



50^h Annual Ladybug Competition
Hosted by the Glenwood Figure Skating Club
Homewood-Flossmoor Ice Arena, Flossmoor, IL
April 23-27, 2025
www.glenwoodfsc.com

I. COMPETITION OVERVIEW

The 50th Annual Ladybug 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.

Skaters must be a 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. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

SERIES INFORMATION:

The 50th Annual Ladybug Competition is proud to be part of the Excel and Solo Dance Series.

For information about how your competition can participate in a U.S. Figure Skating Series:

- [Solo Dance Series](#)
- [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 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.
- 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:

We encourage all competitions to promote and support all athletes, including skaters with disabilities through offering Adaptive events and levels (included in the table below). If you have any questions regarding Adaptive Skating, the levels offered, and/or accommodations for skaters, email events@usfigureskating.org.

- **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 chairs via email at mayfsc@aol.com and kramerswanson@att.net.
 - o [Click here for the Skate United Athlete Form.](#)
 - o If you have questions about how to support Skate United Athletes at your competition, email events@usfigureskating.org.

- **Skating Accommodation Memorandum (S.A.M.):** Skaters using a S.A.M. must submit their S.A.M. to the competition chairs via email at mayfsc@aol.com and kramerswanson@att.net .
 - o [Click here for more information about S.A.Ms.](#)
 - o If you have questions about on how to support skaters using S.A.Ms, email events@usfigureskating.org.

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

SINGLES	JUDGING	1st Event Price	2nd Event Price
Excel Free Skate (Preliminary Plus, Pre Juvenile Plus, Juvenile, Juvenile Plus, Intermediate, Intermediate Plus, Novice, Junior and Senior)	IJS	\$185	\$75
Excel Free Skate (Aspire 1-4, Pre-Preliminary, Preliminary)	6.0	\$145	\$65
Well Balanced Short Program (Open Juvenile thru Senior)	IJS	\$185	\$75
Well Balanced Free Skate (Pre-Preliminary)	6.0	\$145	\$65
Well Balanced Free Skate (Preliminary thru Senior)	IJS	\$185	\$75
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	6.0	\$145	\$65
PARTNERED ICE DANCE	JUDGING	1st Event Price	2nd Event Price
Rhythm Dance	IJS	\$275	\$105
Free Dance	IJS	\$275	\$105
Combined Rhythm Dance & Free Dance	IJS	\$275	\$105
SOLO DANCE	JUDGING	1st Event Price	2nd Event Price
Solo Open Pattern Dance	IJS	\$185	\$75
Solo Combined Dance	IJS	\$230	\$75
Shadow Dance	IJS	\$215	\$100

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 Chairs by the registration deadline at mayfsc@aol.com and kramerswanson@att.net

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 in 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](#)

EMS ADMIN: The compliance tab within EMS lists ALL individuals who were declared by skaters at the time of registration or through their EMS Skater Portals (also allows access to skater schedule, music/PPC preview etc.). The compliance requirements are tied to the U.S. Figure Skating database and are updated daily removing the need for the LOC to manually update its list of attending coaches. Further, if a coach is non-compliant, they will receive system-generated emails through the start of the competition. Click [here](#) for additional information.

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 for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION VIA EMS (Singles and Partnered events only):

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: 3/16/25 at 11:59 pm ET

Late Registration Deadline: 3/23/25 at 11:59 pm ET + \$25 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

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.
3. Click EMS then “Competition Registration”
4. Choose “50th Annual Ladybug” from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact 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:

Skaters that meet the requirements for test credit may request their test credit form at the registration/check-in desk at the rink or download them ahead of time on the competition web site, www.glenwoodfsc.com. Skaters may also register for test credit via EMS. These forms must be submitted 24 hours prior to the event by either delivering them to the Accounting Office at the rink or by sending them to our Accountant via email at Edward.mann@comcast.net. Forms must be picked up at the registration/check-in desk prior to the end of the competition at which time you must pay the \$25 test credit fee. If athletes are skating up TWO levels, they are not eligible to receive test credit.

MUSIC SUBMISSION/UPLOAD:

Competitors participating in events with music are required to upload their music to EMS no later than March 28, 2025, 11:59 pm EST. 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.

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.

DEADLINE: 3/28/25 at 11:59 pm EST

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

If you need assistance, email productsupport@usfigureskating.org

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

Competitors participating in IJS events are required to submit PPC in EMS no later than **March 25, 2025 at 11:59 pm EST**. 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.

DEADLINE: 3/28/25 at 11:59 pm EST

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

If you need assistance, email 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®, Glenwood Figure Skating Club and Homewood-Flossmoor 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.

IV. COMPETITION DETAILS

FACILITIES:

Homewood-Flossmoor Ice Arena
700 Kedzie Avenue, Flossmoor, IL 60422
The rink is 85' x 200'

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](#).

IF NOT OFFERING LOCKER ROOMS:

Suggested verbiage: Locker rooms and changing areas will not be available this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skates on but changing will not be permitted in these spaces.

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:

It is the responsibility of each competitor, parent and coach to check the web page, www.glenwoodfsc.com frequently for any schedule changes and/or additional information pertaining 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. Ladybug will make every attempt to have Solo Dance competition events on Thursday and Friday, April 24 and 25, 2025

PRACTICE ICE:

Practice Ice will be offered for both Solo Dance and FS events. Skaters will be able to purchase practice ice when they register for the competition and also once the schedule has been announced. Those skaters who purchase practice ice during registration will have the first opportunity to sign up for slots. Practice ice will be \$15 per session.

ONSITE CHECK-IN:

Check-in will open on Wednesday, April 23rd and will be located at the entrance to the rink. Registration on all day will open approximately 30 minutes before the first practice ice or event each day. It will close immediately following the start of the last event for the day.

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 at least 2 business days prior to the competition for assistance.

AWARDS:

Medals will be given to the first four places in each group, except for events where a final round is held. When a final round exists, skaters will not get awards for the initial round, and awards will be given to the first four places in the final round only. Each skater is responsible for picking up his/her own awards.

VOLUNTEER INFO:

A volunteer sign-up through Signup Genius will be posted on the Glenwood FSC website, www.glenwoodfsc.com, once the schedule is posted.

VOLUNTEER COMPLIANCE:

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

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.

If you will be providing live or on-demand footage that does not include music, include details here. If professional photographers will be offering paid photos, include details here. If your LOC prohibits spectators from photographing or videotaping any skater other than their own, include details here.

ADDITIONAL INFORMATION:

We have a room block reserved at the Wingate by Wyndham Tinley Park. The hotel is located at 18421 North Creek Drive, Tinley Park, IL. To book at a discounted rate, please either call the hotel directly at 708-532-9300 and mention the "Glenwood Skating Competition Skaters" or you can reserve online by clicking this link: [Glenwood Figure Skating Room Block Skaters](#).

CONTACT INFORMATION:

Competition website: www.glenwoodfsc.com

For
questions, please contact the following individuals:

Competition Chair:	May Wiza	mayfsc@aol.com	708-785-8319
Chief Referee:	Barry Doren	jbkadoren@aol.com	
Additional Contact:	Deb Swanson	kramerswanson@att.net	708-699-5461