



SOUTHERN CONNECTICUT VIRTUAL OPEN

April 17, 18, 2021

LIVESTREAM OF EVENT

CLOSE OF ENTRIES MARCH 17, 2021

Hosted Virtually by Skating Club of Southern Connecticut

**Well-Balanced Free Skate Events – No Test through Senior
Excel Events – Beginner through Senior
Dance Events - Solo Pattern Dance, Solo Combined Dance,
Shadow Pattern Dance, Partnered Pattern and Free Dance
Adult Solo Pattern and Free Dance
Adult Partnered Pattern and Free Dance**

Skater critiques will be offered April 12 to 16, 2021 subject to availability of Officials

[Click to Register](https://www.skatescsc.com)
www.skatescsc.com



2021 SOUTHERN CONNECTICUT VIRTUAL OPEN

Sponsored by Skating Club of Southern Connecticut, www.skatescsc.com

APRIL 17, 18, 2021
LIVESTREAM EVENT VIEWING

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 which have been posted on the U.S. Figure Skating website. **This is not a sanctioned competition.**

This competition is open to all eligible persons as defined by the Eligibility Rules in accordance with the current rulebook, and who are currently members in good standing of a U.S. Figure Skating member club, a collegiate club, Learn to Skate USA, or are individual members of U.S. Figure Skating. Skaters representing a foreign association must refer to the U.S. Figure Skating Rulebook regarding entry rules.

Please remember that this is a virtual event so there are a lot of variables that we cannot control and are outside the scope and realm of this event. It is not a sanctioned competition, and scores will not be tracked within the U.S. Figure Skating system. Video submissions will be varied in quality, and the officials will be doing their best given the variability of angles they will be watching, and the different lighting and quality of videos submitted.

While this event is not sanctioned, the officials will be judging in accordance with the rules and regulations as set forth in the current U.S. Figure Skating Rulebook, and in accordance with Excel Series and Solo Dance Series Rules.

EXCEL SERIES INFORMATION: Scores from the 2021 SOUTHERN CT VIRTUAL OPEN cannot be used for the 2021 Excel Series, but each skater who registers with U.S. Figure Skating as a participant in the 2021 Series will receive a critique as well as their protocol sheet to improve their skating for future in-person Excel Series events this season. The Excel events will be run as per Rule 3060 in the 2021 U.S. Figure Skating Rulebook.

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

NATIONAL SOLO DANCE SERIES INFORMATION: Scores from the 2021 SOUTHERN CT VIRTUAL COMPETITION cannot be used for the 2021 Solo Dance Series, but each skater who registers with U.S. Figure Skating as a participant in the 2021 Series will receive a critique as well as their protocol sheet to improve their skating for future in-person Solo Dance Series Events this season. The Solo Dance Events will be run in accordance to the rules as set forth by the Solo Dance committee.

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

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline (March 17, 2021) in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. A skater may only compete at one level per category (Example: Juvenile Free Skate and Intermediate Short Program, but not Juvenile Free Skate and Intermediate Free Skate.) Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Skaters entering beginner through pre-juvenile free skate events will be divided as closely as possible by age should the number of entries warrant more than one group. While every effort is made to have separate events for males and females, the LOC reserves the right to combine males and females, if necessary, as U.S. Figure Skating rules allow.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be 12 years of age or under for girls and 13 years of age or under for boys at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 13 years of age or older for girls and 14 years of age or older for boys at the close of entries.

IMPORTANT DATES:

Deadlines	Date(s)
Registration & Video Submission	March 17, 2021
Program Content Sheet Submission	March 17, 2021
Virtual Critiques (<i>subject to availability of Officials</i>)	April 12 to 16, 2021
Livestream Event, Results Posted	April 17, 18. 2021

ENTRY FEES: Fees are listed below. **Register and pay online at www.skatescsc.com with a secured credit card transaction. Follow the links for competition information and use the link to register for the competition and pay with a credit card – VISA, MASTERCARD and DISCOVER only.** There is a \$30.00 charge for returned checks and contested credit card charges. Re-submittal of the entry form will require a money order, certified check, or cash.

WELL BALANCED IJS FREE SKATE: Juvenile, Intermediate, Novice, Junior, Senior – **\$70.00**

WELL BALANCED IJS SHORT PROGRAM: Juvenile, Intermediate, Novice, Junior, Senior - **\$65.00**

WELL BALANCED 6.0 FREE SKATE: No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Open Juvenile - **\$60.00**

EXCEL 6.0 FREE SKATE: Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile - **\$60.00**

EXCEL IJS FREE SKATE: All PLUS levels and Juvenile-Senior - **\$70.00**

SOLO PATTERN DANCE: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold, International - **\$80.00**

COMBINED DANCE: Juvenile, Intermediate, Novice, Junior, Senior - **\$80.00**

SHADOW DANCE: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold/International - **\$40.00 per skater**

PARTNERED PATTERN DANCE: Pre-Juvenile, Juvenile, Intermediate, Novice - **\$40.00 skater**

PARTNERED FREE DANCE: Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior - **\$40.00 per skater**

ADULT SOLO PATTERN DANCE: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold - **\$80.00**

ADULT SOLO FREE DANCE: Bronze, Silver, Gold - **\$80.00**

ADULT PARTNERED PATTERN DANCE: Masters Open, Pre-Gold, Gold, Championship - **\$40.00 per skater**

ADULT PARTNERED FREE DANCE: Pre-Silver, Silver, Pre-Gold, Gold, Masters, Masters - **\$40.00 per skater**

Note: Partnered Pattern Dances will be those determined for 2021-2022 season.

Partnered Rhythm Dance will NOT be offered.

Partnered Free Dance will follow 2020 -2021 rules.

Southern Connecticut Dance Competition is too early in the season for 2021-2022 Rhythm and Free Dance rules to be implemented.

VIDEO SUBMISSION: **Please see guidelines on page 4.** All videos must be uploaded by March 17, 2021, 11:59P to avoid the late fee.

PLANNED PROGRAM CONTENT (PPC): Skaters participating in IJS events must submit their PPC via EntryEeze by March 17, 2021, 11:59P to avoid the late fee.

PROTOCOLS: Protocols will be sent electronically to all IJS level skaters by Sunday, April 25, 2021. The following events will be judged via the IJS scoring system and will receive protocols:

Well Balanced Free Skate - Juvenile – Senior
Excel Free Skate - PLUS levels and Juvenile through Senior (using Excel Series rules)
Short Program (Juvenile – Senior)
Solo Combined Dance (using Solo Dance Series rules)
Standard Solo Pattern Dance (using Solo Dance Series rules)
Shadow Dance (using Solo Dance Series rules)
Adult Free Dance (Pre-Gold, Gold, Masters Open, Championship)
Adult Partnered Pattern Dance (Pre-Gold, Gold, Masters Open, Championship)

CRITIQUES AND RESULTS: All results will be posted on the SC of Southern CT website on Sunday, April 18, 2021. Critiques will be scheduled in advance and will take place during the week of April 12, 2021. The Livestream Event will take place April 17 and 18, 2021. The time will be determined after the close of entries.

REFUND POLICY: Entry fees will not be refunded after entry deadline, March 17, 2021 unless the event is canceled per U.S. Figure Skating Rule #3058. There will be no refunds for medical withdrawals. The online processing fees are not refundable.

INFORMATION REGARDING COACHES: All coaches must comply with U.S. Figure Skating Rule MR 5.11 Coach Compliance. Each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member.
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

JOURNAL: Skaters who would like a **photograph to appear in the 2021 Online Southern Connecticut Virtual Open Journal Gallery of Skaters** may e-mail an electronic photo (.jpg) to Helaine.Walker@gmail.com. Vertical format is required. There is a charge of **\$10.00** for photos.

Ads may also be purchased to wish skaters good luck or to promote a business for **\$25.00**.

Good Luck "Stars" are available at a cost of \$5.00.

LIABILITY: U.S. Figure Skating, Skating Club of Southern Connecticut 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.

GENERAL CONTACT INFO: If you have questions, please contact Helaine Walker at Helaine.Walker@gmail.com.

For single entry events, skaters in IJS events will receive their protocol and critique. For skaters in 6.0 events, skaters will receive a critique.

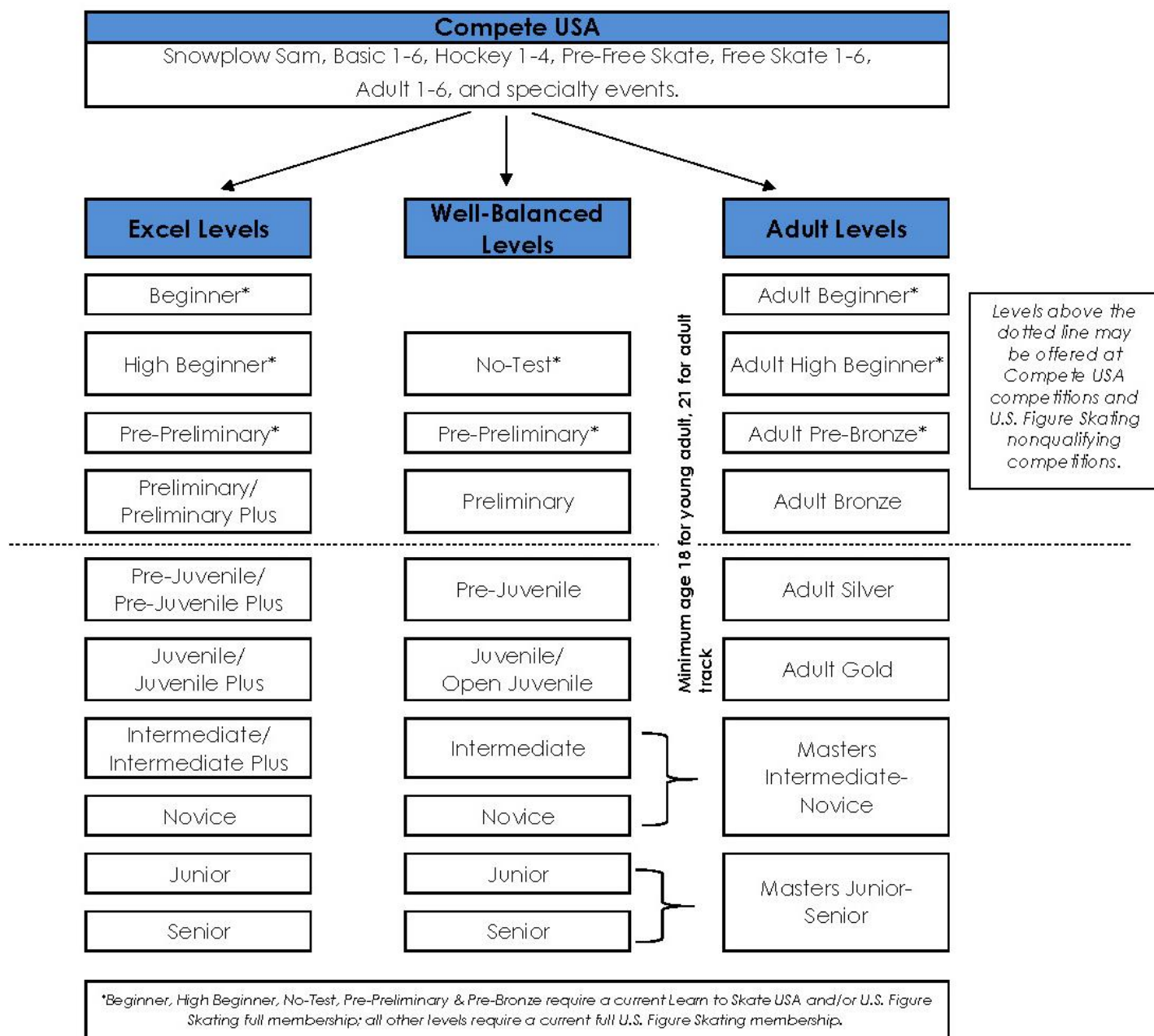
VIDEO REQUIREMENTS AND RECOMMENDATIONS:

- All videos must have been filmed in 2021.
- Video must be high or recognizable resolution, .MOV or .MP4 file formats only, and no more than 900MB. If your video file size is larger, please reach out to us. We would rather have a larger file than a lower resolution that is harder to see. Technical panel will determine any videos that are deemed "unreviewable".
- Upload the original video. Please do not use a video that was sent via text or other method as it significantly reduces the file and video resolution.
- Skaters should wear their competition attire or black-on-black. It is not required that skaters purchase a new dress or skating attire, but dressing appropriately will set the tone that this is a video that will be presented to a panel of judges, and will help the skater to be in a competitive mindset as a practice run for an in-person competition later in the season.
- **Video submissions must not be edited or spliced**, and it must be recorded from one angle. Any videos that are deemed edited will be automatically disqualified. The skater will be given one chance to resubmit a video. If found to be edited on a second submission, the skater will be disqualified, and no refund will be given.
- It is recommended that the person who videos the program stand near the center of the ice and can clearly record all corners of the ice. NOTE: It is recommended to video a performance as a test prior to the video submission to ensure video quality.
- Some rinks have limitations as to who may be allowed in the rink. Please do the best you can in adherence to the rules and restrictions in place at your individual rink.
- **Please record in landscape mode (not vertical).**
- You will not be judged or scored based on the quality or location of the video.
- Videos may be recorded using a phone, tablet, camera, or computer.
- Please do your best to ensure the music is loud enough for the officials viewing the video can hear it when they replay the videos during the judging process. We recommend you turn up the music when you record the program being skated on the ice. Select a spot to video from that is as close to a speaker as possible while still maintaining the ability to see the skater's entire body as uninterrupted as possible.
- Make sure the skater's full body is visible at all times during the skating performance.
- If you are participating in a dance event, it is critical to record the video in landscape mode and from one stationary location in the rink. You must be able to see the skater's entire body. It is also a good idea to be just slightly higher than ice level when filming.
- Other skaters and coaches can be on the ice when you record your video. You do not need to rent private ice to record and submit your video.
- ***All videos must be uploaded by March 17, 2021, 11:59PM ET.***



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 SERIES

The Program Development Committee of U.S. Figure Skating is excited to announce this season's Excel Competition Series, a competitive opportunity created to encourage skaters to develop their technical ability in a competitive environment that promotes success. An outline of the levels and requirements for the program can be found on the Excel Program page of U.S. Figure Skating's website.

Given the ongoing pandemic, this year's Excel Series will look different than in past years, and we encourage skaters to review Series information on the U.S. Figure Skating's website. **Because the 2021 Southern CT Virtual Open is not an in-person competition, scores will not be accepted as part of the Series.** Through our virtual event, we hope to give skaters an opportunity to perform their programs for a panel of judges and receive feedback by way of protocol sheets and critiques so they can continue to work toward their individual skating goals and remain excited, engaged, and ready to compete in standard Excel Series competitions in 2022.

The Excel Competition Series is open to individual skaters within the Eastern, Midwestern and Pacific Coast Sections. Skaters participating in the Excel Series must compete at one live event. Designated Series competition or any competition held between January 15 and July 4, 2021 and meets the Series criteria will count towards qualification. If conditions allow, an in-person Excel Final will be held in Strongsville, Ohio in mid-August 2021.

The Southern CT Virtual Open will follow requirements as specified by U.S. Figure Skating [Click here](#) for requirements

Skaters may not enter both a Well-Balanced Free Skate event and an Excel event at the same non-qualifying competition.

6.0 Judging will be used for Excel Free Skate:

Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile

IJS Judging will be used for Excel Free Skate:

Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate Plus, Juvenile, Intermediate, Novice, Junior, Senior

Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel event.
- 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 2021 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 March 17, 2021

IJS Judging will be used for Well Balanced Free Skate:

No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Open Juvenile

IJS Judging will be used for Well Balanced:

Juvenile, Intermediate, Novice, Junior, Senior

The Southern CT Virtual Open will follow requirements as specified by U.S. Figure Skating
[Click here](#) for requirements.

SHORT PROGRAM

2021-2022 requirements will apply except for Junior SP

See Technical Information > Singles/Pairs.

All skaters competing in an IJS event will be required to complete a
Planned Program Content sheet ONLINE
no later than March 17, 2021

Short Program: Juvenile, Intermediate, Novice, Junior, Senior

Junior SP may follow either the 2020-2021 OR the 2021-22 requirements. Be sure to check the U.S. Figure Skating website for requirements.

Dance Events

Given the ongoing pandemic, this year's Solo Dance Series will look different than in past years, and we encourage skaters to review Series information on the U.S. Figure Skating's website. **Because the 2021 Southern CT Virtual Open is not an in-person competition, scores will not be accepted as part of the Series.** Through our virtual event, we hope to give skaters an opportunity to perform their programs for a panel of judges and receive feedback by way of protocol sheets and critiques so they can continue to work toward their individual skating goals and remain excited, engaged, and ready to compete in standard Solo Dance Series competitions in 2022.

Eligibility & Test Levels: For the pattern dance events, the test level is determined by a skater completing all the pattern dance tests within that level. All skaters must either compete at their test level or one level above their highest completed dance test. All skaters who have passed the Novice level or higher Free Skating or Novice or higher Moves in The Field tests may not enter the Bronze or below pattern dance events. There are no other restrictions for the Pre-Silver and above levels as they pertain to free skating or Moves in The Field tests. Participants may test during the Series season without penalty. For the Combined Events, please refer to the requirements for each level for details on qualifications for each level. No skater may enter an event where they have passed the corresponding free skating test two levels above the event they wish to enter. For example, if you wish to compete in Juvenile, you may not have passed the Novice Free Skating Test. See the Solo Series Overview for more details about general eligibility.

SOLO PATTERN DANCE EVENT

The solo pattern dance event is comprised of two pattern dances at each level. The results from both dances will be combined to create a final score and overall result. Points will be awarded to each skater based on the skaters' combined overall placement of the two pattern dances.

The following levels will be offered, and the dances listed will be used at the 2021 Southern CT Virtual Competition.

Level	Test Requirements	Dances
Preliminary	No test or passed preliminary	U.S Dutch Waltz Canasta Tango
Pre-Bronze	Passed preliminary or pre-bronze	U.S Cha Cha Tango Fiesta
Bronze	Passed pre-bronze or bronze	U.S. Ten-Fox (Lady's Steps) U.S. Hickory Hoedown (Gender Steps)
Pre-Silver	Passed bronze or pre-silver	Fourteenstep (Lady's Steps) European Waltz (Lady's Steps)
Silver	Passed pre-silver or silver	American Waltz (Lady's Steps) Tango (Lady's Steps)
Pre-Gold	Passed silver or pre-gold	Paso Doble (Ladies Steps, then Man's, then Ladies) Blues (Gender Steps)
Gold	Passed pre-gold or gold	Quickstep Argentine Tango (Lady's steps, then Man's steps)
International	Passed gold or international	Silver Samba Midnight Blues (altered)

SOLO COMBINED EVENT

The combined dance event is comprised of the following two segments (as applicable by level):

- 1.) **For juvenile, intermediate and novice:** one pattern dance
 - a. **Juvenile Combined** – Tango Fiesta
 - b. **Intermediate Combined:** Fourteen Step
 - c. **Novice Combined:** American Waltz
 - d. **Junior and Senior Combined:** one solo rhythm dance
- 2.) For juvenile thru senior: one solo free dance - All music for pattern dance will be Skater's Choice. All pattern dances will include a "Featured Step" which will be part of attaining a level one. New in 2020 and Carrying over to 2021: One dance will be announced to be used for the first half of the Solo Series season and a second dance for the last half of the season. A third dance will be used for the Final. These are listed in the requirements section for each level. We will post which events are in each half of the season at a later date on the Solo Series page on the USFS website. Each event in the series will announce the dance to be skated in their announcement. All pattern dances will use "Solo Series Steps" for all competitors, so skaters are mostly using the same steps. Please refer to the pattern dance diagrams for the steps to be skated along with the number of sequences, featured steps and time limits for Skater's Choice skating time.

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count toward the solo pattern dance event or results. This event is offered at the juvenile through senior levels.

SHADOW PATTERN EVENT

The shadow pattern dance event is offered for the preliminary through senior levels.

A team may be comprised of two females, two males or one female and one male. In any case, the steps skated shall be the lady's steps as specified in the 2020 U.S. Figure Skating Rulebook.

Points will be awarded to each team based upon the team's final placement of the pattern dance.

Level	Requirement	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete <u>preliminary</u> dance test.	Rhythm Blues (3 sequences)
Pre-Bronze	One partner must not have passed higher than the complete <u>pre-bronze</u> dance test.	Tango Fiesta (3 sequences)
Bronze	One partner must not have passed higher than the complete <u>bronze</u> dance test.	U.S. Willow Waltz (3 sequences)
Pre-Silver	One partner must not have passed higher than the complete <u>pre-silver</u> dance test.	Foxtrot (3 sequences)
Silver	One partner must not have passed higher than the complete <u>silver</u> dance test.	American Waltz (2 sequences)
Pre-Gold	One partner must not have passed higher than the complete <u>pre-gold</u> dance test.	Blues (3 sequences)
Gold/International	Open	Quickstep (3 sequences)

PARTNERED DANCE

The number of patterns will be those specified in the 2021 Rulebook, Rule 8075

6.0 judging will be used for Pre-Juvenile Partnered Dance events
IJS judging will be used for Juvenile through Senior events

PARTNERED PATTERN DANCE

EVENT	TEST and AGE REQUIREMENTS	PATTERN DANCE	# of Patterns per Rule 8075
Pre-Juvenile	Refer to 8460, 8461B Under 14 years of age as of September 1, 2020	Rhythm Blues Canasta Tango	3 sequences 3 sequences
Juvenile	Refer to 8450, 8451B Under 16 years of age as of September 1, 2020	Fourteen Step Willow Waltz	4 sequences 3 sequences
Intermediate	Refer to 8440, 8441B Under 18 years of age as of September 1, 2020	European Waltz Rocker Foxtrot	2 sequences 4 sequences
Novice	Refer to 8430, 8431B	Westminster Waltz Blues	

PARTNERED FREE DANCE

EVENT	TEST and AGE REQUIREMENTS	PROGRAM TIME
Pre-Juvenile	Refer to 8460, 8462 Under 14 years of age as of September 1, 2020	2:00 minutes +/- 10 seconds
Juvenile	Refer to 8450, 8452 Under 16 years of age as of September 1, 2020	2:15 minutes +/- 10 seconds
Intermediate	Refer to 8440, 8442 Under 18 years of age as of September 1, 2020	2:30 minutes +/- 10 seconds
Novice	Refer to 8430, 8432	3:00 minutes +/- 10 seconds
Junior	Refer to 8420, 8422	3:30 minutes +/- 10 seconds
Senior	Refer to 8410, 8412	4:00 minutes +/- 10 seconds

ADULT SOLO PATTERN DANCE

Level	Test Requirements	Dances
Preliminary	May not have passed higher than the preliminary dance test	Rhythm Blues Canasta Tango
Pre-Bronze	May not have passed higher than the pre-bronze dance test	Dutch Waltz Fiesta Tango
Bronze	Rule 8660	Cha Cha Willow Waltz
Pre-Silver	Rule 8650	Willow Waltz Foxtrot
Silver	Rule 8640	Fourteenstep American Waltz
Pre-Gold	Rule 8630	Tango Blues
Gold	Rule 8620	Paso Doble Viennese Waltz

ADULT SOLO FREE DANCE

Level	Test Requirements
Bronze	Cannot have passed higher than Bronze level dances
Silver	Cannot have passed higher than Silver level dances
Gold	Cannot have passed higher than Gold level dances

ADULT PARTNERED PATTERN DANCE

Level	Test Requirements	Dances
Championship	Refer to Rulebook – 8510-8512	Blues Silver Samba
Gold	Refer to Rulebook, 8520	Viennese Waltz Silver Samba
Pre-Gold	Refer to Rulebook, 8530	Tango Blues
Masters Open	Refer to Rulebook, 8540	Silver Samba Viennese Waltz
Silver	Refer to Rulebook, 8560	European Waltz Fourteenstep
Pre-Silver	Refer to Rulebook, 8570	Ten-Fox European Waltz
Bronze	Refer to Rulebook, 8580	Swing Dance Fiesta Tango
Pre-Bronze	Refer to Rulebook, 8590	Canasta Tango Swing Dance
Adult Centennial	Refer to Rulebook, 8600	Fourteenstep American Waltz

ADULT PARTNERED FREE DANCE

Level	Requirements
Championship Adult	Rule 8510 - 8512
Gold	Rule 8510 - 8512
Pre-Gold	Rule 8510 - 8512
Masters Open	Rule 8510 - 8512