

# Excel Program & Series

Pilot Season Recap and Changes for 2020

# Excel Series Pilot Season in Numbers

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711 skaters registered for Excel Series

Participating Series Competitions - 33

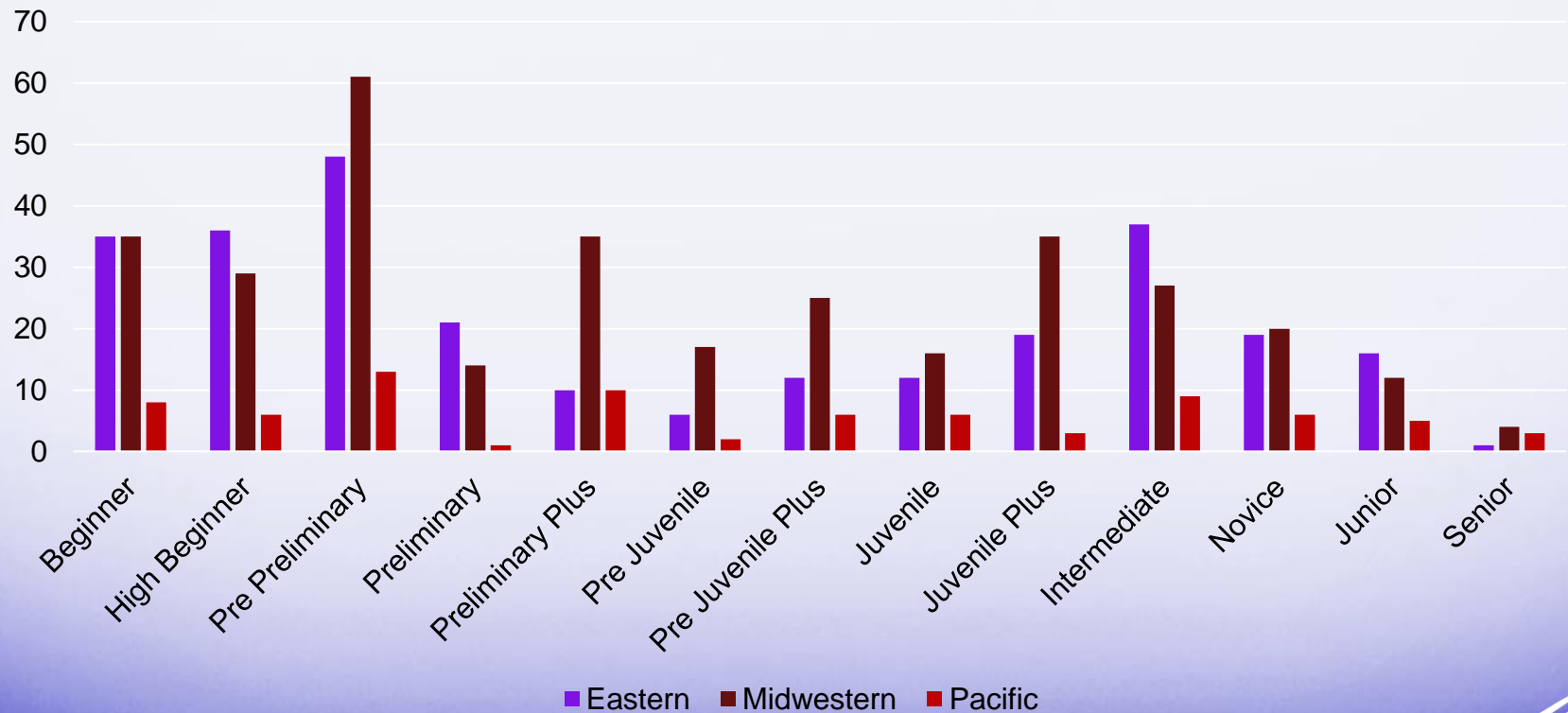
Eastern Section - 9

Midwestern Section - 18

Pacific Section - 6

# Excel Series Competitors

Section & Level



# Excel National Festival Stats & Highlights

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366 skaters and 620 starts

118 Excel Finalists, represented 53 clubs  
(Preliminary Plus through Senior)

248 Competitors in Excel Series open levels &  
Compete USA events  
(Excel Beginner through Excel Juvenile)  
(Snow Plow through Free Skate 6)

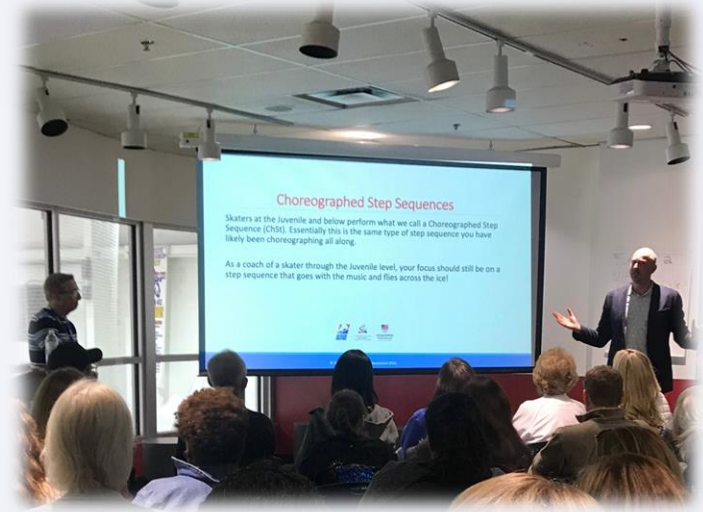
Competitors travelled from 25 states

Packed weekend with great competition, camp for Excel Finalists, festival activities for Excel open and Compete USA competitors, workshops for parent & coaches.

Highlights video of Excel  
Finalists Camp at the first annual  
Excel National Festival.







Excel Series competitors in the open level events and Compete USA competitors, enjoyed a day of Festival activities. From off-ice performance workshops, to meet and greets with Team USA, their day wrapped up with a competitors party with the Finalists Saturday night. Meanwhile parents attended Introduction to IJS workshops.

## Parents have shared with us:

“My daughter enjoyed the Excel series. It gave her an opportunity to compete with other skaters who she knew she would be competitive with. Even though she did not make it to the Excel national final, it was a good goal to shoot for. It is a great opportunity for skaters who want to keep testing and competing, but who are not likely to be competitive at regionals.”

“The series lit a fire under her and she worked hard. Before then, she wanted to quit.”

“My skater enjoyed being part of the series. It definitely re-invigorated her love for skating free skate programs when she was previously losing interest in that aspect of skating.”

“The best part about it was getting IJS scores so that she could start to see and understand the breakdown of her elements and performance. Then getting to set the goal of improving herself from one competition to the next.”

“Having Team USA members there really made the experience wonderful for my daughter, the training day camp was a lot of fun and allowed the kids to interact more with the other competitors from around the country. Saturday night dance party and finale on Sunday were a lot of fun too!”

“She told me it built up her confidence, she started to like competing, she started setting goals in skating. I felt like it built up her self esteem. She was ready to give up skating. Now she found her joy in skating again.”



## Coaches' comments:

“I love the program. It's perfect for getting my LTS kids into the IJS system.”

“It was a great experience. It helped them learn to compete in IJS and made them feel like they were working for something”

“I hope to see more come of this in the future. I believe the Excel skater is the majority not the minority. They are the average- but need a feasible outlet to progress and succeed in skating. I'm grateful for US Figure Skating creating the series.”

“My skater had the most incredible life changing experience at this festival. First of all she made it and that in it self has created a spark of pride that filters into all aspects of sport. For a teenage girl to feel worthwhile as a good athlete in this sport it is important in giving her the tools to stay in sport at the most difficult time in life as they are pulled in different directions.”

“I was concerned that it was going to be just another competition. The whole experience was exactly what I wanted it to be. From the first moments at lunch my student came back and said "I met a new friend!" The classes were fun and appropriate. The competition was truly a national event with many areas represented and good skaters. The exhibition was the perfect event to wrap up the fun with new friends made.”

“This opportunity and first experience to participate in Excel Series was awesome !!! The competition was very organized and I felt like it engaged all skaters . It was a FUN atmosphere and experience. It was amazing how many wonderful skaters came, and how many spectacular performances were skated I will have more skaters participate next year.”

“All of my skaters enjoyed the series so much, but [one of my skaters] benefitted the most. After a difficult regionals, she wanted to quit. I presented Excel. She was all for it. After all was said and done, she made finals, medaled but most of all asked if she could please do this again next year. It was such a positive competitive experience for her.”



# Furthering the Development of the Excel Program

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## Considerations:

- Feedback received throughout the pilot season
- Feedback received through survey results from 198 parents and 87 coaches
- Looking to the future & keeping mission of the program top of mind.

## Mission Statement:

*The primary mission of this program is to inspire more of our young athletes to continue training and remain committed to participating in figure skating by providing them with events that allow them to showcase their strengths. Additionally, this program serves as an opportunity for grassroots skaters and coaches to familiarize themselves with the fundamentals of the International Judging System (IJS) earlier in the pipeline utilizing a phased approach which allows them time to become proficient and confident with the IJS.*

# Reco [redacted] changes

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# Required Element Changes

## Excel Pre-Preliminary

- Spins
  - Maximum 2 spins:
    - **One spin must be in a single position with no change of foot**
    - **One spin may change feet or position, but not both.**
    - No flying entry
    - Minimum 3 revolutions
    - Spins must be of a different character

# Required Element Changes

## Excel Preliminary

- Spins
  - 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
    - Spins must be of a different character

# Required Element Changes

## Excel Preliminary Plus

- Spins
  - 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



# Required Element Changes

## Excel Juvenile Plus – Excel Senior

***New for Excel Juvenile Plus, Excel Intermediate and Excel Intermediate Plus:***

- **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**

# Required Element Changes

## Excel Intermediate - Jumps

- 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 and double toe loop)
    - Double loop, double flip, double Lutz, double Axel and higher jumps 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 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

# Required Element Changes

## Excel Intermediate & Excel Intermediate Plus - Spins

- **Maximum 2 spins:**
  - **1 spin combination, with or without change of foot**
    - **Minimum 6 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**

# Technical Handbook Changes

## Judging System

- **Excel Series events:** All Plus level events **as well as Juvenile and Intermediate Excel events** will be run using the IJS scoring system. All other events may be run as either 6.0 or IJS subject to the individual competition announcement.
- **Non-Series Excel events:** All levels may be run as either 6.0 or IJS subject to the individual competition announcement.

# Changes

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# Technical Handbook Reminders

## Excel Pre-Preliminary through Excel Pre-Juvenile Plus

- **Reminders:**
  - 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.
  - Spin in one position: Eight revolutions are not required for the spin to achieve a level 1.
  - Combination spin (CoSp & CCoSp): All three basic positions are not required for the spin to achieve a Level 1.

# Technical Handbook Changes

## Excel Intermediate and Excel Intermediate Plus

- **All spins, Max Level 3.**
- In a combination spin with a change of foot (CCoSp), a maximum of two features can be awarded on one foot and one feature can be awarded on the other foot.

# Technical Handbook Changes

## Excel Novice, Excel Junior & Excel Senior

### Step Sequence:

- The step sequence can earn a maximum of a Level 2, and the only features that will be evaluated for a level are:
  - Feature #1: **minimum variety** (five difficult turns and steps) or **simple variety** (7 difficult turns and steps), none of these can be counted more than twice.
  - Feature #2: rotations in either direction (right and left) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.
- If a skater does not perform a **minimum variety** of steps and turns, **Max: Level Base.**
- If a skater performs only a **minimum variety** of steps and turns, **Max: Level 1.**
- If a skater performs a **simple variety** of steps and turns, and no rotations, **Max: Level 1.**
- If a skater performs **simple variety** of steps and turns, and rotations, **Max: Level 2.**

# Additional Resources

- 2019-2020 Excel Free Skate Elements Chart
- Excel Program Technical Information Handbook
- ISU Communication #2253 – Single and Pair Skating
- ISU Communication #2254 – Single and Pair Skating
- ISU Technical Panel Handbook – Singles
- Calling Clarifications Junior and Below

# 2020 Excel Series What's New?

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Link to 2020 Excel Series Handbook

[https://fs12.formsite.com/USFSAIT/images/2020\\_Excel\\_Series\\_Handbook.pdf](https://fs12.formsite.com/USFSAIT/images/2020_Excel_Series_Handbook.pdf)



# 2020 Excel Series Date Changes

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## Series Dates

December 1, 2019 – May 17, 2020

Excel National Festival & Final

June 19 – 21, 2020 (tentative)

# 2020 Excel Series Eligibility Changes

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- *Any skater who was a Sectional Competitor in Singles or Pairs in the 2020 season is not eligible to compete in the 2020 Excel Series.*
- *Any skater who medaled at the 2019 Excel National Final from Excel Beginner through Excel Intermediate levels, must register and compete in the 2020 Excel Series at least one level above the level they competed in during the 2019 Excel Series or move to a 'Plus' level if they medaled in a standard (not Plus) Excel event. Either option is fine. For example: If a skater medaled at the 2019 Excel National Festival in the Excel High Beginner level, they would need to compete in the 2020 Excel Series in at least the Excel Pre Preliminary level.*

# 2020 Excel Series Judging System Changes

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- **The IJS will be used for all Excel “PLUS” levels, and Juvenile through Senior levels at ALL Excel Series competitions.**  
Please refer to the Excel Program Technical Handbook for IJS guidelines for Excel events.
- Choice of either IJS or 6.0 judging system is at the discretion of the LOC and will be specified in the announcement for the following Excel levels: Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile levels.

# 2020 Excel Series Group Size Recommendations

## \*\*Group Size:

EXCEL SERIES COMPETITIONS			
Excel Level	Judging System	Suggested Max Warm Up Size	Suggested Max Event Group Size
Beginner	6.0	12	6
High Beginner	6.0	12	6
Pre-Preliminary	6.0	12	6
Preliminary	6.0	8	8
Preliminary Plus	IJS	8	8
Pre-Juvenile	6.0	8	8
Pre-Juvenile Plus	IJS	6	12
Juvenile	IJS	6	12
Juvenile Plus	IJS	6	12
Intermediate	IJS	6	12
Intermediate Plus	IJS	6	12
Novice	IJS	6	12
Junior	IJS	6	12
Senior	IJS	6	12

**\*\* Group sizes may be slightly smaller or larger at the discretion of the chief referee. If an IJS Excel event is split into separate groups, the chief referee is encouraged to keep the judging and technical panel as consistent as possible among the separate groups of a single event level.**

# 2020 Excel Series

## Awarding of Points - Changes

### Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile & Intermediate

- Skaters must participate in **at least two Series competitions** in order to have their points recognized.
- For the above events, **points will be awarded to skaters for competing in Series competitions as outlined in the chart on Page 7 of the 2020 Excel Series Handbook.**
- Points will only be awarded to athletes who compete in the competition and are registered for the Series. No points will be awarded to an athlete who withdraws for any reason or is not registered as a participant in the Series by the entry deadline of the competition or by the March 1, 2020 Excel Series entry deadline, whichever is earlier. If any skater(s) withdraw at any point in time from an event, they will *not* be counted as a “competitor” for purposes of determining how many points a placement is worth.
- All skaters in the above levels will be eligible to compete at the Excel Festival so long as they are registered for the Series and compete in at least two Series competitions.



# 2020 Excel Series

## Earning Series Invitations

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### **Excel Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate Plus, Novice, Junior & Senior:**

- Skaters must compete in at least two competitions in order to be eligible to advance to the Excel Series Final and Finalists Camp.
- Those skaters who finish in the top six (6) places within their section, based on the combined total of their two highest scores, will receive an invitation to advance to the Excel Series Final competition and Finalists Camp.
- Additionally, the next top two skaters nationally - regardless of section - will earn an invitation to participate in the Excel Finalist Camp and Excel Series Final at the National Festival.

# 2020 Excel Series Helpful Reminders

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*Series registration will open in mid-September. Deadline to register for the 2020 Excel Series is March 1, 2020 or before the date of your first Series competition, whichever is first. Link to register will be available on the Excel Series page of the US Figure Skating website.*

- Register for Excel Series and all Series competitions with the same name.
- Double check with your coach regarding correct event level before registering for the Excel Series.
- After each competition review the point standings on the US Figure Skating website for accuracy and current placement.

# Excel Program Resources

US Figure Skating Website, Programs Tab, Excel Series

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Host a 2020 Excel Series competition. [Applications](#) due August 31, 2019

Submit a bid to host the 2020 or 2021 Excel National Festival. [Bid Package.](#)

[Excel Free Skate Requirements Chart](#)

[Excel Technical Handbook](#)

[2020 Excel Series Handbook](#)

List of 2020 Excel Series Competitions  
(will be posted in mid-September, 2019)

Questions?

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