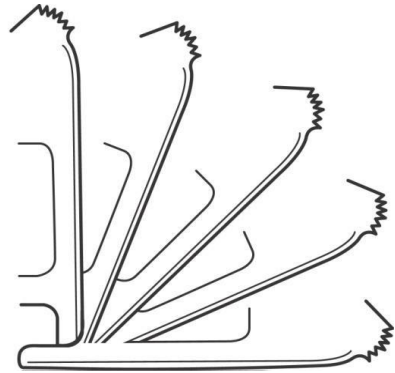




CAPITAL ★ CITY
FIGURE SKATING
COMPETITION
HOSTED BY STAR CITY FIGURE SKATING CLUB



July 18, 2026

John Breslow Ice Hockey Center

Entry deadline: **June 30, 2026**

(No late entries)

Music deadline: **July 10, 2026**

John Breslow Ice Hockey Center
433 V Street Lincoln, NE 68508
402-472-2758



**Official qualifying competition for 2028 State Games of America in
partnership with Cornhusker State Games**

2026 CORNHUSKERS STATE GAMES

I. COMPETITION OVERVIEW

In partnership with the Nebraska Sports Council and the Cornhusker State Games, the 2026 Capital City Figure Skating Competition will be the official qualifier for the 2028 State Games of America. The top three medalists in each event will automatically qualify to register for and compete in the State Games of America regardless of the event type they medaled in. For example, a Juvenile level skater may earn a bronze medal in Showcase Light Entertainment at this competition and still be eligible to enter Juvenile Free Skate at State Games of America.

More information can be found at www.cornhuskerstategames.com and <https://www.stategames.org/>

The Capital City Figure Skating Competition 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, who are current residents of all residents of Nebraska, Wyoming and South Dakota.

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.

Skate Nebraska Series

All skaters participating in any of the Compete USA events at this competition are eligible to participate in the Skate Nebraska Series if registered here <https://scfsc.wufoo.com/forms/skate-nebraska-series-registration/>

The Series is open to **ALL skaters participating in the Nebraska-based competitions** (Capital City Figure Skating Competition, Autumn Classic, Omaha Winter Festival, Spring Fling, Summer's Edge) at Compete USA levels who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating.

II. ELIGIBILITY

Singles: Excel and Championship Track 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 Championship Track 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 Championship track 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 Championship Track 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.

All other singles (such as Adults, 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
- **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 ira.bohovych@gmail.com

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

SINGLES	JUDGING	1 st Event Price	2 nd Event Price
Excel Free Skate	<i>CJS</i>	<i>70</i>	<i>50</i>
Championship Track Short Program	<i>CJS</i>	<i>70</i>	<i>50</i>
Championship Track Free Skate	<i>CJS</i>	<i>70</i>	<i>50</i>

Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	<i>CJS</i>	<i>70</i>	<i>50</i>
Adult Beginner & High Beginner Free Skate	<i>CJS</i>	<i>70</i>	<i>50</i>
ATHLETE DEVELOPMENT	JUDGING	1st Event Price	2nd Event Price
Compulsory Moves (Level 1 – 8)	<i>CJS</i>	<i>70</i>	<i>50</i>
Jumps Challenge (Level 1 – 9)	<i>CJS</i>	<i>70</i>	<i>50</i>
Spins Challenge (Level 1 – 6)	<i>CJS</i>	<i>70</i>	<i>50</i>
SHOWCASE	JUDGING	1st Event Price	2nd Event Price
Emotional Performance (Preliminary – Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>50</i>
Choreographic Artistry (Preliminary - Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>50</i>
Lyrical Pop (Preliminary - Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>50</i>
Character Performance (Preliminary - Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>50</i>
Comedic Impressions (Preliminary - Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>50</i>
Duets/Trios (Preliminary – Senior, Adult)	<i>CJS</i>	<i>70</i>	<i>N/A</i>
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	<i>CJS</i>	<i>60</i>	<i>45</i>
Aspire 1-4 Program w/ Music	<i>CJS</i>	<i>60</i>	<i>45</i>
Pre-Preliminary – Preliminary Free Skate	<i>CJS</i>	<i>60</i>	<i>45</i>
Adult 1-6 Program w/ Music	<i>CJS</i>	<i>60</i>	<i>45</i>
Snowplow Sam – Basic 6 Elements	<i>CJS</i>	<i>60</i>	<i>45</i>
Adult 1-6 Compulsory Moves	<i>CJS</i>	<i>60</i>	<i>45</i>

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 uphold 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 ira.bohovych@gmail.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 [in](#) Members Only, click the blue "COACH" button. 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.

TEAM SERVICE PERSONNEL

Teams are permitted a maximum of two team service personnel. Team service personnel must have a current U.S. Figure Skating or Learn to Skate USA® membership, a green lighted background check and completed SafeSport™ Training. All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Team service personnel is defined as those indicated as a team manager and/or team service personnel planning to attend the competition with the team.

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

EntryEeze system will be used for all registrations. No paper registration will be accepted.

Registration deadline: 6/30/2026 at 11.59 p ET

Secure on-line entries may be made at www.entryeeze.com (follow competition links). Electronic entries paid with a successful credit card transaction will be considered a valid entry. Registrations must be completed by 11:59pm, June 30, 2026. The Competition Committee reserves the right to limit entries in any event or to cancel an event based upon time restrictions.

PARTNERED EVENTS/Duets/Teams:

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

MUSIC SUBMISSION/UPLOAD:

The music for all free skating programs and showcase programs will be uploaded to EntryEeze and must be in MP3 format. In addition, skaters should have a digital copy as a backup. The deadline for music submission is July 10, 2026.

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 have available a backup copy of their competition music on a cellphone and it must be immediately available rink side 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 entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals after July 10, 2026.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Star City Figure Skating Club and John Breslow Ice Hockey Center 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:

The competition will be held **John Breslow Ice Hockey Center**.

Address: 433 V street, Lincoln, NE 68508

Phone: (402) 472-275

Website: <https://www.breslowhockeycenter.com/>

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 who are at least 8 years of age 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:

All updates will be posted on EntryEeze the competition website as soon as possible after July 5, 2026. Information regarding event groups and skating times will be emailed to skaters and coaches. It is the responsibility of each competitor, parent and coach to check their email frequently for any updates or 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.

PRACTICE ICE:

Unofficial practice ice will be available on Saturday, July 18, 2026 6.40-8.00 am prior to the competition, and possibly 12.00-1.00 pm (depending on registration numbers). Practice sessions are not included in your registration costs. They will last 20 minutes and cost \$15.00 if purchased at the time of registration. It is available on a first-come-first-serve basis therefore it is recommended that you purchase practice ice at the time of registration. Maximum 20 skaters per session will be allowed on the ice. If any spots remain, they will be available for purchase after the registration deadline has passed for a cost of \$20.00.

No music will be played during practice ice sessions.

ONSITE CHECK-IN:

For practice ice will be available on Saturday, July 18, 2026 starting at 6.20 am prior to the competition.

All skaters and coaches must check-in at the competition reception desk upon their arrival. All skaters are strongly encouraged to arrive no later than 45 minutes before their first event.

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:

All events will be final rounds. Medals will be awarded to first, second, and third places. Fourth, fifth and sixth places will receive ribbons. All awards will be made off-ice at appropriate times throughout the competition.

VOLUNTEERS:

Volunteers sign up will be available online on July 1st, 2026 via Star City FSC volunteer form. There will be multiple positions open. Volunteer hours will be counted towards ice credits. The NSC will provide lunches and t-shirts for volunteers.

Compliant positions at all U.S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel.

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.

There will not be a professional photographer or videographer at this event. Photographs and videos can be taken of all individual skaters and award pictures on the podium with personal cameras.

CONTACT INFORMATION:

For questions, please contact the following individuals:

Competition Chair:	Iryna Bohovych	ira.bohovych@gmail.com	402-601-7223
Chief Referee:	Paula Turpen	5turpens@cox.net	
Practice Ice Chair:	Iryna Bohovych	ira.bohovych@gmail.com	402-601-7223
Music Chair:	Iryna Bohovych	ira.bohovych@gmail.com	402-601-7223
Additional Contact:	Andreia Huebner	andreiabhuebner@gmail.com	