

**43<sup>rd</sup> Annual  
Northland Figure Skating Competition &  
Compete USA Competition  
Official host of the 2023 Excel Series Events**



January 19 - January 22, 2023

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](http://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](mailto:northlandcompetition@gmail.com)

**ENTRY DEADLINE IS **DECEMBER 11, 2022** AT 11:59 PM ET**

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





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The **43rd 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, Learn to Skate USA member, 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](#)

**COVID-19 EVENT POLICIES:**

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 43rd Annual Northland Figure Skating Competition. This includes recommendations from U.S. Figure Skating. 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:**

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](mailto:adultcompetitionseries@gmail.com) by the deadline published in the most recent [Adult Competition Series Handbook](#) to receive credit and series points.

**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 (Beginner - Pre-Juvenile)	6.0	\$175.00	\$35.00
Excel Free Skate (Juvenile – Senior, all PLUS Events)	IJS	\$175.00	\$35.00
Well Balanced Short Program	IJS	\$175.00	\$35.00
Well Balanced Free Skate (No Test)	6.0	\$175.00	\$35.00
Well Balanced Free Skate (Pre-Preliminary – Senior)	IJS	\$175.00	\$35.00
Adult Free Skate (Adult Pre-Bronze – Silver)	6.0	\$175.00	\$35.00
Adult Free Skate (Adult Gold – Master Jr/Sr)	IJS	\$175.00	\$35.00
Adult Beginner & High Beginner Free Skate	6.0	\$175.00	\$35.00
<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	\$175.00	\$35.00
Excel Compulsory Moves (Excel Beg–Excel Prelim.)	6.0	\$175.00	\$35.00
Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0	\$175.00	\$35.00
Jumps Challenge (Beginner–Senior)	6.0	\$175.00	\$35.00
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$175.00	\$35.00
Spins Challenge (Beginner–Senior)	6.0	\$175.00	\$35.00
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$175.00	\$35.00
<b>SHOWCASE</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Lyrical Pop (No Test - Senior, Adult)	6.0	\$175.00	\$35.00
<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	\$115.00	\$25.00
Pre-Free Skate – Free Skate 1-6 Program w/ Music	6.0	\$115.00	\$25.00
Snowplow Sam – Basic 6 Elements	6.0	\$115.00	\$25.00
Pre-Free Skate – Free Skate 1-6 Compulsory Moves	6.0	\$115.00	\$25.00



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

## **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.

## **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 non-qualifying 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.

**Registration Deadline: 12/11/2022 at 11:59 PM ET**

**If late registrations are allowed, a \$35 fee will be assessed.**

## **ONLINE REGISTRATION VIA EMS (does not include SYS and TOI team registration):**

Online registrations will be accepted via [EMS](#). Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee. <https://m.usfigureskating.org/competition/32132>

### **\$35 Late Fee**

1. Go to [www.usfsaonline.org](http://www.usfsaonline.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](mailto:memberservices@usfigureskating.org).
3. Click EMS then "Competition Registration"
4. Choose "**43<sup>RD</sup> ANNUAL NORTHLAND COMPETITION**" from the list of nonqualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto: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 "Non-Member? Create Account" option on the [Members Only](#) login page.

**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 \$12.00 fee.

## **MUSIC SUBMISSION/UPLOAD:**

EMS MUSIC UPLOAD: Competitors participating in events with music are required to upload their music to EMS no later than **January 3, 2023 11:59pm ET**. After this date, skaters will be locked out of this feature and subject to a **\$35 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.

**DEADLINE: DATE \* January 3, 2023 11:59pm ET, LATE FEE: \$35**

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

If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)

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:**

EMS PLANNED PROGRAM CONTENT (PPC) – Competitors participating in IJS events are required to submit PPC in EMS no later than **January 3, 2023 11:59pm ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$35 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.

**DEADLINE: DATE \* January 3, 2023 11:59pm ET, LATE FEE: \$35**

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

If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)

**REFUND POLICY:** Entry fees will not be refunded after **December 11, 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.

## **LIABILITY:**

U.S. Figure Skating, Learn to Skate USA, Duluth Figure Skating Club along with MARS Arena and Duluth Entertainment and Convention 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.

**FACILITIES:** The competition will be held January 19 – January 22, 2023 at the Duluth Entertainment Convention Center ([www.decc.org](http://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.

**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.

**LOCKER ROOMS AND CHANGING AREAS:** This event will be following the Locker Rooms and Changing Area policy included in the SkateSafe Handbook. Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SkateSafe 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.

### **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](#).

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

**ONSITE REGISTRATION:** The registration desk is located in Edmund Fitzgerald Hall and will open at 2 pm on Thursday, February 3<sup>rd</sup>, 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.

**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.

**CONTACT INFORMATION:** [northlandcompetition@gmail.com](mailto:northlandcompetition@gmail.com)