

# 2018-2019 Excel Program Requirements

<p><b>Excel Beginner Free Skate</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</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>Half Loops are not allowed.</li> <li>Maximum 2 jump combinations or sequences</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><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</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</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, half-loop, loop</li> <li>Flip, Lutz, &amp; Axel NOT permitted</li> <li>Maximum 2 jump combinations or sequences</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 flying entry</li> <li>Permitted forward spins: upright, sit, camel</li> <li>Permitted back spins: upright</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul>	<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</p> <p>Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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>One spin must be in a single 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><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> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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>One spin must be in a single 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><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>

\*\* Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

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<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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*</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><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-Juvenile</b> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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><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> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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>○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or 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 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><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>

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<p><b>Excel Juvenile</b> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <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 6 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><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> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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 more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or 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 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>○ 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><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> 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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. Double Salchow, double toe loop, double loop allowed             <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or 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 6 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><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>

\*\* Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

# 2018-2019 Excel Program Requirements

<p><b>Excel Novice**</b></p> <p>Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements for ladies, 7 for men:</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. Double Salchow, double toe loop, double loop, double flip allowed             <ul style="list-style-type: none"> <li>Double Lutz, double Axel and higher jumps not allowed</li> <li>No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice</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 with a maximum of 3 jumps 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 8 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><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 Junior</b></p> <p>3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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> </ul> </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>	<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><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 Senior</b></p> <p>4:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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> </ul> </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>	<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><b>Maximum 2 Sequences:</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> <li>One Choreographic Sequence* (ChSq)             <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

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