

2023 Excel Program Requirements

<p>Excel Beginner Free Skate 1:40 Max</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Permitted combinations: waltz jump/toe loop and/or salchow/toe loops Permitted jump sequence: waltz jump/waltz jump with no turns or hops in between Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> Two upright spins No change of foot No flying entry Minimum 3 revolutions <p><i>Max Level: Base</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop Flip, Lutz, & Axel NOT permitted Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Spins may be the same character <p><i>Max Level: Base</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions One spin may be either a single position spin with no change of foot or a combination spin without a change of foot <ul style="list-style-type: none"> No flying entry Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the choreographic step sequence

*Denotes required element

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<p>Excel Preliminary Plus 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel <ul style="list-style-type: none"> No double, or higher jumps allowed <u>Single Axel and all other single jumps</u> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any same jump</u>) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <u>1 spin combination, with or without change of foot*</u> <ul style="list-style-type: none"> <u>Minimum 6 revolutions</u> <u>No flying entry</u> 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 3 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the choreographic step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed <u>Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence (maximum 2 of any same jump)</u> <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 4 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the choreographic step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. <u>Axel and all other singles</u> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (<u>maximum 2 of any same jump</u>) 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. <u>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</u> <ul style="list-style-type: none"> <u>jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</u> <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Spin may start with flying entry Minimum 4 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the choreographic step sequence

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<p>Excel Juvenile 2:30 +/- 10 sec 2nd half bonus: 1:15</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ 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) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <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>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Juvenile Plus 2:30 +/- 10 sec 2nd half bonus: 1:15</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ 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) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <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>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

*Denotes required element

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<p>Excel Intermediate 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps, excluding single axel, is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <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>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Intermediate Plus 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • 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"> ○ Double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <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>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

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<p>Excel Novice 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • 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"> ○ Double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character</p> <p><i>Max Level: 3</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Only Minimum Variety (5 turns) & 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 ○ Must fully utilize the ice surface <p><i>Max Level: 2</i></p>
<p>Excel Junior 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, except the double Axel. <ul style="list-style-type: none"> ○ Double Axel and higher jumps not allowed ○ 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 • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><i>Max Level: 4</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible

*Denotes required element

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<p>Excel Senior 4:00 +/- 10 sec</p> <p><u>2nd half bonus: 2:00</u></p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, including the double Axel. <ul style="list-style-type: none"> ○ Triple and higher jumps not allowed ○ 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 • <u>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.</u> <ul style="list-style-type: none"> ○ <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</u> ○ <u>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</u> 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <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>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
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*Denotes required element