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**NORTHERN BLADES  
RISING STARS FIGURE SKATING COMPETITION  
October 7-8, 2022  
Northern Blades NSC Figure Skating Club  
National Sports Center, Blaine, MN**

**Chief Referee: Jennifer Marker Johnson  
Chief Technical Accountant: Carolyn Marker  
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Deadline for entry is SEPTEMBER 6, 2022, Midnight**

**I. COMPETITION OVERVIEW**

The NORTHERN BLADES RISING STARS FIGURE SKATING COMPETITION will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the 2022-23 [current rulebook](#), and/or current Compete USA handbook 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, or a Learn to Skate USA member (for Compete USA events), 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.

**COVID-19 INFORMATION:**

For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#).

**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	135.00	\$25
Well Balanced Short Program	IJS	135.00	\$25
Well Balanced Free Skate	IJS	135.00	\$25
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	IJS	135.00	\$25
Adult Beginner & High Beginner Free Skate	6.0	135.00	\$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	135.00	\$25
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)	6.0	135.00	\$25
Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0	135.00	\$25
Jumps Challenge (Beginner–Senior)	6.0	135.00	\$25
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	135.00	\$25
Spins Challenge (Beginner–Senior)	6.0	135.00	\$25
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	135.00	\$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	135.00	\$25
Choreographic Artistry (No Test - Senior, Adult)	6.0	135.00	\$25
Lyrical Pop (No Test - Senior, Adult)	6.0	135.00	\$25
Character Performance (No Test - Senior, Adult)	6.0	135.00	\$25
Comedic Impressions (No Test - Senior, Adult)	6.0	135.00	\$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>
Snowplow Sam-Basic 6 Program w/ Music	6.0	90.00	\$25
Pre-Free Skate – Free Skate 1-6 Program w/ Music	6.0	90.00	\$25
Adult 1-6 Program w/ Music	6.0	90.00	\$25
Snowplow Sam – Basic 6 Elements	6.0	90.00	\$25
Pre-Free Skate – Free Skate 1-6 Compulsory Moves	6.0	90.00	\$25
Adult 1-6	6.0	90.00	\$25

**II. ELIGIBILITY**

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook.

Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down

in any event and must compete at the same level for all events.

Skaters entering Juvenile free skate events (Well Balanced Program) Girls – 12 years of age or younger; Boys – 13 years of age or younger Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older. Intermediate must be under the age of 18 Adults must be 21 years of age or older. Skaters age at registration deadline date should be used for level placement.

Skaters entering beginner–preliminary events will be divided as closely as possible by age should the number of entries warrant more than one group.

### **COMPETE USA EVENTS:**

The competition is open to ALL skaters who are current eligible members (ER 1.00) of either the Compete USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing.

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam, Basic 1-6, Pre-Free Skate, and Free Skate 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 MIF or individual dances. Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

### **COACHES**

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

#### **Coch/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](http://www.usfsaonline.org) → Person Icon or Account → Member Profile → Compliance

**Foreign Coach/Choreographer:**

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the Coach Compliance page.

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

**ATHLETES TURNING 18 THIS SEASON**

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 SkateSafe compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

**III. REGISTRATION INFORMATION**

Online entry only with secure credit card payment is supplied by The EntryEeze system. Upon receiving your application on-line an e-mail will be sent to the skater’s coach to review the entry(ies) for accuracy, correct level and desired events. Additionally, an e-mail will be sent to the skater’s home club official to certify the skater’s standing within the club. Deadline for Entries: on-line entries must be received by Midnight on **September 6, 2022.**

The entry fee is \$135.00 for all IJS and 6.0 events, and \$25.00 for each additional single event.

The entry fee for Compete USA events is \$90.00 for the first single event and \$25.00 for each additional single event.

Late entries will be accepted only at the discretion of the Competition Chief Referee, and must be accompanied by a \$25.00 late fee.

NOTE: A fee of \$25.00 will also be charged for any changes to entries, competition level, age, events entered, etc. made after **September 15, 2022. All changes are at the discretion of the Chief Referee.**

**TEST CREDIT:**

Skaters may purchase a test credit at the time of registration via Entryeze and merchandise section. Fee is \$25. Test credit must be purchased by the registration deadline.

### **MUSIC SUBMISSION/UPLOAD:**

ALL SKATERS MUST SUBMIT MUSIC ELECTRONICALLY VIA ENTRYEEZE. Competition music for all events that require music must be submitted electronically via Entryeze by the music deadline of **September 15, 2022, midnight**. Any music file submitted through Entryeze after the deadline will incur a \$25 fee.

After you have paid for your events, 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”. All music uploads must be in .MP3 format.

CDs will only be used as BACKUP for technical difficulty. A duplicate CD should be readily available in case of any problems with upload. Music downloaded for the competition will be deleted after the event is complete. Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rinkside 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.

### **PLANNED PROGRAM CONTENT (PPC) SUBMISSION/UPLOAD – FOR IJS EVENTS ONLY:**

All competitors skating in these events need to submit the planned program content form online, using our online registration system (Entryeze). Paper submissions will NOT be accepted. If your coach has a multi-competition account with Entryeze, he/she will also be able to see your PPC information and update it, prior to the deadline, if something changes or is incorrect in your information. The deadline to submit the form is **September 15, 2022, midnight**. A \$25 fee will be assessed for not submitting a PPCS.

### **REFUND POLICY**

Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Payment of the fee will be required before the skater is allowed to participate on practice ice or in events.

### **LIABILITY:**

U.S. Figure Skating, Learn to Skate USA, Northern Blades NSC Figure Skating Club and The National Sports Center 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:**

National Sports Center  
1850 105th Ave NE  
Blaine, MN 55449

<https://www.nscsports.org/>

### **LOCKER ROOMS AND CHANGING AREAS:**

Suggested verbiage: Locker rooms and changing areas will not be available this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skates on but changing will not be permitted in these spaces.

### **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 UPDATES:**

Official updates will be maintained on the Entryze homepage. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive at least 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to 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:**

Official practice ice is not being offered, but practice ice will be available for pre-purchase on-line with registration as well as after the schedule has been posted and will be sold on a first-come basis. Skater's music will not be played during practice sessions. A maximum of 20 skaters will be scheduled on practice ice. Unsold practice ice may be purchased at the Registration Desk on a first-come basis. Practice ice is \$20 per 20min session. **Check or Cash only, no credit accepted at Registration.**

### **ONSITE CHECK-IN:**

Check-in will open on at the event, in the upstairs atrium.

### **AWARDS:**

Awards will be presented to all skaters placing 1st through 4th in all Rising Stars, non-compete USA events. The awards will be presented to competitors (in the upstairs atrium) immediately following the result posting. Results will be posted online via Entryze.

Compete USA events will have no more than six competitors in a group, and all six should receive an award.

### **PHOTO/VIDEO:**

\*Information to follow.