



BODYARMOR
STATE GAMES 

2025 FIGURE SKATING CHAMPIONSHIPS

March 21-23, 2025

*@ Greensboro Ice House
6119 Landmark Center Blvd, Greensboro, NC 27407*

Hosted by

Summit Figure Skating Club,
North Carolina Amateur Sports and the
National Congress of State Games

Sanctioned by

United States Figure Skating

COMPETITION OVERVIEW:



The BODYARMOR State Games Figure Skating Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#) and [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.

This competition is a qualifying competition for the 2026 State Games of America Championships (SGA). Skaters placing first, second or third in an event at the BODYARMOR State Games competition qualify to compete nationally at the State Games of America being held July 28 – August 2, 2026 in State College, Pennsylvania. For more details visit www.stategamesofamerica.com.

ELIGIBILITY:

Eligibility: All skaters must have a North Carolina or South Carolina affiliation in one or more of the following ways: reside in the State of North or South Carolina, attend school in North or South Carolina State, be a member of a North or South Carolina Figure Skating Club or have their primary training location in North or South Carolina. Individuals who do not meet the above criteria and are interested in competing need to contact the BODYARMOR State Games office at 919-361-1133.

Competition level:

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.

All adult age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee. Men and ladies will be combined in Adult 1 through Adult Bronze free skate events (based on the Adult Competition Series Rules). Athletes in Adult Silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place or skate up to the next higher level (if this provides a competitor). The chief referee reserves the right to request proof of age.

Skaters entering Snowplow Sam through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. The LOC reserves the right to combine levels where there are not enough entries. Age divisions are determined by age on March 21, 2025. Age divisions may be further broken down to equalize group size.

High School Teams: All skaters participating in this part of the competition must be part of a U.S. Figure Skating high school figure skating team. Teams must be registered with U.S. Figure Skating for the 2024-2025 competitive season. All skaters must be enrolled as a full-time student as defined by the institution that they attend, grades 9-12, as per state guidelines. This include both traditional and homeschooled students. Athletes may compete either for the high school they are attending, or as a high school collaborative defined as athletes from a single school, representing the school or athletes representing to or more area high school combing to form a team. Competitors may not represent more than one high school skating team at one time.

A minimum of two (2) skaters are required to form a team. Team members may include skaters of any gender. Skaters do not have to be at the same test level. For the Team Maneuver Events, athletes may compete at their test level or any higher level as described in the team maneuver event requirements.

EVENTS OFFERED:

<u>Event Category</u>	<u>Price</u>
<u>Singles - IJS</u>	
1 st IJS event:	\$140
2 nd IJS event:	\$90
1 st 6.0 event or any additional event:	\$50
<u>Singles – 6.0</u>	
1 st 6.0 event:	\$110
1 st Compete USA event:	\$75
Any additional event:	\$50
<u>Singles & Duets Showcase:</u>	\$120 (\$50 if 2 nd or higher event)
<u>Mini Production Ensemble/Production Ensembles:</u>	\$120
<u>Synchro Teams (Exhibition Only):</u>	\$65 + \$5/skater
<u>High School (Team Maneuvers):</u>	\$100 per team
<u>High School (Artistic):</u>	\$50 per skater

****Any change to an event AFTER the schedule has been published WILL result in a \$25 fee for each event changed.**

Program requirements for the events listed below can be found here: [US Figure Skating Program Requirements](#)

For Special Olympic requirements, [click here](#). For High School requirements, [click here](#).

NOTE: Skaters may not enter both an Excel and a Well-Balanced free skate event at the same competition.

SINGLES - IJS	JUDGING	1 st IJS EVENT	2 nd IJS EVENT	1 st 6.0 EVENT + ALL OTHER EVENTS
<i>Excel Free Skate (Preliminary Plus – Senior)</i>	IJS	\$140	\$90	\$50
<i>Well Balanced Free Skate (Preliminary - Senior)</i>	IJS	\$140	\$90	\$50
<i>Short Program (Juvenile – Senior)</i>	IJS	\$140	\$90	\$50
<i>Adult Free Skate (Adult Pre-Bronze – Masters Jr/Sr)</i>	IJS	\$140	\$90	\$50
SINGLES – 6.0	JUDGING	1 st 6.0 EVENT	2 nd EVENT	ALL OTHER EVENTS
<i>Excel Free Skate (Pre-Preliminary & Preliminary)</i>	6.0	\$110	\$50	\$50
<i>Well Balanced Free Skate (Pre-Preliminary)</i>	6.0	\$110	\$50	\$50
<i>Adult Free Skate (Adult 1-6)</i>	6.0	\$75	\$50	\$50
SPECIALITY	JUDGING	1 ST EVENT	2 ND EVENT	ALL OTHER EVENTS
<i>Compulsory Moves (Levels 1-8)</i>	6.0	\$110	\$50	\$50
<i>Adult 1-6 Compulsory Moves</i>	6.0	\$110	\$50	\$50
<i>Adult Pre-Bronze – Masters Compulsory Moves</i>	6.0	\$110	\$50	\$50
<i>Jumps (Levels 1-9)</i>	6.0	\$110	\$50	\$50
<i>Spins (Levels 1-6)</i>		\$110	\$50	\$50
<i>Snowplow Sam – Basic 6 Elements</i>	6.0	\$75	\$50	\$50
<i>Snowplow Sam – Basic 6 Program with Music</i>	6.0	\$75	\$50	\$50
<i>Aspire 1-4 Compulsory Moves</i>	6.0	\$75	\$50	\$50
<i>Aspire 1-4 Program with Music</i>	6.0	\$75	\$50	\$50
<i>Solo Pattern Dance – Preliminary to Pre-Silver</i>	6.0	\$100	\$50	\$50
<i>Singles and Duets Showcase</i>	6.0	\$120	\$50	\$50
<i>Mini Production Ensembles/Production Ensembles</i>	6.0	\$120	\$50	\$50
<i>Special Olympics</i>	6.0	\$75	\$50	\$50
<i>Synchro Teams (Exhibition Only)</i>	-	\$65/team + \$5 per skater		
HIGH SCHOOL TEAM	JUDGING	ENTRY FEE		
<i>Beginner Team Maneuvers</i>	6.0	\$100 per team		
<i>Low Team Maneuvers</i>	6.0	\$100 per team		
<i>Intermediate Team Maneuvers</i>	6.0	\$100 per team		
<i>High Team Maneuvers</i>	6.0	\$100 per team		
<i>Artistic</i>	6.0	\$50 per skater		

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 roxanne@ncsports.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.

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.

REGISTRATION INFORMATION:

Registration for this year's event will be done online through Entryeze. A link to registration can be found at www.ncsports.org. The [entry deadline](#) for this year's competition is midnight on [Friday, February 28, 2025](#). Late entries may be accepted at the discretion of the competition manager and chief referee and will be subject to a \$25 late fee. Contact the BODYARMOR State Games office if you are unable to register online and need to register via mail. Additional fees may apply.

Compete USA pricing applies only for Snowplow Sam through Aspire 4 events. Pre-Preliminary events are considered 6.0 events and are priced accordingly as are Excel Pre-Preliminary and Excel Preliminary. Excel Preliminary Plus and higher will be considered IJS events.

As a gift to our competitors, all skaters will be able to download a video of their BODYARMOR State Games events **FREE OF CHARGE** from Looking Glass Productions! Additional information on how to access your videos will be sent out once registration has closed.

Note – 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 therefore the videos will not include any program music.

TEST CREDIT:

In accordance with Rules TR 3.00, 4.01 and 4.02, athletes may receive credit for meeting minimum scores at any competition held under the International Judge System (IJS). The athlete must "skate up" to the event they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition. Eligible events at the 2025 BODYARMOR State Games include:

Singles Free Skate: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver through Adult Masters Junior/Senior

Excel Free Skate: Juvenile through Senior

Skaters requesting Test Credit will need to send an e-mail to roxanne@ncsports.org prior to the start of competition or speak with the Registration desk when they arrive at the rink about obtaining a Test Credit Packet.

MUSIC SUBMISSION/UPLOAD:

Online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate! **The deadline to upload your music is midnight on March 11, 2025.**

The uploaded program music **MUST** conform to the following specifications:

Programs per file: One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.

File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.

Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).

Maximum file size: 10 MB

Maximum run time: Five [5 minutes]

ID3 Metadata [tags]: None - The Chief Music Coordinator strongly recommends that mp3 files **DO NOT** contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, **NO EMBEDDED IMAGES!**

Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be **NO** leader.

Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

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.

**** Penalty for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission at midnight on March 10, 2025, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate).

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

The International Judging System (IJS) will be used for the following events:

- Juvenile through Senior Short Program
- Preliminary through Senior Free Skate
- Adult Pre-Bronze - Adult Masters Junior-Senior
- Excel Preliminary Plus through Excel Senior

All competitors skating in these events must submit a Planned Program Content form online using the EntryEeze website for BODYARMOR State Games. The deadline for submitting PPCs is **midnight March 11, 2025**. There will be a \$25 late fee assessed to any skater that does not submit their PPC by the deadline. **NO paper planned program content forms will be accepted!**

REFUND POLICY

There will be **NO REFUNDS** unless an event/division is canceled or a participant is found to be ineligible because of a failure to meet residency or age requirements. There will be no refunds for medical withdrawals.

LIABILITY

U.S. Figure Skating, Learn to Skate USA®, North Carolina Amateur Sports, Summit Figure Skating Club and Greensboro Ice House 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.

COMPETITION DETAILS

FACILITIES: Greensboro Ice House @ 6119 Landmark Center Blvd, Greensboro, NC 27407

LOCKER ROOMS AND CHANGING AREAS:

GENERAL LOCKER ROOMS:

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](#).

TEAM LOCKER ROOMS:

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.

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](#).

COMPETITION APPAREL:

Competition costumes are to be modest, dignified and appropriate for athletic competition. They may reflect the character of the music but should not be too theatrical. (This does not pertain to spotlight/showcase costumes.) Clothing must not give the effect of excessive nudity inappropriate for the discipline. Accessories and props are not permitted unless otherwise specified in the event guidelines.

Men must wear full-length trousers. Ladies may wear skirts, trousers and tights (including unitards). Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions. Deductions for violations are 0.1-0.2 in the second mark for 6.0 scored events and up to a 1.0 point deduction for IJS events.

SCHEDULE

Competitors may be scheduled on any day or time during the announced dates of the competition. A schedule will be posted on the BODYARMOR State Games website and on Entryeeze after registration has closed. Participants will be notified when the schedule has been posted.

PRACTICE ICE:

The host club, Summit Figure Skating Club, will be in charge of Practice Ice. Practice ice can be pre-purchased during the registration process for \$25. Skaters will be limited to 1 practice ice session per event during the pre-purchase period. Once the schedule has been published, those skaters that pre-purchased practice ice during the registration period will be able to select their practice ice time. Those that haven't purchased practice ice will be able to do so for \$30 once the practice ice time selection period is over for those that pre-purchased practice ice. Any remaining ice time will be on sale at the rink during the competition for \$30.

ONSITE CHECK-IN:

A registration desk will be opened in the lobby of the Greensboro Ice House one hour prior to the start of the competition and will remain open during the scheduled events.

RESULTS:

The current US Figure Skating accounting procedures will be used. Results will be posted as live as possible on the BODYARMOR State Games website.

AWARDS:

Medals will be awarded to all first, second and third-place winners in each division. Those receiving a medal qualify to compete at the 2026 State Games of America in that event.

ACCOMODATIONS:

The BODYARMOR State Games has partnered with Daly Seven to offer 20% off at their properties located only a mile from the Greensboro Ice House. Visit the [Entryeeze registration page](#) to access the reservation links and take advantage of the 20% off discount.

VOLUNTEER COMPLIANCE:

Reminder: Compliant positions at all U. S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

- 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
- 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*

*Accessible via the U.S. Figure Skating Members Only website:

www.usfsaonline -> Person Icon Or Account -> Member Profile -> Compliance

CONTACT INFORMATION:

Competition website: http://ncsports.org/event/sg_figureskating

For questions, please contact the following individuals:

Competition Chair:	Roxanne Neumann	roxanne@ncsports.org	919-361-1133
Chief Referee:	Bonnie Boaz	bonnie.boaz2411@gmail.com	
Additional Contact:	Nicole Gaboury	niceskate18@gmail.com	