



**2019 Excel National Festival  
Florida Interclub Council  
June 7-9, 2019**

The 2019 Excel National Festival is made up of three parts:

Excel Series Final Competition: Invitation-only through the Excel Series for Excel preliminary plus, Excel pre-juvenile plus, Excel juvenile plus and Excel intermediate, novice, junior and senior

Excel Series Open Competition: Open to skaters in the 2019 Excel Series in Excel Beginner through Excel Juvenile.

Compete USA Competition: Open to all Learn to Skate USA skaters

It will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook.

The Excel Series Handbook can be found [HERE](#).

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**Age restrictions/requirements:** Skaters must be under 21 years of age as of the Excel Series registration deadline of March 1, 2019, in order to compete in the Excel Series Final Competition and Excel Series Open Competition. There is no age restriction for the Compete USA events.

**ENTRIES:**

Entries will only be accepted online via EMS at [www.usfsonline.org](http://www.usfsonline.org). Online registration will be in two phases:  
Phase 1

Opens on March 18 and closes on May 4: Compete USA Competition, Excel Series Open Competition (Excel Beginner-Excel Juvenile), Jump Challenge and Spin Challenge

Phase 2

Opens on May 19 and closes on May 25: Excel Series Final Competition- Invitation-only. (Excel Plus Events and



Excel Intermediate- Excel Senior)

Skaters wishing to register for the competition will need their U.S. Figure Skating member number and password.

**ENTRY FEES:**

Excel Series Final and Open events: \$120.00 for first event, \$45.00 for each additional event

Compete USA events: \$60.00 for first event, \$20.00 for each additional event

Please note, all EMS registration fees are credit card only and include a 3% processing fee paid by the skater.

Compete USA Competitors and Excel Open Competitors are welcome to participate in the Festival Experience! Join us for meet & greet with Team USA athletes, team building activities, social events, off-ice movement class and more! Cost is \$40.00 per skater and skaters must register separately using this link:

Compete USA Competitors: <https://fs12.formsite.com/USFSAIT/djnomtqiw7/index.html>

Excel Open Competitors: <https://fs12.formsite.com/USFSAIT/sc7pkzcm71/index.html>

The deadline to register is May 4. After May 4, skaters may register (pending space availability) for \$50.00.

**REGISTRATION INSTRUCTIONS:**

1. Go to [www.usfsaonline.org](http://www.usfsaonline.org)
2. Enter your U.S. Figure Skating or Learn to Skate Member number and password
  - a. If you need assistance with your member number and password, contact Member Services at [memberservices@usfigureskating.org](mailto:memberservices@usfigureskating.org).
3. Select the "Registration/Administration" option under the Events tab.
4. Click "Event Registration & Information"
5. Choose "2019 Excel National Festival" from the list of competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org).

**EMS SKATER PORTAL:**

Once online registration has been completed, skaters will gain access to the EMS Skater Portal for this competition. This is where you will manage music and PPC upload as well as purchase practice ice, view the competition schedule (once available) and update coach information. To access your skater portal, click the **BLUE** Event Management System button on the [Members Only](#) landing page then select the competition name from options at the bottom of the screen.

Skater Resources for EMS are available at the links below:

[Practice Ice Pre-Purchase](#)

[Music Upload](#)

[Planned Program Content](#)

[My Coaches](#)

The product support team ([productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)) will be available to support any skaters and coaches with questions regarding registration and/or practice ice.

**REFUND POLICY:** Entry fees will not be refunded after May 4 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.

**SCHEDULE:** Competitors may be scheduled on any day or time for the announced dates of the competition. The competition and practice ice schedule will be available via EMS as soon as possible after the close of entries. All participants will be notified via email once available.

**FACILITIES:** The competition will be held at The Panthers IceDen, 3299 Sportsplex Dr, Coral Springs, FL 33065 (<https://www.panthersiceden.com>).

Stadium Rink - 200'x85' with rounded corners, Four Locker Rooms, plus an officials room.

Mezzanine Rink - 200'x85' with rounded corners, Four Locker Rooms, plus an officials room and medical room.

Den Rink - 200'x85' with rounded corners, Four Locker Rooms, plus an officials room.

All three rinks do run on the cold side and are very weather dependent. The Panthers IceDen offers a full service cafe and concession.

### **MUSIC UPLOAD:**

**DEADLINE: May 31, 2019**

All competition music must be electronically submitted via the EMS Skater Portal through the Music & Program Content tab no later than May 31. All music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

### **[CLICK HERE FOR MUSIC UPLOAD HOW TO](#)**

***If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)***

### **MUSIC CRITERIA:**

- File Format: MP3 (only format EMS will accept)
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz
  - This will be verified by the music chair and they may request you upload a corrected file
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name, event, and running time.

**LIABILITY:** U.S. Figure Skating, Florida Interclub Council and the Panthers IceDen accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

### **JUDGING SYSTEM:**

#### **INTERNATIONAL JUDGING SYSTEM**

The International Judging System (IJS) will be used for the following events: Excel Series Final events (Excel Preliminary Plus, Excel Pre-Juvenile Plus, Excel Juvenile Plus, Excel Intermediate, Excel Novice, Excel Junior and Excel Senior).

### **PLANNED PROGRAM CONTENT (PPC):**

**DEADLINE: May 31, 2019**

Competitors participating in IJS events must submit their PPC via the EMS Skater Portal no later than May 31, 2019. Program content must be entered under the Music & Program Content tab of your EMS for this competition.

### **[CLICK HERE FOR PPC SUBMISSION HOW TO](#)**

***If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)***

## 6.0 JUDGING SYSTEM

The 6.0 Judging System will be used for: Excel Series Open events (Excel Beginner, Excel High Beginner, Excel Preliminary, Excel Pre-Juvenile and Excel Juvenile), Jump Events, Spin Events and all Compete USA events.

**REGISTRATION:** Registration will be open two hours before the first event and run through the last event of the day. The registration table will be located in the front lobby of the Panthers IceDen. Please register promptly upon arrival.

**LOCKER ROOMS AND CHANGING AREAS:** Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

**PRACTICE ICE:** All practice ice will be available for purchase online through the EMS Skater Portal. A timeline for practice ice sales periods will be available for viewing on the Main page of your skater portal. For additional information regarding practice ice offerings, visit your competition website:

[National Excel Festival Event Website](#)

**PHOTO/VIDEO:** The LOC has contracted with Gabriele Photography to be the vendor for Video and Action Photography. [CLICK HERE](#) to visit their website

**AWARDS:** Medals will be awarded for 1st-4th place.

**OFFICIAL NOTICES:** It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**TEST CREDIT:** Cannot be given during the 2019 Excel National Festival

## **IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must be included within a skater's registration or updated through their EMS Skater Portal. All coach compliance is verified via EMS and is connected to the U.S. Figure Skating database.

### U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

### Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through <http://www.usfsaonline.org> for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches via EMS verified through the U.S. Figure Skating database who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit:  
<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

**CONTACT INFO:** If you have questions, please contact

LOC Contacts:

Maureen Dalton – [ExcelFestival@gmail.com](mailto:ExcelFestival@gmail.com)

Scott Cudmore – [cudmores@floridapanthers.com](mailto:cudmores@floridapanthers.com)

Panthers IceDen – [panthersiceden@floridapanthers.com](mailto:panthersiceden@floridapanthers.com), Office Phone – 954-341-9956

U.S. Figure Skating Contacts:

Lori Dunn, Chief Referee - [Doctorstwo@aol.com](mailto:Doctorstwo@aol.com)

Karissa Woienski, Program Manager at U.S. Figure Skating - [kwoienski@usfigureskating.org](mailto:kwoienski@usfigureskating.org)

Elise Preston, Program Development Chair - [elise.preston@gmail.com](mailto:elise.preston@gmail.com)

**TENTATIVE SCHEDULE:**

[Click HERE](#) to view tentative schedule

**ADDITIONAL INFORMATION:**



11775 Heron Bay Boulevard, Coral Springs, Florida 33076 USA ☎ +1 954-753-5598

## Fort Lauderdale Marriott Coral Springs Hotel, Golf Club & Convention Center

Thank you for staying with us for the, 'Excel Series National Festival'!

Here's the reservation link attendees can use to make reservations :

(If you are making reservations for a TEAM/CLUB, please contact Rachel Duewer, Sales Manager 954-227-4144 directly for Team Bookings!)

[Book your group rate for Excel Series National Festival - US Figure Skating](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.



**Reservation Number: 1-866-527-1498**

**Group Block Booking Code for the two hotels are:**

**3100 N. University Drive, Coral Springs, FL: 77061105**

**3701 N. University Drive, Coral Springs, FL: 09251353**

3701 N. University Dr ,  
Coral Springs, FL 33065

3100 N. University Dr. ,  
Coral Springs, FL 33065

Phone: 1-954-753-9000

Phone: 1-954-344-2200

Email: [lq0925gm@laquinta.com](mailto:lq0925gm@laquinta.com)

Email: [lq7706gm@laquinta.com](mailto:lq7706gm@laquinta.com)



[National Excel Festival Event Website](#)

SEE CURRENT RULEBOOK OR CLICK [HERE](#) FOR CURRENT RULES AND REQUIREMENTS

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Salchow/toe loop combination</i></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz/loop combination</i></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, Mohawks and toe steps</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ half-loop/Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>



## SNOWPLOW SAM – BASIC 6 ELEMENTS

### Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>● March followed by a two-foot glide and dip</li> <li>● Forward two-foot swizzles, 2-3 in a row</li> <li>● Forward snowplow stop</li> <li>● Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>● Forward two-foot glide and dip</li> <li>● Forward two-foot swizzles, 6-8 in a row</li> <li>● Beginning snowplow stop on two-feet or one-foot</li> <li>● Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>● Forward one-foot glide (no variations), either foot</li> <li>● Scooter pushes, right and left foot, 2-3 each foot</li> <li>● Moving snowplow stop</li> <li>● Two-foot turn in place, forward to backward</li> <li>● Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>● Beginning forward stroking showing correct use of blade</li> <li>● Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Forward slalom</li> <li>● Moving forward to backward two-foot turn on a circle</li> <li>● Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>● Forward outside edge on a circle, clockwise or counterclockwise</li> <li>● Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Backward one-foot glides (no variations), right and left</li> <li>● Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>● Backward outside edge on a circle, clockwise or counterclockwise</li> <li>● Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Forward outside three-turn, right and left</li> <li>● Advanced two-foot spin, minimum 4 revolutions</li> <li>● Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>● Forward inside three-turn, right and left</li> <li>● Bunny Hop</li> <li>● Basic forward spiral on a straight line (no variations), right or left</li> <li>● Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>● T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge clockwise and counterclockwise</li> <li>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## EXCEL COMPULSORY – EXCEL BEGINNER – EXCEL PRELIMINARY COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>



## JUMPS CHALLENGE – BEGINNER – SENIOR

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"><li>1. Waltz jump (from backward crossovers)</li><li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li><li>3. Single Salchow</li></ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"><li>1. Waltz jump (from backward crossovers)</li><li>2. Single Salchow</li><li>3. Jump combination – waltz jump-toe loop</li></ol>
No-Test	1:15 max.	<ol style="list-style-type: none"><li>1. Single toe loop</li><li>2. Single loop</li><li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li></ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single toe loop</li><li>2. Single flip</li><li>3. Jump combination - Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li></ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single flip</li><li>2. Single Lutz</li><li>3. Jump combination – Any single jump + single loop (may include Axel)</li></ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel or double Salchow</li><li>2. Single or double jump</li><li>3. Jump combination – single/single (may include Axel)</li></ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Double Salchow or double toe loop</li><li>3. Jump combination – single/single or double/single (may include single Axel)</li></ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Double toe loop or double loop</li><li>3. Jump combination – double/single or double/double (may include single Axel)</li></ol>
Novice	1:30 max.	<ol style="list-style-type: none"><li>1. Double loop</li><li>2. Double flip</li><li>3. Jump combination – double/double (may include double Axel)</li></ol>
Junior	1:30 max.	<ol style="list-style-type: none"><li>1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz)</li><li>2. Double or triple flip</li><li>3. Jump combination – double/double (may include double Axel)</li></ol>
Senior	1:30 max.	<ol style="list-style-type: none"><li>1. Choice of double or triple jump (Salchow, toe loop, loop, flip)</li><li>2. Double or triple Lutz</li><li>3. Jump combination – double/double or triple/double (may include double Axel)</li></ol>



## SPINS CHALLENGE – BEGINNER – SENIOR

### General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright back spin (3 revs)</li> <li>3. Sit spin (3 revs)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (4 revs)</li> <li>2. Upright spin with change of foot (3 revs on each foot)</li> <li>3. Sit spin (3 revs)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright spin with change of foot (3 revs on each foot)</li> <li>2. Sit spin (3 revs)</li> <li>3. Camel spin (3 revs)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of position* and no change of foot (6 revs)</li> <li>2. Backward sit spin (3 revs)</li> <li>3. Camel spin (4 revs)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of foot and one change of position* (min. 3 revs each foot)</li> <li>2. Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>3. One position spin – skater's choice (upright, sit or camel), (4 revs)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Backward entry Camel spin (4 revs)</li> <li>2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>3. Forward to backward scratch spin (min 4 revs per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot)</li> <li>3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin-basic camel position required (5 revs)</li> <li>2. Sit spin to backward sit spin-basic sit position required (4 revs per foot)</li> <li>3. Combination spin – change of foot &amp; all 3 basic positions required (2 revs in each position &amp; min 5 revs per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Illusion to back scratch spin; may change feet (6 revs)</li> <li>2. Camel spin to backward camel spin (4 revs per foot)</li> <li>3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6 revs)</li> <li>2. Solo spin of choice – may not fly (8 revs)</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (8 revs)</li> <li>2. Solo spin of choice (8 revs) – may not fly</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>

\* There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).



## [EXCEL FREE SKATE – EXCEL BEGINNER – EXCEL SENIOR](#)

Excel events are only offered to skaters registered as part of the Excel Series; please click the link above to review program requirements by level.

The Plus levels and Intermediate – Senior require qualification; skaters qualifying to compete at those levels will receive email instructions on how to register.

