



THE CANTIAGUE
FIGURE SKATING CLUB
Welcomes you to our 55th Annual

***2025 NASSAU COUNTY
FIGURE SKATING CHAMPIONSHIPS***

****IJS MINI SYSTEM WITH VIDEO****

FRIDAY, SATURDAY & SUNDAY
MAY 16TH - 18TH 2025

Hosted by
NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS
SANCTION # 35733

Sanctioned and Approved by



FOR INFO: WWW.CFCSKATINGCLUB.ORG



Nassau County Figure Skating Championships

May 16, 17 & 18, 2025

Hosted by Cantiague Figure Skating Club and Nassau County Parks

Cantiague Park Ice Rink, 480 West John Street, Hicksville, NY

I. COMPETITION OVERVIEW

The **Nassau County Figure Skating Championships** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and/or [current Compete USA handbook](#) 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, 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 **Nassau County Figure Skating Championships** has been approved by U.S. Figure Skating as an **Excel Series Qualifying Competition**. Skaters must register in EMS to participate in the Excel Series prior to competition in order to have their points recorded and seen in the standings. Each skater who registers with U.S. Figure Skating as a participant in the 2025 Series will receive an Excel Series Participant number upon successful payment and registration. This registration and number are required to enter the competition as a Series participant and accrue points. Excel Series events will be run as per Rule 3060 in the current U.S. Figure Skating Rulebook. Please refer to the Excel Series Handbook for specific Eligibility, Test Levels and Age Restrictions.

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 or email SkateSafe@USFigureSkating.org.

II. 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 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, (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.

All Adult singles:

- Skaters must meet the minimum test requirements for the events level, but not exceed the maximum permissible test requirement.

EVENTS OFFERED:

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

On the program requirements page linked above, competitions that fall within the date range beside the program requirements must use those requirements. This event will follow program requirements for the 2024-2025 rules with the exception of all **Short Program events**. The chart reflects the rules in **Singles Short Program Requirements** in place for the 2025-26 season, which began March 4, 2025.

SINGLES	JUDGING	1st Event Price	2nd Event Price
Well Balanced Free Skate (Pre-Preliminary, Preliminary)	6.0	\$140	\$140
Excel Free Skate (Pre-Preliminary, Preliminary)	6.0	\$140	\$140
Well Balanced Short Program	IJS	\$180	\$140
Well Balanced Free Skate (Pre-Juvenile – Senior)	IJS	\$180	\$140
Excel Free Skate (Preliminary Plus – Senior)	IJS	\$180	\$140
Adult Free Skate (Adult Pre-Bronze – Adult Gold)	IJS	\$180	\$140
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$80	\$80
Aspire 1-4 Program w/ Music	6.0	\$125	\$125

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.

Coaches must be included within a skater’s registration or updated through their EMS Skater Portal via “[My Coaches](#)”. All coaches declared at the time of registration will be included in the registration confirmation email.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION VIA EMS:

Online registrations will be accepted via [EMS](#). Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: 04/14/2025 at 11:59 PM ET

There will be no Late Registrations. *The host club reserves the right to close registration at any time if event capacity is met.

1. Go to www.usfsaonline.org
2. Enter your U.S. Figure Skating or if Compete USA events are offered, 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.
3. Click EMS then "Competition Registration"
4. Choose "2025 Nassau County Figure Skating Championships" from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact 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.

TEST CREDIT for Juvenile through Senior level only:

Test Credit will be offered at our competition, review the [IJS Protocol for Test Credit](#) document to be sure your level is eligible. It is recommended to register through EMS with your competition registration, however you can also sign up at the registration desk during the competition **prior** to your event.

MUSIC SUBMISSION/UPLOAD:

EMS MUSIC UPLOAD: All Competitors are required to upload their music to EMS no later than **04/30/2025 at 11:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a **\$50 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. Please do not wait until the last minute to upload your music, as things can go wrong!

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

If you need assistance, email productsupport@usfigureskating.org

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.

PLANNED PROGRAM CONTENT (PPC) SUBMISSION/UPLOAD – FOR IJS EVENTS ONLY:

EMS PLANNED PROGRAM CONTENT (PPC) – Competitors participating in IJS events are required to submit PPC in EMS no later than **04/30/2025 at 11:59 PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$50 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. Please do not wait until the last minute to upload your PPC, as things can go wrong! Verify you have the correct number of elements for your level.

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

If you need assistance, email productsupport@usfigureskating.org

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.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Cantiague Figure Skating Club, Nassau County Parks, and Cantiague Park Ice Rink 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.

IV. COMPETITION DETAILS

FACILITIES: The competition will be held at Cantiague Park Rink, 480 West John Street, Hicksville, NY 11801. There is only one rink, which measures 85 feet wide by 200 feet long.

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas will **not** be available in this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skates on but changing will not be permitted in these spaces.

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:

The official event website is <https://cfscskatingclub.org/nassaucounty-championship>. It is the responsibility of each competitor, parent and coach to check the EMS and Competition website frequently for any schedule changes and/or additional information pertaining to the competition. Skating orders and Results for this competition will be posted online only (no paper posted results). The link to the online U.S. Figure Skating Leaderboard will be posted on our [website Competition page](#).

SCHEDULE

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available approximately one week before the competition. All participants will be notified via email once available.

PRACTICE ICE:

You must purchase Practice ice through the [EMS Competition Portal](#). After the schedule is posted, there will be an **open sales** period when all practice ice will be posted and can be purchased until there are no spaces left or one day prior to the competition start date. **NO PRE-SALES** will be offered. Telephone or e-mail requests will not be accepted. Walk-ons may be accepted **only** if there is room on the session. Music will not be played at practice sessions. Practice Ice will be offered before Competition start each day of events. There will be no practice ice during the day as we only have one ice surface. Only one practice ice per event is permitted. The cost per session is **\$20 per 15 minute session**.

ONSITE CHECK-IN:

Onsite Check-in will be open one hour before the first event of the day and run through the last event of the day. The registration table will be located inside the building entrance. Please register/check in promptly upon arrival. Skaters **MUST** check in at least 30 minutes prior to their event. While every effort is made to adhere to the posted schedule, events may run early or late.

If you are participating in a role requiring compliance, please be sure to [download or print your compliance card](#) to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact skatesafe@usfigureskating.org at least 2 business days prior to the competition for assistance.

AWARDS:

Award Ceremonies will be held throughout the day approximately 30-60 minutes after results are posted for each event. Please check at the Registration desk for times and locations.

For Compete USA/Basic Skills (Basic and Aspire levels only) competitors, trophies will be awarded to 1st, 2nd, and 3rd place winners, and medals to all other Basic Skills competitors. For all other 6.0 (Pre-Preliminary and higher), all Excel and all IJS events, trophies will be awarded to the 1st place winners, and medals will be awarded to the 2nd and 3rd place winners.

VOLUNTEER INFO:

Skating clubs are run by volunteers and at Cantiague FSC we encourage and value volunteerism by all in our community, including our young skaters. If possible, take the time to volunteer with us. Please let us know if you are interested in helping at our competition.

CRITIQUES

There will be no critiques at this competition.

ADDITIONAL INFORMATION:

Pre-orders: To receive test credit for Juvenile through Senior freeskate levels, we encourage you to pre-purchase the test credit packet in the [EMS Competition Portal](#).

Tentative schedule: 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. No time requests can be honored for this competition. The following schedule is **tentative** and subject to change due to the number of competitors: IJS and 6.0 events (Adult levels, Pre-Preliminary and above and all Excel levels) will be on Friday May 16th (12 - 9pm) and/or Saturday May 17th (9am - 8pm). Basic Skills events- Basic freeskate and Aspire levels only (and other 6.0 events if time does not permit on Friday or Saturday) will be on Sunday May 18th (9am - 3pm). No IJS events will be held on Sunday.

PHOTO/VIDEO:

If you use your own camera, it must be **hand-held** and battery powered (**No tripods or flash photography permitted**). Photography or recording for any commercial purpose is strictly prohibited. **Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.** By entering this Competition, permission is hereby expressly granted to Catiague FSC to use any photographs or likeness of our skaters in advertising, promotional materials, etc.

The competition will be videotaped by Vision Photo & Video. Every Competitor will receive a **FREE DVD** for each event entered. The videotape will not contain music. Live and on-demand streaming, and sales and distribution of U.S. Figure Skating sanctioned and approved events, programs, and activities that include the playback of music is strictly prohibited. This prohibition does not apply to the distribution of footage that does not include music. Questions about this can be directed to music@usfigureskating.org.

Glykis Photo will be offering action photography at our event. You must Pre-Order your package on their site GlykisPhoto.com. Please note that Glykis Photo will only photograph skaters who have pre-ordered a photo package.

CONTACT INFORMATION:

All Competition information will be maintained on our website at cfscskatingclub.org.

If you have questions, please send an Email (please include your phone number if we need to contact you) to cantiaguefigureskatingclub@gmail.com.