

How to Lace Figure Skates

1. Loosen up the skate.

By pulling the laces out a bit, so the foot can be put inside easily.

2. Stuff the feet inside the boots

Make sure the socks are straight and the foot is placed inside the boot all the way. Put the toe of the foot in first and then push the heel all the way down.

3. Tighten up the laces in the first half of the boot.

Work up from the toe to the ankle. Don't pull the laces too tight in this area. Just make sure that each pull is somewhat secure

4. Tighten the laces the most where the foot and ankle bends.

This is the most important part of lacing the figure skates. Give the laces a good tug at this point and pull hard.

5. Next Lace around the hooks.

Make a criss-cross pattern with the laces and pull with both hands around each hook. Some skaters like to put the laces over and under the hooks; other like to put the lace under then over. Either is correct.

Again, don't pull the laces too hard. Leave some room for the ankle to bend.

6. Finish with a secure bow.

It is recommended to double knot the bow. Some figure skaters leave the top hooks empty while breaking in the new boots.

7. Tuck the bow's loops into the top of the boots.

This will prevent the blade from catching the bow's loops.

TIPS:

If the skates don't feel secure after being laced up, the laces are too loose, and lacing should be done over again.

Figure skates should not be too tight. If a skater can't bend his or her knees, the skates are too tight.

Make sure the tongue of the skate is straight and does not slip under the laces.

Skates must fit. If the boot is too big, lacing the skates tightly will not improve the ice skating experience.

Wear a sock that fits and make sure that no wrinkles are in the sock as the foot is placed inside the ice skating boot. Wearing thick socks is not recommended for figure skating.