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**Excel and Beyond Competition**  
**Central Illinois Figure Skating Club**  
**Grossinger Arena Bloomington Illinois**  
**May 18 and 19, 2024**

## I. COMPETITION OVERVIEW

The Central Illinois FSC Excel and Beyond Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and/or 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:

This competition is an 2024 Excel series host (Pending approval). Skaters must register to participate in the Excel Series prior to competition at designated competitions in order to have their points recorded and seen in standings

[Excel Series](#)

## II. ELIGIBILITY

### 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.
  - o Skate Up (If allowed at your competition): 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:
  - o 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.
  - o 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.
  - o 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. (Note: if an athlete has passed the pre-preliminary singles test, they are no longer eligible for No Test or lower levels).
- 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 information sheet [HERE](#) or email [events@usfigureskating.org](mailto: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.

### EVENTS OFFERED:

[Program requirements for the events listed below can be found here: usfigureskating.org – Skate – Compete – Program Requirements](#)

Program requirements for Compete USA events can be found here :

[https://learntoskateusa.com/media/1388/2024\\_competeusa\\_manual\\_jan-june2024.pdf](https://learntoskateusa.com/media/1388/2024_competeusa_manual_jan-june2024.pdf)

This event will follow program requirements for the 2023-2024 season ( Jan to June).

SINGLES	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Excel Free Skate	IJS	\$175	\$65
Well Balanced Short Program	IJS	\$175	\$65
Well Balanced Free Skate	IJS	\$175	\$65
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	IJS	\$175	\$65
SPECIALTY	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price

Compulsory Moves (Pre Prelim –Senior)	6.0	\$75	\$45
Excel Compulsory Moves (Excel Pre Prelim–Excel Prelim.)	6.0	\$75	\$45
Jumps Challenge (Beginner–Senior)	6.0	\$75	\$45
Spins Challenge (Beginner–Senior)	6.0	\$75	\$45
<b>SHOWCASE</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Emotional Performance (Pre-Prelim – Senior, Adult)	CJS	\$175	\$65
Choreographic Artistry (Pre-Prelim - Senior, Adult)	CJS	\$175	\$65
Lyrical Pop (Pre-Prelim - Senior, Adult)	CJS	\$175	\$65
Character Performance (Pre-Prelim - Senior, Adult)	CJS	\$175	\$65
Comedic Impressions (Pre-Prelim - Senior, Adult)	CJS	\$175	\$65
Duets/Trios (Pre-Prelim – Senior, Adult)	CJS	\$175	\$65
Mini Production Ensemble	CJS	\$175	\$65
Production Ensemble	CJS	\$175	\$65
Adaptive Individual Showcase	CJS	\$175	\$65
Adaptive Unified Partner Showcase	CJS	\$175	\$65
Inflatables	CJS	\$175	\$65
<b>COMPETE USA EVENTS</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$75	\$45
Aspire 1-4 Program w/ Music	6.0	\$75	\$45
Excel Free Skate (Pre-Preliminary – Preliminary Plus)	IJS	\$175	\$65
Pre Preliminary – Preliminary Free Skate	IJS	\$175	\$65
Snowplow Sam – Basic 6 Elements	6.0	\$75	\$45
Duets (Aspire 1- 4)	6.0	\$75	\$45
Emotional performance (Aspire 1-4)	6.0	\$75	\$45
Lyrical Pop (Aspire 1-4)	6.0	\$75	\$45
Aspire 1-4 Compulsory Moves	6.0	\$75	\$45

### **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](http://www.USFigureSkating.org/SkateSafe) or email [SkateSafe@USFigureSkating.org](mailto:SkateSafe@USFigureSkating.org).

### **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.

With EMS, coaches must be included within a skater/team's registration or updated through their EMS Skater Portal via "[My Coaches](#)" or "Team Personnel." All coaches declared at the time of registration will be included on the 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 (not SYS or TOI):

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

### **(Required if you are offering any team or partner events) 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](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

### **III. REGISTRATION INFORMATION**

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

Online registrations will be accepted via [EMS](#). Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: 04/18/2024 at 11:59 ET

Late Registration Deadline: 04/25/2024 at 11:59 ET + \$35 Late Fee

\*The host club reserves the right to close registration at any time if event capacity is met

1. Go to [www.usfsaonline.org](http://www.usfsaonline.org)
2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA® member number and password
  - a. If you need assistance with your member number and password, contact Member Services at [memberservices@usfigureskating.org](mailto:memberservices@usfigureskating.org).
3. Click EMS then “Competition Registration”
4. Choose “**YOUR COMPETITION NAME**” from the list of nonqualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org).

#### **PARTNERED EVENTS:**

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.**

#### **FOREIGN SKATERS:**

Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition ([click here for HOW TO](#)). This can be done by choosing the “Non-Member? Create Account” option on the [Members Only](#) login page.

#### **TEST CREDIT:**

IF offering test credit at your competition, review the [IJS Protocol for Test Credit](#) document and consult with your Chief Accountant on process (advance applications/providing results etc.) and timeline. An online form, in advance of the competition, is recommended (example form [HERE](#)) vs. paper at the competition or you can use EMS for registration. Be sure to include details about eligible levels for test credit, post-competition paperwork processing, deadlines, etc.

#### **MUSIC SUBMISSION/UPLOAD:**

EMS MUSIC UPLOAD: Competitors participating in events with music are required to upload their

music to EMS no later than **05/08/2024 TIME 11:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a **\$35 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

**DEADLINE: 05/08/2024 TIME 11:59 PM ET, \$35 late fee**

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

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

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rinkside whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

### **PLANNED PROGRAM CONTENT (PPC) SUBMISSION/UPLOAD – FOR IJS EVENTS ONLY:**

EMS PLANNED PROGRAM CONTENT (PPC) – Competitors participating in IJS events are required to submit PPC in EMS no later than **05/08/2024 TIME 11:59 PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$35 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

**DEADLINE: 05/08/2024 TIME 11:59 PM ET, \$35 late fee**

Late Submissions can be made onsite using a paper form( [click here](#))

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

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

### **REFUND POLICY**

Entry fees will not be refunded after 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®, Central Illinois Figure Skating Club and Grossinger 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.

## **IV. COMPETITION DETAILS**

### **FACILITIES:**

Bloomington Ice Center/Grossinger Arena  
201 South Roosevelt Ave Bloomington, Illinois 61704  
Facility Website : <https://www.grossingermotorsarena.com/>

The competition will be held at the Grossinger Motors Arena 101 S Madison St, Bloomington, IL 61701 which is adjacent to the Bloomington Ice Center Grossinger Motors Arena ice dimension 85 X 200. The Athlete Check entrance is 201 S. Roosevelt Bloomington Locker rooms will be available for competitors. There is a concession area. The Arena has plenty of seating for maintaining social distancing. Phone: (309) 434-2843

### **LOCKER ROOMS AND CHANGING AREAS:**

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, 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](#).

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. 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.

Athletes are solely responsible for their personal belonging and items. The Competition host, officers, volunteers and competition facilities will NOT be responsible for any lost items.

### **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:**

An official bulletin board will be posted at the upstairs' concourse next to the Budweiser Lounge. 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.

### **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 will be available in advance through the EMS Competition. Each practice session will 20 minutes. Presale **\$25 per session** and onsite **\$30 per session**.

- Pre sale Opens when competition sign-up begins
- Pre-sale closes on: **APRIL 30, 2024**
- Session selection begins on: **MAY 6<sup>th</sup>, 2024**.
- Open sale ends on: **MAY 17<sup>th</sup>, 2024**
- Onsite sale starts on: **MAY 18<sup>th</sup>, 2024**

**Pre-Purchase:** Practice ice credits may be purchased after participants complete their event registration, via the EMS Competition Portal. Skaters who purchase credits during the pre-purchase period will be able to select sessions during the selection period, after the schedule has been completed and posted.

- [Click Here for a Pre-Purchase How-To Document](#)

**Pre-Purchase Selection:** After the close of entries and shortly after the competition schedule is published, skaters will receive an email with notice of the practice ice schedule and the date/time when pre purchased credits can be scheduled via EMS.

- [Click Here for a Selection How-To Document](#)

**Open Sales:** Practice Ice sessions will be available after the schedule has been published. Skaters will be able to purchase open sessions available to them.

- [Click Here for an Open Sales How-To Document](#)

## ONSITE CHECK-IN:

Check-in will open on May 18, 2024, Registration will open 11:00am. Will be located at the VIP entrance of the Grossinger Motors Arena. Entrance located off a cul-de-sac on Roosevelt Ave.

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](mailto:skatesafe@usfigureskating.org) at least 2 business days prior to the competition for assistance.

## AWARDS:

Skater/s and teams placing 1st through 4th will receive awards and Ribbons 5th through 6th

## VOLUNTEER INFO:

Central Illinois Figure Skating Club will be teaming up with our local County, Sport Director for qualified volunteers. We will use sign-up genius for volunteer sign up. The volunteer sign up will also be posted on the competition website and our social media platforms.

## VOLUNTEER COMPLIANCE:

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



**PHOTO/VIDEO:**

Chicago Star Productions will be filming all events at the competition. The videography is built into the price of the competition events. Note: per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.

**ADDITIONAL INFORMATION:**

- Hotel: Official hotel accommodations and rates will be announced later. We are working with our local Visitors Bureau for acquiring hotel rooms for reasonable rate.
- Airport information: Closest is Central Illinois Regional Airport ( BMI); next closest is Peoria Regional Airport (PIA), Chicago O’Hare is 120 miles.
- Merchandise pre-orders: CIFSC will provide pre-orders for merchandise via the competition website.
- Website: [www.ci-fsc.org](http://www.ci-fsc.org)
- Vendor & Sponsorship Opportunities: CIFSC will provide space and opportunities for vendors and sponsorships
- Tentative schedule: Competition will run Saturday, May 18, 2024, from 12:00 pm to 6:00 pm, and Sunday, May 19, 2024, from 8 am to 5 pm. Tentative schedule will be posted shortly after the completion registration deadline

**CONTACT INFORMATION:**

Competition website: [www.ci-fsc.org](http://www.ci-fsc.org)

For questions, please contact the following individuals:

Competition Chairs:	Susan Hennis Shirisha Coimba	E-mail <a href="mailto:susan.hennis@oneAmerica.com">susan.hennis@oneAmerica.com</a> Email: <a href="mailto:shirishajay@gmail.com">shirishajay@gmail.com</a>	Phone (309)838-4176 Phone (309)826-8069
Chief Referee:	Kaitlyn Beernink	E-mail <a href="mailto:stewartkaitlyn76@gmail.com">stewartkaitlyn76@gmail.com</a>	Phone 3092756200
Practice Ice Chair:	Rachael Shropshire	E-mail <a href="mailto:Rachael.shropshire92@gmail.com">Rachael.shropshire92@gmail.com</a>	Phone (847)471-3311
Additional Contact:	Madalyn Brook	E-mail <a href="mailto:Madalyn.brook@comcast.net">Madalyn.brook@comcast.net</a>	Phone (309)434-0796