



ANNOUNCING

The 2023 La Jolla Figure Skating Club's Open Championships & Compete USA Competition



April 28th - 30th 2023

Sponsored by the La Jolla Figure Skating Club.....Sanctioned by US Figure Skating

**Event to be held at the UTC Ice Sports Center, University Towne Centre
4545 La Jolla Village Drive San Diego, CA 92122
www.LaJollaFSC.com**

**ENTRY DEADLINE: March 19, 2023 at 11:59pm PDT
(March 20, 2023 at 2:59am EDT)
Entries will only be accepted **online via EMS****

*****Entries will close sooner if maximum # of programs is reached
prior to deadline****

For further information contact:

**Co-Chair/Registrar:
Idoia Subinas
secretary@lajollafsc.com**

**Chief Referee:
Caryl Lyn Landt**

**Co-Chair
Michelle Twamley**

This event is a standard U.S. Figure Skating Non-qualifying Competition





The 2023 La Jolla Open Championships 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 competition is open to eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

Entry Restrictions for 2023

- **Competition is limited to a maximum of 300 programs/starts**
- **Skaters may enter a maximum of 2 programs/per skater**
 - Skaters who enter more than 2 events will have entry fees for additional events refunded. Processing fees on additional events will NOT be refunded.
- **A waitlist will be maintained by the Registrar once registrations reach 300 programs. To sign up for the waitlist:**
 - Email the Registrar at secretary@lajollafsc.com with the following information:
 - Skater's name
 - USFSA #
 - Age & Gender
 - Specific events skater is trying to register for
 - Example – Girls Freeskate 2 program, Adult Bronze Men Freeskate or Pre-Juvenile Boys Lyrical Pop Showcase
 - Skaters will be added to the waitlist in the order that emails with complete information are received

COVID-19 INFORMATION:

- **As of January 1, 2023** – there are NO masking requirements for this competition. Continue to check our website for any updates to COVID Protocols
- **Spectators:** Spectators will be allowed into the Rink Area 20 minutes prior to the start of their skater's event and are asked to leave once their event has ended. Spectators will not be limited. There is limited seating on the ground level inside the Rink Area and outside the Rink Area in the Mall. Additional viewing space is available upstairs in the Dining Terrace.
- **Chaperones:** Athletes 17 and under will be permitted ONE chaperone
- **Coaches:** Each Skater will be allowed a maximum of 1 coach rink side/program.
- **U.S. Figure Skating Waivers are required for ALL athletes.** The online waivers are included in EMS and must be completed in order to finish the registration process.
- **Locker Rooms/Changing Rooms:** There will be **NO** locker rooms or changing rooms available in the Rink Area. Skaters must plan to arrive at the Rink Area with costumes on and hair & make up done. The Rink Area will be for putting on skates ONLY.

EXCEL SERIES INFORMATION: The La Jolla Open is a designated 2023 Excel Series competition. As an excel series event, skaters registered in the Series will earn points for their placement to qualify for the Excel National Final to be held in Austin, TX July 13-16, 2023. Skaters must register to participate in the Excel Series prior to competing at designated competitions in order to have their points recorded and seen in standings.

ELIGIBILITY/TEST LEVEL:

Test Level: As of December 1, 2022, singles athletes may opt to accelerate their test progression within U.S. Figure Skating and thus compete at level(s) best suited for their technical skillset. Athletes must still meet the minimum requirements for each level and additionally, if participating within the National Qualifying Series (NQS) or National Excel Series (Excel), they will establish a competitive floor (i.e., the lowest level they can compete at).

The competitive floor is determined only by the level selected through the EMS Series Application for NQS or Excel and is not uniquely tied to competition registration (regardless of series participation).

Eligibility Notes:

1. The singles free skate test levels will remain as a minimum requirement to compete.
2. Athletes may not skate down in any event.
3. This update does NOT apply to Adult, Showcase and Solo Dance.

If an athlete, coach, parent and/or guardian needs assistance with confirming their eligibility, email events@usfigureskating.org or refer to information sheet [HERE](#).

Age restrictions/requirements:

Juvenile Girls events: 12 years of age or younger at the close of entries

Juvenile Boys events: 13 years of age or younger at the close of entries

Open Juvenile Ladies events: 13 years of age or older at the close of entries

Open Juvenile Men events: 14 years of age or older at the close of entries

Intermediate events skaters must be under the age of 18 at the close of entries

Adult events skater must be 21 yrs or older at the close of entries. Adult event will be divided by adult age classifications if the number of entries warrants

Groups General:

- Skaters entering Sandcastle(Beginner)–Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.
- If there are not enough entries to hold an event, boys and girls may compete against each other at the Preliminary level and below.
- Compete USA events will follow parameters outlined in the current Compete USA Competition Manual
- Showcase disciplines may be combined at the discretion of the chief referee

ENTRIES:

All entries must be submitted online via [EMS](#) by: **11:59pm PDT on March 19, 2023 (March 20, 2023 2:59am EDT) No mailed entries will be accepted.** Entries **MAY** be accepted after this date at the discretion of the competition committee. **A \$25 late fee will apply.** No entries or changes to entries will be accepted after **March 25, 2023** for any reason. **If entries fill before the deadline, the registrar will maintain a waitlist. Skaters must email the registrar to get on the waitlist.**

****Short Programs and Free Skating for Intermediate-Senior are individual events and are not combined.** Skaters must register for each separately in EMS.

Fees: *online processing fees are additional and are NOT refundable*

Events: Click here for Program Requirements	Judging System	\$
**Short Program: Juvenile/Open Juvenile - Senior	IJS	\$115
Well Balance Free Skate: No Test – Preliminary	IJS	\$105
**Well Balance Free Skate: Pre-Juvenile – Senior; Adult Silver-Adult Gold	IJS	\$115
Well Balance Free Skate: Adult Pre-Bronze-Adult Bronze	6.0	\$105
Excel Program: Beginner & High Beginner	6.0	\$100
Excel Program: Pre-Preliminary – Preliminary (including PLUS)	IJS	\$105
Excel Program: Pre-Juvenile – Senior (including PLUS)	IJS	\$115
Compete USA: All Program levels (with music)	6.0	\$90
Showcase: No Test – Senior & Adult (Individual & Duets)	CJS	\$100
Showcase: Beginner, High Beginner & Compete USA (Individual & Duet)	6.0	\$90
Late Fee:		\$25

REFUND POLICY: Entry fees will not be refunded after **March 19, 2023** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees and **Late Fees** are **NOT** refundable. E-checks returned for non-sufficient funds and contested credit card charges will be issued a **\$25.00 fee**. Payment of the fee will be required before the skater is allowed to participate in the competition.

TEST CREDIT: ****Available ONLY for Juvenile-Senior levels, Adult Silver & Adult Gold.****

Test Credit will be offered. **Skaters must register for Test Credit in EMS under Merchandise** when entering the competition.

Deadline to register for test credit is March 19, 2023 11:59pm PDT (March 20, 2023 2:59am EDT).

LIABILITY: U.S. Figure Skating, La Jolla Figure Skating Club, and UTC Ice 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.

EMS PLANNED PROGRAM CONTENT (PPC) FOR IJS EVENTS:

DEADLINE: April 14, 2023 11:59pm PDT (April 15, 2023 2:59am EDT) - \$10 late fee

Competitors participating in IJS events are required to submit PPC in EMS no later than **April 14, 2023 11:59pm PDT**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$10 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 PPC UPLOAD HOW TO: [CLICK HERE](#)

If you need assistance, email productsupport@usfigureskating.org

MUSIC:

Online music submission via EMS is the **ONLY** acceptable method to submit program music.

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

If you need assistance, email productsupport@usfigureskating.org

Deadline: Friday, April 14, 2023 11:59pm PDT (April 15, 2023 2:59am EDT)- \$10 late fee.

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 bring a copy of their competition music on CD or a phone (skater/coach must provide appropriate connectors if using phone) as a backup in case of technical difficulties and must be available rink side during the competition.

INFORMATION REGARDING COACHING:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the applicable 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. 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.

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

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.

REGISTRATION: Registration will begin Friday, April 28 and end Sunday, April 30. Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located outside the rink by the Bark Park.

OFFICIAL NOTICES: Official notices will be maintained on the club website – <http://www.lajollafsc.com> It is the responsibility of each competitor, parent and coach to check the website frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. Start orders will ONLY be posted online thru a link on the club website.

PRACTICE ICE: No official practice ice will be offered through the club. UTC Ice will schedule additional freestyle sessions on competition days once the competition schedule is finalized. A link to sign up for sessions will be on the club website (www.lajollafsc.com) and www.utcice.com once times are confirmed .

PHOTOGRAPHY/VIDEOGRAPHY: Official photos will be provided and taken immediately following the posting of the results. There is ample light in the arena for your own photography. For safety reasons, use of flash is strictly prohibited anywhere in the arena.

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 given for First, Second, Third, and Fourth place finishes in all events.

FACILITIES: The UTC Ice Sports Center is indoors, located in a mall with an overlooking food pavilion. The ice surface measures 185' x 85' with slightly rounded corners. The rink is conveniently located within the Dining Terrace of the University Towne Center Mall.

PARKING: Westfield UTC charges for parking. Parking tickets can be validated at the UTC Ice Sports rink for up to 4 free hours of parking. After the 4 hours the cost is \$2/hour. Please bring your parking ticket with you to the rink.

SOUTHERN CALIFORNIA INTERCLUB SERIES INFORMATION: The La Jolla Open is part of the Southern California Invitational Series. All Skaters in Pre-Preliminary Free Skate events and higher (Bronze for Adults) earn points which could earn them an invitation to the Series Final in September. Visit the Southern California Inter-Club website for more information - <http://www.socalinterclub.org>

CONTACT INFO: If you have questions, please contact:

Co-Chair/Registrar:

Idoia Subinas
858-242-9339
secretary@lajollafsc.com

Chief Referee:

Carylyn Landt
clandt@ucsd.edu

Co-Chair:

Michelle Twamley
619-244-3214
membership@lajollafsc.com

SPECIAL AWARDS:

The 1985 Junior Board Trophy

Most Artistic Performance in the Juvenile, Intermediate, & Novice Free Skating Events

This trophy was donated by the LJFSC Junior board and designated to be awarded for the most artistic freestyle performance in the Juvenile, Intermediate, and Novice events. The selection of a winner is made by a special committee of judges. Perpetual trophy to stay with Club.

The William O. Smythe Memorial Trophy

Most Artistic Performance in Pre-Juvenile-Intermediate Artistic Events

This trophy was donated by the LJFSC Board of Governors as a memorial to William Smythe who for many years was a gold test judge in San Diego, and who took a special interest in the development of young skaters in figures. The trophy was originally awarded for the best figures skated by entrants in the Pre-Juvenile through Intermediate events. In the absence of figure events, this trophy has been rededicated to award the most artistic performance in the Pre-Juvenile through Intermediate Artistic Events. Perpetual trophy to stay with Club.

The Carol Watkins Memorial Trophy

Best Costume, Artistic Events

This trophy was donated by the LJFSC Board of Governors and Jim Watkins as a memorial to Carol Watkins, co-founder of the La Jolla Figure Skating Club. Carol was very active in all aspects of the community, working to fight drug use and child abuse. She raised money to help children, veterans and animals. She was also responsible for bringing the Olympic Training Center to San Diego. Her creative talents could be seen in the "backless" and beaded dresses she hand made for her daughter, KC Watkins - Vafiadis. This trophy will be awarded to the skater in an Artistic Event with the best costume. Perpetual trophy to stay with Club.

The Claude Sweet Trophy

Best performance, Pre-Juvenile and lower levels Free Skating Events

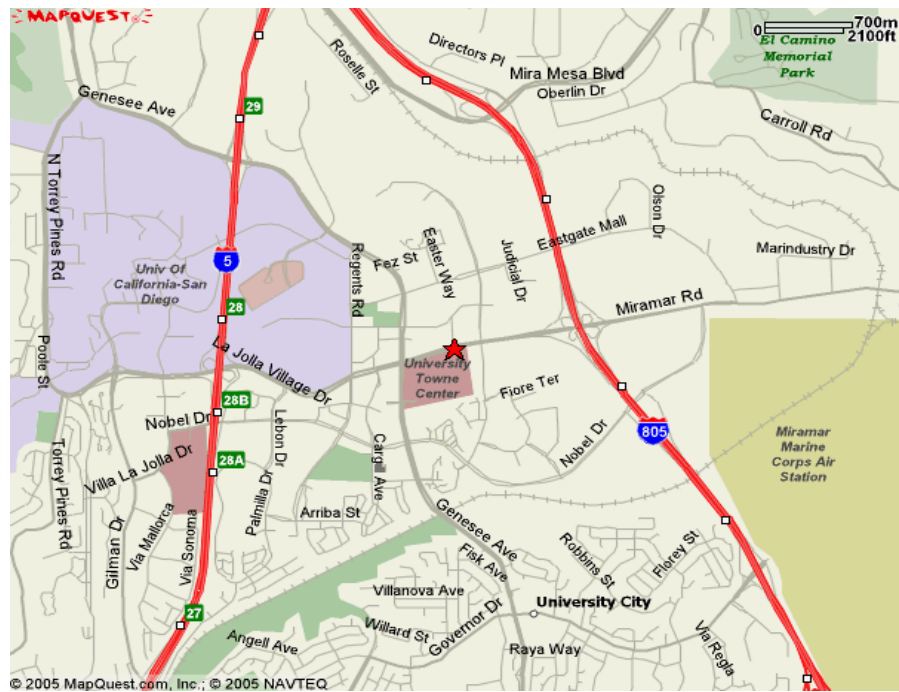
This trophy was donated by the LJFSC Board of Governors in honor of Claude Sweet, a long time gold test judge in both Singles/Pairs and Dance in the San Diego area. As a former competitor and coach, Claude has worked hard to promote skating and foster the development of young skaters with a strong foundation in the basics of skating. Originally designated for dance events, this trophy has been rededicated to the skater with the best overall performance in the Pre-Juvenile and lower levels free skate events. Perpetual trophy to stay with the Club.

ADDITIONAL INFORMATION:

***Accommodations:** Please check our website at www.LaJollaFSC.com for hotel information, any additional information and updates.

***Directions to UTC Ice Sports Center:**

- Take I-5 South to 805 South
- To La Jolla Village Drive – Exit West/Right
- To Towne Centre Drive – Turn Left
- Turn Right into Shopping Center (2nd Driveway)
- UTC Ice is located below the dining terrace





U.S. Figure Skating Non-qualifying Competition

EVENT: SINGLES SHORT PROGRAM - 2023-24 Singles Short Program Elements

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating website/rulebook for rules, program length, etc.

- A. Senior Short Program – Rule 6411
- B. Junior Short Program – Rule 6421
- C. Novice Short Program – Rule 6431
- D. Intermediate Short Program – Rule 6441
- E. Juvenile Short Program – Rule 6451

[2023-24 Short Program Elements](#)

EVENT: Well Balanced Program Free Skate - Singles

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

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.

- A. Senior Free Skate Program – Rule 6412
- B. Junior Free Skate Program – Rule 6422
- C. Novice Free Skate Program – Rule 6432
- D. Intermediate Free Skate Program – Rule 6442
- E. Juvenile/Open Juvenile Free Skate Program – Rule 6452
- F. Pre-Juvenile Free Skate Program – Rule 6461
- G. Preliminary Free Skate Program – Rule 6471
- H. Pre-Preliminary Free Skate Program – Rule 6481
- I. No Test (Surfer) Free Skate Program – Rule 6491

****No Test – Preliminary Spins – skaters may use EITHER 22-23 or proposed 23-24 rules****

[2022-23 Well Balance Free Skate Requirements](#)

[2023-24 Well Balanced Free Skate Requirements](#)

EVENT: Adult Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and an Excel Program event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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. Championship Adult Gold & Adult Gold Free Skate – Rule 6531
- B. Championship Adult Silver & Adult Silver Free Skate – Rule 6541
- C. Adult Bronze Free Skate – Rule 6551
- D. Adult Pre-Bronze Free Skate – Rule 6561

[2022-23 Adult Free Skate Requirements](#)



U.S. Figure Skating Non-qualifying Competition

EVENT: 2022-2023 Excel Free Skate - [2023 Excel Series Handbook](#)

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed at the close of entries. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

Pre-Preliminary events and above & all PLUS events will be run as IJS High Beginner events and below will be run as 6.0

For events is run as 6.0, the following deductions will be taken:

- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions

- A. Excel Senior
- B. Excel Junior
- C. Excel Novice
- D. Excel Intermediate
- E. Excel Juvenile Plus
- F. Excel Juvenile
- G. Excel Pre-Juvenile Plus
- H. Excel Pre-Juvenile
- I. Excel Preliminary Plus
- J. Excel Preliminary
- K. Excel Pre-Preliminary
- L. Excel High Beginner (a.k.a. Star Fish)
- M. Excel Beginner (a.k.a. Sand Castles)

[2022-23 Excel Free Skate Requirements](#)

EVENT: Compete USA [2022-23 Compete USA Manual](#)

Events offered for 2023:

- [Snowplow Sam – Basic 6 Program w Music](#)
- [Pre-Free Skate – Free Skate 6 Program w Music](#)
- [Compete USA Showcase](#) – for Basic 1 to Free Skate 6 levels only.
 - Beginner through Pre-Preliminary levels will follow guidelines outlined in the 2023 Showcase Guidelines document – see next page.

Please see the 2022-23 Compete USA manual for eligibility, required elements, program length and all specifics related to these events



U.S. Figure Skating Non-qualifying Competition

EVENT: Showcase Events –

Please see the [2023 Showcase Guidelines](#) for test level qualifications, program time limits and all other criteria/restrictions related to showcase events

Events offered for 2023!:

- **Light Entertainment Events**

- Choreographic Artistry
- Lyrical Pop
- Character Performance
- Comedic Impressions

- Light entertainment categories will be combined as needed by the referee

- **Emotional Performance Events**

- **Duet Events**

- **Compete USA Showcase**