

North Star Open

March 23-24, 2018

Hosted by

North Star Figure Skating Club

Sanctioned by U.S. Figure Skating

IJS Pre-Juvenile through Senior Well Balanced Program
No Test through Preliminary Well Balanced Program 6.0
Competitive Test Track – Pre-Preliminary through Senior 6.0
Introductory Levels – Beginner-High Beginner

IJS Judging System USING MINI SYSTEM for Pre-Juvenile - Senior



Only online registration will be accepted- <http://comp.entryeeze.com/Home.aspx?cid=414>

Skaters will be able to choose their own practice ice sessions online after the schedule is posted.

DEADLINE FOR ENTRIES IS MIDNIGHT FEBRUARY 18, 2018

www.northstarfsc.com

NorthStar Ice Sports – Westborough, MA



The North Star Open

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The 2018 North Star Open 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 which 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 is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-US citizens.

ELIGIBILITY: This competition is a U.S. Figure Skating sanctioned, non-qualifying competition and will be conducted under the rules that apply to the 2017- 2018 competitive season. Skaters must be eligible persons registered as members of U.S. Figure Skating and may compete at their test level or one level higher as of February 18, 2018. Ages are as of February 18, 2018.

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

AGE RESTRICTIONS/REQUIREMENTS: Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries.

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

ENTRIES: Only online entries will be accepted. Registration must be done on <http://comp.entryeeze.com/Home.aspx?cid=414>. Online entry must be completed by midnight Eastern Daylight time on February 18, 2018. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coach schedules will be available via the web at www.northstarfsc.com/competitions. Any late entry, if accepted by the competition committee, must be accompanied by a \$25 late fee. Anything submitted after midnight February 18, 2018 will be considered a late entry.

FEES: Freestyle 6.0 Events:	IJS Events:	Team Event:	Specialty Events:
1st Event: \$85	1st Event: \$115	\$50 per team	\$10
2nd Event: \$65	2nd Event: \$90		

SINGLE ENTRY:

At nonqualifying competitions, if only one eligible competitor/team enters an event, the competitor/team will be offered the option to skate an exhibition or, for pre-juvenile and lower singles events, compete in an equivalent event against skaters of the opposite gender. If said competitor chooses to skate an exhibition, judges will award their marks according to the rules and the applicable scoring system used, and the competitor/team will receive first place. If said competitor chooses to compete in an equivalent event against skaters of the opposite gender, the skater will be entered accordingly. If said competitor/team chooses not to skate, the entry fee will be refunded, and the event will be cancelled.

REFUND POLICY: Entry fees will not be refunded unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$25.00 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 ice times will be available on www.entryeeze.com

FACILITIES: The competition will be held at NorthStar Ice Sports, located at 15 Bridle Lane Westborough, MA 01581. Phone: (508) 366-1562. Two ice surfaces measure at 200'X85'. Our 3rd ice surface is 80' X 185'. All rinks have rounded corners.

MUSIC: Each CD must have only one music track on it. No CD_RW discs will be accepted. It must be clearly marked with the skater's name, event, and time and must be turned in at time of registration. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the North Star Figure Skating Club cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S Figure Skating, North Star Figure Skating Club and North Star Ice Sports 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.

JUDGING SYSTEM: The international Judging System (IJS) will be used for the following events:

Well Balanced Program free skate events, pre-juvenile –senior

Short program events, intermediate – senior

IJS (International Judging System) will be used on all free skate and short programs Pre-Juvenile through Senior. Program content sheets must be included with your entry.

Go to your account in the online registration system (Entry Eeze) and click on "Competition" and then "Planned Program Content". The deadline to submit Planned Program Content is March 10, 2018.

The 6.0 Majority Judging System will be used for:

Well Balanced Program free skate events, no test – preliminary

All Test Track events

REGISTRATION: The registration desk in the lobby will be open one hour before the first event of each day and will run through the last event of the day. Please register promptly upon arrival.

LOCKER ROOM POLICY: North Star Open will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. 1 parent of skaters 11 and under (of the same sex) will be allowed in the locker room. No coaches allowed in the locker room.

PRACTICE ICE: Practice ice may be reserved online for \$20. It will be available for an additional fee at the rink if space allows. No music will be played on practice ice sessions.

AWARDS: The top four places of each group will receive medals. Awards will be presented off ice at the awards area.

OFFICIAL NOTICES: An official bulletin board will be maintained on the North Star Figure Skating Club website at <http://comp.entryeeze.com/Home.aspx?cid=414>. 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 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen, be registered as a Learn to Skate USA instructor and completed the Learn to Skate USA Instructor Certification or U.S. Figure Skating Coach Compliance.

The local organizing committee/club will have a list of compliant coaches who are cleared for 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.

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 – no exceptions. 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 refer to:

<http://usfsa.org/story?id=84159>

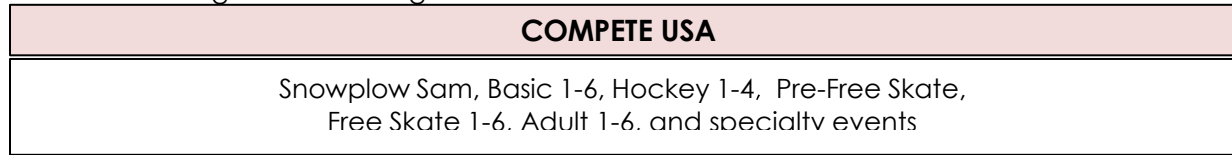
SAFESPORT: We follow all SafeSport policies and guidelines of USFS and USOC.

CONTACT INFO: If you have questions, please email Enid Coughlin at NorthStarEnid@aol.com. Calls accepted 9:00am-1:00pm Monday-Friday at 508-36-1562 x245.

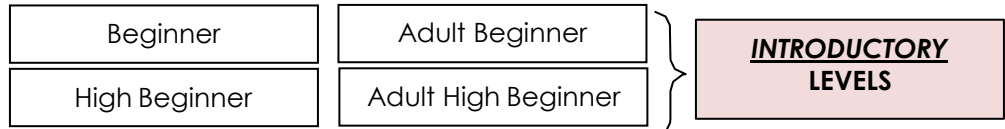
SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

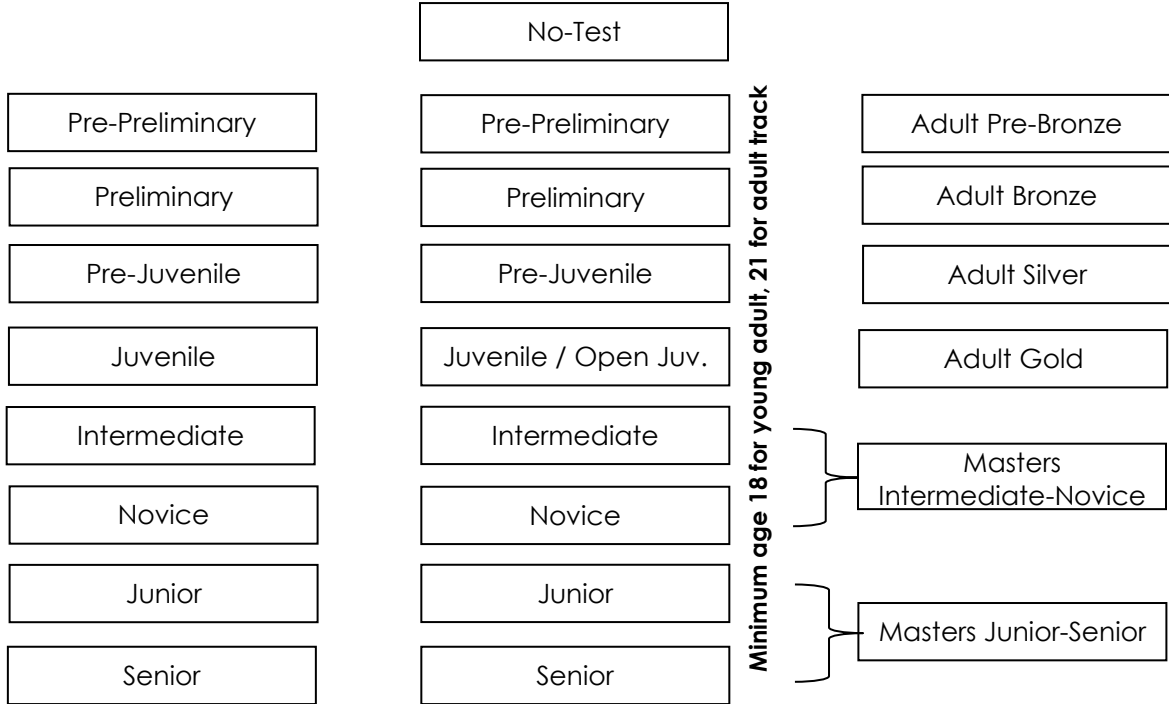
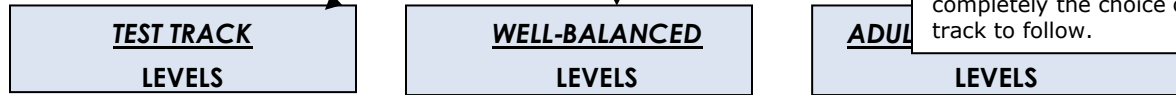
Illustration of Singles Free Skating Events:



Skaters may begin or advance to the introductory levels. Learn to Skate USA and/or full U.S. Figure Skating membership is required to participate in introductory levels.



Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they can choose to enter the Test Track, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Test Track and Well-Balanced levels. It is completely the choice of the athlete which track to follow.



Minimum age 18 for young adult, 21 for adult track

Events Offered:

FREE SKATE EVENTS

A. INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests

B. EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

Juvenile 2:20 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). 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 revolutions per foot) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:40 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop and double flip • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

C. **WELL BALANCED PROGRAM** – No Test to Preliminary (6.0 system), Pre-Juvenile to Senior (IJS)

Visit <http://www.usfsa.org/content/2017-18%20Singles%20FS%20Chart.pdf> for information.

SINGLES SHORT PROGRAM (IJS Judging System)

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

A. Intermediate short program – Rule 4230

B. Novice short program – Rule 4220

C. Junior short program – Rule 4210

D. Senior short program – Rule 4200

SPECIALTY EVENTS: (For skaters passed pre-preliminary freestyle)

- A. **Sit Spin Competition**- Skaters enter the sit spin on the buzzer and can change feet as many times as they need. Sit position must be with skating leg parallel to the ice (or lower). Skater is eliminated when they fall or their position no longer a full sit spin. \$10 per skater
- B. **Axel Competition**- Skaters complete as many axels as possible in a row. \$10 per skater

TEAM MANEUVERS:

General event parameters: (for registration information see below)

1. Team maneuver events consist of teams of 3-5 athletes (any mix of male and female) from the levels listed below. Teams register as 1 entity and pay the \$50 fee. Max 2 elements per skater.
2. **Note:**
 - Teams must attempt all the listed elements in each category.:
 - If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.
3. An athlete may compete for only one team. Athletes may "skate up" to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.

Level	Jumps	Spins	Step or Moves in the Field Sequence
<p>TEAM LEVEL A Junior & Senior (no test restrictions)</p>	<p>a) Double jump – either double loop, double flip or double Lutz b) Combination Jump – consisting of two double jumps or a triple jump and a double jump</p>	<p>a) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) b) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position</p>	<p>a) Choreographic Sequence –See Rule 4105 for description</p>
<p>TEAM LEVEL B Juvenile - Novice Skaters may not have passed higher than novice free skate test)</p>	<p>a) Single or double loop b) Combination jump - consisting of a double jump and a single jump or two double jumps</p>	<p>a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs; flying entry NOT permitted) b) Combination spin with change of position and change of foot (min 6 revs)</p>	<p>a) Ina bauer or spread eagle</p>

<p>TEAM LEVEL C Preliminary-Pre-Juvenile</p> <p>(May not have passed higher than pre-juvenile free skate test)</p>	<p>a) Single Axel jump b) Lutz jump- loop jump combination</p>	<p>a) Camel Spin (min 3 revs) b) Sit spin (min 3 revs)</p>	<p>a) Forward spiral variation</p>
<p>TEAM LEVEL D Pre-Preliminary and Below</p> <p>(May not have passed higher than pre-preliminary free skate test)</p>	<p>a) Single Salchow Jump b) Waltz jump-toe loop combination</p>	<p>a) Upright Spin on either foot- (min. 3 revs) b) Sit Spin (3 revs)</p>	<p>a) Forward spiral</p>

- a. For Team Maneuvers, you will need to register each team separately and pay for that team (all members together) in the online system. When you register the team, you will need to provide the following information:
- i. "Team Contact" – this will be the contact information for a primary person who will be responsible for the team
 - ii. "Team Name" – this will be the name of the team used on the skating orders and in the program
 - iii. Number of team members
 - iv. The team roster - for each of the team members, you will need the following information:
 - 1. Skater first and last name
 - 2. Skater date of birth
 - 3. Skater highest test passed for freeski and moves in the field
 - 4. Skater USFS/LTS USA number
 - 5. Email address of the skater if over 18 or the email address of the skater's legal guardian if under 18 so that they can accept the liability waiver for that skater