	Iw · · · ·		Tw : 40
Excel Beginner	Maximum 4 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Free Skate	Jumps with no more than one-half rotation (front to back or back to front)	Two upright spins	Choreographic Step Sequence*
	Single rotation jumps: Salchow, toe loop only	No change of foot	(ChSt)
1:40 Max	Eulers (half loops) are not allowed.	No flying entry	o Must use one-half of the
Must not have passed U.S. Figure	Maximum 2 jump combinations or sequences.	Minimum 3 revolutions	ice surface
Skating pre- preliminary free	o <u>Permitted combinations: waltz jump/toe loop and/or salchow/toe</u>		 Moves in the field and
skate test	<u>loops</u>		spiral sequences are
	o Permitted jump sequence: waltz jump/waltz jump with no turns or		allowed but will not be
	<u>hops in between</u>		counted as elements
	Maximum 2 of any same jump		 Jumps may be included
		<u>Max Level: Base</u>	in the step sequence
Excel High Beginner	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Free Skate	• Jumps with no more than one-half rotation (front to back or back to front)	Both spins must be in a single position	• Choreographic Step Sequence*
	Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop	No change of foot	(ChSt)
1:40 Max	Flip, Lutz, & Axel NOT permitted	No flying entry	 Must use one-half of the
Must not have passed U.S. Figure	Maximum 2 jump combinations or sequences. One 3-jump combination is	 Permitted forward spins: upright, sit, 	ice surface
Skating pre- preliminary free	allowed	camel	 Moves in the field and
skate test	 Jump sequence is any listed jump immediately followed by a waltz 	 Permitted back spins: upright 	spiral sequences are
share test	jump		allowed but will not be
	Maximum 2 of any same jump	Minimum 3 revolutions	counted as elements
		Spins may be the same character	 Jumps may be included
			in the step sequence
		<u>Max Level: Base</u>	
Evanl Dun Dunliminauv	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Pre-Preliminary	All single jumps allowed, except for the Axel	One spin must be in a single position with	Choreographic Step Sequence*
1:40 Max	No single Axels, double, or higher jumps allowed	no change of foot*	(ChSt)
Must not have passed higher	Number of single jumps (except single Axel) is not limited provided	One spin may change feet or position, but	Must use one-half of the
than U.S. Figure Skating pre-	the maximum number of jump elements allowed is not exceeded	not both.	ice surface
preliminary free skate test	Maximum 2 jump combinations or jump sequences	No flying entry	Moves in the field and
premimary mee shace test	Jump combinations limited to 2 jumps. One 3-jump combination is	Minimum 3 revolutions	spiral sequences are
	allowed	Spins must be of a different character	allowed but will not be
		5pms must be of a unicient character	. 1 1
	Jump sequence is any listed jump immediately followed by a waltz		counted as elements
	 Jump sequence is any listed jump immediately followed by a waltz jump 		counted as elements o lumps may be included
	 Jump sequence is any listed jump immediately followed by a waltz jump 		
	, 1 1 3 , 1 3	Max Level: 1	 Jumps may be included
Evgol Duoliminam	jump	Max Level: 1 Maximum 2 spins:	 Jumps may be included in the step sequence
Excel Preliminary	jump Maximum 5 jump elements:	Maximum 2 spins:	Jumps may be included in the step sequence Maximum 1 Sequence:
Excel Preliminary 2:00 +/- 10 sec	jump Maximum 5 jump elements: All single jumps allowed, except for the Axel	Maximum 2 spins: One spin must be a camel or layback spin	 Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence*
5	jump Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed	Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of	 Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)
2:00 +/- 10 sec	jump Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed	Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of position*	 Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)
2:00 +/- 10 sec Must not have passed higher	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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 spins: 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	 Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice
2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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	Maximum 2 spins: 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	Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
2:00 +/- 10 sec Must not have passed higher	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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 • Jump combinations limited to 2 jumps. One 3-jump combination is	Maximum 2 spins: 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	Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface Moves in the field and
2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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 • Jump combinations limited to 2 jumps. One 3-jump combination is allowed	Maximum 2 spins: 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	Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface Moves in the field and spiral sequences are
2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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 • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz	Maximum 2 spins: 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	Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be
2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating	Maximum 5 jump elements: • All single jumps allowed, except for the Axel • 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 • Jump combinations limited to 2 jumps. One 3-jump combination is allowed	Maximum 2 spins: 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	Jumps may be included in the step sequence Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements



^{*}Denotes required element

2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating preliminary free skate test	Maximum 5 jump elements: ■ All single jumps allowed, including single Axel □ 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 □ 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.	Maximum 2 spins: One spin must be in a single position* 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	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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
		Max Level: 1	
Excel Pre-Juvenile 2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test	Maximum 5 jump elements: All single jumps allowed, except for the Axel 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 Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump.	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry 1 spin with only 1 position* No change of foot No flying entry Minimum 4 revolutions Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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
Excel Pre-Juvenile Plus 2:00 +/- 10 sec Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test	Maximum 5 jump elements: 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) 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 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.	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry 1 spin with only 1 position* No change of foot Spin may start with flying entry Minimum 4 revolutions Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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



Excel Juvenile	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
2:30 +/- 10 sec 2 nd half bonus: 1:15	 1 must be an Axel-type jump* All single jumps allowed, including Axel No double or higher jumps allowed 	• 1 spin combination, with or without change of foot* O Minimum 8 revolutions	Choreographic Step Sequence* (ChSt)
Must not have passed higher than U.S. Figure Skating juvenile free skate test	 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 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 	 Minimum 2 revolutions in each position 1 spin with only 1 position* No change of foot Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character Max Level: 2 	surface
	type jump.		
Excel Juvenile Plus 2:30 +/- 10 sec 2nd half bonus: 1:15 Must not have passed higher than U.S. Figure Skating juvenile free skate test	 Maximum 5 jump elements: 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) 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 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. 	Maximum 2 spins: ■ 1 spin combination, with or without change of foot* ■ Minimum 8 revolutions ■ Minimum 2 revolutions in each position ■ 1 spin with only 1 position* ■ No change of foot ■ Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
Excel Intermediate 3:00 +/- 10 sec	Maximum 6 jump elements: 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	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 8 revolutions	Maximum 1 Sequence: • Choreographic Step Sequence* (ChSt) • Must fully utilize the ice
2 nd half bonus: 1:30	and double toe loop) O Double loop, double flip, double Lutz, double Axel and higher jumps	 Minimum 2 revolutions in each position 	surface
Must not have passed higher than U.S. Figure Skating intermediate free skate test	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	1 spin with only 1 position* No change of foot Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character	
	 Maximum 3 jump combinations or sequences Jump combinations limited to 2 jumps. One 3 jump combination is 		
	permitted. o Jump sequence is any listed jump immediately followed by an axel type jump.	Max Level: 3	

^{*}Denotes required element



Excel Intermediate	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Plus 3:00 +/- 10 sec 2nd half bonus: 1:30 Must not have passed higher than U.S. Figure Skating intermediate free skate test	 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) 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 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. 	1 spin combination, with or without change of foot*	Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
Excel Novice	Maximum 7 jump elements:	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec	 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple
2 nd half bonus: 1:45	Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) 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	Minimum 2 revolutions Minimum 2 revolutions in each position 1 flying spin with no change of foot or position*	Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern
Must not have passed higher than U.S. Figure Skating novice free skate test	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 Jump combinations limited to 2 jumps. One 3 jump combination is permitted.	 Minimum 6 revolutions 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character 	in each direction will be evaluated for the level Must fully utilize the ice surface
	 Jump sequence is any listed jump immediately followed by an axel type jump. 	Max Level: 3	<u>Max Level: 2</u>
Excel Junior	Maximum 7 jump elements	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec	 1 must be an Axel-type jump* 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, 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple Variety (7 turns) and
2nd half bonus: 1:45 Must not have passed higher than U.S. Figure Skating junior free skate test	 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. 	 All 3 basic positions with minimum 2 revolutions in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 spin with only one position* Minimum 6 revolutions All spins may change feet and start with a flying entry Spins must be of a different character Max Level: 4 	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



^{*}Denotes required element

2021-2022 Excel Program Requirements

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

Excel Senior 4:00 +/- 10 sec

2nd half bonus: 2:00

Must have passed at least the U.S. Figure Skating junior free skate test.

Maximum 7 jump elements

- 1 must be an Axel-type jump*
 - All single and double jumps allowed, including the double Axel.
 - o 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
 - o 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.

Maximum 3 spins:

- 1 spin combination, with or without change of foot*
 - Minimum 10 revolutions
 - All 3 basic positions with minimum 2 revs in each position for highest base value
- 1 spin with a flying entry*
 - o Minimum 6 revolutions
- 1 spin with only one position*
 - o Minimum 6 revolutions

All spins may change feet and start with a flying entry

Spins must be of a different character

Max Level: 4

Maximum 2 Sequences:

- One leveled step sequence*
 - Must fully utilize the ice surface

Max Level: 4

- One Choreographic Sequence* (ChSq)
 - o Must be clearly visible



^{*}Denotes required element