



21st Annual Bend of the River Competition

January 11, 2025

Mankato Figure Skating Club

All Season Arena/Mankato MN

Chief Referee: Jennifer Gillespie

Chief Accountant: Kelly Gillette

I. COMPETITION OVERVIEW

The 21st Annual Bend of the River 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.

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: 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.

- If an athlete has a paid EMS series application for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well-Balanced and Specialty events the skater will be permitted to register at one level lower than the “floor” set by their excel series entry.
- If an athlete has never had a paid EMS series application in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.
- Skaters are not permitted to enter an Excel free skate and a Well-Balanced free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Well-Balanced event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- For more details about establishing event levels, refer to the information sheet [HERE](#) or email events@usfigureskating.org.

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

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

EVENTS OFFERED:

U.S. Figure Skating Program Requirements: usfigureskating.org --> [Skate](#) --> [Compete](#) --> [Program Requirements](#)

- Compete USA Program Requirements: learntoskateusa.com/competeusa
- Skate United: For any Skate United (S.U.) Athlete, please have them register for their appropriate level under the “standard” option. Once the registration is complete, the following form must be submitted to the competition chair via email at jill_nusser@yahoo.com
 - [Click here for the Skate United Athlete Form](#).
- Skating Accommodation Memorandum (S.A.M.): Skaters using a S.A.M. must submit their S.A.M. to the competition chair via email at jill_nusser@yahoo.com.
 - [Click here for more information about S.A.Ms.](#)

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

SINGLES	JUDGING
Excel Free Skate (Pre-Preliminary – Senior)	<i>6.0</i>
Well-Balanced Free Skate (Pre-Preliminary – Open Juvenile)	<i>6.0</i>
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	<i>6.0</i>
Adult Beginner & High Beginner Free Skate	<i>6.0</i>
ATHLETE DEVELOPMENT	JUDGING
Compulsory Moves (Levels 1-8)	<i>6.0</i>

Jump Challenge (Levels 1-9)	6.0
Spin Challenge (Levels 1-6)	6.0
SHOWCASE	JUDGING
Emotional Performance (Aspire – Senior, Adult)	6.0
Lyrical Pop/Character/Comedic (Aspire – Senior, Adult)	6.0
COMPETE USA EVENTS	JUDGING
Snowplow Sam – Basic 6 Program w/ Music	6.0
Aspire 1-4 Program w/ Music	6.0
Snowplow Sam – Basic 6 Elements (no music)	6.0

OUR COMMUNITY:

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

NON-DISCRIMINATION:

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

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

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

ATHLETE ASSISTANCE/ACCOMMODATIONS:

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

COMPLIANCE:

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

COACHES:

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

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

III. REGISTRATION INFORMATION

ENTRIES:

- Registration/Entries will be available on EntryEeze [2025 Bend of the River Registration](#) or the club website at www.mankatofigureskatingclub.org/
- Entry fees are \$100 for the first event and \$30 for each additional event
- **ONLY** online registrations will be accepted
- Deadline for entries is midnight **December 14, 2024**
- **Entries received after December 14, 2024 will be considered late**
- **Late Music Fee**
 - **After December 21, 2024 at 11:59pm – \$15.00**
 - **After December 28, 2024 at 11:59pm – \$25.00**
- Pay via a secured credit card transaction (Visa, MasterCard or Discover only)
- A non-refundable processing fee applies
- Late entries will be assessed a \$25 late fee
- Late entries acceptance will be at the discretion of the Chief Referee
- Changes to a skater's event registration done after the deadline will incur a \$25 fee
- Skaters will not be allowed to practice or compete until all financial obligations are met
- Males and Females will compete together **ONLY** in Showcase, Spins, Compulsory & Learn To Skate/Compete USA events.
- The competition committee and/or the referee reserves the right to cancel or combine any event(s) or to limit entries because of time constraints. Skaters will be notified if their event is cancelled or combined.

MUSIC SUBMISSION/UPLOAD:

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **December 21, 2024** at 11:59pm. Submission of music after the deadline will result in skaters being locked out of this feature and subject to a \$15.00 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. If music remains missing after **December 28, 2024**, the late submission penalty will be \$25 that must be paid prior to competition OR the referee reserves the right to withdraw the skater from that event with no refund.

After you've paid for your events during registration, the system will prompt you to upload your music for each event that requires music. If your music isn't available at that time, you can log out of your

account and return later to upload your music by going to the “competition” tab and then selecting “my music”.

Your 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.

ALL TIMES ARE +/- 10 SECONDS UNLESS OTHERWISE SPECIFIED.

Music criteria:

- File format: MP3
- Bit Rate: 192 kbps or higher
- Sample Rate: 44,100 kHz
- Leaders and trailers may not exceed two (2) seconds. (This is the silence or ‘dead space’ before and after the actual start and end of the program music.) We prefer that there be NO leaders or trailers at all.

If your music file doesn’t meet the criteria, we’ll email you to request that you fix your music file and re-upload.

Competitors must also bring a copy of their competition music. CD’s would be the preferred backup method and a cellphone as secondary backup in case of technical difficulties. If a CD is your backup, it must be (standard CD-R format only) and must be clearly marked with the competitor’s name, event, and running time. These backups must be available rink side whenever a skater competes.

These backups won’t be collected at registration but should be rink side during competition events. If your backup drive is used during competition, you may retrieve your drive at the registration desk following each event. Every reasonable care will be taken, but the hosting club can’t be responsible for music left at the end of the competition. Drives remaining on-site after the conclusion of the competition will be discarded. Music downloaded for the competition will be deleted after the event is complete.

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.

REFUND POLICY:

Entry fees will not be refunded after December 14, 2024 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals, including for COVID-19 quarantine requirements. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Mankato Figure Skating Club and All Seasons 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:

All Seasons Arena
1251 Monks Avenue
Mankato, MN 56001
507-387-6552

<https://www.mankatomn.gov/about-mankato/all-seasons-arena>

- Ice Surface is 85 x 200 – South Rink
- Ice Surface is 100 x 200 – North Rink
- Bleacher seating is available
- Admission to the competition is free
- Locker rooms will be available for the skaters to use
- The arena has a concession stand
- There will be a first aid room; the exact location will be posted on the information page of EntryEeze prior to the competition date.
- There will be trained first aid staff on site during practice ice and all events
- There will be a coach's hospitality room

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only and will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes under 11 years old that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy in the [SkateSafe® Handbook](#).

OFFICIAL WEBSITE & NOTICES:

All notices, schedule changes and/or additional information will be posted on EntryEeze. It is the responsibility of each competitor, parent and coach to check EntryEeze frequently for any schedule changes and/or additional information pertaining to the competition.

RESULTS:

Results will be available via QR Code or online live link. This QR Code and link will be listed on the information page of the EntryEeze site and posted throughout the rinks during 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:

- Limited practice ice will be available for the evening of January 10, 2025 and on the morning of January 11, 2025.

- An e-mail notification will be sent to all skaters once practice ice is available for online sign-up
- Practice ice purchased during initial registration will be \$12 per session
- Practice ice purchased online once practice ice is posted will \$14 per session
- Practice ice purchased at the arena during the competition will be \$17 per session
- Practice ice sessions are 20 minutes in length and no music is played

ONSITE CHECK-IN:

Check-in will open on Friday, January 10th and will be located in the lobby of the arena.

- Please check-in promptly upon arrival (**at least one hour prior to your event**). Events can begin as early as 30 minutes ahead of schedule.
- The competition check-in desk will be open at All Seasons Arena during all scheduled practices and events.
- Results and programs can be purchased at the check-in desk
- Lost and Found is at the check-in desk.
- Maps to local restaurants, hotels, malls and the hospital will be available at the check-in desk.
- A self-service first aid station is available at the registration desk.
- Competition apparel will be available for pick-up at the check-in desk for those that pre-ordered items

AWARDS:

All skaters will be given awards which will be presented off-ice after the official results are posted for each event. Trophies will be given for 1st-4th place skaters in all freestyle and artistic events; subsequent places in those events will receive medals. Medals will be given in all other events for all places.

VOLUNTEER COMPLIANCE:

Compliant positions at all U.S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel who must successfully pass a background check and complete annual SafeSport Training.

PHOTO/VIDEO:

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

At this time we do not have a professional videographer and photographer that will not be available. If this changes prior to the competition date, we will post it on the information page of EntryEeze.

ADDITIONAL INFORMATION:

- **Testing**
 - Friday, January 10, 2025;
 - Testing applications can be found on our website:
 - www.mankatofigureskatingclub.org or on the EntryEeze home page.
 - Deadline for testing applications is **December 14, 2024**.
 - Testing Contact: Jill Nusser: jill_nusser@yahoo.com

- **Competition apparel**
 - Must be pre-ordered from the EntryEeze registration site.
 - Apparel will be ready for pick-up at our check-in desk during the competition.
- **Hotel Information**
 - Listed on the information page on the EntryEeze site.

CONTACT INFORMATION:

Competition website: www.mankatofigureskatingclub.org

For questions, please contact the following individuals:

Competition Chair:	Jill Nusser	jill_nusser@yahoo.com	507-304-1058
Music Chair:	Emily Christenson	figuresk8er24@hotmail.com	507-995-2640
Additional Contact:	Crystal VanThuyne	cavanthuyne@gmail.com	952-607-9410