



Northern Star Individual, Learn to Skate, and Synchronized Skating Competition

Northern Lights Figure Skating Club
VFW and Civic Arena
East Grand Forks, MN
January 4-7, 2024

I. COMPETITION OVERVIEW

The Northern Star Figure Skating Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules.

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USA® member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

II. ELIGIBILITY

Singles Excel and Well Balanced Events:

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
 - o Skate Up: skaters may skate up as many levels as they would like from their test level.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
 - o If an athlete has participated in the NQS series, the event level registered for in the most recent NQS series will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.
 - o If an athlete has participated in the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well Balanced and Specialty events the skater will be permitted to register at one level lower than the "floor" set by their excel series entry.
- Skaters are not permitted to enter an Excel and a Well Balanced event of the same type and same level (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate) at the same competition. However, they are permitted to enter an Excel and a Well Balanced event of different types (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- Review Rule 6400 – skaters at the No Test, Excel Beginner, and Excel High Beginner may NOT have passed any USFS Singles tests.
- If an athlete, coach, parent and/or guardian needs assistance with confirming their eligibility, refer to information sheet [HERE](#).

Synchronized Skating:

- For synchronized skating teams, moves-in-the-field test requirements are as of the entry deadline.

Compete USA:

- Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances.
- For the Pre-Free Skate and Free Skate 1-6, eligibility will be based only upon highest badge level or free skate test level passed. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

EVENTS OFFERED:

[Program requirements for the events listed below can be found here: usfigureskating.org – Skate – Compete – Program Requirements](https://usfigureskating.org/skate/compete/program-requirements)

NOTE: Skaters may not enter an Excel and Well-Balanced free skate events at the same competition.

SINGLES	JUDGING	1 st Event Price	2 nd Event Price
Excel Free Skate	6.0	\$120	\$25
Well Balanced Free Skate	6.0	\$120	\$25
Adult Beginner & High Beginner Free Skate	6.0	\$120	\$25
SPECIALTY	JUDGING	1 st Event Price	2 nd Event Price
Compulsory Moves (No Test–Senior)	6.0	\$120	\$25
Excel Compulsory Moves (Excel Pre-Pre - Excel Prelim.)	6.0	\$120	\$25
Moves in the Field (Pre-Preliminary – Senior)	6.0	\$120	\$25
SHOWCASE	JUDGING	1 st Event Price	2 nd Event Price
Emotional Performance (No Test – Senior, Adult)	6.0	\$120	\$25
Choreographic Artistry (No Test - Senior, Adult)	6.0	\$120	\$25
Lyrical Pop (No Test - Senior, Adult)	6.0	\$120	\$25
Character Performance (No Test - Senior, Adult)	6.0	\$120	\$25
SOLO DANCE	JUDGING	1 st Event Price	2 nd Event Price
Solo Pattern Dance (not participating in series)	6.0	\$120	\$25
COMPETE USA EVENTS ***	JUDGING	1 st Event Price	2 nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$60	\$25
Aspire 1-4 Program w/ Music	6.0	\$60	\$25
Snowplow Sam – Basic 6 Elements	6.0	\$60	\$25
Aspire 1-4 Compulsory Moves	6.0	\$60	\$25
SYNCHRONIZED SKATING	JUDGING	Team Fee	Skater Fee
Aspire 1	6.0	\$80	\$15
Aspire 2	6.0	\$80	\$15
Aspire 3	6.0	\$80	\$15
Aspire 4	6.0	\$80	\$15
Preliminary	6.0	\$80	\$15

*** We will be using the 23-24 Requirements Effective January 1, 2024

OUR COMMUNITY:

U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

NON-DISCRIMINATION:

U.S. Figure Skating commits in policy, principle and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds, experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating's SkateSafe® Program received, investigates and addresses allegations of discrimination or harassment throughout its membership and the organization. Please refer to the [SkateSafe® Program Handbook](#) for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating's Code of Ethics (*GR 1.01*) and Code of Conduct (*GR 1.02*), as detailed within the [U.S. Figure Skating Rulebook](#).

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit www.USFigureSkating.org/SkateSafe or email SkateSafe@USFigureSkating.org.

COMPLIANCE:

For full details about participant compliance requirements, refer to the U.S. Figure Skating SkateSafe® webpage: <https://www.usfigureskating.org/skatesafe#compliance>.

COACHES:

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

The primary coach declared at the time of registration will receive an email to verify and approve that the skater is entered in the correct events.

The LOC will verify coach compliance on the US Figure Skating Website.

TEAM SERVICE PERSONNEL:

Teams are permitted a maximum of two team service personnel. Team service personnel must have a current U.S. Figure Skating membership, a green lighted background check and completed SafeSport™ Training. All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Team service personnel is defined as those indicated as a team manager and/or team service personnel planning to attend the competition with the team.

The software will ask for the team service personnel names at the time of registration and must be filled in. Only those listed will receive a credential.

MANDATORY ATHLETES:

Updated 8/2/2023

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. *

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION (powered by Entryeeze):

Online registrations will be accepted online only. Link is available on the Northern Lights FSC website: <https://www.northernlightsfsc.com/northernstar> and available via www.entryeeze.com. Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: 11/30/2023 at 11:59pm ET

Late Registration Deadline: 12/05/2023 at 11:59pm ET + \$25.00 Late Fee

1. Go to www.entryeeze.com
2. Click on "Start Here" under the Skaters heading
 - a. Select "Minnesota" for the state
 - b. Click on the Northern Star logo
3. Click the "Skaters & Parents" button
4. Enter your USFS number
5. The software will display a list of previous competition registrations that you can copy your information from if you remember your PIN number for that competition
 - a. If you remember your PIN number, type it in and click "submit"
 - b. If you don't remember your PIN number, click the "no thanks, I'll create my account from scratch" button at the bottom of the list.
6. Verify or fill in your personal information, include your test levels and phonetic pronunciation of your name if you have a name that is difficult to pronounce
7. Click Submit
8. Select your events and practice ice
9. Click on your cart
10. Answer the required question regarding single skater events
11. Pay for your entry

The club declared at the time of registration will receive an email to verify the and approve the skater as a member in good standing and eligible to enter the competition.

ONLINE REGISTRATION (Synchro):

All teams are required to register online. One person will act as a team contact and perform the registration process.

Registration for the competition is not considered final until online payment has been received. Online payment via credit card is the only form of accepted payment for registration.

1. Go to www.entryeeze.com
2. Click on "Start Here" under the Skaters heading
 - a. Select "Minnesota" for the state
 - b. Click on the Northern Star logo
3. Click the "Teams" button
4. Enter your email address
5. Enter your team name, number of skaters including alternates, and your personal contact information

6. Click Submit
7. Select your events and practice ice
8. Click on your cart
9. Answer the required question regarding single team events
10. Pay for your entry

NOTE: Payment must be submitted individually for each team's registration. If you are planning on registering multiple teams in a short period of time, it is recommended that you contact your credit card company to prevent anti-fraud systems from being activated.

MUSIC SUBMISSION/UPLOAD:

Online music submission is the **ONLY** acceptable method to submit program music. All music must be uploaded by the deadline of: **December 15, 2023.**

MUSIC UPLOAD: Competitors participating in events with music are required to upload their music to the online system no later than **12/15/2023 at 11:59pm ET**. After this date, skaters will be locked out of this feature and subject to a **\$25 late fee**. The late fee will be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

Login to your account, click on the "Competition" tab and then select "My Music" and upload your music for each program listed.

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rink side whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

REFUND POLICY

Refunds, *minus* the online transaction fee and a \$25 processing fee, are available if withdrawal is prior to December 5, 2023. After December 5, 2023, entry refunds are only available if the competition is not held. All refunds will be handled in the same manner as was paid. Check or cash payment will be refunded via club check and credit card payments will be refunded to the card used to pay the fees. Please contact Kimberly Idland at northernstarcompetition@gmail.com for refund information.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Northern Lights Figure Skating Club and the VFW and Civic Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

IV. COMPETITION DETAILS

FACILITIES:

All **Individual** events will be skated at the **VFW Arena**, 711 Third St. SE, East Grand Forks (ice surface of 85' x 190'). All **Synchronized Skating** events will be skated at the **Civic Center Arena**, 300 15th St. NW, East Grand Forks (ice surface of 85' x 190'). Concessions will be available during competition times in accordance to COVID regulations.

LOCKER ROOMS AND CHANGING AREAS:

GENERAL LOCKER ROOMS:

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes under 11

years old that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy in the [SkateSafe® Handbook](#).

TEAM LOCKER ROOMS

The designated team coach, team manager, team service personnel and athletes competing at the skating event are allowed in the Locker Rooms/Changing Area designated for their team. The team coach, team manager, and team service personnel should remove themselves from the Locker Room/Changing Area while any Minor Athlete(s) are actively changing or undressing. All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arriving at the competition. The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited. Any violation of this policy is punishable under the U.S. Figure Skating SkateSafe® policy and U.S. Figure Skating Rulebook.

U.S Figure Skating Travel Policy:

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

OFFICIAL NOTICES:

An official bulletin board will be maintained on the east wall of the arena. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. The official schedule of events will be posted electronic through Entryeeze no later than 14 calendar days prior to the commencement of the competition.

SCHEDULE:

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available.

PRACTICE ICE:

PRACTICE ICE INDIVIDUAL COMPETITION: No official practice ice is included with your registration fees. Individual practice ice can be purchased online after the event schedule is complete. The times for these sessions will be scheduled before the competition starts on both Friday and Saturday mornings and possibly late Friday evening. Individual practice will be held at the VFW Arena. The cost will be \$10 per 30-minute session. Music will not be allowed.

PRACTICE ICE SYNCHRONIZED COMPETITION: No official practice ice is included with your registration fees. Synchronized practice ice can be purchased online after the event schedule is complete. The times for these sessions will be scheduled before the competition starts on both Friday and Saturday mornings and possibly late Friday evening. Individual practice will be held at the Civic Arena. The cost will be \$80 per 30-minute session.

ONSITE CHECK-IN:

INDIVIDUAL ONSITE REGISTRATION/CHECK-IN: The registration desk will be located in the front lobby of the VFW Arena and will open on Thursday, January 4, 2024 at 5 p.m. The desk will remain open during all scheduled events and practice sessions. All skaters must be checked in with the rink side monitor 45 minutes before their event and should not leave the area. Always check posted announcements for any possible changes. If a skater is not present for their warm-up time, they cannot skate that event.

SYNCHRONIZED ONSITE REGISTRATION/CHECK-IN: The registration desk will be located in the front lobby of the CIVIC Arena and will open on Saturday, January 6, 2024 at 12 p.m. The desk will remain open during all scheduled events and practice sessions. All skaters must be checked in with the rink side monitor 45 minutes before their event and should

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not leave the area. Always check posted announcements for any possible changes. If a skater is not present for their warm-up time, they cannot skate that event.

If you are participating in a role requiring compliance, please be sure to [download or print your compliance card](#) to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact skatesafe@usfigureskating.org at least 2 business days prior to the competition for assistance.

AWARDS:

Awards for individual events will be posted and presented off ice immediately after each event. Medals will be given for 1st through 4th placements in each scheduled group, ribbons will be given out for all other placements. Results may be posted online only and awards may be handed out rather than presented.

VOLUNTEER COMPLIANCE:

Reminder: Compliant positions at all U.S. Figure Skating events include key LOC members, locker room monitors and ALL medical event personnel. [Click here for volunteer compliance information.](#)

PHOTO/VIDEO:

Note, [per U.S. Figure Skating policy](#), photographing and/or recording of any one other than your own skater is strictly prohibited. Please refer to the Basic Ice Usage and Skater Etiquette Information document found in the Club Resource section of Member's Only.

CONTACT INFORMATION:

Competition Website: www.northernlightsfsc.com

For questions, please contact the following individuals:

Competition Chair: Kimberly Idland (701.693.5223) (accepts text messages), e-mail northernstarcompetition@gmail.com

Competition Chair: Tonya Parton (218.791.6908) (accepts text messages), e-mail northernstarcompetition@gmail.com

Chief Referee: Lisa Landon lisa_landon@comcast.net

Practice Ice: Kimberly Idland (701.693.5223) (accepts text messages), e-mail northernstarcompetition@gmail.com