



2023 Excel Series Final

EVENT: Spins Challenge

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 1/2 ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating Rules/ Standards
Excel Beginner	1:30 Max.	1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
Excel High Beginner	1:30 Max.	1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
Excel Pre-Preliminary	1:30 Max.	1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Excel Preliminary	1:30 Max.	1. Spin combo. without change of foot – camel to sit spin (2 revs in each position) 2. Upright spin with change of foot (4 revs on each foot) 3. Camel spin (4 revs)
Excel Pre-Juvenile	1:30 Max.	1. Spin combo. without change of foot - all 3 basic positions req. (2 revs in each position) 2. Sit spin with change of foot (min. 3 revs each foot) 3. Camel spin (4 revs)
Excel Juvenile	1:30 Max.	1. Backward entry into back camel spin (4 revs) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Choice of layback spin (5 revs) or sit spin with change of foot (min. 3 revs each foot)
Excel Intermediate	1:30 Max.	1. Flying camel spin (4 revs) 2. Backward entry into sit spin with change of foot (min. 3 revs each foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Excel Novice	1:30 Max.	1. Flying sit spin (5 revs) 2. Camel spin with change of foot (min. 4 revs each foot) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Excel Junior	1:30 Max.	1. Flying spin of choice (8 revs) 2. Spin in one position of choice (8 revs) – may change feet, may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Excel Senior	1:30 Max.	1. Flying spin of choice (8 revs) 2. Spin in one position of choice (8 revs) – may change feet, may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)