



**2025 ShopRite® Nutmeg State Games**  
**Saturday, July 19<sup>th</sup>, 2025**  
*(Sunday, July 20<sup>th</sup> if needed)*

**International Skating Center of Connecticut**  
*1375 Hopmeadow Street*  
*Simsbury, CT 06070*

[Information Link](#)

Hosted by the [ISCC Skating Club](#)  
Sanction #36154





## **COMPETITION OVERVIEW**

The 2025 ShopRite® Nutmeg State Games 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.

Skaters must be a currently registered member of a U.S. Figure Skating member club, (if offering Compete USA events) Learn to Skate USA® member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

## **SERIES INFORMATION**

The 2025 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 placing first, second, or third at the ShopRite® Nutmeg State Games competition.

## **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 the information sheet [HERE](#) or email [events@usfigureskating.org](mailto:events@usfigureskating.org).





# EVENTS OFFERED:

- U.S. Figure Skating Program Requirements: [usfigureskating.org](http://usfigureskating.org) --> Skate --> Compete --> Program Requirements
- Compete USA Program Requirements: [learntoskateusa.com/competeusa](http://learntoskateusa.com/competeusa)

**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.

SINGLES	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Excel Free Skate(Aspire 1-4; Pre-Preliminary – 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
ATHLETIC DEVELOPMENT EVENTS	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Jumps Challenge Levels 1-9	6.0	\$120	\$30
Spins Challenge Levels 1-6	6.0	\$120	\$30
Compulsory Moves Levels 1-8	6.0	\$120	\$30
SHOWCASE	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Emotional Performance (Pre-Preliminary – Senior, Adult)	6.0	\$120	\$30
Lyrical Pop (Pre-Preliminary - Senior, Adult)	6.0	\$120	\$30
Character Performance (Pre-Preliminary - Senior, Adult)	6.0	\$120	\$30
Comedic Impressions (Pre-Preliminary - Senior, Adult)	6.0	\$120	\$30
Duets/Trios (Pre-Preliminary – Senior, Adult)	6.0	\$120	\$30
Interpretive (Pre-Preliminary – Senior, Adult)	6.0	\$120	\$30
Inflatables	6.0	\$120	\$30
COMPETE USA EVENTS	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Program w/Music: Snowplow Sam - Basic 6	6.0	\$45	\$30
Program w/Music: Adults 1 - 6	6.0	\$45	\$30
Elements: Snowplow Sam – Basic 6	6.0	\$45	\$30
Compulsory Moves: Adult 1 – 6	6.0	\$45	\$30

# 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](http://www.USFigureSkating.org/SkateSafe) or email [SkateSafe@USFigureSkating.org](mailto: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 in 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](#)

#### **EMS Coach Resources (SYS or TOI only):**

- [Team Management Guide](#)

### **REGISTRATION INFORMATION**

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 13th, 2025, at 11:59 pm EST

**Late Registration Deadline:** Saturday, June 14<sup>th</sup> thru Monday, June 16<sup>th</sup>, 2025, at 6:00 pm EST + \$30 Late Fee

Competition registration may close early if the maximum number of entries is reached before 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 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.

**MUSIC SUBMISSION/UPLOAD:**

**DEADLINE:** Monday, July 7<sup>th</sup>, 2025, at 11:59 pm EST

**Late Submission Fee:** \$30.00

Competitors participating in events with music are required to upload their music to EMS no later than **Monday, July 7<sup>th</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 before 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 rink side 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.

### **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 a skater is allowed to participate in practice ice or events.

### **LIABILITY**

U.S. Figure Skating, Learn to Skate USA, ISCC Skating Club, ShopRite® Nutmeg State Games and International Skating Center of Connecticut accept no responsibility for injury or damage sustained by any participant in this competition. This is by Rule 1600 of the official U.S. Figure Skating Rulebook.

## **COMPETITION DETAILS**

### **FACILITIES**

The competition will be held at the International Skating Center of Connecticut, 1375 Hopmeadow Street, Simsbury, CT. Two ice surfaces will be utilized for competition and practice ice, with one sheet being Olympic size (200' x 100') and the other NHL size (200' x 85').

### **ADMISSION**

\$5 for adults; \$3 for seniors and Youth 12 & Under; Ages 6 and under are free. **Venmo and Cash** are accepted.

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

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only and 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](#).

### **U.S. 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 the [competition website](#) frequently for any schedule changes and/or additional information pertaining to the competition.

### **RESULTS**

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

### **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.

### **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 International Skating Center of Connecticut 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.

**Open Sales:** Practice Ice sessions will be available after the schedule has been published. Skaters will be able to purchase open sessions available to them.

- [Click Here for an Open Sales How-To Document](#)
- **Open:** Monday, July 7th at 8:00 AM EST
- **Close:** Friday, July 18th at 12:00 PM EST
- **Cost per session - \$20**

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

Check-in will open an hour before the first scheduled practice session on Saturday, July 19th at the International Skating Center of Connecticut.

### **AWARDS**

Medals will be presented for 1st, 2nd, and 3<sup>rd</sup> place in each group. Award ceremonies will be scheduled at various intervals throughout the competition and presented off-ice. Awards may also be picked at the information desk after the results have been finalized.

### **PHOTOGRAPHY/VIDEOGRAPHY**

Cinematic Images is the official Event Photographer & Videographer for the 2025 Nutmeg State Games Figure Skating Competition.

**They are offering a special rate to pre-order your photos or video by 5:00 pm on July 17<sup>th</sup>, 2025.**

Order either photos **OR** video per event for \$59.00.

**SAVE \$18.00** Order both photos AND video per event for \$100.00

After 5:00 pm on July 17, 2025, online ordering and ordering at the event, the photos **or** video will be \$69.00 each per event.







Use this link to order online: <https://bit.ly/41uYYSx>

**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 High School Senior Portraits, Theater, Family portraits, Dance, headshots 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.**

### **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 before 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 be 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 \*
  - o 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 \*
  - o 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 \*
  - o 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 \*







- o 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 INFORMATION**

If you have questions, please contact the host club, the ISCC Skating Club, at [club@isccskate.com](mailto:club@isccskate.com). Please allow 24 hours for a response.

<b>Chief Referee:</b>	Leslie Gianelli
<b>Chief Accountant</b>	Christopher Brunner
<b>LOC Chair</b>	Daniel Petrenko



## **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 a 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 [club@isccskate.com](mailto:club@isccskate.com)

**Pictures of signed waivers are NOT acceptable**

