices are to be run **ON TIME** in accordance with the published schedule, unless amended by the Tech Rep or Section Competition Advisor.
2. Music for the skaters is to be played in the published rotation.
3. Music is to be played only **ONCE** for each skater. All skaters should make themselves aware of the practice rotation order. Immediately following the warm up period the name of the first skater will be announced and their music will be played without hesitation. The second skater (“on deck”) will move to their program starting position as the end of the previous skater’s program becomes apparent and so on through the practice rotation order. “On deck” skaters who are not in position and ready for the start of their music will not be allowed a re-start of their music. Your cooperation in following this procedure is most appreciated as adhering to these guidelines will allow for all programs to be played within the practice time frame.
4. Warm-ups based on the skaters’ competitive events will be timed to ensure that all the skaters have their music played within the practice sessions allotted time and will be played in the set rotation.
5. If a skater is not at the practice their music will be played anyway if it has been turned in, or background music will be played to fill the time that the program would have taken.
6. **NO SPECIAL REQUESTS ARE PERMITTED.** Any questions or requests from coaches / skaters must be directed to the Tech Rep for the event.