

2018-19

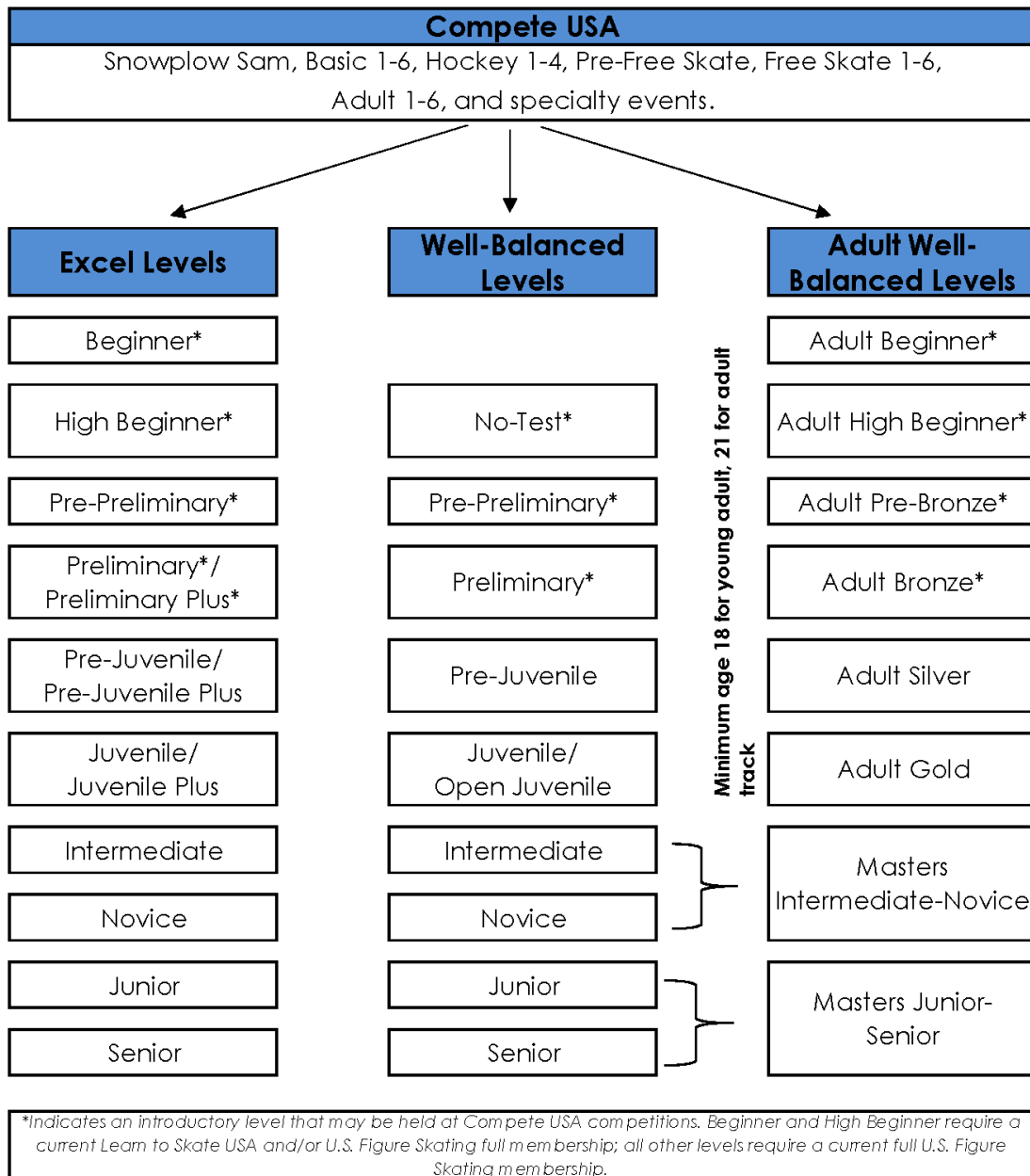
**Excel Program Technical
Information**





COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



Excel Free Skate Event

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement.***If the Event is run as 6.0, the following deductions will be taken:***

- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

If the Event is run as IJS, please refer to IJS for Excel notes below:**NOTES:**

- Spin criteria from ISU Communication #2168 will be applied by the technical panel to determine spin level.
- Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2168
- If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign “+REP” and the listed jump will receive only 70% of its value.
- Refer to the following for additional information:
 - o ISU Communication #2168– Single and Pair Skating
 - o 2018-2019 Excel Free Skate Elements Chart
 - o ISU Technical Panel Handbook – Singles
 - o US Figure Skating Technical Notification 209 – IJS Tables of Factors for Non-qualifying Level Events and Scales of Values for Non-Standard Elements

Technical Information by Level

Excel Beginner and Excel High Beginner

- The deduction for every fall is 0.25

Spins:

- Spin in one position: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position, the spin will receive a Level Base.
- Only spins with less than three revolutions will receive no value
- All spins, Max Level Base
- Any spins attempted not according to requirements as per program chart (i.e. flying entry) will receive an asterisk (*) that will result in no value.

Jumps:

- A waltz jump (1Wz) will receive credit at this level.
- The following half jumps will receive credit at this level: Half Flip (1HF), Half Lutz (1HLz).
- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence:

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Excel Pre-Preliminary through Excel Pre-Juvenile Plus

- The deduction for every fall is 0.25 for Pre Preliminary
- The deduction for every fall is 0.5 for Preliminary, Preliminary Plus, Pre Juvenile and Pre Juvenile Plus

Spins:

- Spin in one position: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position, the spin will receive a Level Base.
- Combination spin (CoSp & CCoSp): A spin with only two basic positions achieved for two continuous revolutions will not have a V assigned in this event level. If there are not two basic positions achieved for two continuous revolutions, the spin will receive a Level Base and a V will be assigned.
- All spins, Max Level 1
- Only spins with less than three revolutions will receive no value.
- Any spins attempted not according to requirements as per program chart (i.e. flying entry) will receive an asterisk (*) that will result in no value.

Jumps:

- A waltz jump (1Wz) will receive credit at these levels.
- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence:

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Excel Juvenile and Juvenile Plus

- The deduction for every fall is 0.5

Spins:

- Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value
- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
- All spins, Max Level 2. (In CCoSp, 2 features may be achieved on the same foot.)
- Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.

Jumps:

- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence:

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Excel Intermediate

- The deduction for every fall is 0.5

Spins

- Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value
- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
- All spins, Max Level 2. (In CCoSp, 2 features may be achieved on the same foot.)
- Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.

Jumps

- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Excel Novice

- The deduction for every fall is 0.5

Spins:

- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
- All spins, Max Level 3
- In any spin with a change of foot, a maximum of two features can be awarded on one foot and one feature can be awarded on the other foot.
- Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.

Jumps:

- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence:

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Excel Junior and Excel Senior

- The deduction for every fall is 0.5

Spins:

- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
- All spins, Max Level 4
- In any spin with a change of foot, a maximum of two features may be awarded on each foot.
- Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.

Jumps:

- Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.

Choreographic Step Sequence:

- If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Segment Parameters:

Category	# of Elements	# of PC	SS	PE	IN	GCF
Excel Beginner	7	3	2.40	0.80	0.80	1.00
Excel High Beginner	8	3	2.40	0.80	0.80	1.00
Excel Pre-Preliminary	8	3	2.70	0.90	0.90	1.00
Excel Preliminary	8	3	2.76	0.92	0.92	1.00
Excel Plus Preliminary	8	3	2.76	0.92	0.92	1.00
Excel Pre-Juvenile	8	3	2.88	0.96	0.96	1.00
Excel Plus Pre-Juvenile	8	3	2.88	0.96	0.96	1.00
Excel Juvenile	8	3	3.75	1.25	1.25	1.00
Excel Plus Juvenile	8	3	3.75	1.25	1.25	1.00
Excel Intermediate	9	3	3.75	1.25	1.25	1.00
Excel Novice	10 ladies/ 11 Men	3	3.75	1.25	1.25	1.00
Excel Junior	11	3	3.75	1.25	1.25	1.00
Excel Senior	12	3	3.75	1.25	1.25	1.00