



2024 ShopRite® Nutmeg State  
Games  
**Competition and Basic Skills**  
**Announcement**

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**ShopRite® Nutmeg State Games**  
**Saturday, July 13, 2024**  
(Sunday, July 14<sup>th</sup> if needed)  
**Hosted by Finer Edge FSC**  
**Newington Arena, Newington, CT**  
**Sanction #34423**



## **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 eligible 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 2024 ShopRite® Nutmeg State Games Figure Skating Championship is a qualifying competition for the 2026 National State Games of America. 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.

## **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 2026 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](mailto: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 2026 National State Games of America.

## **AGE RESTRICTIONS / REQUIREMENTS**

**Well-balanced program:** Singles free skate events 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

**Excel:** Singles free skate events have the following requirements:

- Skaters must be under 21 years of age as of the registration deadline to enter Excel events. No other age restrictions apply to Excel events.



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

### **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. (Note: if an athlete has passed the pre-preliminary singles test, they are no longer eligible for No Test or lower levels).
- 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 the information sheet [HERE](#) or email [events@usfigureskating.org](mailto:events@usfigureskating.org).

## **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: Friday, June 7th, 2024 at 11:59 pm Eastern**  
**Late Registration Deadline: Saturday, June 8<sup>th</sup> thru Monday, June 10<sup>th</sup> 2024 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](mailto:memberservices@usfigureskating.org).
4. Click EMS then "Competition Registration"
5. Choose "NUTMEG STATE GAMES" from the list of non-qualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto: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](mailto:FinerEdgeNutmeg@gmail.com).

### 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

Admission fees are as follows: \$5 Adults; \$3 seniors and Youth 12 & Under; Age 6 and under is free. Cash and Venmo are accepted.



## MUSIC SUBMISSION UPLOAD

**DEADLINE: JULY 1, 2024 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 **Monday, July 1<sup>st</sup>**. 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](mailto: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.

## 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 2024 Nutmeg State Games Figure Skating Competition. **Special pre-event rates apply** and must be purchased **by July 7<sup>th</sup>**. Follow this [special rate link](#) before July 7<sup>th</sup>. 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 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.**

\*\*\* Example 1: Pre-event purchase for all photos and video of my first event are \$100. If I have a 2<sup>nd</sup> event, my pre-event purchase for all photos and video of my second event are \$100. Total purchase is \$200 for 2 event's photos and videos.

\*\*\* Example 2: At the event purchase for all photos and video of my first event are \$130. If I have a 2<sup>nd</sup> event, my at-event purchase for all photos and video are \$130. Total purchase is \$260 for 2 event's photos and videos.

## 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 60 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](mailto:FinerEdgeNutmeg@gmail.com). Please allow 24 hours for a response.

- Chief Referee: Tom Richardson
- LOC Chairs: Ed Matz, 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](#).

**NOTE:** Program requirements posted on the US Figure Skating website with an effective date on or before the first day of competition will be used.

<b>SINGLES</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Excel Free Skate(Aspire 1-4; Pre-Preliminary – Senior)	6.0	\$120	\$30
Well Balanced Short Program (Intermediate – Senior)	6.0	\$120	\$30
Well Balanced Free Skate (Pre-Preliminary – Senior)	6.0	\$120	\$30
Adult Free Skate (Beginner – Bronze)	6.0	\$120	\$30
Adult Free Skate (Adult Silver – Master Jr/Sr)	6.0	\$120	\$30
<b>SPECIALTY</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Jumps Challenge (Aspire low/high; Pre-preliminary – Senior)	6.0	\$120	\$30
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$120	\$30
Spins Challenge (Aspire low/high; Pre-preliminary – Senior)	6.0	\$120	\$30
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$120	\$30
Compulsory Moves: (Aspire 1-4; Excel Pre-Preliminary–Excel Preliminary; Pre-preliminary–Senior)	6.0	\$120	\$30
Adult Compulsory Moves: (Adult Beginner–Masters Jr/Sr)	6.0	\$120	\$30
Skating Skills (Pre-Preliminary - Gold)	6.0	\$120	\$30
Adult Skating Skills (Adult Pre-Bronze–Masters Sr)	6.0	\$120	\$30
<b>SHOWCASE</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Emotional Performance (No Test – Senior, Adult)	6.0	\$120	\$30
Lyrical Pop (No Test - Senior, Adult)	6.0	\$120	\$30
Character Performance (No Test - Senior, Adult)	6.0	\$120	\$30
Comedic Impressions (No Test - Senior, Adult)	6.0	\$120	\$30
Duets/Trios (No Test – Senior, Adult)	6.0	\$120	\$30
Interpretive (No Test – Senior, Adult)	6.0	\$120	\$30
Inflatables	6.0	\$120	\$30
<b>COMPETE USA EVENTS</b>	<b>JUDGING</b>	<b>1<sup>st</sup> Event Price</b>	<b>2<sup>nd</sup> Event Price</b>
Program w/Music: Snowplow Sam - Basic 6	6.0	\$45	\$30
Program w/Music: Adult 1 - 6	6.0	\$45	\$30
Elements: Snowplow Sam – Basic 6	6.0	\$45	\$30
Compulsory Moves: Adult 1 – 6	6.0	\$45	\$30



## NUTMEG STATE GAMES OUT OF STATE COMPETITOR'S WAIVER

Figure skating competitors whose primary residence **is not** in Connecticut may compete in the ShopRite® 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 2024 competitive season.

I am a member in good standing of US Figure Skating **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 ShopRite® Nutmeg State Games, I waive my right to compete during the 2024 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  
Email: [nutmeg@csmg.org](mailto:nutmeg@csmg.org)

Pdf scans can be sent to [FinerEdgeNutmeg@gmail.com](mailto:FinerEdgeNutmeg@gmail.com)

Pictures of signed waivers are NOT acceptable