

JODIE'S RULES

Revised January 2023

These rules are designed so everyone knows and understands how I require my skaters to conduct themselves so that we all have a clear understanding. I want my skaters to do the best they possibly can and achieve their goals (no matter how big or small) for their skating career.

“My” skaters refers to any skater that is taught under my coaching system (including all classes apart from learn to skate class) and is taught by any of the coaches that work with me.

Classes, Practice & Private Lessons

- Skaters must be ready to commence their off skates warm up at least 30 minutes prior to their lesson time
- Skaters must commence their off skates warm up as soon as they arrive except if coming straight from school/work when skaters may need 10-15 minutes to change and eat etc (therefore these skaters should arrive at least 45 minutes prior to these lesson time)
- Skaters should do their off skates warm up for the length of time stipulated and be on the floor for at least 15 minutes prior to their lesson
- Skaters should practice for at least 30 minutes after their lesson (except where they are the last lesson).
- All skaters under 18 years of age must ask to leave the floor. Skaters over the age of 18 must advise that they are leaving the floor. Skaters must ask/advise any one of the coaches that are coaching at that time. Skaters do not need to leave the floor to rest or eat and should never sit down during training unless unwell or significant injury.
- Skaters are not permitted to “hang around” during training time. Once a skater has finished training, they should leave as soon as possible after warm down.
- Skaters must do a cool down/stretch after training to avoid injury and to increase flexibility
- Elementary League & Secondary League skaters should attend at least three training sessions per week – this can include class days
- Advanced League, State Championship skaters and beyond should attend between at least 4-8 training sessions per week depending on age and number of disciplines.
- All skaters must bring a water bottle and should bring their own towel to all training sessions
- Skaters must only have water or sports drink at barrier. No food/lollies or other types of drinks
- Skaters are to have their own skating book, bring it to every training session and keep it up to date. Must be a paper book and not an electronic device.
- No phones or electronic devices are to be left at the barrier during training unless junior & senior grade skaters are using their ipods
- Skaters that need to pay for rink hire or training must do so before taking the floor. Skaters should do any administrative tasks before their off skate warm up or after their cool down
- Skaters who are having a private lesson (from any coach on the floor) have right-away over all other skaters
- Figure skaters who are practicing have right-away (except from skaters on private lessons)

- Figure skaters are to use the top (snack bar end) figure circle.
- Skaters must refrain from talking about “non-skating” matters whilst at training. Skaters should socialize outside of training times
- Parents are NOT to come to or lean over the barrier during lessons/ classes/ practice and must stay in the snack bar area. At Albany Creek – parents to sit IN the snack bar area for all private lessons and class times – this is the pink and blue area (not around the outside of the snack bar). Skaters to have their bags and skates on the outside area of the snack bar and are to organize their water/ drinks/ books etc before taking the floor. At Digi – parents to sit in the snack bar table or party areas – not the bench closest to the wall. At Mt Warren/Runaway Bay/South Pine – parents to sit in the stands and skaters to have all of their necessary items on a chair/area over on the side where the music is being played from. Any young children that need assistance to put their skates on must do so in the snack bar (or the parents permitted area). This includes any relatives, siblings or friends that may accompany skaters to training at any time
- Parents are not to try and sign language or talk to discuss from the snack bar area onto the floor area.
- Coaches or skaters that want to talk to any parent must go INTO the snack bar area. Parents are not permitted to hold conversations over the snack bar wall.
- Parents should never “stage-coach” from any part of the skating venue during training
- If a skater can not tell the time and needs to be reminded to change skates or finish training, please ask them to discuss with their coach or one of the coaches teaching that day. Parents are not to wave or signal to skaters as this is distracting to all skaters and especially the skater concerned who is constantly looking at their parents.
- Parents are NOT to video their child at ANY time unless the coach has particularly asked for the parent to video
- Skaters who take private lessons and are over the age of 12 are to ensure they are contributing back to the sport by helping with learn to skate classes or becoming a marshal or an official or an activity approved by Jodie
- Skaters arriving for lessons and classes can choose to wear the club uniform in any way and do not need to wear top and bottom (for competitions/tests this rule of top and bottom must be strictly adhered to)
- Skaters are not to video themselves without a coaches permission
- Parents that need to discuss their child’s skating should do so outside of training time (eg email or before/after training concludes). Email is the preferred method of contact for all coaches.
- Urgent matters to be discussed must be DURING the skater’s lesson and the parent should call the coach off the floor to talk (not at barrier). No additional lesson time will be allocated. Parents are not to be at the barrier at any time unless for an emergency.
- At no time should any parent approach the barriers. If a coach needs to speak to a parent, the coach will come to the snack bar area. This is unless it is a medical emergency
- Parents are not to be distracting to any skater during training time. i.e. Clapping, loud laughing and making excessive noise (unless asked to by the coach)
- Skaters routines, training videos or elements are not to be placed on any social media without permission of their coach.

- Skaters must be taught by one of Jodie's coaches who work under the umbrella of Balance Fitness Skate & Entertainment.
- Any skater wanting to attend ANY other coaches classes or ANY other training sessions must ask Jodie prior to attending – this includes skaters who have a coach that may teach at other venues
- Skaters are not permitted to have lessons outside of the designated training times by any of the Balance coaches or any other coach without direct permission from Jodie
- Skaters who wish to practice at any time outside of the designated times at any other venue must have permission by Jodie. These times may or will not be registered with Skate Qld and cover no insurance.
- Skaters are not to have a mobile phone or other electronic devices or distractions at the barrier or on their person (urgent matters to be discussed with Jodie)
- Skaters are not to use electronic devices during training. Junior and Senior may use iPods during training to play their compulsory dance or routine music (one ear piece only). Any skaters attending any international competition (except Masters) can also use an ipod for the final calendar month leading up to their competition. All other skaters are not to use iPods at any time and must only use the music system provided.
- Only COACHES who are coaching are to have their iPod connected to the artistic music player. The club ipad can be connected at any time. Please ask Jodie for any other circumstances.
- Skaters wishing to perform demonstrations (not organized by their coach) are to ask for permission prior. Head coach must also give approval prior to the event
- Skaters wanting to perform a skating routine in any circumstance, must discuss with their coach in advance (eg school musical etc)
- Skaters wanting to be involved in shows of outside coaches or clubs must ask for permission prior
- Skaters wishing to partner any other skater from another club, must ask their coach prior to organizing
- Skaters should participate in other cross training/strength/endurance activities appropriate to their age and ability and as discussed with their coach
- Skaters are not to be involved in any illegal activities
- Skaters are not to smoke tobacco (case by case for adults) and at no time should any skater be smoking in any club uniform or leotard.
- Skaters are to discuss with their coach any facial piercing (except ear piercing) or visible tattoos prior to getting them
- Skaters of drinking age are not to drink alcohol for at least four weeks leading up to a major competition - one week leading up to a minor competition/test
- Skaters attending official skating functions should behave in an orderly manner at all times and those of drinking age are to only partake to the limit they would if they had to drink home
- Skaters should be pleasant and well mannered to other coaches, club committee, rink management and staff at all times
- Skaters wishing to have private lessons from Jodie or one of Jodie's coaches must be a member of the club nominated by Jodie
- Skaters must gain permission before having any lessons from any other coach or attending another coach's classes / seminars. This includes SOCIAL classes with ANY OTHER COACH apart from Jodie's coaches

- Skaters asked or who would like to be involved in any media events or asked to be involved in media events (newspaper, Television) must ask and discuss with Jodie and their individual coach prior. Skaters and parents of skaters are to be mindful of their social media statuses. At no time should coaches, judges, other skaters, committee members or rink venue/staff or officials be named or defamed on social media
- Skaters involved in any media event must dress as per competition guidelines with full make up and hair
- All Skating parents of private lesson skaters are to contribute with volunteering at local competitions. Parents are not allowed to be rostered to marshal during their own child's events, nor can they be involved in any volunteer role with the judges or tech panel for their own child event either.
- All parents are encouraged (if they desire) to become involved in officiating
- Parents are not permitted to video or take photos of their child (or any other child) at training unless specific permission has been sought by Jodie
- Once skaters have completed their training, they should leave the venue in a timely fashion and not "hang around" to chat or socialize. This is after 15 minutes of stretching.
- Parents who wish to take photos of their child during training must discuss with Jodie prior or the coach present if Jodie not in attendance. This would not be a normal practice and only under unusual circumstances would this be permitted
- All skaters (parents) should fully discuss any skating equipment required for their child or their skating. Coaches should be fully involved in all decisions made in this area.
- Skaters that choose to leave their PR coach and commence with a coach from another club must understand that their individual routine/music will remain the property of the coach and they are not permitted to use this music or routine under another coach from a different club. All benefits of practicing under Jodie artistic time will also be revoked as this time is for private lessons of skaters who have lessons from Jodie or one of her coaches.
- Skaters and parents of skaters are to be mindful of their social media statuses. At no time should coaches, judges, other skaters, committee members or rink venue/staff or officials be named or defamed on social media. This includes any posts that could be "alluring" to any of the above
- Skaters who retire from skating or choose to join another club are to pay any outstanding appearance fees will need to fully pay any outstanding appearance fees within SEVEN days of notification of leaving
- All skaters over the age of 10 in Elementary league or higher are encouraged to assist with Learn to Skate classes to give back to the sport.
- ALL Private lesson skaters over the age of 14 years (as at 1st January each year) regardless of their league level must choose one of the following :
 - Be on the LTS instructors or helpers roster for the year
 - Become an accredited official and officiate at least FIVE events throughout the year
 - Marshall or be rostered by the QATC to marshal/video/announce EIGHT events throughout the year
- All skaters wishing to have private lessons **MUST** attend all of the classes for their grade/ability on a regular basis. **If any skater is unable to attend a class they are to advise their coach and cc Jodie via email prior to each class . Skaters who do not attend classes will not be approved for competitions.**

What to Wear

Normal Week Day-to-day training/private lessons/classes

- **TRAINING UNIFORM:** All skaters regardless of who their individual coach must wear the prescribed uniform to all training sessions and classes. New skaters to classes will have one month to acquire the uniform and during the initial period can wear an existing class leotard. Any variation of the training uniform can be worn at any time (leotard, dress, jumpsuit, playsuit, midriff)

At all times:

- Skating pants for males at all times,
- Stockings for females over the age of 12. $\frac{3}{4}$ tights in warm weather conditions. Black or skin tone. Stockings can be in boot, over skate or stirrup.
- Hair tied back neatly accordingly with a black ballet cross over if required
- Skaters who have hair longer than mid back length should wear it up (eg bun) to all training sessions
- Underwear not to be seen including crop tops

When there are free dress days – please refer to individual rules for those particular days but generally free dress is totally FREE dress but must be practical for training

To attend other clubs or rinks training/classes, open dance time, seminars, state training

- Jodie training leotards to be worn at all times during any of the above sessions unless stipulated by Jodie
- All uniforms should be in very good condition and not faded
- Skating pants for males at all times
- Males to wear leotard to all of these sessions
- Stocking over skates or stirrup (in good condition) for ALL female skaters, skin tone or black
- No visible underwear or sports bras/crop tops
- At no time should males or females wear t-shirts to these types of training session.
- The midriff option is NOT to be worn at seminars or state training
- Hair NEATLY attired accordingly with a black ballet cross over if required

To attend official training at national or international competitions

- Ex competition outfits or very nice practice leotards for females. Short or long sleeve leotards with skating pants for males
- Team leotard/uniform to be worn at set times as stipulated
- No visible underwear or sports bras/crop tops
- Good stockings or skating pants must be worn for all skaters
- Hair as discussed with your coach and black ballet cross-over if required
- The midriff option is NOT to be worn at these training events
- Always to be discussed with your coach first

To attend a Media Events (eg Newspaper)

- Skaters should consult their coach as to what to wear
- Skaters should be dressed as per competition guidelines
- All female skaters must wear perfect stockings and make up with neat hair
- Always to be discussed with your coach first

Competition Outfits

- For all tests and competitions skaters must arrive in club attire. This is FULL club uniform. At NO time can the shirt be worn with jeans or any other clothing. Skaters should arrive and wear a club “top” and a club “bottom”. Competing skaters must arrive and leave in this attire unless they ask for permission to change (example – going to a school music event immediately etc). Please make sure your club uniform is of an appropriate size for you.
- Skaters who come to watch any event (league, test or similar) that they are not skating in or not officiating MUST also wear FULL club uniform so a top and a bottom.
- Parents or non skating siblings who wish to support the club please purchase a supporter shirt. The supporter shirt can be worn with any other neat and tidy clothing. Everyone must wear shoes/footwear at all times when at a competition. Parents and supporters are encouraged to purchase a supporter shirt
- Any skater competing in state championships MUST wear their club uniform for the entire weekend, even if they attend on a day they are not competing.
- Nationals and international competitions skaters to wear state and national tracksuits as appropriate. Attire for March Past at any championships will be advised by the team manager.
- All leotards for leagues must be approved by Jodie or your individual coach prior to the competition. State Championships and above are to be fully discussed with Jodie or individual coach and updated regularly
- For all competitions/tests and for all disciplines stockings are to be worn as per your coach’s specification. Stockings should be in perfect condition
- Skaters should take an extra pair of stockings (females) and laces together with a spare costume in case of emergencies. Also a cotton and thread are handy
- Skaters should always have spare toe stops (even if old)
- All skaters should have wheels of different harnesses available for different floor conditions
- For the State March Past all competitive skaters are expected to attend and participate – from Beginner league to Advanced league – ALL club members. Uniform for the march past is tracksuit bottoms and polo shirt top. Normally skaters are encouraged to bring balloons and pon-pons or anything similar

Competition/Tests

- Skaters are expected to participate in all competitions/tests recommended
- All competitions and tests will be nominated by individual coaches. Jodie will then approve nominations and give feedback to the individual coach if nomination is not approved. This will be based on the standard and training observed leading up to the nomination.
- Skaters must support all other club members and should be in attendance for the entire competition to support each other
- All female skaters are to wear make up for all competitions and wear their hair as consulted by their coach
- Skaters must ask their coach what time to arrive at the competition/test
- Skaters must report to their coach upon their arrival so they know they have arrived.
- Skaters must see their coach before leaving the competition or test
- Skaters should advise both their coach and the event marshal that they have arrived at the competition or test as soon as they arrive
- All parents, skaters and club members should sit together in a similar area. This is very important. Please discuss with Jodie if you are unable to sit with the remainder of the club due to medical reasons.
- Skaters, once dressed in their skating costume, should undergo their normal off-skate warm up before putting on their skates. The off skate warm up should be commenced appropriately 30 minutes before their event (as to not cool down before competing)
- Skaters should be completely ready and warmed up and be in the marshalling area 10 minutes prior to the event
- Skaters are to behave accordingly at all competitions & tests in a sportsmanship like manner, with respect to all athletes, coaches, officials and volunteers
- Skaters who do smoke (adults only as per previous rule) or drink alcohol (adults only) MUST NEVER smoke/drink in their leotard, skating costume or a Club, State or National tracksuit in public.
- Parents are asked to not smoke in any club attire
- Parents are not permitted in or near the marshalling area unless in an emergency - or they are the designated QATC marshal
- Routine music (Freeskating, Solo Freedance, Solo Style Dance, Style Dance or Freedance) and the routine program are the property of the coach at all times. Skaters wishing to obtain a copy of their music for practice or mental rehearsal can do so once music invoice has been finalized.
- Appearance fees for competitions/tests will be included in the private lesson system and will occur in the system on the competition day and are to be paid on the Tuesday prior like all lessons that week – exception is National and international events – see information under fees but all fees are to be paid for by the required time.
- Social media should only be used in a positive format. At no time should any skater/parent post anything negative on social media in relation to their skater, their coach, the club or any of the club's members, the rink, the officials. Nor should anything be in a perception of referring to anyone else. Nor should anyone like or comment on another person/business social media page where they have made negative comments about the sport or the policies
- Full or any sections of routines/dances/elements of any skater/team should not be posted on social media without the individual coaches permission.

- All covid rules and regulations set out by any venue or by Balance Fitness, Skate & Entertainment along with Skate Qld or Skate Australia need to be abided by at all times
- All skaters/coaches/parents are expected to sit together as a team at events and be fully supportive of all skaters that are involved with Jodie and the Jodie coaches
- If at any time a lesson skater has any issues with anything to do with their lessons/coaches or any issue skating related, please email and/or set up a meeting time to discuss.

Private Lessons

- A skating week is MONDAY-SUNDAY.
- Lessons will be set up and allocated before 8pm on a Sunday one week prior
- Lessons are paid for on the Tuesday prior to the week commencing
- If a skater is unable to attend a lesson or needs to change a time, they **MUST** advise by Saturday at 12noon for the following week
- **After 12noon on Saturday lessons cannot be changed or cancelled. If a skater is unable to attend they must find a substitute skater for that lesson. The substitute can be ANY club skater who is coached by any of the coaches (can be a skater that is coached by a different coach)**
- **Skaters who are ill, injured or unable to have their private lesson must organize for another skater to take their lessons. Skaters who are unable to organize another skater to take their lessons will not have their lesson and will be unable to have this lesson at another time. There are no exceptions to this rule and coaches do not have the ability to amend this rule at any time**
- **Coaches are not permitted to overrule lesson rules so please do not ask them to.**
- Lessons can be swapped or filled by any other skater within the club regardless of who their coach is (but this should be discussed with the effected coaches first)
- Skaters who are unable to attend must advise their coach and Jodie of the skater who will be taking their lesson. If there is no one to replace the skater, both the coach and Jodie must be also advised prior to the commencement of the lesson (ie. You cannot just not show up for a lesson)
- Skaters who do not show for a lesson risk losing their lesson time
- When a lesson has been given to another skater (due to injury/illness) it is the responsibility of the two skaters involved to organize the payment of this lesson between them.
- Due to unforeseen circumstances coaches who have to change lessons at very short notice (coach unwell etc) the coach will advise Jodie. Coaches must advise Jodie of any lesson changes that they need to make.
- When going on holidays please give **two weeks notice** in writing to Jodie and individual coach
- Any private lesson not paid for by 8pm on the Tuesday prior will be cancelled and cannot be reinstated

ACKNOWLEDGEMENT OF RULES RETURN FORM – ELECTRONIC

Please sign and return to your individual coach before 26th January 2023. Coaches will then collate their forms and return to Jodie by 1st February. This form must be completed and returned to Jodie prior to any lessons being given after this date. (please only return this page)

Name :

I have read and understand the rules and regulations as set by Jodie for 2023 Artistic Training.

I will abide by these rules to the best of my ability as well as follow the skating plan as approved by Jodie and my coach (Secondary league skaters and above) and will actively participate in all training sessions and classes.

Skater : Date :

Parent/Guardian : Date :

PRIVATE LESSON SKATERS :

- Skaters who take private lessons over the age of 14 (as at 1/1/23) are to ensure they are contributing back to the sport by helping with learn to skate classes or becoming a marshal or an official or an activity approved by Jodie
 - Be on the LTS instructors or helpers roster for the year
 - Become an accredited official and officiate at least FIVE events throughout the year
 - Marshall or be rostered by the QATC to marshal/video/announce EIGHT events throughout the year

Activity and commitment to be approved :

.....