



Ice Skating Association of Malaysia

Website: www.isam.my

PERSATUAN MELUNCUR AIS MALAYSIA

Reg. No: 0712/2000

Affiliated to the International Skating Union and the Asian Skating Union

5th MALAYSIA NATIONAL FIGURE SKATING CHAMPIONSHIP

April 2 & 3, 2010

SKATER GUIDELINES

This guideline is to explain the dos and don'ts during warm-up time and after the event as well as general information for skaters competing in the 2010 Nationals.

1. **Time to be at the waiting area**

Please check-in at the waiting area 20 minutes before warm-up time. There will be **NO** announcement to call the skater.

2. **Warm-up time**

a. Warm-up time is 6 (SIX) minutes. After 5 (FIVE) minutes, the skater will be informed of the remaining 1 (ONE) minute. Once the time is up, skater must leave the ice **IMMEDIATELY**.

b. During warm-up session, you can do your program and elements but please be extra cautious, for your own safety and others. Stay as far away as possible from other skaters. This is to avoid any unnecessary accident.

NOTE: Any accident between 2 (TWO) or more skaters during warm-up sessions will be fully reviewed by the Competition Director. If any evidence of tempering is found, the skater will be penalized or prohibited to compete in this competition or any other future competitions.

3. **BEFORE your event**

a. As soon as the skater before you finishes and has LEFT the rink, you will be allowed to step into the rink but not to do any elements. You can only move around the entrance area. When the judges are ready for you, they will signal the DJ. The DJ will announce your name and ask you to take your starting position. Only then can you skate into the rink proper and take your pose. This also holds true for the first skater after warm up is over. All first skaters must leave the ice rink, then, step back onto ice at the entrance only.

4. **AFTER your event**

a. Skaters are required to bow and leave the ice **IMMEDIATELY** after their program. **NO FLOWERS/GIFTS PICKING IS ALLOWED**. There will be volunteer skaters who will pick up your gifts and pass to you.

5. **Results and Medal Presentation**

a. Results will be posted at the Results Section after the event.

b. Trophies will be presented at the closing ceremony on 3rd April 2010.



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6. GENERAL

- a. Any flowers/gifts must be wrapped properly before dropping onto the rink.
- b. Skaters (and also parents) are advised not to linger around the competition area especially the waiting area. Your cooperation is appreciated to help in the smooth running of the competition.
- c. Skaters (and also parents) are **NOT** allowed to approach the Competition Judges under any circumstances during the competition.
- d. All questions and complaints must be reported and directed to the Competition Director.
- e. All skaters are required to be in their skates, costumes or t-shirt during competition times.
- f. All skaters are required to participate in the award presentation and closing ceremonies on 3rd April 2010. Put your skates on and assemble at waiting area and report to person in charge – Coach Aizarudin and Coach Bee Leng.

SKATE YOUR BEST AND HAVE FUN!!!

Norrizah (Nuri) Ismail
Competition Director, MNFSC 2010.