

**2018-19**

**Excel Program Technical  
Information**



# 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 #2089 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 #2089
- 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 #2089 – Single and Pair Skating
  - o 2018-2019 Excel Free Skate Elements Chart
  - o ISU Technical Panel Handbook – Singles
  - o US Figure Skating Technical Notification 201 – 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.
- 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, but there is a recognizable position, the spin will receive a Level Base provided at least three revolutions in total are achieved.
- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given 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, but there is a recognizable position, the spin will receive a Level Base provided at least three revolutions in total are achieved.~~
- Combination spin (CoSp & CCoSp): A change of position (a minimum of two different basic positions) is required for these spins to be given 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.
- All spins, Max Level 3
- 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.
- All spins, Max Level 4

- 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