



**2026**  
**Skating Club of Southern Connecticut**  
**Terry Connors Rink**  
**COMPETE USA**



**March 14, 2026**  
**12:00 noon – 5:30 pm**  
Close of entries March 2, 2026

Learn to Skate Compulsory Element Events – no Music  
Learn to Skate Free Skate Program Events – with Music

Aspire Compulsory Elements – no Music  
Aspire Free Skate Programs – with Music

Compulsory Elements – no Music  
\* Excel Program Events  
\* Well Balanced Programs

Showcase

**\* THIS COMPETITION IS NOT PART OF THE EXCEL SERIES  
POINTS WILL NOT BE AWARDED OR ACCRUED**

Sanctioned by:



Approved by US Figure Skating, #36839

**[www.skatescsc.com](http://www.skatescsc.com)**

FOR INFORMATION AND ONLINE REGISTRATION

Terry Connors Skating Rink  
Cove Island Park, 1125 Cove Road Stamford, Connecticut 06902  
203.977.4728

## **RULES FOR COMPETE USA COMPETITIONS**

### **3100** Rules for Compete USA Competitions

#### **3110** Compete USA Competitions – Approvals

3111 Compete USA competitions may include events for skaters who have passed no higher than the preliminary free skate, pre-bronze pattern dance or adult bronze free skate tests without applying for a U.S. Figure Skating sanction. However, an approval number is required and may be obtained from the appointed Learn to Skate USA representatives.

#### **3120** Compete USA Competitions – Officials

3121 For Compete USA competitions, three judges not related to the competitors are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or a Learn to Skate USA member.

3122 For Compete USA competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

#### **3130** Compete USA Competitions – Announcements

3131 For all Compete USA competitions, a copy of the announcement and an approval request shall be sent to the appointed Learn to Skate USA representative for approval and issuance of a Compete USA approval number 30 days prior to the release of the competition announcement to the public. The approval is to be publicly displayed during the competition.

3132 Compete USA competitions will follow the event structure as outlined in the Compete USA Manual. Any registered Learn to Skate USA program may conduct a Compete USA competition.

3133 When Compete USA competitions are held on the home ice of a U.S. Figure Skating member club, the member club shall be designated as the sponsoring club.

3134 Compete USA competitions may be:

- A. “In house” — the competition is available only to those skaters who are members of the club or program conducting the competition, or
- B. “Open” — the competition is available to any registered Learn to Skate USA member or full U.S. Figure Skating member.

### **3055** Entries

At nonqualifying competitions, if only one eligible competitor/team enters an event, the competitor/team will be offered the option to skate an exhibition, compete in an equivalent event one level above or one level below (as qualified by test level) or, for pre-juvenile and lower singles events, compete in an equivalent event against skaters of the opposite gender.

- A. If said competitor chooses to skate an exhibition, judges will award their marks according to the rules and the applicable judging system used, and the competitor/team will receive first place.
- B. If said competitor chooses to compete in an equivalent event against skaters of the opposite gender, the skater will be entered accordingly.
- C. If said competitor/team chooses not to skate, the entry fee will be refunded, and the event will be canceled.

### **3064** - Skating Accommodations Memorandum (S.A.M.)

A singles skater with a documented physical disability, as defined by the American’s with Disabilities Act (ADA), may request exception from certain technical rules or element requirements or expectations on the basis that such rule or requirement penalizes them in the assessment.

## **ELIGIBILITY RULES FOR PARTICIPANTS**

**It is very important to the success of the competition that skaters are placed in the correct divisions. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.**

**Choosing a competitive level that is right for your skater:** It is the responsibility of the instructor, coach, or skating director to place the skater at the correct competitive level. This decision should be based upon skill proficiency, athlete development, and fairness. Placing skaters at a level that challenges them appropriately while fostering their ongoing development is key to nurturing their growth.

### **ELIGIBILITY AND TEST REQUIREMENTS:**

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating (including Aspire). Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors maximum in an event, and all six should receive an award.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including skating skills or individual dances.

Special Olympics events are for skaters with intellectual disabilities. Skate United events are for skaters with physical disabilities. Skate United skaters have the option to compete in the standard track or Skate United track; accommodations may be made upon request. Adaptive events are for skaters with any type of disability. **\*For Synchronized Skating eligibility and requirements refer to the Synchronized Skating page.\***

## **ELIGIBILITY RULES FOR COACHES/ INSTRUCTORS**

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach onsite at the event.

For credentials at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA instructor compliant

### **OR**

- U.S. Figure Skating coach compliant

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers assisting Compete USA events must also be SafeSport Trained™

**ELIGIBILITY:** Eligibility will be based on skill level as of closing date of entries. All **SNOWPLOW SAM and BASIC SKILLS 1 – 6 SKATERS** must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or Individual Dances.

For the **Pre-Free Skate through Free Skate 1-6, Excel and Well-Balanced Levels**, eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition.

Skaters need to be placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors.

**ENTRIES AND FEES:** Skaters may register online via [EntryEeze](#) and pay by credit card by **March 2, 2026**. Late entries may be accepted only at the discretion of the Competition Committee and will be subject to a \$25.00 late fee. The number of late entries may be restricted due to time constraints.

**THIS COMPETITION IS NOT PART OF THE EXCEL SERIES. POINTS WILL NOT BE AWARDED OR ACCRUED.**

**EVENTS OFFERED and PROGRAM REQUIREMENTS:**

Program requirements for the events listed below can be found [HERE](#).

**This event is utilizing the following requirements:**

**January 1-June 30, 2025**

<i>COMPETE USA EVENTS</i>	<i>JUDGING</i>	<i>1ST EVENT PRICE</i>	<i>2ND EVENT PRICE</i>
Basic 3 - Basic 6 Program w/ Music	6.0	\$75.00	\$50.00
Aspire 1-4 Program w/ Music	6.0	\$85.00	\$50.00
Excel Free Skate (Pre-Preliminary – Preliminary Plus)	6.0	\$125.00	\$70.00
Pre-Preliminary, Preliminary Free Skate	6.0	\$125.00	\$70.00
Snowplow Sam – Basic 6 Elements	6.0	\$65.00	
Athlete Development – Compulsory Moves (Levels 1-4)	6.0	\$70.00	
Compete USA – Showcase	6.0	\$100.00	

**Per USFS Rule 3058, NO refunds will be granted after the closing date unless the event is cancelled by SC of Southern CT.** There will be no refunds made for withdrawals for medical reasons, conflicting family activities, injuries, or illness. Should there be only one skater in an event, the event may be cancelled, and the skater will receive a refund for the cancelled event per Rule #3048. There will be no changes to the schedule to accommodate personal or family conflicts. Any request for event or level changes after the entry has been received will be processed upon receipt of a \$25.00 change fee. No changes will be made after entries have been sent to the chief referee. There will be a \$30.00 fee for returned checks. There will be no admission charge.

**Register Online at [www.skatescsc.com](http://www.skatescsc.com).**

**AWARDS:** Medals will be awarded to **1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>** place skaters in each group, and all groups, Snowplow Sam through Free Skate 6, will be limited to four skaters. No Test, Pre-Preliminary and Preliminary Compulsory Moves and Free Skate Events, and all Excel Compulsory and Free Skate events will be grouped at the discretion of the organizing committee, based on the number of entries. Award Ceremonies will be scheduled at various intervals throughout the competition and will be presented off-ice.

**SCHEDULE of EVENTS:** The competition schedule will be posted at Terry Conners Rink and on the Skating Club of Southern Connecticut website ([www.skatescsc.com](http://www.skatescsc.com)) as soon as possible after the close of entries but no later than one week prior to the competition.

**MUSIC:** Competitors participating in events with music are required to upload their music to [EntryEeze](#) no later than March 2, 2026, 11:59 PM ET. After this date, skaters will be locked out of this feature and subject to a \$35.00 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. If you need assistance, email [helaine.walker@gmail.com](mailto:helaine.walker@gmail.com). **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.

**LOCKER ROOMS:** Locker rooms **will not** be used. We ask that all skaters come dressed and ready to compete. Rink benches will be used for putting on skates. Bring skate guards. Do not leave valuables unguarded. Neither SCSC nor Terry Conners Rink will be liable for items that are lost or stolen.

**LIABILITY:** This competition has been approved by U.S. Figure Skating and will be conducted in association with U.S. Figure Skating rules governing non-qualifying and Basic Skills competitions as set forth in the 2025-26 Rulebook. It is agreed that the competitor and family holds Skating Club of Southern Connecticut, Terry Conners Skating School, and Terry Conners Rink harmless from any and all liability during practice and the competition, and from any and all liability for damages to or loss of property.

**ADDITIONAL INFORMATION:** Non-U.S. Figure Skating judges may be used to judge some of the events. The selection of all officials will comply with the rules for competitions as set out in the U.S. Figure Skating Rulebook and in the criteria developed for U.S. Figure Skating Basic Skills competitions.

**REGISTRATION CHECK-IN:** All competitors must check in at the Registration Desk upon arrival at the rink. Competitors are to arrive at the rink one hour prior to their scheduled event.

**RINK:** The main rink ice surface measures 200' x 85'.