



## Island Waves Competition Code of Conduct

- 1) NO SUGAR - This starts on the ferry and continues until after the skaters compete.
- 2) NO SWIMMING - Skaters are not allowed to swim at the hotel until after they compete.
- 3) NO UNDERWEAR - Skaters are not allowed to wear underwear any time they perform, or at official practice ice.
- 4) NO BOBBY PINS - Skaters aren't allowed to have bobby pins in their hair anytime. This includes practice at home as well. If they fall out, they can be a problem.
- 5) GOOD SPORTSMANSHIP  
This is the most important. All skaters and parents represent Nantucket Skating Club and The Island Waves. Any negative comments can easily be overheard by judges, referees, competition organizers, and other teams/coaches. Our pride lies in our reputation as a kind, well-behaved team.