



39th Annual

SOUTHERN CONNECTICUT OPEN

April 25, 26, 27, 2025

**DARIEN ICE HOUSE, 55 Old Kings Highway, Darien CT
CLOSE OF ENTRIES MARCH 25, 2025**

OFFICIAL 2025 EXCEL SERIES COMPETITION

IJS Mini-System

Cinematic Images by CV Productions (cvprovideo.com) will be on site
for all competition events.

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

REGISTER ONLINE www.skatescsc.com

Sanctioned by:





Southern Connecticut Open

April 25, 26, 27, 2025

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.

EXCEL SERIES INFORMATION:

The 2025 SOUTHERN CT Open is an official 2025 Excel Series Competition. Each skater who registers with U.S. Figure Skating as a participant in the 2025 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 current U.S. Figure Skating Rulebook.

Skaters must register for the Excel Series by March 1, 2025, 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, 2025, 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 Pre-Preliminary, Excel Preliminary levels, and Aspire 1-4 Free Skate.

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

II. ELIGIBILITY

Singles: Excel and Well-Balanced Events:

Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.

- o Skate Up: skaters may skate up one level higher than their minimum test requirement allows.

Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:

- o If an athlete has a paid EMS series application for the NQS series, the event level registered for in the most recent NQS will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.
- o If an athlete has a paid EMS series application for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well-Balanced and Specialty events the skater will be permitted to register at one level lower than the "floor" set by their excel series entry.
- o If an athlete has never had a paid EMS series application in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.

Skaters are not permitted to enter an Excel free skate and a Well-Balanced free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Well-Balanced event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).

For more details about establishing event levels, refer to information sheet [HERE](#) or email events@usfigureskating.org.

EVENTS OFFERED:

[Program requirements for the events listed below can be found here: usfigureskating.org – Skate – Compete – Program Requirements](#)

ENTRY FEE INCLUDES VIDEO DOWNLOAD

SINGLES	JUDGING	1st Event Price
Well Balanced Short Program – <i>Juvenile, Intermediate, Novice, Junior*, Senior</i> *Junior Short requirements - 2025-2026 season only	IJS	\$185.00
Well Balanced Free Skate – <i>Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior</i>	IJS	\$185.00
Aspire 1 - 4 Free Skate	6.0	\$135.00
Well Balanced Free Skate – <i>Pre-Preliminary, Preliminary</i>	6.0	\$135.00
Excel Free Skate – <i>Excel Pre-Preliminary, Excel Preliminary</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	\$185.00
Adult Free Skate – <i>Adult Pre-Bronze to Master Jr./Sr.</i>	IJS	\$185.00

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.

COMPLIANCE:

For full details about participant compliance requirements, refer to the U.S. Figure Skating SkateSafe® webpage: <https://www.usfigureskating.org/skatesafe#compliance>.

COACHES

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

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

III. 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. Each transaction includes a 3% transaction fee.

Registration Deadline: 03/25/2025 at 11:59 PM ET

Late Registration allowed at the discretion of the Chief Referee with \$35 late fee.

The host club reserves the right to close registration at any time if event capacity is met.

1. Go to www.usfsaonline.org
2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA® member number and password
 - a. If you need assistance with your member number and password, contact Member Services at memberservices@usfigureskating.org.
3. Click EMS then “Competition Registration”
4. Choose “Southern Connecticut Open” from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact 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 must be submitted at registration **prior to the start of the skater’s event**. No request can be accepted after the specific event has started. Test credit packets will be emailed, as soon as possible, following the competition.

MUSIC SUBMISSION/UPLOAD:

EMS MUSIC UPLOAD: Competitors participating in events with music are required to upload their music to EMS no later than **April 16, 2025 11:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a **\$35 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

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 16, 2025 11:59 PMET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$35 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

REFUND POLICY

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

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, 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.

IV. COMPETITION DETAILS

FACILITIES:

Darien Ice House
55 Old King's Highway North, Darien CT 06820
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 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](#).

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.

US Figure Skating Travel Policy:

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

OFFICIAL WEBSITE & UPDATES:

It is the responsibility of each competitor, parent and coach to check 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. 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 1st, 2nd, 3rd, and 4th places in each group. Award Ceremonies will be scheduled at various intervals throughout the competition and will be presented off ice.

VIDEOGRAPHY & PHOTOGRAPHY:

Cinematic Images (cinematic-images.com), a professional photography and 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. **NOTE: All videos will have the music silenced per U.S. Figure Skating regulations regarding music licensing.** Personal videotaping is restricted to bleachers. Tripods are not allowed.

Professional photographs will be taken of all skaters in all events and will be on sale in the lobby.

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

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 Norwalk Inn, 99 East Avenue, Norwalk CT 06851 is the official hotel for the competition. For reservations, please call the Inn directly at (203) 838-2000 or toll free at (800)-303-0808, and refer to **Southern CT Open Competitors Room Block by March 24th, 2025 or book directly by visiting www.norwalkinn.com, using the room block code 2504SOU_001** to secure the discounted rate. After March 24th, the group rate will expire and any remaining rooms will be released and the hotel rate will apply.

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	www.skatescsc.com
Competition Co-Chairs	Helaine Walker Kari Ryan Pam Foster	helaine.walker@gmail.com info@skatescsc.com
Practice Ice Chair:	Pam Foster	info@skatescsc.com
Chief Referee:	Diana Wisner	Dianask8r@mac.com