

# Spring Fling Competition

## April 29 – May 1, 2022

Hosted by Strongsville SC  
At  
Gilmour Academy Ice Arena

The Spring Fling 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 member of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

### COVID-19 EVENT POLICIES:

**EFFECTIVE MONDAY, AUGUST 2, 2021 – face coverings are required to be worn indoors by ALL persons (including fully vaccinated persons) attending any U.S. Figure Skating sanctioned event or activity despite of local, state or facility policies. Review the full update [here](#). Exceptions:**

- Athletes practicing or competing on the ice.
- Warming up outside.
- **Mask policy** will be according to the most recent update from U.S. Figure Skating.
- **Social Distancing** must be maintained at all times. The CDC recommends a distance of 6 feet and separate pathways will be established within the venue (minimizing crossover and contamination).
- **Spectator limits** will be according to Gilmour Academy and the most recent local government guidelines. Each athlete is permitted 2 spectators and 1 coach only.
- All athletes are expected to arrive to the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skates on but will not be permitted to change in public restrooms. Locker rooms will not be available.
- **U.S. Figure Skating Waivers are a requirement for ALL athletes.** The online waivers must be completed via [Members Only](#) prior to the competition, instruction [here](#).
- Please note that the Strongsville SC and Gilmour Academy Ice Arena will be following the current Health and Safety Protocols based upon the current, Federal, State of Ohio, and Local Governments and Health Agencies recommendations and guidelines. They are subject to change as the state and local mandates evolve. The Strongsville SC, Gilmour Academy FSC and Gilmour Academy Ice Arena are fully committed to the health, safety and well-being of your skater.

**SERIES INFORMATION:** The Spring Fling Competition has been selected as a 2022 Excel Series Competition. For skaters to earn points within the Series and be seen in the standings, skaters must be registered with U.S. Figure Skating as an Excel Series Participant prior to competing in an Excel Series competition. The deadline to register as an Excel Series Participant is March 1, 2022.

- Excel Series Registration "<https://m.usfigureskating.org/series/registration/overview/9?id=9>"
- Excel Series Information "<https://www.usfigureskating.org/members-only/skating-opportunities/excel/series-info>"

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

### **ELIGIBILITY/TEST LEVEL:**

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Athletes may skate up one test level but may not skate down in any event. Athletes may enter Excel Free Skate or Well-Balanced Free Skate but not both.

**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.

### **ADULT EVENTS:**

Age classes for all free skate and showcase events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

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

## **COMPETITION REGISTRATION:**

### **EMS REGISTRATION:**

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

Each transaction includes a 3% credit card fee.

**Registration Deadline: Registration must be completed by March 21, 2022 at 11:30pm ET**

**Late Registration Deadline: March 23, 2022 at 11:30pm ET + \$30 Late Fee. Late entries may be accepted at the discretion of the LOC and Chief Referee.**

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

### **PARTNERED EVENTS: DUETS/ENSEMBLES:**

Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. **The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.**

### **Mandatory Athletes:**

Athletes age 18+ as of the competition start date who will be competing on a team (i.e. synchro, 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 SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

**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. Processing fees will not be refunded.

**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 in the EMS competition portal. All participants will be notified via email once available.

<https://www.usfsaonline.org/account/mobile?destination=CompetitionRegistration&competitionId=30353>

**FACILITIES:** The competition will be held at Gilmour Academy Ice Arena, 2045 SOM Center Rd, Gates Mills, Ohio 44040. Gilmour Academy Ice Arena has two sheets that are 200' x 85'. Locker rooms will not be

available during the Spring Fling Competition.

**EMS MUSIC UPLOAD:**

Competitors participating in events with music are required to upload their music to EMS competition portal no later than **11:30pm ET on April 12, 2022**. After this date, skaters will be locked out of this feature and subject to a **\$25 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.

<https://www.usfsaonline.org/account/mobile?destination=CompetitionRegistration&competitionId=30353>

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

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

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

**MUSIC CRITERIA:**

- File Format: MP3
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz
  - This will be verified by the music chair and they may request you upload a corrected file.
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

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

**EMS PLANNED PROGRAM CONTENT (PPC) – IF IJS:**

Competitors participating in IJS events are required to submit PPC in EMS competition portal no later than **11:30pm ET on April 12, 2022**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$25 late fee**. The late fee will automatically be added to each skater's cart 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.

<https://www.usfsaonline.org/account/mobile?destination=CompetitionRegistration&competitionId=30353>

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

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

**LIABILITY:** U.S. Figure Skating, Strongsville SC Phoand Gilmour Academy Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**ONSITE CHECK-IN:** Check-in will open each day of the competition one hour prior to the start of the

competition. The Check-In Table will be at the entrance doors. Attendees should check in at least 45 minutes prior to the event.

**LOCKER ROOMS:** Locker rooms and changing areas will not be available this competition. All athletes are expected to arrive to the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skaters on but will not be permitted to change in public restrooms.

**PRACTICE ICE:** Practice ice will be available for purchase thru EMS competition portal after the schedule is posted. An email will be sent to all registered participants and coaches with information on practice after the schedule is posted.

<https://www.usfsaonline.org/account/mobile?destination=CompetitionRegistration&competitionId=30353>

**PHOTO/VIDEO:** 828 Studios will be providing photo and video. A video is included in the entry fee for each event and information on the digital downloads will be emailed to you by 828 Studios. Photos will be available for purchase thru 828 Studios.

**Note, per U.S. Figure Skating policy, photographing and/or recording of any one other than your own skater is strictly prohibited.**

**AWARDS:** Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place. Medals will be distributed immediately following results being posted online.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby of Gilmour Academy Ice Arena. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**TEST CREDIT:** Test Credit will be offered for the eligible events. The Test Credit form and link to pay will be available at <http://www.strongsvilleskatingclub.com/Competitions.html> as the competition nears.

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating. One coach credential per registered athlete.

With EMS, a coach must be included within a skater's registration or updated through their EMS Competition Portal via "[My Coaches](#)." All coaches declared at the time of registration will be included on the skater's registration confirmation email. Note, there is no registration approval process within EMS as the data (membership and test level) is tied to the U.S. Figure Skating database. Non-compliant coaches will receive automated email reminders through the start of the competition.

**EMS Coach Resources:**

- [My Competitions](#)
- [My Skaters](#)
- [Coach Schedule](#)

#### Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. \*
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. \*
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

#### Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

\* Accessible via U.S. Figure Skating Members Only Website:

[www.usfsaonline.org](http://www.usfsaonline.org) → Person Icon  or Account → Member Profile → Compliance

#### Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

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

**CONTACT INFO:** If you have questions, please contact Nicky Kappenhagen & Tanya Sample at [sscspringfling@gmail.com](mailto:sscspringfling@gmail.com). <http://www.strongsvilleskatingclub.com/Competitions.html>

**SECTION 2: Events Offered and Entry Fees:**

SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS.

<b>U.S. FIGURE SKATING EVENTS</b>				
<b>SINGLES</b>	<b>IJS/6.0</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> + EVENT</b>
<a href="#">Excel Free Skate</a> Beginner – Pre-Preliminary	6.0	\$110	\$45	\$45
<a href="#">Excel Free Skate</a> Preliminary – Senior & plus events	IJS	\$140	\$85	\$45
<a href="#">Well Balanced Short Program</a>	IJS	\$140	\$85	\$45
<a href="#">Well Balanced Free Skate</a> No Test – Pre-Preliminary	6.0	\$110	\$45	\$45
<a href="#">Well Balanced Free Skate</a> Preliminary - Senior	IJS	\$140	\$85	\$45
<a href="#">Adult Free Skate</a> (Adult Pre-Bronze –Bronze)	6.0	\$110	\$45	\$45
<a href="#">Adult Free Skate</a> (Adult Silver – Master Jr/Sr)	IJS	\$140	\$85	\$45
<a href="#">Adult Beginner &amp; High Beginner Free Skate</a>	6.0	\$110	\$45	\$45
<b>SPECIALTY</b>	<b>JUDGING</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> + EVENT</b>
<a href="#">Compulsory Moves</a> (No Test–Senior)	6.0	\$110	\$45	\$45
<a href="#">Excel Compulsory Moves</a> (Excel Beg.–Excel Prelim.)	6.0	\$110	\$45	\$45
<a href="#">Adult Compulsory Moves</a> (Adult Beginner–Masters Jr/Sr)	6.0	\$110	\$45	\$45
<a href="#">Jumps Challenge</a> (Beginner–Senior)	6.0	\$110	\$45	\$45
<a href="#">Adult Jumps Challenge</a> (Adult Beginner–Masters Jr/Sr)	6.0	\$110	\$45	\$45
<a href="#">Spins Challenge</a> (Beginner–Senior)	6.0	\$110	\$45	\$45
<a href="#">Adult Spins Challenge</a> (Adult Beginner–Masters Jr/Sr)	6.0	\$110	\$45	\$45
<b>SHOWCASE – NEW EVENT IMPLEMENTATION**</b>	<b>JUDGING</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> + EVENT</b>
<a href="#">Individual Entertainment (No Test – Senior, Adult)</a>	CJS	\$110	\$45	\$45
<a href="#">Duets (Basic skills, No Test – Senior, Adult)</a>	CJS	\$110	\$45	\$45
<a href="#">Interpretive</a>	CJS	\$110	\$45	\$45
<a href="#">Mini Production Ensemble</a>	CJS	\$250		
<a href="#">Production Ensemble</a>	CJS	\$250		
<b>COMPETE USA EVENTS</b>				
<a href="#">Snowplow Sam-Basic 6 Program w/ Music</a>	6.0	\$65	\$40	\$40
<a href="#">Pre-Free Skate – Free Skate 1-6 Program w/ Music</a>	6.0	\$65	\$40	\$40
<a href="#">Adult 1-6 Program w/ Music</a>	6.0	\$65	\$40	\$40
<a href="#">Snowplow Sam – Basic 6 Elements</a>	6.0	\$65	\$40	\$40
<a href="#">Pre-Free Skate – Free Skate 1-6 Compulsory Moves</a>	6.0	\$65	\$40	\$40
<a href="#">Adult 1-6 Compulsory Moves</a>	6.0	\$65	\$40	\$40
<a href="#">Compete USA – Showcase</a> Basic & Pre-free-Free Skate 6 categories	6.0	\$65	\$40	\$40
<a href="#">2021-22 Compete USA Manual</a>				

\*A \$25 change of event fee will be assessed to any events that may need to be changed after March 27, 2022. Changes are at the discretion of the LOC and Chief Referee.