

32nd Annual Northland Figure Skating Competition



**January 26, 27, 28 and 29, 2012
Duluth, MN**

**Free Skating • Compulsory/Short Program
IJS • Test Track
Artistic • Spins • Jumps
Team Compulsory • Synchronized Skating**

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

**Chief Referee: Lee Gardner
Accountant: Lexie Kastner
Assistant Accountant: Carolyn Marker
Music Coordinators: Chip Rauth**

**Co-Chairs: Kathy Jensen, Heidi and Ken Voss
Email: northland2012@aol.com
218-590-1710**

Sanctioned by:



Eligibility and Rules

The Northland Figure Skating competition is open to all registered USFSA members and SKATE CANADA members in good standing, and will be conducted in accordance with the rules and regulations of the USFSA as set forth in the 2012 USFS Official Rulebook. Skaters may compete in as many events as qualified by their age and test level as of December 5, 2011, or at one level higher. Skaters must compete all events at the same level. Compulsory, artistic and jumps are ladies/men (combined) events. Limited Beginner through Pre-Juvenile skaters will be grouped in events by age. Juvenile through Senior skaters will be grouped by random draw. The IJS system of judging will be used for all Juvenile through Senior and Adult Gold and Masters Short Program and Free Skate events. Each skater must submit a Planned Program Content Sheet for each segment of their competitive event indicating the elements planned for the program listed in the order to be skated. All other events (including the Well Balanced Open Juvenile Free Skating and all levels of the Competitive Test Track) will use the 6.0 system of judging. In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes. An additional fee of \$25.00 will be charged to the skater if the Referee approves any changes.

Registration

Online registration is preferred and is available via secured credit card transaction at www.duluthfsc.org, serviced by *Entryeze*. Upon receiving your application on-line an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. Mail in paper registration is also available for a processing fee of \$5.00. Make checks payable to the *DFSC* and mail check and registration form to Northland Figure Skating Competition, c/o Kathy Jensen, 587 W Wabasha St., Duluth, MN 55803. Entries must be competed online or postmarked by **December 5, 2011**.

Fees

According to Rule 3047, entry fees are refundable only if the competition is not held or if withdrawal of an entry is made before the closing date. No refunds under any circumstances (including medical) after closing date unless the event is cancelled for lack of participation. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee. Fees will be as follows:

\$95.00 first event

\$35.00 each additional event

Team compulsory: \$20 per person, per team (this event must be an additional event)

Synchronized teams: \$95.00 plus \$10.00 per skater

Facilities

All events will be held at the Duluth Entertainment Convention Center (DECC) www.decc.org

350 Harbor Drive, Duluth, MN 55802

(1 block off 35W, exit 256B), \$5 daily parking fee (two-rink indoor facility with ice surfaces of 190' x 85')

Music

Only CDs will be accepted and must be in a hard-sided "jewel case" clearly marked with the competitor's name. CDs must have only ONE track on it. If you compete in multiple events,

you must submit separate CDs for each program. Music must be turned in at the registration desk when checking in for the competition. Music will not be played at practice ice. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition. Competitors must have extra copies of their music available.

Awards

All award ceremonies will be OFF ICE in Fitzgerald Hall shortly after the final results are posted. Medals will be given to all Limited Beginner and Beginner skaters and to the top 4 skaters in all other groups. Trophies will be given for the first through third places in each of the Novice, Junior and Senior free skating events. Plaques will be given to the top 3 teams in each of the synchronized groups.

Pictures and Videotaping

An official photographer will be present to take group pictures of award winners as well as individual skaters. Professional videotaping and action shots will also be available for purchase.

Practice Ice

Practice ice will be available for purchase online via *Entryeze* or at the Registration Desk. Pre-paid practice ice is being offered to competitors for a cost of \$12 for each 20-minute session. Skaters will be able to pick their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$14 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. Practice ice will be available for purchase during the competition and will be sold for a cost of \$16. Synchronized teams will be able to purchase practice ice for \$75 per session.

Registration

The Registration Desk (located in Fitzgerald Hall) will be open from 4pm to 9pm on Thursday, January 27th, and one hour before the first event through the end of the day's competition on all other days. Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time. All schedules will be posted on an official bulletin board near the registration table. It is the responsibility of each competitor to check this board for official schedules and notices.

Test Session

A USFS test session will precede the competition on Thursday, January 26, 2012. Registration is available online at www.duluthfsc.org. Deadline for registration is December 20, 2011. For questions regarding the Test Session, please contact northland2012@aol.com.

Hotel Accommodations

Blocks of rooms have been reserved at the following hotels: Holiday Inn Hotel & Suites Downtown (connected to the DECC via a skywalk system), www.hiduluth.com, (800) 477-7089 Suites Hotel at Waterfront, www.thesuitesduluth.com, (800) 794-1716

The Inn on Lake Superior, www.theinnonlakesuperior.com, (888) 668-4352

2012 Northland Competition Events

Well Balanced Free Skating

All events will be skated on full ice surface to the music of the skater's selection. Skaters may skate up one level, but all events must be skated at the same level. Program requirements not specified below are defined in the 2012 Official Figure Skating Rulebook: 4000-4600. **The IJS judging system will be used for Juvenile (with the exception of Open Juvenile), Intermediate, Novice, Junior, Senior, and Adult Gold and Adult Masters events. IJS Planned Program Content forms must be completed online to U.S. Figure Skating no later than January 19, 2012.**

LEVEL	TEST/AGE REQUIREMENTS	TIME
No Test	No USFSA free skate tests passed. Rulebook – rule 4280	1:30 +/- 10 sec
Pre-Preliminary	Passed Pre-Preliminary free skate test but no higher. Rulebook – Rule 4270	1:30 +/- 10 sec
Preliminary	Passed Preliminary free skate test but no higher. Rulebook – Rule 4260	1:30 +/- 10 sec
Pre-Juvenile	Passed Pre-Juvenile free skate test but no higher. Under age 14 as of entry closing date. Rulebook – Rule 4250	2:00 +/- 10 sec
Open Pre-Juvenile	Passed Pre-Juvenile free skate test but no higher. Age 14 or older as of entry closing date. Rulebook – Rule 4250	2:00 +/- 10 sec
Juvenile	Passed Juvenile free skate test but no higher. Under age 14 as of entry closing date. Rulebook – Rule 4240	2:15 +/- 10 sec
Open Juvenile	Passed Juvenile free skate test but no higher. Age 14 or older as of entry closing date. Rulebook – Rule 4240	2:15 +/- 10 sec
Intermediate	Passed Intermediate free skate test but no higher. Rulebook – Rule 4230	2:30 +/- 10 sec
Novice	Passed Novice free skate test but no higher. Rulebook – Rule 4220	Ladies 3:00 +/- 10 sec Men 3:30 +/- 10 sec
Junior	Passed Junior free skate test but no higher. Rulebook – Rule 4210	Ladies 3:30 +/- 10 sec Men 4:00 +/- 10 sec
Senior	Passed Senior free skate test. Rulebook – Rule 4200	Ladies 4:00 +/- 10 sec Men 4:30 +/- 10 sec
Adult	Open to skaters who are 21 years old or older. Adult divisions may be combined at the discretion of the Referee. Pre-Bronze: 1:40 max. Tests and content: Rulebook – Rule 4600 Bronze: 1:50 max. Tests and content: Rulebook – Rule 4590 Silver: 2:10 max. Tests and content: Rulebook – Rule 4580 Gold: 2:40 max. Tests and content: Rulebook – Rule 4570 Masters Intermediate, Novice, Junior, Senior: Test level, content and duration: Rulebook – Rules 4520-4560	

2012 Northland Competition Events

Competitive Test Track Free Skating

Skaters may enter **EITHER** Test Track Free Skate or the Well Balanced Free Skate but NOT both during the competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events. Deductions WILL be made for skaters including technical elements not permitted in the event description. Skaters must not have passed tests higher than the level at which they are competing (for Limited Beginner/Beginner levels, skaters must not have passed tests higher than the Basic Skills free skating badge tests). NOTE: Open Pre-Juvenile and Open Juvenile skaters skating competitive test track events will skate in the Pre-Juvenile or Juvenile levels of this event, but they may skate other events at the Open levels.

LEVEL	JUMP ELEMENTS	SPINS	STEPS
Limited Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.
Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.
Pre-Preliminary Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, not flying entry. (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.
Preliminary Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	Connecting moves and steps should be demonstrated throughout the program.
Pre-Juvenile Time: 2:00 +/-10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 3 revs) and One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs combined in forward sit and camel positions). Spins may not fly	One step sequence straight line, circular, or serpentine fully utilizing ice surface.
Juvenile Time: 2:15 +/-10	<i>Max 5 jump elements:</i> Any single jumps with not more than 1 ½ rotations (Axel permitted) <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 4 revs in position) and One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions, (Min 4 revs on each foot) Only solo spin may fly	One step sequence straight line, circular, or serpentine fully utilizing ice surface.

2012 Northland Competition Events

Competitive Test Track Free Skating (cont.)

LEVEL	JUMP ELEMENTS	SPINS	STEPS
Intermediate Time: 2:30 +/-10	<i>Max 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. <i>Max 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins of a different nature:</i> One must be a flying spin (Min 5 revs), One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revs on each foot).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.
Novice Time: Ladies 3:00 +/-10 Men 3:30+/-10	<i>Max 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revolutions on each foot). The other spins are the option of the skater (Min 6 revs) All spins may fly	One step or spiral sequence (see rule 3660 for description).
Junior Time: Ladies 3:30 +/-10 Men 4:00+/-10	<i>Max 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a spin in one position (6 revs), one a flying spin (6 revs) and one a combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 continuous revs in each basic position and minimum 5 revs on each foot).	One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description)
Senior Time: Ladies 4:00 +/-10 Men 4:30+/-10	<i>Max 8 jump elements for men and 7 for ladies</i> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. No triple jumps permitted <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a spin in one position (min 6 revs), one a flying spin (min 6 revs) and one a spin combination consisting of all three basic spin positions and one change of foot (Min 2 continuous revs in each basic position and min 5 revolutions on each foot).	Men: Two different step sequences. Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 3643 (G) and (I) for description).

2012 Northland Competition Events

Compulsory and Short Program

NOTE: Test requirements are the same as listed under Free Skating Events. Skaters must compete at the same level as their Free skating Event. Beginner through Juvenile Compulsory events will be skated on one-half of the ice surface. Intermediate, Novice, Junior and Senior Short Programs will be skated on full ice and set to non-verbal music of the skater's choice. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in a combination jump. An Axel is considered a single jump. If a program exceeds the time limit, that portion of the program will not be judged. **All times listed are maximum.** All movies in all levels are to be connected in a free flowing presentation. Excessive footwork and added elements will be penalized. Spin revolutions must be in position to be counted.

LEVEL	REQUIREMENTS	TIME
Limited Beginner/ Beginner	1) Split Jump/half flip 2) Waltz Jump 3) Forward Lunge 4) Spin in upright position (minimum 3 revolutions)	1:00 max
Pre- Preliminary	1) Single Jump (no Axel, may not be repeated in combination jump) 2) Single/single jump combination (no Axel) 3) Forward Right and Left Foot Spirals (minimum one each foot) 4) One Foot Spin (minimum 3 revolutions)	1:00 max
Preliminary	1) Single Jump (Axel allowed, may not be repeated in combination) 2) Single/single jump combination (no Axel) 3) Forward Right and Left Foot Spiral (minimum one each foot) 4) Sit Spin (minimum 3 revolutions) 5) Forward Power 3-Turns	1:15 max
Pre-Juvenile/ Open Pre- Juvenile	1) Single jump (may not be repeated in combination, may include Axel) 2) Single/single jump combination (may include Axel) 3) Combination spin with only 1 change of foot (minimum 6 revolutions total), change of position optional 4) Forward Right and Left Foot Spirals (minimum one each foot) 5) Power Pulls (forward or backward, 1 foot only)	1:15 max
Juvenile/Open Juvenile	1) Axel 2) Jump combination – Single/double or Double/single or Single/single 3) Combination spin with 1 change of foot (minimum 3 revolutions per foot) and 1 change of position 4) Camel Spin or Sit Spin 5) Forward Spiral or Ina Bauer or Spread Eagle 6) Back Power 3-Turns (one circle only)	1:30 max

Short Programs

(Full sheet of ice with music)

The IJS judging system will be used for Juvenile, Intermediate, Novice, Junior and Senior Short Programs.

LEVEL	REQUIREMENTS	TIME
Juvenile	Follow same rules as Intermediate Short Program as stated by 2012 USFS rules	2:00 max
Intermediate	As stated by the 2012 USFS Rulebook (4230)	2:00 max
Novice	As stated by the 2012 USFS Rulebook (4220)	2:30 max
Junior	As stated by the 2012 USFS Rulebook (4210)	2:50 max
Senior	As stated by the 2012 USFS Rulebook (4200)	2:50 max

2012 Northland Competition Events

Jumps

The jumps only event will be skated without music. Skaters must compete at the same level as their Free Skating level. Beginner through Juvenile level events will be skated on HALF ICE. Intermediate through Senior levels will be skated on FULL ICE. Jumps should be performed **exactly** as stated. Skaters will be given **ONE** opportunity to perform each jump. An Axel will be considered a single jump.

LEVEL	JUMP DESCRIPTION	TIME
Limited Beginner/Beginner	1) Waltz jump 2) Half flip	1:00 max
Pre-Preliminary	1) Flip jump 2) Lutz jump 3) Single/Single combination (NO AXEL)	1:00 max
Preliminary	1) Flip or Lutz jump 2) Axel 3) Single/Single combination (AXEL ALLOWED)	1:00 max
Pre-Juvenile/Open Pre-Juvenile	1) Axel jump 2) Any Double jump	1:00 max
Juvenile/Open Juvenile	1) Axel jump 2) Combination of any double jump with a loop jump	1:00 max
Intermediate	1) Axel 2) Double loop 3) Combination of any two double jumps	1:00 max
Novice	1) Double loop 2) Double flip jump 3) Combination of any two double jumps	1:30 max
Junior	1) Double loop 2) Double Lutz 3) Combination of any two double jumps or triple jump with a double jump	1:30 max
Senior	1) Double Lutz 2) Double Axel jump 3) Combination of any two double jumps or a triple jump with a double jump	1:30 max

Spins

Skaters must compete at the same level as their Free Skating events. Spins to be skated in a SIMPLE PROGRAM with no extra or repeated elements. Connecting moves may include short sequences of footwork such as threes, brackets, rockers, and/or spirals but not judged.

Level	Time: 1:30 minutes maximum all levels. Spin Description HALF ICE ALL LEVELS
Beginner/ Pre-Preliminary	1) One foot upright spin min. 3 revolutions 2) One foot back spin min. 3 revolutions 3) Sit spin, min. 3 revolutions
Preliminary	1) Sit spin min. 3 revolutions 2) Camel spin min. 3 revolutions 3) One foot upright spin min. 3 revolutions
Pre-Juvenile/Open Pre-Juvenile	1) Layback spin min. 3 revolutions 2) Sit spin min. 4 revolutions 3) Camel spin to back one foot spin min. 3 revolutions each foot
Juvenile and Open Juvenile	1) Camel spin min. 4 revolutions 2) Sit change sit spin min. 4 revolutions 3) Back scratch spin min. 5 revolutions
Intermediate	1) Camel change Camel min. 4 revolutions each foot 2) Sit spin min. 5 revolutions 3) Combination spin 2 changes of position, 1 change of foot min. 4 revolutions each foot
Novice	1) Flying Camel minimum 5 revolutions 2) Camel spin min. 5 revolutions 3) Combination spin 3 changes of position, 1 change of foot min. 5 revolutions each foot
Junior	1) Flying sit spin min. 6 revolutions 2) Layback spin min. 6 revolutions 3) Combination spin 2 changes of position, 1 change of foot min. 5 revolutions each foot
Senior	1) Flying spin of skater's choice min. 6 revolutions. 2) Layback spin min. 6 revolutions 3) Combination spin 2 changes of position, 4 changes of foot min. 6 revolutions each foot
Adult, Combined	1) Sit spin min. 3 revolutions 2) Camel spin min. 3 revolutions 3) Combination spin with one change of foot

2012 Northland Competition Events

Artistic Freeskating

No doubles; Axel allowed for Intermediate and above. Artistic events are to be skated to vocal/instrumental music of the skater's choice. Programs should be designed specifically to entertain and/or emotionally move the audience. Props are defined as anything not attached to the skater's costume and are NOT allowed. Judging will be based on originality, creativity and musical interpretation. Eligibility by test level is the same as the freestyle events. Groups listed below may be separated or combined at the discretion of the Referee in order to keep fair group sizes. **Half jumps do not count toward the jump total.**

LEVEL	REQUIREMENTS	TIME
Ltd.Beginner/Beginner/Pre-Preliminary	Three jump maximum. No Axel or doubles allowed.	1:30
Preliminary	Three jump maximum. No Axel or doubles allowed.	1:30
Pre-Juvenile/Open Pre-Juvenile	Three jump maximum. No Axels or doubles allowed.	1:30
Juvenile /Open-Juvenile	Three jump maximum. No Axels or doubles allowed.	2:00
Intermediate/Novice	Three jump maximum. One Axel allowed. No doubles allowed.	2:00
Junior/Senior	Three jump maximum. One Axel allowed. No doubles allowed.	2:00
Adult	Three jump maximum. One Axel allowed. No doubles allowed.	1:30

Team Compulsory

Teams should be comprised of 3-5 skaters. 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. Referee will indicate when each team should commence but not the individual skaters. Judging done with one mark for each team. DUE TO THE UNIQUENESS OF THIS EVENT, IF REGISTERING ON LINE TEAMS MUST REGISTER SEPARATELY FROM EACH SKATER'S INDIVIDUAL EVENTS. EVERY TEAM REGISTERING WILL NEED A TEAM NAME, TEAM CONTACT, AND THE NUMBER OF SKATERS PARTICIPATING. PERSON REGISTERING THE TEAM WILL NEED EACH TEAM MEMBERS' NAME, DATE OF BIRTH, USFS NUMBER, TEST LEVELS PASSED, AND PAY THE ENTIRE TEAM FEE OF \$20.00 PER TEAM MEMBER.

Event	Five Required Elements (Three to four minutes will be allotted for each team).
Limited Beginner/Beginner Team Compulsories (Full sheet)	<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
No Test/Pre-Preliminary Team Compulsories (Full sheet)	<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 Team Compulsories (Full sheet)	<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 Team Compulsories (Full sheet)	<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 Team Compulsories (Full Sheet)	<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.

2012 Northland Competition Events

Synchronized Skating

General Rules: The 32nd Annual Northland Figure Skating Competition is sanctioned by U.S. Figure Skating and will be conducted under the rules set forth in the 2012 edition of the U.S. Figure Skating Rulebook and this announcement. Particular note should be taken of these sections:

- Rule 3070: Eligibility to compete
- Rule 2056: Events to be skated
- Rules 7200-7290, 7500-7520: Requirements for each level
- Rule 2910: Duration and Warm-up Periods of Synchronized Team Skating
- Rule 7020: Clothing - Synchronized Team Skating

Liability: U.S. Figure Skating, Duluth Figure Skating Club, and Duluth Entertainment and Convention Center accept no responsibility for injury or damage sustained by any participant in these championships. This is in accordance with Rule 2300 of the 2012 edition of the official U.S. Figure Skating Rulebook.

Judging System: All events will be judged using the 6.0 judging system.

SECTION 1: BASIC SKILLS / BEGINNER EVENTS

For all events: No skaters may have passed higher than the preliminary test in any discipline, and the majority of the team must be "no test."

- A. Basic Skills Beginner 1** A team of 8-16 skaters. The majority of the team must be under 9 on the preceding July 1.
Program duration: 1 ½ - 2minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide
b. **Line:** Cover the ice and include only forward skating skills.
c. **Block:** Cover the ice and include only one configuration.
d. **Wheel:** A 4-spoke wheel with backward pumps.
e. **Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.
RESTRICTIONS:
- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand.
- No changes or direction and traveling within elements.
- No steps or moves in Basic 6 or higher.
- B. Basic Skills Beginner 2** A team of 8-16 skaters. The majority of the team must be 9–11 years old on the preceding July 1.
Program duration: 1 ½ - 2minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include the combination move* from Basic 8
b. **Line:** Cover the ice may include both forward and backward skating skills.
c. **Block:** Cover the ice and include 1 or 2 configurations.
d. **Wheel:** Wheel of choice with backward pumps.
e. **Intersection:** 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.
RESTRICTIONS:
- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand
- No changes or direction and traveling within elements.
- No steps or moves in Free Skate 2 or higher.
- C. Basic Skills Beginner 3** A team of 8-16 skaters. The majority of the team must be at least 12 years old on the preceding July 1.
Program duration: 2–2 ½ minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include the combination move* from Basic 8
b. **Line:** Cover the ice must include both forward and backward skating skills.
c. **Block:** Cover the ice and include 2 or 3 configurations.
d. **Wheel:** Wheel of choice.
e. **Intersection:** 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.
RESTRICTIONS:
- No changes or direction and traveling within elements.

* The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.

If there are not enough entries, Beginner 1 and Beginner 2 can be combined, at the discretion of the Referee.

2012 Northland Competition Events

Synchronized Skating (cont.)

- A. Preliminary:** A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10 on the preceding July 1.
Program duration: 2 minutes. Well balanced program: Rule 7270
- C. Pre-Juvenile:** A team of 8 to 16 skaters. The majority of the team must be under 12 on the preceding July 1.
Program duration: 2 minutes. Well balanced program: Rule 7260
- D. Open Juvenile:** A team of 8 to 16 skaters. The majority of the team must be under 19 on the preceding July 1. All skaters must have passed the pre-preliminary moves in the field test.
Program duration: 2 ½ minutes. Well balanced program: Rule 7250
- E. Juvenile:** A team of 12 to 20 skaters. Skaters must be under 13 on the preceding July 1 and have passed the preliminary moves in the field test.
Program duration: 3 minutes. Well balanced program: Rule 7240
- F. Intermediate:** A team of 12 to 20 skaters. Skaters must be under 18 on the preceding July 1 and have passed the pre-juvenile moves in the field test.
Program duration: 3 ½ minutes. Well balanced program: Rule 7230
- G. Novice:** A team of 12 to 20 skaters. Skaters must be under 16, with the exception that up to 4 team members may be 16 or 17, on the preceding July 1 and have passed the juvenile moves in the field test.
Program duration: 3 ½ minutes. Well balanced program: Rule 7220
- H. Junior:** A team of 12 to 16 skaters. Skaters must be at least 12 and under 19 on the preceding July 1. All skaters must have passed the intermediate moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 minutes
Well balanced program and short program: Rule 7210
- I. Senior:** A team of 16 skaters. Skaters must be at least 14 on the preceding July 1 and have passed the novice moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 ½ minutes
Well balanced program and short program: Rule 7200
- J. Open Collegiate:** A team of 8 to 16 skaters. Skaters must be enrolled in a college or university as a full-time student, as of the entry deadline.
Program duration: 3 minutes. Well balanced program: Rule 7290
- K. Collegiate:** A team of 12 to 20 skaters. Skaters must be enrolled in a college or university as a full-time student, as of the entry deadline, and have passed the juvenile moves in the field test.
Program duration: 4 minutes. Well balanced program: Rule 7280
- L. Open Adult:** A team of 8 to 16 skaters. The majority of skaters must be 19 years or older on the preceding July 1.
Program duration: 2 ½ minutes. Well balanced program: Rule 7520
- M. Masters:** A team of 12 to 20 skaters. Skaters must be at least 25, and the majority of the team must be at least 35 on the preceding July 1.
Program duration: 3 minutes. Well balanced program: Rule 7510
- N. Adult:** A team of 12 to 20 skaters. All skaters must be at least 21 on the preceding July 1. All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the preliminary dance test.
Program duration: 3 ½ minutes. Well balanced program: Rule 7500

Note to teams regarding moves in the field test requirements: Minimum moves in the field test levels are not being required at this competition.



32nd Annual Northland Competition Deadline: December 5, 2011

LAST NAME: _____ FIRST NAME: _____ GENDER (circle) Male Female
 ADDRESS: _____ email: _____
 CITY/STATE/ZIP: _____ PHONE: _____
 BIRTH DATE: _____ AGE: _____ HOME CLUB: _____ USFS # / CFS#: _____
 HIGHEST TEST LEVEL PASSED AS OF DECEMBER 5, 2011 ~ MOVES: _____ FREE SKATING: _____

**ON-LINE REGISTRATION at www.duluthfsc.org (serviced by *Entryeeze*) or
 PAPER ENTRY - Mail application with check payable to *DFSC* to:
 Kathy Jensen, 587 W Wabasha St., Duluth, MN 55803**

Certification of Primary Coach: The information on entry is true and correct. By signing this application, I am verifying that the skater named above is eligible for the events entered. Signature of Primary Coach: _____
 Telephone Number: _____ Email: _____

Waiver of claim for injury: I hereby agree to hold harmless US Figure Skating, the Duluth FSC, and the DECC from any and all loss, damage, and/or injury that may be sustained in any manner while participating in the 31st Annual Northland Competition. Signature of Parent/Guardian, or Skater, if skater is 18 or over: _____

Certification of Club Officer: To the best of my knowledge, the above skater is a member in good standing with their home club and US Figure Skating. Signature/Title of Club Officer: _____

**Entry Fees: First Event is \$95.00 and each additional event is \$35.00
 Team Compulsory - \$20.00 per person per team. This event must be an additional event.**

Entry Level	Free Skate		Compulsory and Short Program		Team Compulsory 6.0	Artistic 6.0	Jumps 6.0	Spins 6.0	Entry \$
	Well Balanced Program	Test Track 6.0	Combined Well Balanced Program and Test Track						
Ltd Beginner									
Beginner			6.0						
No Test	6.0								
Pre-Preliminary	6.0		6.0						
Preliminary	6.0		6.0						
Pre-Juvenile	6.0								
Open Pre-Juvenile	6.0		6.0						
Juvenile	IJS		IJS (SP)						
Open Juvenile	6.0		6.0						
Intermediate	IJS		IJS						
Novice	IJS		IJS						
Junior	IJS		IJS						
Senior	IJS		IJS						
Adult Pre-Bronze	6.0								
Adult Bronze	6.0								
Adult Silver	6.0								
Adult Gold	IJS								
Masters	IJS								
Team Compulsory ~ this event must be an additional event. List team name and additional team members (maximum of 4 additional) _____ _____ _____					_____ # of Pre-Paid practice ice @ \$12.00 each				
					_____ # of Programs at \$5.00 each				
					Paper entry processing fee				\$5.00
					Total				

32nd Annual Northland Competition Deadline: December 5, 2011

2012 Northland Competition Synchronized Team Entry Form

Entry Form 1: Team Information

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please check the level and/or event (s) entered:

- | | | |
|--|---|--|
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Intermediate | <input type="checkbox"/> Open collegiate |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Novice | <input type="checkbox"/> Collegiate |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Junior short program | <input type="checkbox"/> Open adult |
| <input type="checkbox"/> Open Juvenile | <input type="checkbox"/> Junior free skate | <input type="checkbox"/> Adult |
| <input type="checkbox"/> Juvenile | <input type="checkbox"/> Senior short program | <input type="checkbox"/> Masters |
| | <input type="checkbox"/> Senior free skate | |

Entry Fee: Enclosed is \$ 95.00 event fee, plus \$10.00 per skater (including alternates).

Checks should be made payable to: **Duluth Figure Skating Club**

Mail completed entry form to: Northland Figure Skating Competition,
c/o Kathy Jensen, 587 W Wabasha St., Duluth, MN 55803

Note: Team managers, please carry proof of age and birth date for all competitors.

Note for beginner teams: Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

2012 Northland Competition Synchronized Team Entry Form

Entry Form 2: Team Entry Form

Team Name:	Level:
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SKATER NAMES IN ALPHABETICAL ORDER Last name first	Birth date	U.S. Figure Skating #	Highest MITF test passed *
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
Alt. 1.			
Alt. 2.			
Alt. 3.			
Alt. 4.			
Alt. 5.			
Alt. 6.			

* Required for teams entering open juvenile, juvenile, intermediate, novice, junior, senior, collegiate and adult. Also required for beginner teams. **Skaters on beginner teams are not permitted to have passed higher than preliminary, and the majority of the team must be no-test.**

** Skaters on beginner teams may be either full U.S. Figure Skating members or Basic Skills members.

***Teams are permitted to have a maximum for four alternates, in addition to the maximum number of athletes allowed on the ice at their level.

2012 Northland Competition Synchronized Team Entry Form

Entry Form 3: Liability Waiver / Certification by Club Officer

Team Name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	
Alt. 5	
Alt. 6	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature
Title:	
Club / Basic Skills program name:	

2012 Northland Competition

Program Advertising Agreement

The 2012 Northland Competition, hosted by the Duluth Figure Skating Club, will be held at the Duluth Entertainment Convention Center on January 26, 27, 28 and 29, 2012. This competition brings over 500 skaters, their families and coaches to our area. We invite you to show your support or promote your products or services by placing an ad in our Competition Program. The official program will be printed on 8.5"x11" paper in magazine format and will be distributed beginning Thursday, January 26. In addition to the standard-size ads, we also offer an opportunity for skaters, parents, etc. to write their own personal message. A message could wish a special skater good luck or thank a favorite Coach. The message can be up to 150 characters, including spaces.

Please check your selection for ad size and complete the information requested below:

	AD SIZE	COST	TOTAL
	Full Page	\$200.00	
	1 / 2 Page (Vertical or Horizontal)	\$100.00	
	1 / 4 Page (Vertical or Horizontal)	\$50.00	
	1 / 8 Page (Coupon Size)	\$25.00	
	Personal Message (2 Lines)**	\$5.00	

** Please print your message below:

Advertiser

Business Name	
Street Address	
City/State/Zip	
Phone Number	
Contact Person	

A DIGITAL AD IS REQUESTED

Make your check payable to: **Duluth Figure Skating Club**

Mail completed form along with your payment and ad copy to:

Mike Seyfer
1101 Valley Drive
Duluth, MN 55804
northland2012@aol.com

Deadline is January 1, 2011