



**Northern Lights Figure Skating Club's Annual  
Northern Star Individual Figure Skating Competition  
January 5-8, 2023**

**Individual Competition Location:**

VFW Arena  
711 Third St. SE, East Grand Forks, MN 56721

Sponsored By:



Secure Online Registration and credit card payment will be available at [www.northernlightsfsc.com](http://www.northernlightsfsc.com)

Chief Referee: Lisa Landon    Chief Accountant: Connie Schamaun

## **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, and who are currently registered member of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

### **COVID-19 INFORMATION:**

For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#). Include any relevant policy implementation details here for your attendees.

### **EVENTS OFFERED:**

[Click HERE to view the program requirements for the current season.](#)

<b>SINGLES</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
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
<b>SPECIALTY</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Compulsory Moves (No Test–Senior)	6.0	\$120	\$25
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)	6.0	\$120	\$25
<b>SHOWCASE</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
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
<b>SOLO DANCE</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Solo Pattern Dance (not participating in series)	6.0	\$120	\$25
<b>COMPETE USA EVENTS</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Excel Free Skate (Beg. – Preliminary Plus)	6.0	\$120	\$25
Pre-Free Skate – Free Skate 1-6 Compulsory Moves	6.0	\$120	\$25
Excel Compulsory Moves	6.0	\$120	\$25
Compete USA – Showcase	6.0	\$120	\$25

## **II. ELIGIBILITY**

## **TEST LEVEL:**

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. At this competition, skating up is permitted. Note: Athletes may not skate down in any event.

## **SKATESAFE COMPLIANCE:**

For full details about SkateSafe compliance at U.S. Figure Skating competitions, refer to the U.S. Figure Skating SkateSafe webpage: [www.usfigureskating.org/skatesafe](http://www.usfigureskating.org/skatesafe).

## **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 three categories, Coach/Choreographer, Learn to Skate USA Instructor, or Foreign Coach/Choreographer. 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.

If limited number of coach credentials per athlete/team, include here (i.e., ONE coach credential per registered athlete; four coaches per registered team).

## **III. REGISTRATION INFORMATION**

### **COMPETITION REGISTRATION:**

- **Online entry** is available through secure credit card transaction at [www.northernlightsfsc.com](http://www.northernlightsfsc.com). **Entryeze** for online registration will be used. All charges will appear as Northern Lights FSC on your credit card statement. (An online transaction fee will apply.) **Online entry must be COMPLETED by 11:59 PM on December 13, 2021. Online registration will be closed after this date.**
  - Follow the links for competition information, use the link to register for the competition, and pay with a credit card (VISA, MASTERCARD, DISCOVER and AMERICAN EXPRESS accepted).
- Entries received after December 13, 2021, will be considered late and will be accepted only at the discretion of the Chief Referee. Late entries will be assessed a \$25 late fee.
- Persons paying by check will be charged an additional \$30 for any returned check. Persons contesting the charges on their credit card for their entry fees (charges will show up as Northern Lights FSC) will also be charged an additional \$30 fee. All further payment must be made by cash, money order, or certified funds. Skaters will not be allowed to practice or compete until all such debts are satisfied.
- **Skater's and Coach's schedules will be available via the web at [www.northernlightsfsc.com](http://www.northernlightsfsc.com) / Entryeze**
- The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with refund policy below.

**REFUND POLICY:** Refunds, *minus* the online transaction fee and a \$25 processing fee, are available if withdrawal is prior to December 13, 2021. After December 13, 2021, 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 Karen Peterson at [karen.peterson4267@gmail.com](mailto:karen.peterson4267@gmail.com) for refund information.

**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.

**FACILITIES:** All **Individual** events will be skated at the **VFW Arena**, 711 Third St. SE, East Grand Forks (ice surface of 85' x 190'). Concessions will be available during competition times in accordance to COVID regulations.

**MUSIC SUBMISSION:**

Online music submission is the **ONLY** acceptable method to submit program music. All music must be uploaded by the deadline of: December 31, 2021. The uploaded program **MUST** conform to the following specifications: - Only one piece of competition program music (e.g. Short Program, Free Skate, etc.) per file is allowed. - The uploaded file must be an MP3 File. Simply changing the file extension to "mp3" from another file format is not acceptable. - Bit Rate of 192 kbps or higher is requested. - The file should not contain any ID3 metadata (tags). Especially **NO** embedded images such as album cover art, picture of the skater, etc. - Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be **NO** leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition. After you have registered and paid for your events in EntryEeze, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "My Music".

Please have copy of music immediately available rink side during competition should there be a music issue.

Music issues during a performance - In most situations, the event referee will **NOT** stop a performance due to music skipping, poor quality, music stops completely, incorrect tempo or similar issues. For such situations during a performance, the skater should immediately approach the event referee for resolution.

**LIABILITY:** U.S. Figure Skating, Northern Lights FSC and VFW Arena, and Civic Center 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.

**ONSITE REGISTRATION/CHECK-IN:** The registration desk will be located in the front lobby of the VFW Arena and will open on Thursday, January 14, 2022 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. Process may change based upon COVID requirements and will be communicated closer to the competition.

**LOCKER ROOMS AND CHANGING AREAS:**

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 and the SkateSafe Handbook (both found on the [U.S. Figure Skating SkateSafe](#) page).

**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.

**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.

**AWARDS:**

Awards for individual events will be posted and presented off ice immediately after each event. Medals will be given for 1<sup>st</sup> through 4<sup>th</sup> placements in each scheduled group. This will be subject to current COVID-19 requirements. Results may be posted online only and awards may be handed out rather than presented.

**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 Entryeze no later than 14 calendar days prior to the commencement of the competition.

**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.](#)

**CONTACT INFO:**

For questions, please contact the following individuals:

Competition Chair: Karen Peterson (218.779.5861) (accepts text messages), e-mail [karen.peterson4267@gmail.com](mailto:karen.peterson4267@gmail.com)

Competition Co-Chair: Tracy Anderson (701.740.5693) (accepts text messages), e-mail [taanderson3348@gmail.com](mailto:taanderson3348@gmail.com)

Chief Referee: Lisa Landon [lisa\\_landon@comcast.net](mailto:lisa_landon@comcast.net)

Practice Ice: Karen Peterson (218.779.5861), e-mail [karen.peterson4267@gmail.com](mailto:karen.peterson4267@gmail.com)

**ADDITIONAL INFORMATION:**

For a list of hotels in the Grand Forks/East Grand Forks area please visit <https://www.visitgrandforks.com/>.