



The International Skating Center of Connecticut Skaters Code of Conduct

We believe that skating competition and training should demonstrate high standards of ethics and sportsmanship and promote development of good character as well as other important life skills. We also believe that the highest potential of sports is achieved when the participants are committed to pursuing victory with honor according to six principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "six pillars of Character"). This code applies to all skaters, coaches and parents involved in our sport.

Trustworthiness

1. Trustworthiness - Be worthy of trust in all you do.

- Integrity - Live up to high ideals of ethics and sportsmanship, and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- Honesty - Live and compete honorably; don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike behavior.
- Reliability - Fulfill commitments; do what you say you will do; be on time to practices and events.
- Loyalty - Be loyal to your club and rink; put the club and team above personal glory.

Respect

2. Respect - Treat people with respect all the time and require the same of other skaters.

3. Class - Live and skate with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performances, and show sincere respect for the sport.

4. Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, or other actions that demean individuals or the sport.

5. Respect the Judges and Rink Staff - Treat judges, officials, and rink staff with respect; don't complain or argue with decisions during or after practice or competition

Responsibility

6. Role Modeling - Remember, being able to skate is a privilege not a right. You are expected to represent your club/rink, coach and fellow skaters with honor on and off the ice. Consistently exhibit good character and conduct yourself as a positive role model.

7. Self-control - Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to act inappropriately.

8. Healthy Lifestyle - Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, and drugs or encourage or engage in any unhealthy techniques to gain, lose, or maintain weight.

9. Integrity of the sport - Protect the integrity of the sport. Do not deal or associate with people negligent of the sport.

10. Sexual Conduct - Sexual or romantic conduct of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

Fairness

11. Be fair - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

Caring

12. Concern for others - Demonstrate concern for others; never intentionally engage in reckless behavior that might cause injury to yourself or others.

13. Fellow Skaters - Help promote the well being of fellow skaters by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches or parents.

Citizenship

14. Play by the rules - Abide by all competition rules; avoid temptation to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of our sport.

These are principles we as skaters and professionals of the sport of figure skating should strive to achieve. These principles are the goals of the International Skating Center of Connecticut to help bring together skaters, coaches and parents.