



THE CANTIAGUE  
*FIGURE SKATING CLUB*  
*Welcomes you to our 52nd Annual*

***2022 NASSAU COUNTY  
FIGURE SKATING CHAMPIONSHIPS***

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

FRIDAY, SATURDAY & SUNDAY  
MAY 13<sup>TH</sup> - 15<sup>TH</sup> 2022

Hosted by  
NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

**Sanctioned and Approved by**  
SANCTION # 30577



FOR INFO: [WWW.CFCSKATINGCLUB.ORG](http://WWW.CFCSKATINGCLUB.ORG)



**52<sup>nd</sup> Annual Nassau County Figure Skating Championships**  
**Friday May 13<sup>th</sup>, Saturday May 14<sup>th</sup>, and Sunday May 15<sup>th</sup>, 2022**  
**Hosted by Cantiague Figure Skating Club and Nassau County Parks**

480 West John Street, Hicksville, NY 11801

[cfcskatingclub.org](http://cfcskatingclub.org)

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](#), 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, and who are currently registered member of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

The Cantiague Figure Skating Club and Nassau County Parks will comply with all federal, state, and local regulations and additional public health notices in place at the time of the Competition, including recommendations from U.S. Figure Skating. Please visit the competition website often for updated information and policies. Please keep in mind that participants who choose to partake in this form of indoor recreation, all risks associated with the spread of COVID-19 are assumed and liability of the same for Cantiague FSC (USFS Member Club #462), Cantiague Park Rink and Nassau County Parks is waived.

**COVID-19 EVENT POLICIES: EFFECTIVE MONDAY, AUGUST 2**, face coverings are required to be worn indoors by ALL persons (including fully vaccinated persons) attending any U.S. Figure Skating sanctioned event or activity despite of local, state or facility policies. Exceptions: Athletes practicing or competing on the ice and athletes warming up outside.

**SERIES INFORMATION:** The Nassau County Figure Skating Championship Competition is a part of the U.S. Figure Skating Excel series. In order for skaters to earn points within the Excel Series, they must be registered with U.S. Figure Skating as an Excel Series participant by the March 1, 2022 deadline or prior to their first series competition (whichever comes first). To register with U.S. Figure Skating please go to [USFSA Excel Series Registration](#), however skaters do not have to be part of the Excel Series to compete in the Nassau County Figure Skating Championships.

**ELIGIBILITY/TEST LEVEL:**

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Athletes may “skate up” **one** level above that for which they qualify but they may not skate down in any event. Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event.

**Age restrictions/requirements:** Singles free skate events (well-balanced program) have the following requirements:

- Juvenile: Girls – 12 years or younger; Boys – 13 years or younger
- Open Juvenile: Girls – 13 years or older; Boys – 14 years or older
- Intermediate must be under the age of 18
- Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age should the number of entries warrant more than one group. The Cantiague FSC reserves the right to sub divide any event if necessary, and to cancel any event if there are fewer than two entries. It is our intent to have separate events for females and males, however, we reserve the right to combine males and females in any events. All age classes for Adult events may be divided or combined depending on the number of entries and at the discretion of the Chief Referee and/or the competition committee.

**COMPETITION REGISTRATION:** The online registration deadline is **Saturday April 16, 2022 at 11:59pm**. Entries will be accepted via [EMS Competition Portal](#) with credit card only. Each transaction includes a 3% credit card fee.

1. Go to <https://m.usfigureskating.org>
2. Enter your U.S. Figure Skating or 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](mailto:memberservices@usfigureskating.org).
3. Click EMS then “Competition Registration”
4. Choose “**2022 Nassau County Figure Skating Championship Competition**” from the list of nonqualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto: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 “Create Account (Non-Member)” option on the [Members Only](#) login page.

**REFUND POLICY:** Entry fees will not be refunded after entry deadline unless the competition or the event is canceled. There will be no refunds for medical withdrawals unless the individual tests positive for COVID-19 within 5 days of the event and proper documentation is provided in *advance* of the event. The **online processing fees are not refundable under any circumstances**. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**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 emailed when the schedule is available and can be viewed on the [EMS Competition Portal](#). Our intent is to have IJS and 6.0 events (No Test and above) on Friday May 13<sup>th</sup> (4 - 9pm) and Saturday May 14<sup>th</sup> (9am - 8pm). **ALL** Basic Skills (Basic & Freeskate levels only) events will be on Sunday May 15<sup>th</sup> (9am - 1pm). We cannot honor any time requests for this competition.

**FACILITIES:** The competition will be held at Catiague Park Rink, 480 West John Street, Hicksville, NY 11801. There is only one rink, which measures 85 feet wide by 200 feet long. There are no locker rooms, changing areas or snack bars/restaurants available. Restrooms are only available to spectators in the building during their skaters' event, there are other restrooms by the tennis courts available for spectators not in the building for an event.

**EMS MUSIC UPLOAD:**

Competitors participating in events with music are required to upload their music to the [EMS Competition Portal](#) no later than **Monday April 25, 2022**. After this date, skaters will be locked out of this feature and subject to a **\$30 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 SKATER MUSIC UPLOAD HOW TO: [CLICK HERE](#)**

*If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)*

All music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

**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 as a backup in case of technical difficulties and must be available rink side during the event. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name and event.

### **EMS PLANNED PROGRAM CONTENT (PPC):**

Competitors participating in IJS events are required to submit PPC to the [EMS Competition Portal](#) no later than **Monday April 25, 2022**. After this date, skaters will be locked out of this feature and subject to a **\$30 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](mailto:productsupport@usfigureskating.org)*

**LIABILITY:** U.S. Figure Skating, Catiague Figure Skating Club and Catiague Park 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.

**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 outside the building (weather permitting). 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.

### **LOCKER ROOMS/CHANGING AREAS:**

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

**PRACTICE ICE:** In an effort to limit person-to-person contact, you must pre-order Practice ice through the [EMS Competition Portal](#). There will be a selection period for those who have pre-purchased and then an open sales period if there are spaces left. Telephone or e-mail requests will not be accepted. Walk-ons will not be accepted. Music will not be played at practice sessions. Practice Ice will be offered before Competition start each day of events, and if time warrants, once during the day on Saturday. For additional information regarding practice ice offerings, visit our [EMS Competition Portal](#) for practice ice selection and open sale dates and times.

**PHOTO/VIDEO:** The competition will be videotaped by Vision Photo & Video. Every Competitor will receive a **FREE DVD** for **each** event entered. There will be no professional still photographer. If you use your own camera, it must be hand-held and battery powered. **No tripods or flash photography** will be 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 Figure Skating Club to use any photographs or likeness of our skaters in advertising, promotional materials, etc.

**AWARDS:** For Basic Skills 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 and IJS events, trophies will be awarded to the 1st place winners, and medals will be awarded to the 2nd and 3rd place winners. Award Ceremonies will be performed outdoors (weather permitting) after results are posted for each event. Please check at the Registration desk for times and locations.

**OFFICIAL NOTICES:** An official bulletin board will be maintained at [cfscskatingclub.org](http://cfscskatingclub.org). It is the responsibility of each competitor, parent and coach to check the bulletin board and/or the [EMS Competition Portal](#) 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. Skating orders and Results for this competition will be posted online only (no paper posted results). The link will be posted on our [website Competition page](#).

**TEST CREDIT:**

Skaters that meet the requirements for test credit may pick up their test credit packets at registration. In an effort to limit person-to-person contact, you must pre-purchase the packet for \$10 on the [EMS Competition Portal](#) during registration or Add Event. You can also email the Competition Chair after registration has ended to add the event to your registration. The packet will be ready for pick-up shortly after your event ends when individual protocols are distributed. Test credit is only available for Juvenile through Senior Free Skate Events. Review the [IJS Protocol for Test Credit document](#).

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the compliance requirements listed below and verified by U.S. Figure Skating. There is **ONE coach credential** per registered athlete. **Coaches will not be permitted into the arena if they are not on the Compliant list.**

With EMS, a coach 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 on the skater's 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](#)

Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.

- ✓ Must agree to the U.S. Figure Skating Code of Ethics. \*
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. \*
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

#### Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (above)

\* Accessible via U.S. Figure Skating Members Only Website:

[www.usfsaonline.org](http://www.usfsaonline.org) → Person Icon  or Account → Member Profile → Compliance

#### Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

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

**VOLUNTEER INFO:** Skating clubs are run by volunteers and at CFSC 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.

**CONTACT INFO:** If you have questions, please send an **Email** (please include your phone number if we need to contact you) to [cantiaguefigureskatingclub@gmail.com](mailto:cantiaguefigureskatingclub@gmail.com).

**ADDITIONAL INFORMATION: Pre-orders:** You must pre-purchase the test credit packet and practice ice in the [EMS Competition Portal](#). The practice ice will be each morning before the competition begins, and if time allows, once mid-day on Saturday. There will be no walk-ons.

**Website:** <https://cfscskatingclub.org/nassaucounty-championship>

**Tentative schedule:** 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 (No Test and above and all Excel levels) will be on Friday May 13<sup>th</sup> (4 - 9pm) and Saturday May 14<sup>th</sup> (9am - 8pm)

Basic Skills events- Basic & Free Skate levels only will be on Sunday May 15<sup>th</sup> (9am - 1pm)

**SECTION 2: Events Offered and Entry Fees:**

Online Registration is through the [EMS Competition Portal](#) and will end on **Saturday April 16, 2022 at 11:59pm**. No Late Entries will be accepted. The grid below directs you to the requirement charts for each event and the associated fee:

SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS.

<b>U.S. FIGURE SKATING EVENTS</b>				
<b>SINGLES</b>	<b>IJS/6.0</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	
<a href="#">Well Balanced Short Program</a> (Intermediate – Senior)	IJS	\$130	\$110	
<a href="#">No Test – Preliminary Free Skate</a>	6.0	\$110	\$70	
<a href="#">Well Balanced Free Skate</a> (Pre-Juvenile – Senior)	IJS	\$130	\$110	
Excel Free Skate (Beginner – Preliminary)	6.0	\$110	\$70	
Excel Free Skate (Preliminary Plus – Senior)	IJS	\$130	\$110	
<a href="#">Adult Free Skate</a> (Adult Pre-Bronze – Adult Gold)	IJS	\$130		
<b>COMPETE USA EVENTS (These Events on Sunday May 15<sup>th</sup>)</b>	<b>JUDGING</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> EVENT</b>
<a href="#">Snowplow Sam-Basic 6 Program w/ Music</a>	6.0	\$70	\$40	\$40
<a href="#">Pre-Free Skate – Free Skate 1-6 Program w/ Music</a>	6.0	\$70	\$40	\$40
<a href="#">Snowplow Sam – Basic 6 Elements</a>	6.0	\$70	\$40	\$40
<a href="#">Pre-Free Skate – Free Skate 1-6 Compulsory Moves</a>	6.0	\$70	\$40	\$40
<a href="#">Showcase</a> (Basic, Pre-Freeskate – Freeskate 6)	6.0	\$70	\$40	\$40
<a href="#">2021-22 Compete USA Manual</a>				



# 2021-2022 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p><b>Excel Beginner Free Skate</b> 1:40 Max Must not have passed U.S. Figure Skating pre- preliminary free skate test</p>	<p><b>Maximum 4 jump elements:</b></p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: Salchow, toe loop only</li> <li>Eulers (half loops) are not allowed.</li> <li>Maximum 2 jump combinations or sequences. <ul style="list-style-type: none"> <li><a href="#">Permitted combinations: waltz jump/toe loop and/or salchow/toe loops</a></li> <li><a href="#">Permitted jump sequence: waltz jump/waltz jump with no turns or hops in between</a></li> </ul> </li> <li>Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>Two upright spins</li> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> <p><i>Max Level: Base</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel High Beginner Free Skate</b> 1:40 Max Must not have passed U.S. Figure Skating pre- preliminary free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop</li> <li>Flip, Lutz, &amp; Axel NOT permitted</li> <li>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>Both spins must be in a single position</li> <li>No change of foot</li> <li>No flying entry</li> <li>Permitted forward spins: upright, sit, camel</li> <li>Permitted back spins: upright</li> </ul> <ul style="list-style-type: none"> <li>Minimum 3 revolutions</li> <li><b>Spins may be the same character</b></li> </ul> <p><i>Max Level: Base</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Pre-Preliminary</b> 1:40 Max Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>Only single jumps allowed. <ul style="list-style-type: none"> <li>No single Axels are allowed.</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>One spin must be in a single position with no change of foot*</li> <li>One spin may change feet or position, but not both.</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Preliminary</b> <a href="#">2:00 +/- 10 sec</a> Must not have passed higher than U.S. Figure Skating preliminary free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>Only single jumps allowed. <ul style="list-style-type: none"> <li>No single Axels are allowed.</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li><a href="#">Must fully utilize the ice surface</a></li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>

\*Denotes required element

# 2021-2022 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p><b>Excel Preliminary Plus</b> <b>2:00 +/- 10 sec</b></p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel             <ul style="list-style-type: none"> <li>○ No double, or higher jumps allowed</li> <li>○ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences             <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*             <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ No flying entry</li> </ul> </li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)             <ul style="list-style-type: none"> <li>○ <a href="#">Must fully utilize the ice surface</a></li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile</b> <b>2:00 +/- 10 sec</b></p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel             <ul style="list-style-type: none"> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position*             <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ No flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile Plus</b> <b>2:00 +/- 10 sec</b></p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 1 double jump may be attempted (limited to double Salchow or double toe loop)             <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ <a href="#">Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination.</a></li> <li>○ <a href="#">No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence.</a></li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences             <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position*             <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Spin may start with flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>

\*Denotes required element

# 2021-2022 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p><b>Excel Juvenile</b>  <b>2:30 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• <u>1 must be an Axel-type jump*</u></li> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry  Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus</b>  <b>2:30 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry  Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Intermediate</b>  <b>3:00 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>○ Number of single jumps, excluding single axel, is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry  Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

\*Denotes required element

# 2021-2022 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p><b>Excel Intermediate Plus</b> 3:00 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip)             <ul style="list-style-type: none"> <li>Double Lutz, double Axel and higher jumps not allowed</li> <li>Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 3 jump combinations or sequences             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>Minimum 8 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position*             <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Novice</b> 3:30 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz)             <ul style="list-style-type: none"> <li>Double Axel and higher jumps not allowed</li> <li>Only 3 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 3 jump combinations or sequences             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>3<sup>rd</sup> spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*             <ul style="list-style-type: none"> <li>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</li> <li>Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>
<p><b>Excel Junior</b> 3:30 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*             <ul style="list-style-type: none"> <li>All single and double jumps allowed, except the double Axel.</li> <li>Double Axel and higher jumps not allowed</li> <li>No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only one position*             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*             <ul style="list-style-type: none"> <li>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</li> <li>Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>

\*Denotes required element



# 2021-2022 Excel Program Requirements

*Skaters must compete at their free skate test level or one level higher.*

<p><b>Excel Senior</b> <b>4:00 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 2:00</u></b></p> <p><u>Must have passed at least the U.S. Figure Skating junior free skate test.</u></p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*             <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, including the double Axel.</li> <li>○ Triple and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*             <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry*             <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position*             <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence* (ChSq)             <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
--	---	---	--

*\*Denotes required element*