Northern Star Individual, Compete USA, USFS Testing, and CJS/IJS Synchronized Skating Competition

Hosted By:

NORTHERN LIGHTS FIGURE SKATING CLUB

VFW Memorial Arena and Civic Center Arena
East Grand Forks, MN
January 7-10, 2027

USFS Testing – Wednesday
Individual and Compete USA Events – Thursday-Saturday
CJS/IJS Synchro Events – Sunday

I. COMPETITION OVERVIEW

The Northern Star Individual Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, and 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, Learn to Skate USA® member, 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.

SERIES INFORMATION:
Northern Star will not be participating in any 2026-2027 National Qualifying series for this competition.

USFS TESTING:
USFS Testing will be offered through a separate registration process at northernlightsfsc.com/testing

Single-only test session. A dance partner will not be provided. If your skaters plans to test a dance that

requires a partner, you will need to arrange and provide your own dance partner.

All questions regarding testing and be directed to NLFSC Test Chair, Jen Paul. Contact information can be found page 11 of this announcement.

II. ELIGIBILITY

Age eligibility: Age restricted events will be based upon age as of July 1, 2026AnnouncementsAnnouncement

Singles: Excel and Well-Balanced Events:

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
    - Skate Up: skaters may skate up one level higher than their minimum test requirement allows.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
    - If an athlete has a paid EMS series application for the NQS series, the event level registered for in the most recent NQS will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.
    - If an athlete has a paid EMS series application for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well-Balanced and Specialty events the skater will be permitted to register at one level lower than the "floor" set by their excel series entry.
    - If an athlete has never had a paid EMS series application in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.
- Skaters are not permitted to enter an Excel free skate and a Well-Balanced free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Well-Balanced event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- For more details about establishing event levels, refer to the information sheet HERE or email events@usfigureskating.org.

All other singles and partner events (such as Adults, Pairs, Ice Dance):

- Skaters must meet the minimum test requirements for the events level, but not exceed the maximum permissible test requirement.

Synchronized Skating:

For test requirements, please select the statement below that best applies to your competition.

- For synchronized skating teams, skating skills test requirements are as of the entry deadline.

EVENTS OFFERED:

- **U.S. Figure Skating Program Requirements:** usfigureskating.org --> Skate --> Compete --> Program Requirements

- **Compete USA Program Requirements:** learntoskateusa.com/competeusa

- **Skate United:** For any Skate United (S.U.) Athlete, please have them register for their appropriate level under the "standard" option. Once the registration is complete, the following form must be submitted to the competition chair via email at tuttip@gmail.com.
    - Click here for the Skate United Athlete Form.

- **Skating Accommodation Memorandum (S.A.M.):** Skaters using a S.A.M. must submit their S.A.M. to the competition chair via email at tuttip@gmail.com.
    - Click here for more information about S.A.Ms.

NOTE: This competition is NOT part of the 2026-2027 Showcase Series. Events at this competition will be judged via showcase CJS and the scores can be used to assess the potential of your programs before you register for the series.

On the program requirements page linked above, competitions that fall within the date range beside the program requirements must use those requirements.

SINGLES	**JUDGING**	**1st Event Price**	**2nd Event Price**
Excel Free Skate (Pre-Preliminary – Senior)	*CJS*	$150	$30
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	*CJS*	$150	$30
Adult Beginner & High Beginner Free Skate	*CJS*	$150	$30
ATHLETE DEVELOPMENT	**JUDGING**	**1st Event Price**	**2nd Event Price**
Compulsory Moves (Level 1 - 8)	*CJS*	$150	$30
Spins Challenge (Level 1 – 6) * All Events will be held on half ice.*	*CJS*	$150	$30
Jumps Challenge (Level 1 – 9)	*CJS*	$150	$30
SHOWCASE	**JUDGING**	**1st Event Price**	**2nd Event Price**
Emotional Performance (Aspire + Pre Preliminary – Senior)	*CJS*	$150	$30
Lyrical Pop (Aspire + Pre Preliminary – Senior)	*CJS*	$150	$30
Character Performance (Aspire + Pre Preliminary – Senior)	*CJS*	$150	$30
Comedic Impressions (Aspire + Pre Preliminary – Senior)	*CJS*	$150	$30
Inflatables (Open Level Event) (1-3 skaters; register as a TEAM)	*CJS*	$150 per team	n/a

COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	*CJS*	$150	$30
Aspire 1-4 Program w/ Music	*CJS*	$150	$30
Snowplow Sam – Basic 6 Elements	*CJS*	$150	$30
Compete USA – Emotional Performance Showcase (Snowplow – Basic 6)	*CJS*	$150	$30
Compete USA – Character Performance Showcase (Snowplow – Basic 6)	*CJS*	$150	$30
Compete USA – Lyrical Pop Showcase (Snowplow – Basic 6)	*CJS*	$150	$30
Compete USA – Comedic Impressions (Snowplow – Basic 6)	*CJS*	$150	$30
SYNCHRONIZED SKATING	**JUDGING**	**Team Fee**	**Skater Fee**
Aspire 1	*CJS*	$200	$30
Aspire 2	*CJS*	$200	$30
Aspire 3	*CJS*	$200	$30
Aspire 4	*CJS*	$200	$30
Aspire Adult	*CJS*	$200	$30
Preliminary	IJS	$200	$30
Pre-Juvenile	IJS	$200	$30
Open Juvenile	IJS	$200	$30
Juvenile	IJS	$200	$30
Intermediate	IJS	$200	$30
Novice	IJS	$200	$30
Open Collegiate	IJS	$200	$30
Exhibition Team	N/A	$75	$0

OUR COMMUNITY:

U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

NON-DISCRIMINATION:

U.S. Figure Skating commits in policy, principle and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds, experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating's SkateSafe® Program receives, investigates and addresses allegations of discrimination or harassment throughout its

membership and the organization. Please refer to the SkateSafe® Program Handbook for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating's Code of Ethics (*GR 1.01*) and Code of Conduct (*GR 1.02*), as detailed within the U.S. Figure Skating Rulebook.

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit www.USFigureSkating.org/SkateSafe or email SkateSafe@USFigureSkating.org.

ATHLETE ASSISTANCE/ACCOMMODATIONS:

Should a skater with disabilities require any specific accommodations or assistance for their competitive event, please submit your approved S.A.M to the Competition Chair by the registration deadline at northernstarcompetition@gmail.com

COMPLIANCE:

For full details about participant compliance requirements, refer to the U.S. Figure Skating SkateSafe® webpage: https://www.usfigureskating.org/skatesafe#compliance.

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 two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. 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.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

TEAM SERVICE PERSONNEL

Teams are permitted a maximum of two team service personnel. Team service personnel must have a current U.S. Figure Skating or Learn to Skate USA® membership, a green lighted background check and completed SafeSport™ Training. All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Team service personnel is defined as those indicated as a team manager and/or team service personnel planning to attend the competition with the team.

MANDATORY ATHLETES

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. *

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 compliant until they have completed the training and their

Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

Online registrations will be accepted online only. Link is available on the Northern Lights FSC website: https://www.northernlightsfsc.com/northernstar and available via www.entryeeze.com. Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: Friday, 12/04/2026 at 11:59 pm ET
Late Registration Deadline: Sunday, 12/06/2026 at 11:59pm ET + $50.00 Late Fee

1. Go to www.entryeeze.com
2. Click on "Start Here" under the Skaters heading
    a. Select "Minnesota" for the state
    b. Click on the Northern Star logo
3. Click the "Skaters & Parents" button
4. Enter your USFS number
5. The software will display a list of previous competition registrations that you can copy your information from if you remember your PIN number for that competition
    a. If you remember your PIN number, type it in and click "submit"
    b. If you don't remember your PIN number, click the "no thanks, I'll create my account from scratch" button at the bottom of the list.
6. Verify or fill in your personal information, including your test levels and phonetic pronunciation of your name if you have a name that is difficult to pronounce
7. Click Submit
8. Select your events and practice ice
9. Click on your cart
10. Answer the required question regarding single skater events
11. Pay for your entry

The club declared at the time of registration will receive an email to verify the and approve the skater as a member in good standing and eligible to enter the competition.

ONLINE REGISTRATION (Synchro):

All teams are required to register online including exhibition teams. One person will act as a team contact and perform the registration process. Registration for the competition is not considered final until online payment has been received. Online payment via credit card is the only form of accepted payment for registration.

1. Go to www.entryeeze.com
2. Click on "Start Here" under the Skaters heading
    a. Select "Minnesota" for the state
    b. Click on the Northern Star logo
3. Click the "Teams" button
4. Enter your email address

5. Enter your team name, number of skaters including alternates, and your personal contact information
6. Click Submit
7. Select your events and practice ice
8. Click on your cart
9. Answer the required question regarding single team events
10. Pay for your entry

NOTE: Payment must be submitted individually for each team's registration. If you are planning on registering multiple teams in a short period of time, it is recommended that you contact your credit card company to prevent anti-fraud systems from being activated.

CRITIQUES/FEEDBACK

If you are interested in receiving a team critique or feedback at our competition, please email tuttip@gmail.com to arrange. Each team that is already competing/exhibition in the 2027 Northern Star will be charged $100 for a 15-minute critique session. Teams who are not participating as a competitor in the 2027 Northern Star Competition will be charged $200 for a 15-minute critique session.

MUSIC SUBMISSION/UPLOAD:

Online music submission is the ONLY acceptable method to submit program music. All music must be uploaded by the deadline of: Sunday, December 20, 2026 11:59 PM CST.

MUSIC UPLOAD: *Competitors participating in events with music are required to upload their music to the online system no later than 12/20/2026 at 11:59pm ET. After this date, skaters will be locked out of this feature and subject to a* ***$50.00 late fee***. The late fee will 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.

Login to your competition account, click on the "Competition" tab and then select "My Music" and upload your music for each program listed.

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rink side 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.

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.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Northern Lights Figure Skating Club and the VFW Arena and Civic 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:
VFW Arena
711 3rd St SE, East Grand Forks, MN
85x200 rink size, 6 Locker rooms, Concessions available onsite

EGF Civic Center
300 15th St NE, East Grand Forks, MN
85x200 rink size, 6 Locker rooms, Concessions available onsite

LOCKER ROOMS AND CHANGING AREAS:

GENERAL LOCKER ROOMS:
Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only and 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 in the SkateSafe® Handbook. NLFSC is not responsible for lost or stolen items.

TEAM LOCKER ROOMS:
The designated team coach, team manager, team service personnel and athletes competing at the skating event are allowed in the Locker Rooms/Changing Area designated for their team. The team coach, team manager, and team service personnel should remove themselves from the Locker Room/Changing Area while any Minor Athlete(s) are actively changing or undressing. All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arriving at the competition. *Synchro teams are to use the locker rooms at the times provided and ask not to change in the facility's bathrooms*. The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited. Any violation of this policy is punishable under the U.S. Figure Skating SkateSafe® policy and U.S. Figure Skating Rulebook.

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 WEBSITE & UPDATES:
It is the responsibility of each competitor, parent and coach to check https://www.northernlightsfsc.com/northernstar frequently for any schedule changes and/or additional information pertaining 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:

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 $25 per 30-minute session. Music will not be allowed.

PRACTICE ICE SYNCHRONIZED COMPETITION: No official practice ice is included with your registration fees. Synchronized 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 Sunday mornings, and possibly late Saturday evening. No practice ice will be offered after the conclusion of the synchro competition, before the start of on-ice team critiques. Individual practice will be held at the Civic Arena. The cost will be $50 per 15-minute session. 1 locker room will be provided for each 15-minute practice ice session. If multiple teams from the same club plan to use a single practice ice session, athletes should change before arriving at the facility and use the stands for preparing to take the ice (i.e., tying skates). Only rostered team members for the team listed for the practice ice session will be allowed into the locker room during the time allotted on the competition schedule.

ONSITE CHECK-IN:

INDIVIDUAL ONSITE REGISTRATION/CHECK-IN: The registration desk will be located in the front lobby of the VFW Arena and will open on Thursday, January 7, 2027, 1 hour before the start of the competition. The desk will remain open during all scheduled events and practice sessions. All skaters must be checked in with the rink side monitor 30 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.

SYNCHRONIZED ONSITE REGISTRATION/CHECK-IN: The registration desk will be located in the front lobby of the CIVIC Arena and will open on Sunday, January 10, 2027, 30 minutes before the 1st scheduled practice ice of the day. 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.

If you are participating in a role requiring compliance, please be sure to download or print your compliance card to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact skatesafe@usfigureskating.org at least 2 business days prior to the competition for assistance.

AWARDS:

Awards for individual events will be posted and presented off ice immediately after each event. Medals will be given for 1st through 4th placements (Snowplow – Basic 6 Compete USA level will receive a medal, 1st - 6th place) in each scheduled group, and ribbons will be given out for all other placements. Results will be posted online only, and awards will be handed out rather than presented.

Awards for Synchro events will be presented on ice at the end of the competition. Team banners will be given for 1st through 4th placements. Individual awards will be presented for all Exhibition/CJS synchro events, and 1st – 4th place for IJS synchro events.

VOLUNTEER INFO:

Compliant positions at all U.S. Figure Skating events include LOC leadership, locker room monitors and emergency medical providers.

PHOTO/VIDEO:

Live and on-demand streaming, and sales and distribution of U.S. Figure Skating sanctioned and approved events, programs, and activities that include the playback of music is strictly prohibited. This prohibition does not apply to the distribution of footage that does not include music. Questions about this can be directed to music@usfigureskating.org.

CONTACT INFORMATION:

Competition website: www.northernlightsfsc.com

For questions, please contact the following individuals:

Competition Co-chair:	Shelby Looker	shelby.looker@oakviewgroup.com	218.689.1922
Competition Co-chair:	Tonya Parton	tuttip@gmail.com	218.791.6908
Test Chair:	Jen Paul	jenpaul81@hotmail.com	70.740.4328
Chief Referee:	Lisa Landon	lisaskatejudge@gmail.com	N/A