



*36th Annual*

# **SOUTHERN CONNECTICUT OPEN**

**April 22, 23, 24, 2022**

**DARIEN ICE HOUSE, 55 Old Kings Highway, Darien CT**

**CLOSE OF ENTRIES MARCH 22, 2022**

## **2022 EXCEL SERIES *participating competition***

### **IJS Mini-System and Critiques**

**Well-Balanced Free Skate Events** – Juvenile through Senior  
**Excel Events** – Preliminary Plus, Pre-Juvenile Plus, Juvenile, Juvenile Plus, Intermediate, Intermediate Plus, Novice, Junior, Senior

***Skater critiques will be offered for IJS free skate events depending on the availability of officials and adequate amount of time in the schedule.***

Cinematic Images by CV Productions ([cvprovideo.com](http://cvprovideo.com)) will be on site for all competition events.

**The cost of the video will be included in the registration fee.**

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**REGISTER ONLINE [www.skatescsc.com](http://www.skatescsc.com)**





## 2022 SOUTHERN CONNECTICUT OPEN

Sponsored by Skating Club of Southern Connecticut, [www.skatescsc.com](http://www.skatescsc.com)

Sanctioned by U.S. Figure Skating

APRIL 22, 23, 24, 2022

Darien Ice House, Old King's Highway North, Darien, CT 06820

The Southern Connecticut Open 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 which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible persons as defined by the Eligibility Rules in accordance with the current rulebook who are current members in good standing of a U.S. Figure Skating member club, a collegiate club or are individual members of U.S. Figure Skating. Please refer to the current rulebook for non-U.S. Citizens.

**EXCEL SERIES INFORMATION:** The 2022 SOUTHERN CT OPEN is a participating competition within the 2022 Excel Series. Each skater who registers with U.S. Figure Skating as a participant in the 2022 Series will receive an Excel Series Participant number upon successful payment and registration. This registration and number are required to enter the competition as a Series participant and accrue points. Excel Series events will be run as per Rule 3060 in the 2022 U.S. Figure Skating Rulebook. **Skaters must register for the Excel Series by March 1, 2022, or prior to their first Series Competition - whichever is earlier.**

[Excel Series Registration](#) | [Excel Series Information](#)

**Excel Judging System:** The IJS will be used for all Excel "PLUS" levels, and Excel Juvenile through Senior levels. 6.0 judging system will be used for Excel levels of Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile levels.

### **ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline (March 22, 2022) in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. A skater may only compete at one level per category (Example: Juvenile Free Skate and Intermediate Short Program, but not Juvenile Free Skate and Intermediate Free Skate.) Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be 12 years of age or under for girls and 13 years of age or under for boys at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 13 years of age or older for girls and 14 years of age or older for boys at the close of entries.

Skaters entering beginner through pre-juvenile free skate events will be divided as closely as possible by age should the number of entries warrant more than one group. While every effort is made to have separate events for males and females, the LOC reserves the right to combine males and females, if necessary, as U.S. Figure Skating rules allow. The LOC may eliminate events due to insufficient entries or ice time limitations.

*This event is a standard U.S. Figure Skating Nonqualifying Competition*



**ENTRY FEES:** Fees are listed below. Register and pay online through the [EMS](#) with a secured credit card. Follow the links for competition information and use the link to register for the competition and pay with a credit card – VISA, MASTERCARD and DISCOVER only. There is a \$30.00 charge for contested credit card charges.

1. Go to <https://m.usfigureskating.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 "2022 Southern Connecticut Open" from the list of nonqualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org).

Competitors participating in IJS events are required to submit their **Planned Program Content Sheet and Music** in the EMS no later than **Sunday, April 10, 2022**. After this date, skaters will be locked out of this feature in EMS and will be subject to a \$30.00 late fee for each outstanding item. The late fee(s) will automatically be added to each skater's cart. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater's credential onsite. If entries are accepted after the schedule has been posted, a **double entry fee** will be required. **A fee of \$30.00 will be charged for any changes** due to incorrect entry choice to event levels after the close of entries.

**Video download of individual skating is included in the entry fee.**

**WELL BALANCED IJS FREE SKATE:** Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior – **\$140.00**

**WELL BALANCED IJS SHORT PROGRAM:** Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior - **\$140.00**

**WELL BALANCED 6.0 FREE SKATE:** No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, - **\$125.00**

**EXCEL 6.0 FREE SKATE:** Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile - **\$125.00**

**EXCEL IJS FREE SKATE:** Preliminary PLUS, Pre-Juvenile PLUS, Juvenile, Juvenile PLUS, Intermediate, Intermediate Plus, Novice, Junior, Senior - **\$140.00**

**REFUND POLICY:** Entry fees will not be refunded after entry deadline, March 22, 2022, unless the event is canceled per U.S. Figure Skating Rule #3058. There will be no refunds for medical withdrawals. The online processing fees are not refundable.

**FACILITIES:** Events will be held at Darien Ice House, 55 Old Kings Highway North, Darien CT 06820. The rink has one ice surface measuring 200' x 85'. A café and sports shop are located within the building at Darien Ice House, hours vary.

**MUSIC:** Online music submission is the ONLY acceptable method to submit program music. Please see guidelines on page 7. **All music must be uploaded by April 10, 2022, 11:59PM EST to avoid the late fee.**

**LIABILITY:** U.S. Figure Skating, Skating Club of Southern Connecticut and Darien 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.

#### **JUDGING SYSTEM:**

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

- Well Balanced Program free skate events: Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior
- Short program events: Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior
- Excel Series Levels: Preliminary Plus, Pre-Juvenile Plus, Juvenile, Juvenile Plus, Intermediate Plus, Excel Intermediate, Excel Novice, Excel Junior and Excel Senior.

This event is a standard U.S. Figure Skating Nonqualifying Competition



**All competitors skating in these events need to submit the planned program content form online** through the skater's individual [EMS Competition Portal](#) account for the competition at [www.skatescsc.com](http://www.skatescsc.com). If the content is not available at the time you register, you can log out of your account and return later to by going to the "Competition" tab and then selecting "Planned Program Content Form." **The deadline to submit the form is April 10, 2022.** After this date, skaters will be locked out of this feature in EMS and subject to a **\$25.00 Late Fee.** The late fee will automatically be added to each skater's cart who does not 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.

Skater critiques will be offered to skaters and accredited coaches only at the conclusion of each IJS free skate event (Juvenile, Intermediate, Novice, Junior, Senior) and Excel Preliminary Plus, Excel Pre-Juvenile, Excel Juvenile, Excel Juvenile Plus, Excel Intermediate, Excel Intermediate Plus, Excel Novice, Excel Junior, Excel Senior depending on the availability of officials and adequate amount of time in the schedule.

The 6.0 Majority Judging System will be used for the following events:

- Well Balanced Program free skate events: No Test, Pre-Preliminary, Preliminary, Pre-Juvenile
- Excel events – Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile

**REGISTRATION:** The Registration Desk will be open one hour before the first event and will remain open throughout the competition. Please register promptly upon arrival. Skaters must check in one hour prior to the event. While every effort is made to adhere to the posted schedule, events may run up to 45 minutes early.

**SCHEDULE OF EVENTS AND PRACTICE ICE:** ALL COMPETITION INFORMATION WILL BE POSTED ON THE SCSC website, [www.skatescsc.com](http://www.skatescsc.com) and on the [EMS Competition Portal](#) tab of the U.S. Figure Skating website one to two weeks

prior to the competition. The competition schedule, practice ice applications, group confirmations and directions will be posted. Skaters are encouraged to check the website periodically for changes to events and/or times. Posting of such changes and other announcements will be considered sufficient notice to competitors. **Please note that the schedule is prepared by the competition referee and is based on the number of skaters, the events entered and the availability of competition officials. The LOC has no prior knowledge of the schedule or groupings.**

**The practice ice schedule will be posted with the competition schedule.** You will be able to register for practice ice on the competition page of the [EMS Competition Portal](#) website after the schedule is posted. Requests will be processed in the order in which they are received.

**AWARDS:** Awards will be presented for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> places in each group. Award Ceremonies will be scheduled at various intervals throughout the competition and will be presented off-ice.

**VIDEOGRAPHY:** Cinematic Images by CV Productions ([cvprovideo.com](http://cvprovideo.com)), a professional videography company, will be on site for all competition events. **The cost of the video is included in the entry fee**, and all videos will be uploaded and available throughout the week following the competition. No professional photographs will be taken at any of the events. Personal videotaping is restricted to the bleachers. Tripods are not allowed.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby. It is the responsibility of each competitor, parent/caregiver, and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event.

**INFORMATION REGARDING COACH COMPLIANCE:** To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

With EMS, a coach must be included within a skater's registration or updated through their EMS Skater Portal via "[My Coaches](#)." All coaches declared at the time of registration will be included on the skater's 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** (\*include links in your announcement):

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

Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, 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.
- ✓ If 18 years or older, 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.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. \*
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. \*
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, 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.
- ✓ If 18 years or older, 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.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

\* Accessible via U.S. Figure Skating Members Only Website:

[www.usfsaonline.org](http://www.usfsaonline.org) → Person Icon  or Account → Member Profile → Compliance

Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

**All coaches must check in at the Registration Desk.** The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. **All coaches are required to wear their credentials during the competition.** Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:  
<https://www.usfigureskating.org/support/coach/coach-compliance>

**JOURNAL:** Skaters who would like a photograph to appear in the 2022 Southern Connecticut Open Journal Gallery of Skaters may e-mail an electronic photo (.jpg) to [Helaine.Walker@gmail.com](mailto:Helaine.Walker@gmail.com) or include a 3" x 5" photo with the entry form. Vertical format is required. There is a charge of \$25.00 for photos.

**Good Luck "Stars" are available at a cost of \$10.00** and will be placed throughout the Journal.

**LOCKER ROOM POLICY:** The Southern CT Open will be following the Locker Rooms and Changing Area policy included in the SkateSafe Handbook. Only athletes competing at the figure skating event are allowed in the Locker Rooms/Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same gender to assist their child immediately prior to and after their skating event(s). 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.

Do not leave valuables unguarded. Neither SCSC nor the Darien Ice House will be liable for items that are lost or stolen. Bring skate guards.

**ADMISSION:** Each competitor will be entitled to have one chaperone admitted at no charge. Coaches who are named on the entry form will be admitted at no charge. There will be an additional charge for all other admissions. Spectator fees will be as follows:

**Adults - \$10.00   Seniors, Veterans, Children 6 -12 - \$5.00   Children 5 and under - No Charge**

page 5

**OFFICIAL HOTEL:** The official hotel is the Doubletree Hotel Norwalk, 789 Connecticut Avenue, Norwalk, CT 203.853.3477, [www.norwalk.doubletree.com](http://www.norwalk.doubletree.com). The hotel is located at Exit 13 on Interstate 95. The special Competition rate is \$99.00 per night (single or double occupancy). The reservation deadline for the special rate is **April 15. Please make your reservation early** – the hotel will accept cancellations after the deadline **but new reservations will not be accepted at the special rate after the deadline of April 15.**

**NOTE: All reservations must be made before 04/15/22 at 11:59 PM to receive the discounted rate.**

**To book your reservation online, please follow these steps.**

Go to: [www.norwalk.doubletree.com](http://www.norwalk.doubletree.com)

Enter your check in and check out dates, click Go

Click on Add Special Rate Codes and enter **Group Code: SOC**

Continue to follow prompts to complete reservation & record your confirmation number.

You may also call **800.492.7148** or **203.853.3477** and ask for the group ~  
**Southern Connecticut Open – Competitors**

*This event is a standard U.S. Figure Skating Nonqualifying Competition*





**GENERAL CONTACT INFO:** If you have questions, please contact Helaine Walker at [gmail.com](mailto:helaine.walker@gmail.com) or 203.423.9007. For quickest response, use the email address provided. Please do not call the Darien Ice House for information.

**COVID-19 INFORMATION:**

- Please refer to our club website at [www.skatescsc.com](http://www.skatescsc.com) for up-to-date COVID protocols as determined by State of Connecticut and Darien Ice House.
- Masks are not required for fully vaccinated people unless specifically required by the facility hosting the event.
- Masks are required by people not fully vaccinated regardless of facility policies.
- All updates regarding COVID will be available on the SC of Southern CT website at [www.skatescsc.com](http://www.skatescsc.com).
- Snack Bar availability will be determined by Darien Ice House at 55 Old King's Highway, Darien CT, and the Darien Department of Health regulations at the time of the event subject to Covid-19 protocols.
- Email us at [helaine.walker@gmail.com](mailto:helaine.walker@gmail.com) with any specific inquiries.

**THE LOC RESERVES THE RIGHT TO CANCEL SINGLE ENTRY EVENTS BASED ON ICE TIME CONSTRAINTS**

In the event that a single entry event is cancelled, the skater will have the option to skate up one level or receive a full refund. **Online processing fees are non-refundable.**

**MUSIC INFORMATION:** For the 2022 Southern CT Open, **online music submission is the ONLY acceptable method to submit program music. To avoid a late fee, please be sure all music is submitted by April 10, 2022 via [EMS Competition Portal](#). We will NOT accept CDs!** 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!  
**All music must be uploaded by April 10, 2022, 11:59PM EST.**

The uploaded program music MUST conform to the following specifications:

- Programs per file: One (1) - Only one event segment program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.
- File Format: mp3 or m4a - The uploaded file music must be an mp3 or m4a file. Simply changing the file extension to "mp3" or "m4a" 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 requests that mp3 or m4a 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: The Chief Music Coordinator requests that there be NO leader. The leader is the silence between the start of the track and the actual start of the program music.
- Maximum trailer: The Chief Music Coordinator requests that there be NO trailer. The trailer is the silence between the end of the program music and the end of the actual track.

## Backup Music at Event (CDs)

In addition to submitting the music online, **all competitors/teams must also have at least one (1) backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment or official practice.** CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE (1) music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two (2) separate discs must be available. Any disc with more than one (1) track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two (2) seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. **PLEASE, no CD-RWs!!**

The Local Organizing Committee ("LOC"), competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

## Interruption in Music – U.S. Figure Skating Rule 1403

If, after the competitor/team's name has been called to compete, there is an issue with the downloaded music or CD provided at the event, the competitor will have up to 3 minutes to rectify the situation with a backup copy of the music on CD. After 3 minutes, the competitor/team will be considered withdrawn.

## Administrative Fee for Incorrect Music or Failure to Upload Music

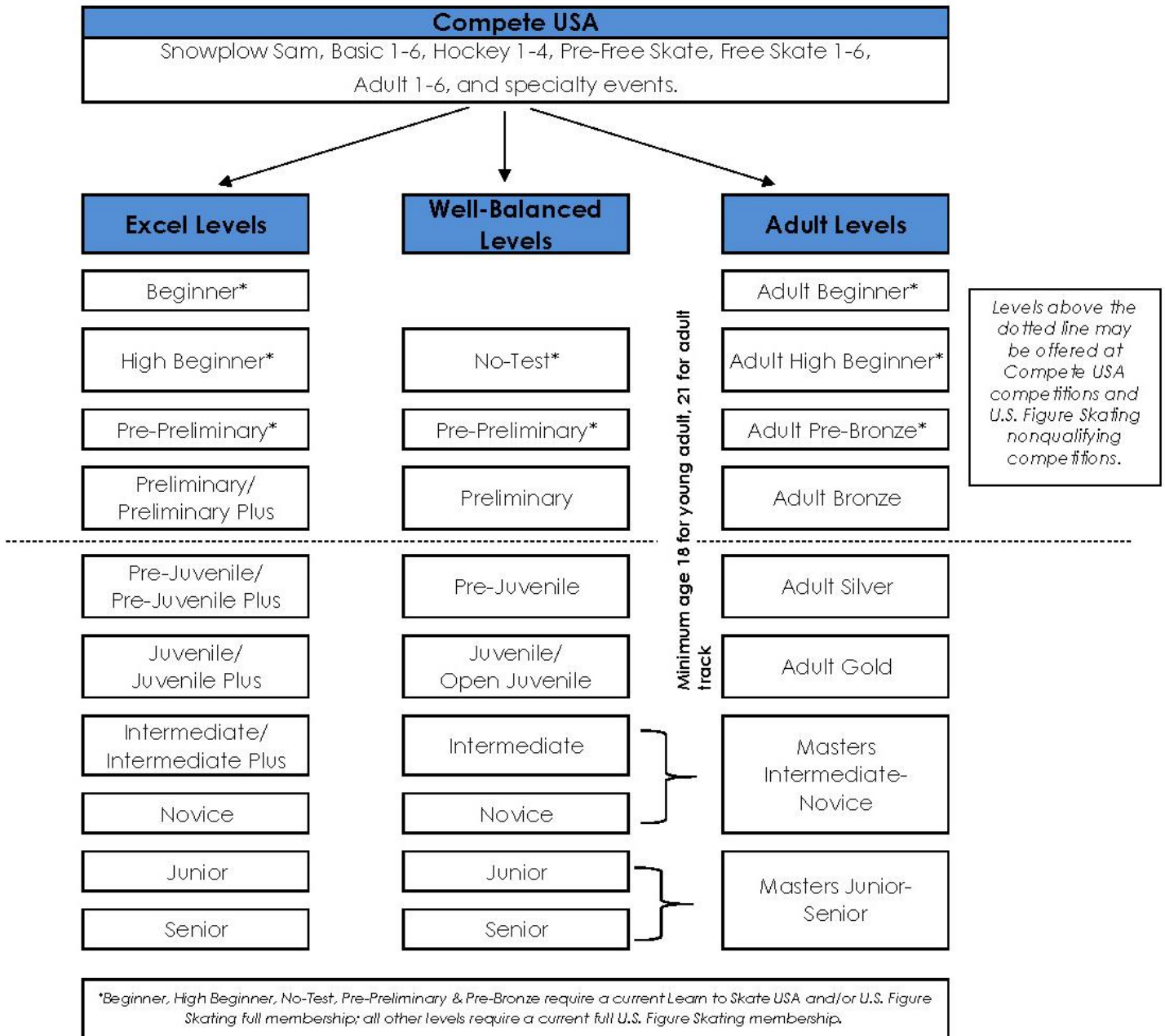
The LOC may assess each competitor/team an additional charge, up to \$100.00 per event segment, to manually handle a competitor/team's music, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess an administrative fee, the competitor/teams will not receive their credentials at registration until they pay the fee and turn in their music on CD, conforming to the requirements above.





## COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



## EXCEL SERIES

The Program Development Committee of U.S. Figure Skating is excited to announce the third season of the Excel Competition Series, a competitive opportunity created to encourage skaters to develop their technical ability in a competitive environment that promotes success. An outline of the levels and requirements for the program can be found on the Excel Program page of U.S. Figure Skating's website under the Programs dropdown.

The Excel Competition Series is open to individual skaters within the Eastern, Midwestern and Pacific Coast Sections from January 2022 to June 12, 2022. Skaters may compete to qualify for the National Festival and Excel Finalist Camp to be held July 14-17, 2022. Information on how registration, qualification, and competitions in the Series can be found in the Series Handbook. Please contact [ExcelSeries@usfigureskating.org](mailto:ExcelSeries@usfigureskating.org) with any questions!

Excel Competition Series events are U.S. Figure Skating nonqualifying competitions, as per Rule 3060 in the 2020 U.S. Figure Skating Rulebook.

**Excel Free Skate:** Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile & Intermediate

- Skaters competing in at least two Excel Series competitions will receive an automatic invitation to compete in the Excel National Festival, July 15-17.
- Top points earners in each section will receive special recognition awards at the Excel National Festival.
- Skaters may compete in as many competitions during the Series season as they desire, however, only the points earned from a skater's top two finishes will be used to compute their point total

**Excel Free Skate:** Excel Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate Plus, Novice, Junior, Senior

- The top six skaters in each section based on the combined total of their two highest scores and the skaters with the next two highest scores nationally – regardless of section – for each event will earn an invitation to participate in the Excel Finalist Camp and Excel Series Final at the National Festival.
- See above and Excel Series Handbook.

All requirements may be reviewed

<https://www.usfigureskating.org/members-only/officials/skating-rules-and-resources/excel>

## Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- A skater may compete at one level per category (Example: Juvenile Free Skate and Intermediate Short Program, but not Juvenile Free Skate and Intermediate Free Skate)
- Short Programs and Free Skate Programs are considered separate events.
- Refer to the 2019 U.S. Figure Skating Rulebook for specific program content for each level.

All skaters competing in IJS events will be required to complete  
Planned Program Content sheets **ONLINE**  
no later than April 10, 2022

**Well Balanced Free Skate:** No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Open Juvenile, Juvenile\*, Intermediate\*, Novice\*, Junior\*, Senior\*

[https://fs12.formsite.com/USFSAIT/images/2021-22\\_Singles\\_FS\\_Chart.pdf](https://fs12.formsite.com/USFSAIT/images/2021-22_Singles_FS_Chart.pdf)

\* ISU JUDGING SYSTEM

## SHORT PROGRAM

**2022-2023 requirements will apply except for Junior SP**

See Technical Information > Singles/Pairs at

[https://fs12.formsite.com/USFSAIT/images/2021-22\\_Singles\\_SP\\_Chart.pdf](https://fs12.formsite.com/USFSAIT/images/2021-22_Singles_SP_Chart.pdf) All skaters competing in an IJS event will be required to complete a Planned Program Content sheet **ONLINE** through Online Event Registration no later than April 13, 2022

**Short Program:** Intermediate\*, Novice\*, Junior\*, Senior\*

\* Junior SP may follow either the 2021-2022 OR the 2022-23 requirements. Southern CT Open will accept Be sure to check the U.S. Figure Skating website for requirements.