

**42nd Annual
Northland Figure Skating Competition &
Compete USA Competition
Official host of the 2022 Excel Series Events**



February 3 – February 6, 2022

Duluth, MN

Excel Series

Free Skating • Short Program • IJS
Compulsory • Spins • Jumps • Showcase
Team Compulsory

Hosted by the Duluth Figure Skating Club www.duluthfsc.org

Chief Referee: Jennifer Marker Johnson

Chief Technical Accountant: Carolyn Marker

Chief Accountant: Christine Hills

Music Coordinator: Tony Chaouch

Co-Chairs: Kalli Manion, Alyssa Reder-Judnick, Leanne Warren

Email: northlandcompetition@gmail.com

ENTRY DEADLINE IS JANUARY 7, 2022 AT 11:59 PM ET

FOLLOW US ON FACEBOOK AT [NORTHLAND COMPETITION](https://www.facebook.com/northlandcompetition)





The **42nd Annual Northland 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 members 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:

COVID-19 EVENT POLICIES:

EFFECTIVE MONDAY, AUGUST 2, face coverings are required to be worn indoors by ALL persons (including fully vaccinated persons) attending any U.S. Figure Skating sanctioned event or activity despite of local, state or facility policies. Review the full update [here](#). Exceptions:

- Athletes practicing or competing on the ice.
- Warming up outside.

The Duluth Figure Skating Club and Duluth Entertainment and Convention Center will be complying with all federal, state, and local regulations and any additional public health notices in place at the time of the 42nd Annual Northland Figure Skating Competition. This includes recommendations from U.S. Figure Skating. All COVID-19 specific information, including the operation plan, will be shared on the Duluth FSC website and Northland Competition Facebook page as the date approaches. We thank you in advance for your cooperation and we are looking forward to making this a fun and safe experience for everyone.

SERIES INFORMATION: Northland Figure Skating Competition is a designated Excel Series competition for the 2022 Excel Series. As an Excel Series event, skaters entered in the Series at eligible levels will earn points for their placement here in order to qualify for the National Festival. Skaters must be registered for the Excel Series prior to competing at a designated competition or by **March 1, 2021 (whichever comes first)**; registration for the Series is available by [clicking here](#) and additional information is available on U.S. Figure Skating's [Excel webpage](#). For any questions related to the Excel Series, please contact Excelseries@usfigureskating.org

Adult 1-6, adult beginner, adult high beginner, adult pre-bronze and adult bronze program/free skate events that meet Adult Competition Series guidelines are offered at this competition. Adult Competition Series participants must submit a photo, scanned copy, email attachment or screenshot of the results sheet to adultcompetitionseries@gmail.com by the deadline published in the most recent [Adult Competition Series Handbook](#) to receive credit and series points.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate up one or two levels above that for which they qualify, but they may not skate down in any event. (**Exception** - Juvenile/Open Juvenile skaters wishing to skate a short program may skate a Juvenile/Open Juvenile Freeski and an Intermediate Short Program.)



Age restrictions/requirements: Singles free skate events (well-balanced program) have the following requirements:

Juvenile: Girls – 12 years or younger; Boys – 13 years or younger
Open Juvenile: Girls – 13 years or older; Boys – 14 years or older
Intermediate must be under the age of 18
Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age should the number of entries warrant more than one group.

All age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee and/or the competition committee.

COMPETITION REGISTRATION:

ENTRIES: Online registration is available online through the [EMS Competition Portal](#). **No paper entries will be accepted.** Due to the large number of registrations in previous years, the referee may choose to limit or eliminate certain events. Fees will be as follows:

All Beginner – Senior 6.0 & IJS Events:

\$160.00 first event

\$35.00 each additional event

Team compulsory: \$100 per team (this event must be an additional event)

Compete USA Events:

\$110.00 first event

\$25.00 each additional event

Note: In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes after the deadline, an additional fee of \$25.00 will be charged to the skater if the referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.

EMS REGISTRATION:

Entries will be accepted via [EMS](#) with credit card only.

Each transaction includes a 3% credit card fee.

Registration Deadline: 01/07/2022 at 11:59 ET

If late registrations are allowed, a \$25 fee will be accessed.

1. Go to <https://m.usfigureskating.org>
2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA member number and password
 - a. If you need assistance with your member number and password, contact Member Services at memberservices@usfigureskating.org.
3. Click EMS then "Competition Registration"
4. Choose "NORTHLAND COMPETITION" from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

FOREIGN SKATERS:

Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition ([click here for HOW TO](#)). This can be done by choosing the "Create Account (Non-Member)" option on the [Members Only](#) login page.

REFUND POLICY: Entry fees will not be refunded after **January 7, 2022 AT 11:59 PM ET** unless no competition exists or the event is canceled. **There will be no refunds for medical withdrawals (injuries, COVID-19, flu, sickness etc.).** The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice times will be available on EMS.

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. Please check the registration desk during the competition as well as the Official Bulletin Board in Edmund Fitzgerald Hall.

FACILITIES: The competition will be held February 3, - February 6, 2022 at the Duluth Entertainment Convention Center (www.decc.org), 350 Harbor Drive, Duluth, MN 55802. The DECC is a two rink facility with ice surfaces of 190' x 85'. There is a daily parking fee of \$10.00. Concession stands available on premise at various hours (Covid-19 guidelines pending). The nearby Canal Park area offers many different restaurants and is located within walking distance of the DECC.

MUSIC: We are no longer accepting CD's for competition music. Competitors participating in events with music are required to upload their music to the [EMS Competition Portal](#) - no later than **January 23, 2022 11:59pm ET**. After this date, skaters will be locked out of this feature and subject to a **\$25.00 late fee**. The late fee will automatically 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.

EMS SKATER MUSIC UPLOAD HOW TO: [CLICK HERE](#)

If you need assistance, email productsupport@usfigureskating.org

All music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

MUSIC CRITERIA:

- File Format: MP3
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz
 - This will be verified by the music chair and they may request you upload a corrected file.
- 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.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name, event, and running time.

PLANNED PROGRAM CONTENT (PPC) – IF IJS:

DEADLINE: JANUARY 23, 2022 AT 11:59 PM ET LATE FEE: \$25.00**

Competitors participating in IJS events are required to submit PPC in the [EMS Competition Portal](#) no later than **JANUARY 23, 2022 AT 11:59PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$25 late fee**. The late fee will automatically be added to each skater's cart that 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. **HARD COPIES WILL NOT BE ACCEPTED ONSITE!**

LIABILITY: U.S. Figure Skating, the Duluth Figure Skating Club, and the Duluth Entertainment 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.

ONSITE REGISTRATION: The registration desk is located in Edmund Fitzgerald Hall and will open at 2 pm on Thursday, February 3rd, and one hour prior to the first scheduled event on all other days and will remain open through the last event of the day. Skaters are required to check in at least one hour prior to their first event.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#). It is advised to arrive to the rink 45 minutes prior to your scheduled event and be prepared to skate. All locker rooms (if available) will have their doors kept open, there will be no changing areas available. Bathrooms are available throughout the facility, however, skaters **must come dressed** and ready to skate. There will be "ready areas" available. * **Please see COVID-19 Operation Plan for updates on locker room availability.** *

PRACTICE ICE: Practice ice will be available for purchase via the [EMS Competition Portal](#). Additional practice ice information will be available on the www.duluthfsc.org website, EMS, and emails. Refunds will not be given for unused practice ice sessions.

PHOTOGRAPHY: An official photographer will be taking action shots of all skaters and events, as well as at awards. Your registration fee includes all photos, including awards, from one event of skaters' choice. Additional photos and/or events will be available to purchase.

VIDEOGRAPHY: Your entry fee includes a video of one event of skaters' choice. Additional videos and/or events will be available to purchase.

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: All award ceremonies will be off ice in Edmund Fitzgerald Hall shortly after the final results are posted online.

OFFICIAL NOTICES: An official bulletin board will be maintained at Edmund Fitzgerald Hall near the registration desk. 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 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST CREDIT: Skaters that meet the requirements for test credit may request their test credit forms at the registration desk or pre-purchase during registration through EMS. **Test Credit Forms must be requested prior to the last IJS event of the competition.** Forms must be picked up at the registration desk prior to the end of the competition. All test credit packets will require a \$10.00 fee.

TEST SESSION: A USFS test session will precede the competition on Thursday, February 3, 2022. Registration will be available online at www.duluthfsc.org. **Deadline is January 13, 2022.**

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  [Personal or Account](#)  [Member Profile](#)  [Compliance](#)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons.

The local organizing committee will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. **Coaches will need to wear the official competition name badge in order to be permitted in the designated coaching area at rink side during events.**

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation, which is reported to U.S. Figure Skating and PSA

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

CONTACT INFO: If you have questions, please contact northlandcompetition@gmail.com

***PLEASE NOTE: THIS ANNOUNCEMENT MAY BE SUBJECT TO CHANGE PER THE CURRENT COVID-19 REGULATIONS AT THE TIME OF THE COMPETITION. SEE OUR COVID-19 GUIDELINES ON THE NORTHLAND COMPETITION WEBPAGE, FACEBOOK, AND EMS FOR UPDATES.**

ADDITIONAL INFORMATION:

HOTELS: SEE WWW.DULUTHFSC.ORG FOR HOTEL INFORMATION.

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

U.S. FIGURE SKATING EVENTS				
SINGLES	IJS/6.0	1st EVENT	2nd EVENT	3rd + EVENT
Excel Free Skate (Beginner – Pre-Juvenile)	6.0	\$160.00	\$35.00	\$35.00
Excel Free Skate (Juvenile – Senior, all PLUS events)	IJS	\$160.00	\$35.00	\$35.00
Well Balanced Short Program	IJS	\$160.00	\$35.00	\$35.00
Well Balanced Free Skate (No Test)	6.0	\$160.00	\$35.00	\$35.00
Well Balanced Free Skate (Pre-Preliminary – Senior)	IJS	\$160.00	\$35.00	\$35.00
Adult Free Skate (Adult Pre-Bronze – Adult Silver)	6.0	\$160.00	\$35.00	\$35.00
Adult Free Skate (Adult Gold – Master Jr/Sr)	IJS	\$160.00	\$35.00	\$35.00
Adult Beginner & High Beginner Free Skate	6.0	\$160.00	\$35.00	\$35.00
SPECIALTY	JUDGING	1st EVENT	2nd EVENT	3rd + EVENT
Compulsory Moves (No Test–Senior)	6.0	\$160.00	\$35.00	\$35.00
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)	6.0	\$160.00	\$35.00	\$35.00
Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0	\$160.00	\$35.00	\$35.00
Jumps Challenge (Beginner–Senior)	6.0	\$160.00	\$35.00	\$35.00
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$160.00	\$35.00	\$35.00
Spins Challenge (Beginner–Preliminary)(Pre-Juvenile–Senior)	6.0	\$160.00	\$35.00	\$35.00
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$160.00	\$35.00	\$35.00
SHOWCASE	JUDGING	1st EVENT	2nd EVENT	3rd + EVENT
Light Entertainment-Lyrical Pop (No Test – Senior, Adult)	6.0	\$160.00	\$35.00	\$35.00
COMPETE USA EVENTS				
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$110.00	\$25.00	\$25.00
Pre-Free Skate – Free Skate 1-6 Program w/ Music	6.0	\$110.00	\$25.00	\$25.00
Snowplow Sam – Basic 6 Elements	6.0	\$110.00	\$25.00	\$25.00
Pre-Free Skate – Free Skate 1-6 Compulsory Moves	6.0	\$110.00	\$25.00	\$25.00
Compete USA Manual				



U.S. Figure Skating Nonqualifying Competitions

EVENT: TEAM COMPULSORY

Teams should be comprised of 3-5 skaters and can be a combination of Ladies and Men. Each skater will do one required element. If there are not five skaters on a team, the skaters may do a maximum of two elements. The elements may be completed in any order but each element shall be allowed only one attempt. Additional elements are not allowed. No music allowed. One skater should perform at a time. Elements are skated on full ice. Referee will indicate when each team should commence but not the individual skaters. Judging done with one mark for each team.

When registering for the competition it is imperative that ONE member of the team register the entire team online. Team registration is separate from skaters' individual event(s). Every team will need a team name and team contact, that person will have access to the competition portal, including registration and payment of the entire team fee of \$100. **In addition, the person registering the team will need to enter each team member's name, date of birth, USFS number, home club, and test levels passed and submit via email to northlandcompetition@gmail.com.** This is a fun event and encourages team spirit among the clubs and the skaters.

Event	Five Required Elements (One to two minutes will be allotted for each team).
No Test/High Beginner/Beginner	<ol style="list-style-type: none"> 1) One (1) foot forward upright spin ~ no change of direction (minimum 3 revolutions) 2) Moves in the Field ~ forward outside consecutive edges 3) Forward Spiral 4) One (1) foot forward upright spin to back spin, minimum 3 revolutions each foot 5) Combination of 2 single jumps ~ one must be a toe loop, no turn in between, no Axel allowed
Pre-Preliminary	<ol style="list-style-type: none"> 1) Upright scratch spin (minimum 3 revolutions) 2) Moves in the Field – back outside consecutive edges 3) Forward outside spiral 4) Combination spin ~ Forward upright spin to back spin to forward upright spin. All spins on one (1) foot and at least 3 revolutions in each position. Minimum of 9 revolutions total. 5) Any combination of 2 single jumps ~ no turn in between, no Axel allowed.
Preliminary/Pre-Juvenile	<ol style="list-style-type: none"> 1) Sit spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing ½ the ice surface 3) Left forward inside spiral 4) Combination spin with at least one change of position and no change of foot. Minimum of 6 revolutions. No flying entries allowed. 5) Single/Single (Axel permitted) combination jump.
Juvenile/Intermediate	<ol style="list-style-type: none"> 1) Camel spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing the entire ice surface. 3) Spiral sequence (at least 2 spiral positions and at least one change of foot). 4) Combination spin with at least one change of position and only one change of foot. At least 2 revolutions in each position. Minimum 5 revolutions on each foot. 5) Double/Single or Double/Double combination jump.
Novice and Above	<ol style="list-style-type: none"> 1) Flying spin (minimum 6 revolutions)-only one position and no change of foot. 2) Circular or serpentine footwork sequence using the entire ice surface. 3) Spiral sequence (minimum 3 spiral positions and at least one change of foot). 4) Combination spin with at least two changes of position and at least one change of foot. At least 2 revolutions in each position. Minimum 12 revolutions total. 5) Double/Double combination jump.

