



**Northern Lights Figure Skating Club's Annual
Northern Star Synchronized Figure Skating Competition
January 7, 2023**

Synchronized Skating Competition Location:

Civic Center Arena
300 15th St. NE
East Grand Forks, MN 56721

Sponsored By:



Secure Online Registration and credit card payment will be available at
www.northernlightsfsc.com

Chief Referee: Lisa Landon

Chief Accountant: Connie Schamaun

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.

COMPETITION REGISTRATION:

- **Online entry** is available through secure credit card transaction at www.northernlightsfsc.com. **Entryeeze** 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 15, 2022. 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 15, 2022, 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 / Entryeeze**
- 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 15, 2022. After December 15, 2022, 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 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 **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.

MUSIC SUBMISSION:

Online music submission is the ONLY acceptable method to submit program music. All music must be uploaded by the deadline of: December 20, 2022. 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 Saturday, January 7, 2023 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 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 11 years old and younger 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 SafeSport Handbook (both found on the [U.S. Figure Skating SafeSport](#) page). Subject to change based on COVID requirements, locker room regulations will be made available electronic prior to the competition.

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 Civic Arena. The cost will be \$80 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 1st through 3th 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 Entryeeze no later than 14 calendar days prior to the commencement of the competition.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. *
 - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. *
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. *
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. *

- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. *
 - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. *
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

* Accessible via U.S. Figure Skating Members Only Website:

www.usfsaonline.org → Person Icon  or Account → Member Profile → Compliance

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

VOLUNTEER COMPLIANCE:

Reminder: compliant positions at all U.S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

- ✓ Must submit information for, proper payment of \$30 and successfully pass a background check*
 - The background check will be valid for two seasons, the one in which it was completed plus one additional
- ✓ Must complete annual SafeSport Training
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification *

* Accessible via U.S. Figure Skating Members Only website:

www.usfsaonline.org → Person Icon  Account → Member Profile → Compliance

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

Chief Referee: Lisa Landon lisa.landon@comcast.net

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

ADDITIONAL INFORMATION:

One team representative should check in on behalf of the team as soon as the team arrives at the competition. Team personnel (coaches, team managers and team service personnel) must check in separately to receive their credential

SECTION 2: Events Offered and Entry Fees:

**SEE CURRENT RULEBOOK OR U.S. FIGURE SKATING WEBSITE FOR
CURRENT RULES AND REQUIREMENTS**

Aspire Synchro Events			
Event Offered	Judging System	Team Fee	Skater Fee
<u>Snowplow Sam</u>	6.0		
<u>Aspire Beginner</u>	6.0		
<u>Aspire Pre-Preliminary</u>	6.0		
<u>Aspire Preliminary</u>	6.0		

This event is a standard U.S. Figure Skating Nonqualifying Competition - MC 9/2/2021

