



**37th Annual**

# **SOUTHERN CONNECTICUT OPEN**

**April 21, 22, 23, 2023**

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

*CLOSE OF ENTRIES MARCH 21, 2023*

**Offering Well-Balanced and Excel events at all levels.**

## **OFFICIAL 2023 EXCEL SERIES COMPETITION**

**IJS mini-system will be used for all IJS events**

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

**The cost of the video is included in the registration fee.**

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





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## Southern Connecticut Open

April 21, 22, 23, 2023

Skating Club of Southern Connecticut

Darien Ice House, Darien CT

### I. COMPETITION OVERVIEW

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 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 in accordance with the current rulebook.

Skaters must be currently registered members of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

- 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 2023 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, 2023

**For Short Program, 2022-2023 requirements will apply except for Junior SP\***

\* Junior SP may follow either the 2022-23 or 2023-24 requirements.  
[Click HERE to view the program requirements for the current season.](#)

## **COVID-19 INFORMATION:**

For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#). Include any relevant policy implementation details here for your attendees.

## **EXCEL SERIES INFORMATION:**

The 2023 SOUTHERN CT Open is an official 2023 Excel Series Competition. Each skater who registers with U.S. Figure Skating as a participant in the 2023 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 2023 U.S. Figure Skating Rulebook.

Skaters must register for the Excel Series by March 1, 2023, or prior to their first Series competition – whichever is earlier. The online form to enter the Series is available on the U.S. Figure Skating website. The determination of level for the Excel Series will be based upon test level as of March 1, 2023, or when the skater submits their registration to be an Excel Series participant (whichever date is **earlier**).

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

Please refer to the Excel Series Handbook for specific Eligibility, Test Levels and Age Restrictions.

## **II. ELIGIBILITY**

### **TEST LEVEL:**

As of December 1, 2022, singles athletes may opt to accelerate their test progression within U.S. Figure Skating and thus compete at level(s) best suited for their technical skillset. Athletes must still meet the minimum requirements for each level and additionally, if participating within the National Qualifying Series (NQS) or National Excel Series (Excel), they will establish a **competitive floor** (i.e., the lowest level they can compete at).

The **competitive floor** is determined only by the level selected through the EMS Series Application for NQS or Excel and is not uniquely tied to competition registration (regardless of series participation).

*Example, if an athlete passed their junior free skate test in November and competed in the 2022-23 NQS as a Novice from July - September, they may register for either novice or junior in excel or well-balanced events. The novice level will remain their competitive floor until they complete an EMS Series Application at the junior level or higher for NQS or Excel.*

*Example #2, if an athlete passed their juvenile free skate but has not competed in NQS or Excel (i.e., they have not established a competitive floor), they have the option to compete pre-preliminary – intermediate (if skate up is permitted). While the options are wide, U.S. Figure Skating entrusts the coach to guide the athlete to the select the appropriate level for the athlete based on their technical skillset.*

Eligibility Notes:

1. The singles free skate test levels will remain as a minimum requirement to compete.
2. Athletes may not skate down in any event.
3. This update does NOT apply to Adult, Showcase and Solo Dance.

If an athlete, coach, parent and/or guardian needs assistance with confirming their eligibility, email [events@usfigureskating.org](mailto:events@usfigureskating.org) or refer to information sheet [HERE](#).

### **AGE RESTRICTIONS/REQUIREMENTS:**

Singles free skate events (Well Balanced Program) have the following requirements at the close of entries.

Juvenile: Girls – 12 years or younger; Boys – 13 years or younger

Open Juvenile: Girls – 13 years or older; Boys – 14 years or older

Intermediate: Must be under the age of 18

Adult (over 21) and Young Adult (18-20) age groups may be combined at the discretion of the LOC

Skaters entering events pre-juvenile or lower will be divided as closely as possible by age should the number of entries warrant more than one group.

### **III. EVENTS OFFERED**

**ENTRY FEE INCLUDES VIDEO DOWNLOAD**

<b>SINGLES</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>
Well Balanced Short Program – <i>Juvenile, Intermediate, Novice, Junior*, Senior</i>	IJS	\$140.00
Well Balanced Free Skate – <i>Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior</i>	IJS	\$150.00
Well Balanced Free Skate – <i>No Test, Pre-Preliminary, Preliminary, Open Juvenile</i>	6.0	\$125.00
Excel Free Skate – <i>Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile</i>	6.0	\$135.00
Excel Free Skate – <i>Preliminary PLUS, Pre-Juvenile PLUS, Juvenile, Juvenile PLUS, Intermediate, Intermediate PLUS, Novice, Junior, Senior</i>	IJS	\$150.00
Adult Free Skate – <i>Adult Bronze to Master Jr./Sr.</i>	IJS	\$150.00
Adult Free Skate – <i>Beginner, High Beginner, Pre-Bronze</i>	6.0	\$125.00

\* Junior SP may follow either the 2022-23 or 2023-24 requirements.

### **SKATESAFE COMPLIANCE:**

For full details about SkateSafe compliance at U.S. Figure Skating competitions, refer to the U.S. Figure Skating SkateSafe webpage: [www.usfigureskating.org/skatesafe](http://www.usfigureskating.org/skatesafe).

### **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 three categories, Coach/Choreographer, Learn to Skate USA Instructor, or Foreign Coach/Choreographer. 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.

ONE coach credential will be issued to each registered athlete.

Coaches must be included within a skater's registration or updated through the skater's EMS Skater Portal via "[My Coaches](#)". All coaches declared at the time of registration will be included on 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](#)

**All coaches must check in at the Registration Desk.** The LOC will have a list of compliant coaches who are cleared for credentials. If a coach is not listed on the compliant list and cannot produce the necessary documents, he/she will not be permitted in the designated area at rinkside during the competition events, including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which will be reported to U.S. Figure Skating and PSA.

**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 SkateSafe compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

**IV. REGISTRATION INFORMATION**

**ONLINE REGISTRATION VIA EMS:**

Online registrations will be accepted via [EMS](#). Payment must be made at the time of registration by credit card only (Visa, MasterCard, Discover only). Each transaction includes a 3% transaction fee.

**Registration Deadline: 03/21/2023 at 11:59 PM ET**

The Late Entry Fee is \$35.00 and will apply to all entries registered after 11:59 PM on March 21, 2023.

1. Go to [www.usfsaonline.org](http://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](mailto:memberservices@usfigureskating.org).
3. Click EMS then "Competition Registration"
4. Choose 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).

**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, ([IJS Protocol for Test Credit](#)) may request their test credit packet by submitting a request form, along with a \$25.00 administrative fee. Request forms can be submitted at registration prior to the end of the last event of the competition. Test credit packets will be emailed, as soon as possible, following the competition.

**MUSIC SUBMISSION/UPLOAD:**

Competitors participating in events with music are required to upload their music to EMS no later than **April 10, 2023 11:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a **\$35.00 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

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

*If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)*

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.

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

EMS PLANNED PROGRAM CONTENT (PPC) – Competitors participating in IJS events are required to submit PPC in EMS no later than **April 10, 2023 11:59 PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$35.00 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

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

*If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)*

**REFUND POLICY**

Entry fees will not be refunded after entry deadline of March 21, 2023 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.

**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.

## **V. COMPETITION DETAILS**

### **FACILITIES:**

Darien Ice House

55 Old King's Highway North, Darien CT 06820

[www.dariencehouse.com/](http://www.dariencehouse.com/)

The rink has one ice surface measuring 200' x 85'. Please dress appropriately as the rink is cold.

### **LOCKER ROOMS AND CHANGING AREAS:**

Locker rooms and changing areas at U.S Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger 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 and the SkateSafe Handbook (both found on the U.S. Figure Skating SkateSafe page).

With prior notice, the LOC will attempt to provide private locker room space for those skaters uncomfortable with gender specific locker rooms. Please keep in mind that such space is limited making prior notice essential. An athlete may also choose to arrive at the competition in their skating outfit, ready to compete, eliminating the need to use a locker room.

The use of any recording and photographic devices inside the locker room changing area is strictly prohibited.

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

### **U.S. FIGURE SKATING TRAVEL POLICY:**

According to U.S. Figure Skating 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 frequently for any schedule changes and/or additional information pertaining to the competition. All such notices will be posted on the Skating Club of Southern CT website, [www.skatescsc.com](http://www.skatescsc.com). It is the responsibility of each competitor, parent and coach to check for any schedule changes and/or additional information pertaining to the competition.

**Skaters are requested to arrive one hour prior to the scheduled time of their event.** While every effort is made to adhere to the posted schedule, events may run up to 45 minutes early.

### **RESULTS:**

All results will be posted online on the U.S. Figure Skating Leaderboard. The link will be provided to all skaters prior 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, one to two weeks prior to the competition. All participants will be notified via email once available. **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 Local Organizing Committee has no prior knowledge of the schedule or groupings.

#### **PRACTICE ICE:**

The practice ice schedule will be posted after the competition schedule has been announced. You will be able to register for practice ice on the competition page of the EMS website as indicated. Requests will be processed in the order in which they are received. **NO PRE-SALES will be offered.** Earbuds and wireless headphones will not be allowed on any practice ice sessions or warmups associated with any competition events.

#### **ONSITE CHECK-IN:**

The Registration Desk will be open one hour before the first event and will remain open throughout the competition at Darien Ice House. Please register promptly upon arrival. Skaters must check in one hour prior to their event. While every effort will be made to adhere to the posted schedule, circumstances beyond the control of the LOC may cause the competition to run late. Events may run up to 45 minutes early.

#### **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.

#### **VIDEO:**

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.

**Per U.S. Figure Skating Policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.**

#### **JOURNAL:**

Skaters who would like a photograph to appear in the 2023 Southern Connecticut Open Competition ONLINE Journal may e-mail an electronic photo (.jpg) to [Helaine.Walker@gmail.com](mailto:Helaine.Walker@gmail.com). 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.

#### **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 (62+), Veterans, Children 6 -12 - \$5.00 Children 5 and under - No Charge**

#### **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 \$119.00 per night (single or double occupancy). The reservation deadline for the special rate is **April 17, 2023, or the block has been filled, whichever occurs first.**

**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 17, 2023.**

**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: SDA**

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

**NOTE: All reservations must be made before 04/17/23 at 11:59 PM to receive the discounted rate.**

Reservations can also be made by **800.492.7148**, and requesting the group: **SDA**

**Hotel Property Code: ORQD TDT**

**Group Name: Southern Connecticut Open Competition – Competitors**

**Group Code: SDA**

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

If 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.**

**CONTACT INFORMATION:**

For questions, please contact the following individuals:

General Information	SC of Southern CT	<a href="http://www.skatescsc.com">www.skatescsc.com</a>
Competition Co-Chairs	Helaine Walker Kari Ryan Pam Foster	<a href="mailto:helaine.walker@gmail.com">helaine.walker@gmail.com</a> <a href="mailto:info@skatescsc.com">info@skatescsc.com</a>
Practice Ice Chair:	Pam Foster	<a href="mailto:info@skatescsc.com">info@skatescsc.com</a>
Chief Referee:	Diana Wisner	<a href="mailto:Dianask8r@mac.com">Dianask8r@mac.com</a>

**Excel Series**

All requirements may be reviewed

<https://www.usfigureskating.org/members-only/skating-opportunities/excel>



## 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 Levels

- Beginner\*
- High Beginner\*
- Pre-Preliminary\*
- Preliminary/  
Preliminary Plus

### Well-Balanced Levels

- No-Test\*
- Pre-Preliminary\*
- Preliminary

### Adult Levels

- Adult Beginner\*
- Adult High Beginner\*
- Adult Pre-Bronze\*
- Adult Bronze

*Levels above the dotted line may be offered at Compete USA competitions and U.S. Figure Skating nonqualifying competitions.*

- Pre-Juvenile/  
Pre-Juvenile Plus

- Pre-Juvenile

- Adult Silver

- Juvenile/  
Juvenile Plus

- Juvenile/  
Open Juvenile

- Adult Gold

- Intermediate/  
Intermediate Plus

- Intermediate

- Masters  
Intermediate-  
Novice

- Novice

- Novice

- Junior

- Junior

- Masters Junior-  
Senior

- Senior

- Senior

Minimum age 18 for young adult, 21 for adult track

*\*Beginner, High Beginner, No-Test, Pre-Preliminary & Pre-Bronze require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.*