



2025 Excel Competition Series Athlete Handbook

ATHLETE CHECKLIST

- RENEW MEMBERSHIP FOR 2024-25 SEASON
- REGISTER FOR EXCEL SERIES VIA SERIES APPLICATION (OPEN DECEMBER 11, 2024)
REGISTER FOR AT LEAST TWO APPROVED EXCEL SERIES COMPETITIONS VIA EMS
- TRACK YOUR SERIES STANDINGS ON EMS

Excel Competition Series Dates

January 15 – June 8, 2025

Excel National Final & Festival Dates

July 9-13, 2025

Broadmoor World Arena - Colorado Springs, CO

EXCEL Questions?

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WeitzmanM@aol.com for technical questions

Epreston.usfs@gmail.com for series questions

Updated April 8, 2025

Dear Skaters, Coaches and Parents,

On behalf of the U.S. Figure Skating Excel Sub-Committee, we are thrilled to announce the 6th season of the Excel Competition Series.

The purpose of the Excel Series is to offer young athletes an exciting and competitive environment that motivates them to focus on strengthening their program components and advancing their technical skills each season.

Excel Series events will be held at select non-qualifying competitions; a list of participating competitions will be posted by December 10, 2024.

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) through a phased approach which allows them to become proficient and confident with the IJS.

We are looking forward to reigniting excitement in the new Excel program this season with a focus on providing a safe experience for our athletes, coaches and officials.

We hope that the Excel program continues to inspire athletes to work hard and challenge themselves to achieve new technical and program component goals each season. We wish all competitors a great experience this season – skate your best, have fun and enjoy the Series!

Sincerely,

Marc Weitzman

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U.S. Figure Skating

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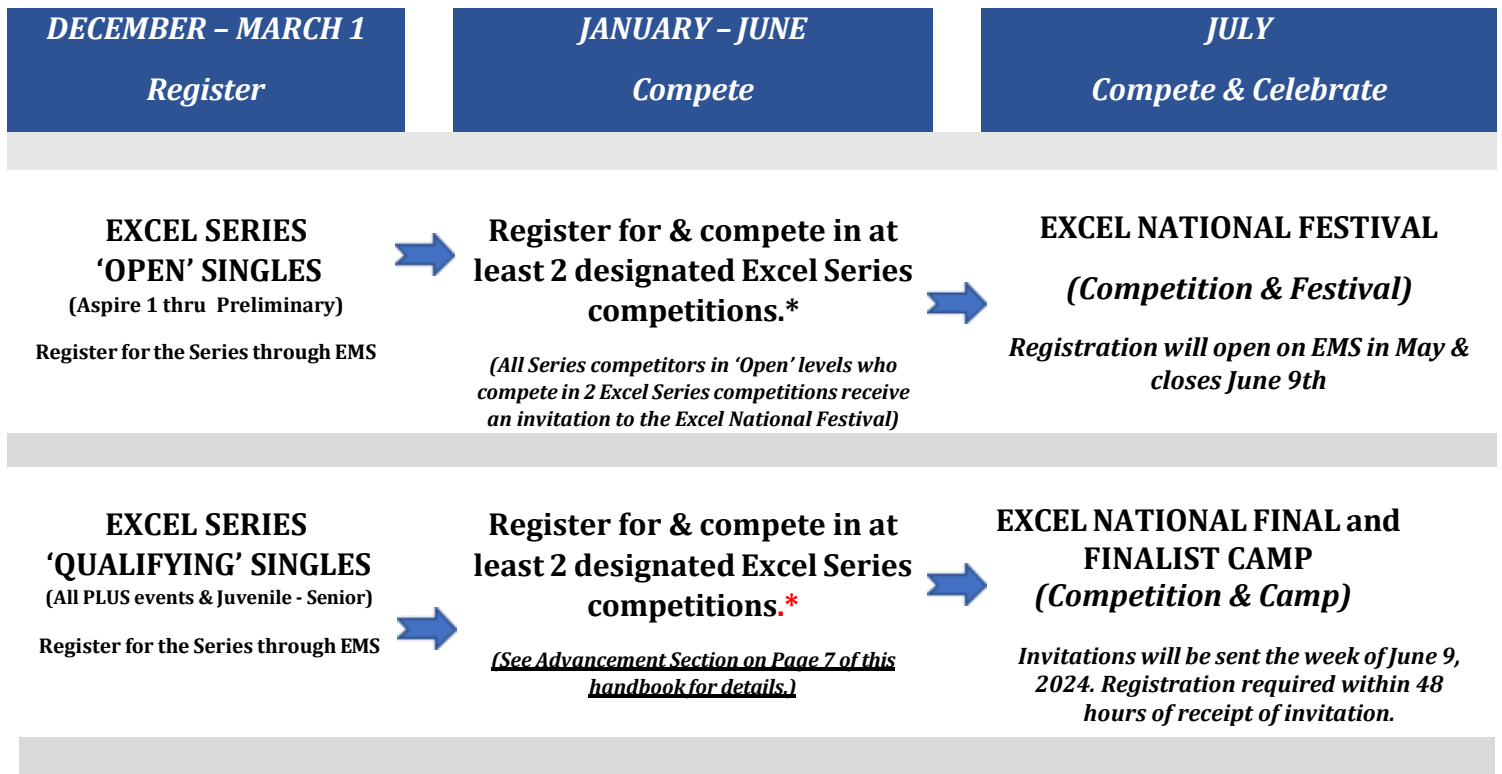
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EXCEL SERIES STRUCTURE



*** Series entrants may compete in a maximum of 4 Excel Series Competitions.**

STEP 1 - REGISTER FOR US FIGURE SKATING OR RENEW YOUR MEMBERSHIP

To complete registration (via the [Series Application](#)) and register for [approved EXCEL SERIES competitions](#), athletes of all levels – Excel beginner through senior - must be current members of U.S. Figure Skating.

A current membership for the 2024-25 season is required to complete the series application (membership must be fully processed with home club AND U.S. Figure Skating; you can verify membership status [here](#)).

Athletes are automatically entered into one of the three sections based on the location of their home club, or if an individual member, their home address. All registrants are bound to their geographic designation at the time of entry and no changes are permitted. Club representation stays intact for the entirety of the Excel Series season even if an athlete changes clubs.

STEP 2 – COMPETITIVE LEVEL

- **Skaters must be under 21 years of age as of March 1, 2025 to register and compete in the 2025 Excel Series. No other age restrictions apply to Excel events.**
- Athletes may complete an Excel Series registration at ONE level only.

Can I change my level?

Athletes competing in events which require qualification for the Excel Final, may NOT change level after registering and competing in one or more Excel Series competitions. *These events include: All PLUS events and Juvenile, Intermediate, Novice, Junior & Senior.*

Athletes competing in ‘open’ events may move up ONE level during the Series and/or for the Excel Final. Skaters may not move ‘down’ in level. ‘Open’ events include: Aspire 1-4, Pre-Preliminary, and Preliminary.

Meet the citizen and residency requirements as stated in Rules 2230-2243. Foreign or released athletes residing in the U.S. who currently represent another ISU federation other than U.S. Figure Skating may register and compete at an approved Excel Series competition. However, they are not eligible to complete the Series Application nor receive a score within the Series Standings.

Eligibility

- Skaters must be under 21 years of age as of the registration deadline of March 1, 2025.
- Any skater who competed in the 2024 Excel Series may not enter the 2025 Excel Series at a lower level.
- Any skater who medaled at the 2024 Excel National Final in any Plus level event or Juvenile thru Junior must register and compete in the 2025 Excel Series at least one level above the level in which they competed during the 2024 Excel Series. ***(For skaters who medaled in Excel Preliminary, Excel Juvenile or Excel Intermediate; moving to the “Plus” level will be considered moving up in level. For example, a skater who medaled in Excel Juvenile at the 2024 Excel Final may compete at Excel Juvenile Plus in the 2025 Excel Series.)***

The following athletes are ineligible to compete in the 2025 Excel Series:

- Any athlete who qualified to compete at the 2025 U.S. Figure Skating Championships.
- Any athlete who competed in the 2024-25 Sectional Singles Finals in a singles event.
- Any athlete who competed in the 2024-25 National Qualifying Series (NQS) **and** who earned a score of at least:
 - Juvenile: 42 points
 - Intermediate: 83 points
 - Novice: 92 points
 - Junior: 105 points
 - Senior: 108 points
- Clarification: Any skater who attained a score listed above in the 2024-25 NQS season, is ineligible to compete in the 2025 Excel Series at any level. For example, a skater who competed Juvenile in 2024-25 NQS and attained a score of 42 or higher, is INELIGIBLE to register for the 2025 Excel Series at any level.
- Exceptions may be made at the discretion of the Excel Program Sub-Committee.

STEP 3 – EXCEL SERIES APPLICATION

Beginning December 11, athletes can complete their registration via [the Series Application](#) on EMS. The Series Application is the key requirement for registration. All interested athletes **MUST** complete this step prior to the start of their first approved EXCEL SERIES competition (first day of competition).

	Application Open	Application Close	Fee
Standard	December 11	March 1	\$70
Late	March 3	March 14	\$150

Note: the application will close on March 1 at 11:59 p.m. ET and re-open March 3rd at 12:00 p.m. ET. During this time, the Series Status will be listed as “Registration Closed”.

- Without a paid [Series Application](#), NO scores will be posted to the [Series Standings](#) and thus athletes cannot advance to the Excel Final, Excel Finalist Camp and/or Excel Festival.
- If an athlete competes in an approved Excel Series competition prior to completing their [Series Application](#), the scores will NOT count in the Series – no exceptions.

Online payment via credit card is the ONLY accepted form of payment for the Series Application. No cash, checks or mail orders will be accepted by U.S. Figure Skating.

- No refunds are provided for the Excel Series Application Fee under any circumstances (medical withdrawals included).
- Entry fee refund policies for approved Excel Series competitions are at the discretion of each host club.

STEP 4 – REGISTER FOR AT LEAST TWO EXCEL SERIES COMPETITION VIA EMS

All athletes must register for at least TWO approved EXCEL SERIES competitions via U.S. Figure Skating’s Event Management System (EMS) and compete!

For the 2025 Excel Series, skaters may compete in up to a maximum of FOUR EXCEL SERIES COMPETITIONS.

Athletes must enter each approved EXCEL SERIES competition directly, in accordance with the entry deadline and entry fees set forth by the host club. It is the sole responsibility of each athlete to complete this step to ensure their scores will post for the Series and thus the opportunity to advance to the Excel National event.

Note: In order for scores to count toward the Series Standings, participants must compete in at least two approved Excel Series Competitions and must register for the Excel Series prior to their first competition.

EXCEL SERIES STANDINGS

For Excel Series 'Qualifying' Events

The Excel Series Standings for 'qualifying events' will be available for viewing in EMS. The standings will display a sectional rank. Qualifying events are: All 'Plus' level events, AND Juvenile, Intermediate, Novice, Junior and Senior.

To access the standings:

- Log in to Members Only at <https://m.usfigureskating.org>.
 - Select EMS.
- Click "Series Information."
 - Choose "2025 Excel Series."
- Select "Standings."

At the end of each approved Excel Series competition, all IJS competition results will be uploaded to EMS by the chief accountant as soon as possible following the event's conclusion. Each skater's score is transmitted to the Standings. Only a skater's current two highest scores are officially recorded. If a skater finishes a competition and beats one of their previous two highest scores, the scores will be updated. If a skater competes but does not beat one of their current two highest scores, the previous two scores stand.

An athlete will not appear on the Excel Series standings until they have earned a score at an approved Excel Series competition for the level of their paid Series Application.

Please note, invitation to the Excel Final and Finalist Camp is tied to the two highest posted scores in the Series Standings, NOT from individual event placements at approved Excel Series competitions.

For Excel Series 'Open' Events

Open level events are Aspire 1-4, Pre-Preliminary and Preliminary.

- Athletes competing in open levels will receive recognition online as results are uploaded in EMS.

ADVANCEMENT TO EXCEL NATIONAL FINAL

Qualifiers:

All Plus levels and Juvenile through Senior athletes.

- Advancement information will be sent via email, outlining the EMS registration process and competition details the week of June 8th.
- Each qualifier will be required to complete registration and pay their entry fee within 48 hours of receipt of advancement email from U.S. Figure Skating HQ.
- **If no response, spot will be forfeited, and alternate will be invited.**
- Entry fee for the Excel National Final will cover Excel Freeskate event and Camp experience.

Advancement by Event-Minimum Qualifiers:

updated list of advancement as of March 15, 2025.

Excel Preliminary Plus

- The top 12 skaters in each section.
- Plus the skaters with the next 12 highest scores nationally - regardless of section.
- (48 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Pre-Juvenile Plus

- The top 10 skaters in each section.
- Plus the skaters with the next 10 highest scores nationally - regardless of section.
- (40 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Juvenile

- The top 7 skaters in each section.
- Plus the skaters with the next 7 highest scores nationally - regardless of section.
- (28 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Juvenile Plus

- The top 8 skaters in each section.
- Plus the skaters with the next 8 highest scores nationally - regardless of section.
- (32 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Intermediate

- The top 9 skaters in each section.
- Plus the skaters with the next 9 highest scores nationally - regardless of section.
- (36 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Intermediate Plus

- The top 8 skaters in each section.
- Plus the skaters with the next 8 highest scores nationally - regardless of section.
- (32 total) - will earn an invitation to participate in the National Excel Final.
- Finalists will compete in two separate groups at the final with medals awarded in each group.
- There will be no final rounds.

Excel Novice

- The top 6 skaters in each section.
- Plus the skaters with the next 6 highest scores nationally - regardless of section.
- (24 total) - will earn an invitation to participate in the National Excel Final.

Excel Junior

- The top 6 skaters in each section.
- Plus the skaters with the next 6 highest scores nationally - regardless of section.
- (24 total) - will earn an invitation to participate in the National Excel Final.

Excel Senior

- The top 6 skaters in each section.
- Plus the skaters with the next 2 highest scores nationally - regardless of section.
- (20 total) - will earn an invitation to participate in the National Excel Final.

All Boys/Men Events

- The top 6 skaters in each section.
- Plus the skaters with the next 6 highest scores nationally - regardless of section.
- (24 total) - will earn an invitation to participate in the National Excel Final.

Open Event athletes

Aspire 1-4, Pre-Preliminary and Preliminary.

- Registration information will be sent via email to all Open level Excel Series registered athletes. outlining the EMS registration process and competition details in May.
- *The deadline to register for Open level athletes to register for the Excel Final and Festival will be June 9th.*
- Entry fee for Excel National Final will cover Excel Freeskate event and Festival experience.

FINALIST RECOGNITION

The theme for the Excel Series is "Excellent Execution"

Pins – Pins will be awarded to all athletes in IJS events at the Excel National Final who earn at least one +3 from a judge on any element during the Final.

Presentation Awards – The skater with the highest total PCS score at each qualifying level during the 2025 Excel National Final will receive an award which will be presented during the awards ceremony.

Founders Trophies -Two trophies will be awarded, one to the boy/man with the best presentation and one to the girl/woman with the best presentation as voted on by the judging panel during the 2025 Excel National Final. Awards will be presented during the awards ceremony.

ADDITIONAL INFORMATION

Coach Compliance

Any coach attending the competition must be included within a skater's series application AND individual competition registration via EMS. Any coaches declared at the time of registration will be included in the skater's registration confirmation email and have access to the EMS Coach Portal. Noncompliant coaches will receive automated email reminders through the start of the competition.

Note, there is no registration approval process within EMS as the data (membership) is tied to the U.S. Figure Skating database.

All Excel Series coaches must be fully compliant US Figure Skating coaches & meet the criteria below:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment and successfully pass a background check.
 - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training.
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Coach I.C.E requirements through US Figure Skating.
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics.
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement.

Liability

U.S. Figure Skating, the host club(s) and/or interclub association, the organizing committee and the ice arenas utilized for these events accept no responsibility for injury or damage sustained by any participant in any Excel Series event. (U.S. Figure Skating Rule 1600)

Dates:

The 2025 Excel Series will run from January 15, 2025 to June 8, 2025 with the Excel Finalist Camp and Excel Series Final competition taking place at the Excel National Festival, July 9-13, 2025.

Music:

Music must be provided for events according to requirements in each competition's announcement.

Costumes:

The Excel Series will follow all costume rules and requirements as stated for singles events in the 2025 U.S. Figure Skating Rulebook. (Rules 6030-6035)

Judging System:

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 found [here](#).

Choice of either IJS or 6.0 judging system is at the discretion of the LOC of each Excel Series Competition and will be specified in the announcement for the following Excel levels: Aspire 1-4 and Pre-Preliminary and Preliminary.

Warm-up Groups

Warm-up groups are at the discretion of the chief referee, and skaters will be notified prior to the start of the event if there will be more than one warm up group.

****Group Size:**

EXCEL SERIES COMPETITIONS			
Excel Level	Judging System	Suggested Max Warm Up Size	Suggested Max Event Group Size
Aspire 1-4	6.0 or IJS	12	6
Pre-Preliminary	6.0 or IJS	12	6
Preliminary	<u>6.0</u> or IJS	<u>10</u>	<u>8</u>
Preliminary Plus	IJS	<u>10</u>	<u>8</u>
Pre-Juvenile Plus	IJS	<u>10</u>	<u>8</u>
Juvenile	<u>IJS</u>	<u>10</u>	<u>10</u>
Juvenile Plus	IJS	6	12
Intermediate	IJS	6	12
Intermediate Plus	IJS	6	18
Novice	IJS	6	18
Junior	IJS	6	18
Senior	IJS	6	18
<i>** 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.</i>			

EXCEL SERIES ATHLETE RESOURCE LIST

Excel FS Requirements Chart

Excel Technical Handbook

2025 Excel Series Competitions List

2025 Skater Registration Form

2025 Excel Series Handbook

Excel Open Standings

Event Management System (EMS)

- Series Application
- Competition Registration
- Series Standings
- Skater Portal: My Coaches, Music, PPC
- Coach Portal: My Skaters, Coach Schedule

CONTACTS

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