

2021-2022 Excel Program Requirements

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

| | | | |
|--|--|---|--|
| <p>Excel Beginner Free Skate 1:40 Max Must not have passed U.S. Figure Skating pre- preliminary free skate test</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. Maximum 2 jump combinations or sequences. <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 Must not have passed U.S. Figure Skating pre- preliminary free skate test</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 Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> Jump sequence is any listed jump immediately followed by a waltz 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 <ul style="list-style-type: none"> 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 Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</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 Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz 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* One spin may change feet or position, but not both. No flying entry Minimum 3 revolutions 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 Must not have passed higher than U.S. Figure Skating preliminary free skate test</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 Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz 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* One spin may change feet and/or position No flying entry Minimum 3 revolutions 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

2021-2022 Excel Program Requirements

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

| | | | |
|---|---|---|--|
| <p>Excel Preliminary Plus 2:00 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</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 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) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump. | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* <ul style="list-style-type: none"> No change of foot No flying entry One spin may change feet and/or position No flying entry Minimum 3 revolutions 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 |
| <p>Excel Pre-Juvenile 2:00 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</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 Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz 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 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><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 |
| <p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</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. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. 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. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type 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 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><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

2021-2022 Excel Program Requirements

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

| | | | |
|---|--|---|---|
| <p>Excel Juvenile 2:30 +/- 10 sec 2nd half bonus: 1:15</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> | <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • <u>1 must be an Axel-type jump*</u> • 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 • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type 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>Must not have passed higher than U.S. Figure Skating juvenile free skate test</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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type 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 Intermediate 3:00 +/- 10 sec 2nd half bonus: 1:30</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</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 • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump immediately followed by an axel type 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: 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 |

*Denotes required element

2021-2022 Excel Program Requirements

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

| | | | |
|---|---|--|--|
| <p>Excel Intermediate Plus 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</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 Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3 jump combination is permitted. Jump sequence is any listed jump immediately followed by an axel type 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: 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 Novice 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</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 Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3 jump combination is permitted. Jump sequence is any listed jump immediately followed by an 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><u>Max Level: 3</u></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><u>Max Level: 2</u></p> |
| <p>Excel Junior 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> | <p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* <ul style="list-style-type: none"> All single and double jumps allowed, except the double Axel. 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 Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an 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><u>Max Level: 4</u></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><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>Excel Senior 4:00 +/- 10 sec</p> <p><u>2nd half bonus: 2:00</u></p> <p><u>Must have passed at least the U.S. Figure Skating junior free skate test.</u></p> | <p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ 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 ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an 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 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 |
|--|---|---|--|

**Denotes required element*