



LAKE PLACID FIGURE SKATING CHAMPIONSHIPS

2025 Lake Placid Figure Skating Championships

June 19-21, 2025

SC of Lake Placid/NYS Olympic Regional Development Authority
Olympic Center/Lake Placid, N.Y.

I. COMPETITION OVERVIEW

The 2025 LAKE PLACID 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.

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 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.

All other singles and partner events (Adult Events & Pairs):

- 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.

SINGLES	JUDGING	1st Event Price	2nd Event Price
Excel Free Skate (Pre-Preliminary through Preliminary Plus)	6.0	\$150	\$95
Excel Free Skate (Pre-Juvenile Plus through Senior)	IJS	\$200	\$115
Well Balanced Short Program (Intermediate through Senior)	IJS	\$200	\$115
Well Balanced Free Skate (Pre-Preliminary & Preliminary)	6.0	\$150	\$95
Well Balanced Free Skate (Pre-Juvenile through Senior)	IJS	\$200	\$115
Adult Free Skate (Pre-Bronze & Bronze)	6.0	\$150	\$95
Adult Free Skate (Silver through Masters Junior-Senior)	IJS	\$200	\$115
PAIRS	JUDGING	1st Event Price	2nd Event Price
Short Program (Novice through Senior)	IJS	\$200	\$115
Free Skate (Juvenile through Senior)	IJS	\$200	\$115
ATHLETE DEVELOPMENT	JUDGING	1st Event Price	2nd Event Price
Compulsory Moves (Level 1 - 8)	6.0	\$150	\$95
Jumps Challenge (Level 1 – 9)	6.0	\$150	\$95
Spins Challenge (Level 1 – 6)	6.0	\$150	\$95
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$100	\$50
Aspire 1-4 Program w/ Music	6.0	\$100	\$50
Snowplow Sam – Basic 6 Elements	6.0	\$100	\$50

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.

ATHLETE ASSISTANCE/ACCOMMODATIONS:

Should a skater with disabilities require any specific accommodations or assistance for their competitive event, please submit your approved S.A.M to the Competition Chair by the registration deadline at marye@orda.org.

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):

- [My Competitions](#)
- [My Skaters](#)
- [Coach Schedule](#)

MANDATORY ATHLETES

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. *

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION VIA EMS (Singles and Partnered events only):

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: 05/19/2025 at 12:59 PM ET

Late Registration Deadline: 05/22/2025 at 12:59 PM ET + \$50 Late Fee

*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 LAKE PLACID FIGURE SKATING CHAMPIONSHIPS**” from the list of nonqualifying competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

PARTNERED EVENTS:

Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. **The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.**

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:

You will be able to register for test credit through your skater portal in EMS when competition registration is available. If you need to register for test credit after the close of entries, please e-mail marye@orda.org.

Test credit is available for Juvenile through Senior singles and pairs free skating (both well balanced and excel) events ONLY.

Test credit paperwork will be emailed to anyone registered for test credit 2-3 days following the completion of the competition.

SEMINARS

On-ice seminars will be available to all competitors in the juvenile through senior well balanced events. Times will be posted on the official schedule.

MUSIC SUBMISSION/UPLOAD:

EMS MUSIC UPLOAD: Competitors participating in events with music are required to upload their music to EMS no later than **WEDNESDAY, JUNE 11TH AT 12:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a **\$25 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.

DEADLINE: WEDNESDAY, JUNE 11TH 12:59 PM ET – LATE FEE \$25

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

If you need assistance, email productsupport@usfigureskating.org

Updated 7/8/2024

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.

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 **WEDNESDAY, JUNE 11TH AT 12:59 PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$25 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.

DEADLINE: WEDNESDAY, JUNE 11TH 12:59 PM ET – LATE FEE \$25

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®, the Skating Club of Lake Placid and NYS Olympic Regional Development Authority 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:

Olympic Center
2634 Main Street
Lake Placid, NY 12946
www.lakeplacidolympiccenter.com

There are three ice surfaces in the Olympic Center. The 1980 and 1932 Rinks will be used for competition and practice. The USA Rink will only be used for practice. All surfaces are NHL size – 85' x 200'

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas will not be available 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](#).

Updated 7/8/2024

OFFICIAL WEBSITE & UPDATES:

Event website: www.lakeplacidolympiccenter.com/todo/lake-placid-figure-skating-championships/

Event and practice schedules will be posted in your EMS portal. Any changes to these schedules once the competition begins will be emailed to affected competitors and coaches through EMS. Please make sure to check regularly for any updates.

Starting orders and results will be posted online. The link will be sent out prior to the start of the competition.

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 after the close of entries. All participants will be notified via email once available.

PRACTICE ICE:

30 minute Unofficial Practice Ice Sessions will be available for purchase through your EMS portal after the release of the official competition schedule. Competitors and coaches will be notified via email of start date of practice ice purchase. No music will be played on these sessions. Sessions will be available Wednesday, June 18th – Saturday, June 21st.

ONSITE CHECK-IN:

Check-in will open on Wednesday, June 18th. Time TBD. Check-in will be located on the main level of the Olympic Center across from Roamers Café.

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:

Medals will be awarded for first through third places. Additionally, all skaters in Compete USA events will receive an award. The awards schedule will be e-mailed to all competitors.

VOLUNTEER INFO:

If you are interested in volunteering for this event, please e-mail vmurray@orda.org.

PHOTO/VIDEO:

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.

The official videographer will be Cinematic Images. A video download of your performance without music is included in your entry fee. You will be e-mailed a link to your video 2-3 days following the conclusion of the event.

Professional action photography will be available on-site.

ADDITIONAL INFORMATION:

TENTATIVE SCHEDULE

****SUBJECT TO CHANGE BASED ON EVENT ENTRY NUMBERS****

Thursday, June 19th

Juvenile Girls Free Skate
Intermediate, Novice & Junior Women Short Program
Men Short Program – All Levels

Friday, June 20th

Juvenile Girls Free Skate – FINAL ROUND (If needed)
Intermediate, Novice & Junior Women Free Skate
Senior Women Short Program
Men Free Skate – All Levels (including Excel)
Pairs Short Program – All Levels

Saturday, June 21st

Pre-Preliminary – Pre-Juvenile Girls Well Balanced Free Skate
Excel Free Skate – Girls/Women All Levels
Compete USA Events – All Levels
Intermediate & Novice Women Short Program – FINAL ROUND (If needed)
Intermediate & Novice Women Free Skate – FINAL ROUND (If needed)
Senior Women Free Skate
Pairs Free Skate – All Levels
Athlete Development Events – All Levels
Adult Events – All Levels

CONTACT INFORMATION:

Competition website: www.lakeplacidolympiccenter.com/todo/lake-placid-figure-skating-championships/

For questions, please contact the following individuals:

Competition Chair:	Mary-Elizabeth Wightman	marye@orda.org	518.302.5395
Chief Referee:	Kathaleen Cutone	cutone@msn.com	617.875.3153
Practice Ice Chair:	Mary-Elizabeth Wightman	marye@orda.org	518.302.5395
Volunteer Contact:	Valerie Murray	vmurray@orda.org	518.302.5391