



2023 ShopRite Nutmeg State Games Competition and Basic Skills Announcement



ShopRite Nutmeg State Games
Saturday, July 8, 2023
(Sunday, July 9th if needed)
Hosted by Finer Edge FSC
Newington Arena, Newington, CT
Sanction #33381



COMPETITION OVERVIEW

The ShopRite Nutmeg State Games will be conducted in accordance with the rules and regulations of the U.S. Figure Skating, as set forth in the [current rulebook](#), and or current Compete USA handbook as well as any pertinent updates which have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or a readmitted persons as defined by the USFS Eligibility Rules, and who are currently a registered member of a U.S. Figure Skating member club, Learn to Skate USA member, a collegiate club or an individual member, or otherwise to compete in a State Games competition according to Rules 3731 and 3734, in accordance with the current rulebook. For non-U.S. Citizens, please refer to the [rulebook](#) for more information.

SERIES INFORMATION

The 2023 ShopRite Nutmeg State Games Figure Skating Championship is a qualifying competition for the 2024 National State Games of America ("SGA") to be held August 1 – 4, 2024 in San Diego, California. Skaters may choose to enter each event at SGA that they qualify for by virtue of placing first, second or third at the ShopRite Nutmeg State Games competition.

COVID-19 INFORMATION

The 2023 ShopRite Nutmeg State Games will be complying with all local regulations and any additional public health notices in place at the time of the event, including recommendations from US Figure Skating and our host facility. For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#).

ELIGIBILITY

Competition Eligibility: Nutmeg State Games Figure Skating competition is open to competitors regardless of state residence. Out-of-state competitors must complete the Nutmeg State Games Out-of-state Waiver found at the end of this announcement.

State Games of America Eligibility:

All CT residents are automatically eligible to compete for the opportunity to advance to the State Games of America.

Out-of-state competitors wishing to compete for advancement to the State Games of America must meet 1 of the following requirements:

- Competitors must be a member of a Connecticut-based skating club, or
- Competitors live in a state that does not offer a state games program

and waive their right to qualify and compete for the 2024 National State Games of America at any other State Games by completing the waiver found at the end of this announcement, and submitting it to FinerEdgeNutmeg@gmail.com after they have completed their online registration.

Foreign athletes may register and compete in this event, but are not eligible to qualify for the 2024 National State Games of America.



AGE RESTRICTIONS / REQUIREMENTS

Singles free skate events (IJS well-balanced program) have the following requirements:

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

Adults must be 21 years or older

Skaters entering preliminary and lower 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.

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. For example, a skater still must pass their juvenile free skate test to compete in juvenile or skate up to intermediate. Test level eligibility notes:

- Skaters may only enter ONE level per event, and must choose either Excel or Well-balanced events, but not both
- Singles free skate test levels will remain as a minimum requirement to compete
- Skaters may not skate down in any event
- The test level update (12/1/2022) does NOT apply to Adult and Showcase levels

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

COMPETITION REGISTRATION (EMS)

Entries for Nutmeg State Games events will be accepted via the [EMS Competition Portal](#) with payment made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: Monday, June 5th, 2023 at 11:59 pm Eastern

Late Registration Deadline: Tuesday, June 6th thru Friday, June 9th 2023 at 6:00 pm Eastern + \$30 Late Fee

Competition registration may close early if the maximum number of entries is reached prior to the deadline. Late entries may be accepted at the discretion of the Chief Referee and Competition Chairs.

Instructions:

1. Go to <https://usfigureskating.org>.
2. Click "Login In" in the upper-right menu bar.
3. Enter your U.S. Figure Skating or 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.



4. Click EMS then "Competition Registration"
5. Choose "NUTMEG STATE GAMES" from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

FOREIGN SKATERS

Non-U.S. skaters that are non-USFS members intending to register for this competition will need to set up a non-member account in the EMS registration system. This can be done by choosing the "Create Account (Non-Member)" option on the [Members Only](#) login page of USFS ([click here for HOW TO.](#)) In addition, foreign athletes are required to present the Local Organizing Committee ("LOC") with a letter or email from their federation verifying they are a member in good standing. Letters or emails can be forwarded to FinerEdgeNutmeg@gmail.com.

TEST CREDIT

Skaters that meet the requirements for test credit may request a test credit packet by purchasing the test credit (merchandise item) on EMS, along with a \$20 administration fee. Test credit requests should be purchased prior to the entry deadline or can also be submitted to registration prior to the start of their event. .

CRITIQUES

Critiques will be offered for Juvenile through Senior well-balanced events only. Skaters must register for a critique (merchandise item) on EMS, with a \$1 fee, or at the registration desk prior to their event.

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. The online processing fees are not refundable. Payment of fees will be required before skater is allowed to participate in practice ice or events.

COMPETITION DETAILS

SCHEDULE

The schedule of events is determined by the total number of entries and by the number of entries in each event. A schedule of events will be available at EMS approximately two weeks prior to the event. 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 of groupings.

FACILITIES

The competition will be held at Newington Arena, 300 Alumni Road, Newington, CT. Both surfaces are 200' x 85' with slightly rounded corners. A snack bar and seating is located in the lobby area of the facility.

ADMISSION

There will not be an admission fee for this event.



MUSIC SUBMISSION UPLOAD

DEADLINE: JULY 1, 2023 at 11:59 pm ET.

Late Submission Fee: \$30.00

Competitors participating in events with music are required to upload their music to EMS no later than **Saturday, July 1st**. After this date, skaters will be locked out of this feature and subject to a **\$30 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

All music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

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 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) UPLOAD

DEADLINE: Saturday, July 1st at 11:59 pm ET

Late Submission Fee: \$30.00

Competitors participating in IJS events are required to submit their PPC in EMS no later than **Saturday, July 1st**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$30 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's credential onsite.

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

If you need assistance, email productsupport@usfigureskating.org

LIABILITY

U.S. Figure Skating, Learn to Skate USA, Finer Edge FSC, ShopRite Nutmeg State Games and Newington Arena 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.

ONSITE CHECK-IN

All athletes must check in at the ShopRite Nutmeg State Games athlete check-in location. Athletes should also make sure to check in with the ice monitor before each event. Coaches should check in at the figure skating information desk prior to their first event to receive a credential.

LOCKER ROOMS

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 and the SkateSafe® Handbook (both found on the [U.S. Figure Skating SkateSafe®](#) page).

PRACTICE ICE

Practice ice is not included in your entry fee and can be purchased through EMS once the competition schedule is posted, approximately two weeks before the competition date. Practice ice may be purchased on-site on the day of the event at the information desk. An email will go out to all registrants when practice ice is available for purchase.

Practice ice will be held at the Newington Arena and will be limited in availability depending upon the competition schedule. A skater may skate on practice ice at any rink, at any time, EXCEPT between the time when the skater's event segment has begun — as signified by the first warm-up group taking the ice — and the time when the last skater in the event completes their program.



PHOTOGRAPHY/VIDEOGRAPHY

Cinematic Images is the official Event Photographer & Videographer for the 2023 Nutmeg State Games Figure Skating Competition. **Special rates apply during the registration period** and must be purchased **by the registration deadline of June 5th** to receive the special rates listed below. Follow this [special rate link](#) before June 5th. Please note: if you are participating in multiple events, you will receive the photos or video for all the events that you are registered in for the prices listed below:

- Photo Only: \$65.00
- Video Only: \$65.00
- Photo & Video: \$100.00

*** Purchases of photo or video after the registration deadline will be \$65 for photos per event and \$65.00 for video per event. There will be no discount for the package of both or multiple events.

About Cinematic Images:

Located in Berlin, Connecticut, Cinematic Images has been providing Event Photography and Videography throughout the Northeast for over 30 years. In addition to Sports, Cinematic Images also specializes in Super Creative High School Senior Portraits, Theater, Family portraits, Dance, Mitzvahs and Weddings.

Website: <https://cinematic-images.com>

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

AWARDS

Medals will be presented for 1st, 2nd, and 3rd place in each group. Award ceremonies will be scheduled approximately every 30 minutes. Awards may also be picked at the information desk after the results have been finalized.

RESULTS

All start orders and results will be posted online via a link on the ShopRite Nutmeg State Games [competition website](#).

OFFICIAL NOTICES

There will be an information desk located in the lobby area. Award schedules and practice ice information will be available at the desk. It is the responsibility of each competitor, parent and coach to check the information desk frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event.

IMPORTANT NOTICE FOR ALL COACHES

To be a credentialed coach at a sanctioned non-qualifying competition, coaches must meet the 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. Compliance requirements are as follows:



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 SkateSafe® 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 *

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 SkateSafe® Training *
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification
- ✓ **If under 18 years**, Learn to Skate USA Instructor Certification completed

Foreign Coach/Choreographer:

- ✓ Required to present the Local Organizing Committee (LOC) with a letter from their federation verifying they are a member in good standing

***Accessible via U.S. Figure Skating Member Only Website**

For more information regarding Coach Compliance, please visit: [Coach Compliance Link](#)

CONTACT INFO

If you have questions, please contact the host club, Finer Edge FSC by emailing FinerEdgeNutmeg@gmail.com. Please allow 24 hours for a response.

- Chief Referee: Tom Richardson
- Chief Accountant: Anthony Iariccio
- Technical Accountant: Susan Neiman
- Chief Music Coordinator: Sue Lalone
- LOC Chairs: Rick Plasky, Linda Turcotte, and Sarah Carney

ADDITIONAL INFORMATION

Please refer to the [competition website](#) for hotels, as well as other information pertaining to the competition and local area.



EVENTS OFFERED

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

All Free Skate events will follow the 2023-2024 program requirements.

SINGLES	JUDGING	1st Event Price	2nd Event Price
Excel Free Skate (Beginner – Preliminary Plus)	6.0	\$100	\$30
Excel Free Skate (Pre-Juvenile – Senior)	IJS	\$150	\$80
Well Balanced Free Skate (No Test – Preliminary) (2023/2024)	6.0	\$100	\$30
Well Balanced Free Skate (Pre-Juvenile – Senior) (2023/2024)	IJS	\$150	\$80
Adult Free Skate (Beginner – Bronze)	6.0	\$100	\$30
Adult Free Skate (Adult Silver – Master Jr/Sr)	IJS	\$150	\$80
SPECIALTY	JUDGING	1st Event Price	2nd Event Price
Jumps Challenge (Beginner–Senior)	6.0	\$100	\$30
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$100	\$30
Spins Challenge (Beginner–Senior)	6.0	\$100	\$30
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$100	\$30
Compulsory Moves: No Test–Senior	6.0	\$100	\$30
Compulsory Moves: Adult Beginner–Masters Jr/Sr	6.0	\$100	\$30
Moves in the Field (Pre-Pre.–Senior)	6.0	\$100	\$30
Adult Moves in the Field (Adult Pre-Bronze–Masters Sr)	6.0	\$100	\$30
SHOWCASE	JUDGING	1st Event Price	2nd Event Price
Emotional Performance (No Test – Senior, Adult)	6.0	\$100	\$30
Lyrical Pop (No Test - Senior, Adult)	6.0	\$100	\$30
Character Performance (No Test - Senior, Adult)	6.0	\$100	\$30
Comedic Impressions (No Test - Senior, Adult)	6.0	\$100	\$30
Duets/Trios (No Test – Senior, Adult)	6.0	\$100	\$30
Interpretive	6.0	\$100	\$30
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Program w/Music: Snowplow Sam-Basic 6	6.0	\$45	\$25
Program w/Music: Pre-Free Skate – Free Skate 1-6	6.0	\$45	\$25
Program w/Music: Adult 1-6	6.0	\$45	\$25
Elements: Snowplow Sam – Basic 6	6.0	\$45	\$25
Compulsory Moves: Adult 1 – 6	6.0	\$45	\$25
Compulsory Moves: Pre-Free Skate – Free Skate 1-6	6.0	\$45	\$25
Compulsory Moves: Excel Beginner–Excel Preliminary	6.0	\$45	\$25



NUTMEG STATE GAMES OUT OF STATE COMPETITOR'S WAIVER

Figure skating competitors whose primary residence **is not** in Connecticut may compete in the Nutmeg State Games Figure Skating competition, provided that they are a member in good standing of US Figure Skating.

As figure skaters compete for the opportunity to advance to the State Games of America, they may compete in **only one** State Games figure skating competition. Therefore, any out-of-state figure skater competing in Connecticut's Nutmeg State Games **for the purpose of qualifying for the State Games of America**, understand and waives their right to compete in the State Games Figure Skating competition in their primary state of residence or any other State Games Figure Skating competition during the 2023 competitive season.

I am a member in good standing of USFS **AND:** (Select 1)

- I am a member in good standing of a Connecticut-based skating club
- My state does not offer a State Games
- I am not seeking to qualify for the State Games of America

and am therefore eligible to skate in the Nutmeg State Games Figure Skating Competition.

Furthermore, if I am seeking to qualify for the State Games of America, I understand and agree that by competing at the Nutmeg State Games, I waive my right to compete during the 2023 competitive season in any other State Games Figure Skating competition.

Competitor's Name

USFSA Number

Skating Club

Signature (Parent's Signature if under age 18)

Date

This waiver must be signed and returned before competition. Out-of-state competitors will not be permitted to compete without signed waiver on file.

Please remit to:
CT Sports Management Group, Inc.
Attn: Nutmeg State Games
975 Middle St. Unit G.
Middletown, CT 06457
Ph: (860) 788 7041

Pdf scans can be sent to FinerEdgeNutmeg@gmail.com

Pictures of signed waivers are NOT acceptable



Email: nutmeg@csmg.org