2023 Excel Series Final

EVENT: Jumps Challenge
General event parameters:

1. . Each jump may be attempted twice; the best attempt will be counted.
2. Beginner - Pre-juvenile will be skated ½ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating Rules/ Standards
Excel Beginner	1:15 Max.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
Excel High Beginner	1:15 Max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
Excel Pre-Preliminary	1:15 Max.	1. Single loop 2. Single flip 3. Jump combination – Any single jump + single toe loop (no Axel)
Excel Preliminary	1:15 Max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include single Axel)
Excel Pre-Juvenile	1:15 Max.	1. Single Lutz 2. Single Axel 3. Jump combination of 3 single jumps (may include single Axel)
Excel Juvenile	1:15 Max.	1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel, doubles limited Salchow, toe loop or loop)
Excel Intermediate	1:30 Max.	1. Double toe loop or double loop 2. Jump combination – double/single (doubles limited to Salchow, toe loop, loop or flip) 3. Jump sequence – single Axel + single Axel
Excel Novice	1:30 Max.	1. Choice of double jump (Salchow, toe loop, flip) 2. Double loop 3. Jump sequence – single Axel + single Axel + single Axel
Excel Junior	1:30 Max.	1. Choice of double jump (Salchow, toe loop, loop, Lutz) 2. Double flip 3. Jump combination – double/double (no double Axel)
Excel Senior	1:30 Max.	1. Choice of double jump (Salchow, toe loop, loop, flip) 2. Double Lutz 3. Jump combination of three jumps – two must be double jumps (may include double Axel, no triples permitted)