Event Due Dueliminaur	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Pre-Preliminary 1:40 Max Warm Up Time: 4 minutes	All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump	One spin must be in a single position with no change of foot* No flying entry Minimum 3 revolutions One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot No flying entry Spins must be of a different character	One Choreographic Sequence (pChSq)
		Max Level: 1	
Excel Preliminary Plus 2:00 +/- 10 sec Warm Up Time: 4 minutes	Maximum 5 jump elements: All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any same jump) Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take- off curve of the Axel-type jump	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry 1 spin with only 1 position* No change of foot No flying entry Minimum 3 revolutions	Maximum 1 Sequence: One Choreographic Sequence (pChSq) Must be clearly visible
		<u>Max Level: 1</u>	
Excel Pre-Juvenile Plus	Maximum 5 jump elements: 1 must be an Axel-type jump or a waltz jump*	Maximum 2 spins: 1 spin combination, with or without	Maximum 1 Sequence: One Choreographic Sequence
2:00 +/- 10 sec	 All single jumps, including the single Axel, allowed. Only 1 double jump may be attempted (limited to double Salchow or double toe loop) 	change of foot* O Minimum 6 revolutions O No flying entry	(pChSq) Must be clearly visible
Warm Up Time: 4 minutes	 Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (maximum 2 of any same jump) 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. Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. 	• 1 spin with only 1 position* ○ No change of foot ○ Spin may start with flying entry ○ Minimum 4 revolutions Max Level: 2	

^{*}Denotes required element



Excel Juvenile 2:30 +/- 10 sec Warm Up Time: 5 minutes 2nd half bonus: 1:15	 Maximum 5 jump elements: 1 must be an Axel-type jump* All single jumps allowed, including Axel No double or higher jumps allowed Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump into the take_off curve of the single Axel jump. 	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 8 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 Max Level: 2	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
Excel Juvenile Plus 2:30 +/- 10 sec Warm Up Time: 5 minutes 2nd half bonus: 1:15	 Maximum 5 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 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 Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination 	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 8 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	Maximum 1 Sequence: One leveled step sequence* Only Minimum Variety (5 turns) will be evaluated for the level Must fully utilize the ice surface Max Level: 1
	 (maximum 2 of any s jump) Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump_into the take-off curve of the single Axel jump. 	Max Level: 2	



Excel Intermediate	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
3:00 +/- 10 sec	• 1 must be an Axel-type jump*	 1 spin combination, with or without 	 Choreographic Step Sequence*
3.00 +/- 10 Sec	 All single jumps, including the single Axel, allowed. 	change of foot*	(ChSt)
	Only 2 different double jumps may be attempted (limited to double Salchow	 Minimum 8 revolutions 	o Must fully utilize the ice
	and double toe loop)	o Minimum 2 revolutions in each	surface
Warm Up Time:	o Double loop, double flip, double Lutz, double Axel and higher jumps	position	
6 minutes	not allowed.	• 1 spin with only 1 position*	
0 11111111000	o <u>Single Axel and double jumps may be repeated once</u> (but not	o May change feet	
2nd balf barrer	more), and if repeated, must be part of a jump sequence or jump combination.	o Minimum 5 revolutions	
2 nd half bonus:	All other singles may be repeated once (but not more) as a solo	Both Spins may start with a flying entry	
1:30	iump or part of a jump sequence or jump combination (maximum)	both spins may start with a nying chery	
	2 of any single jump]		
	Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.		
	o Jump combinations and jump sequences are limited to two jumps		
Mill hamband out after 2026	except that one jump combination or one jump sequence may		
(Will be phased out after 2026	include three jumps.	Max Level: 3	
season)	 A jump sequence consists of two or three jumps in which the 		
	second and/or the third jump is a single Axel with a direct step		
	from the landing curve of the first/second jump into the take-off		
	curve of the single Axel jump.		
Excel Intermediate Plus	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
	• 1 must be an Axel-type jump*	• 1 spin combination, with or without	One leveled step sequence*
3:00 +/- 10 sec	All single jumps, including the single Axel, allowed.	change of foot*	o Only Minimum Variety
	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, 	change of foot* o Minimum 8 revolutions	o Only Minimum Variety (5 turns) & Simple
3:00 +/- 10 sec	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) 	change of foot* O Minimum 8 revolutions O Minimum 2 revolutions in each	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and
	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. 	change of foot* o Minimum 8 revolutions o Minimum 2 revolutions in each position	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each
3:00 +/- 10 sec	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not 	change of foot*	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at
3:00 +/- 10 sec Warm Up Time:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump 	change of foot*	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern
3:00 +/- 10 sec Warm Up Time: 6 minutes	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. 	change of foot*	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of 	change of foot*	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the patterr in each direction will be evaluated for the level
3:00 +/- 10 sec Warm Up Time: 6 minutes	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) 	change of foot*	o Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 	change of foot*	 Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ice
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the patterr in each direction will be evaluated for the level Must fully utilize the ico surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. 	change of foot*	 Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ice
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ic surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ico surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ic surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ice surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 All single jumps, including the single Axel, allowed. Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any single jump) Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	change of foot*	Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the patterr in each direction will be evaluated for the level Must fully utilize the ice surface



Excel Novice	Maximum 7 jump elements:	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec	1 must be an Axel-type jump*	1 spin combination, with or without	One Choreographic Sequence
5.55 . 7 10 500	 All single jumps, including the single Axel, allowed. Only 4 different double jumps may be attempted (limited to double Salchow, 	change of foot* o Minimum10 revolutions	(ChSq) o Must be clearly visible
	double toe loop, double loop, double flip and double lutz)	o Minimum 2 revolutions in each	
Warm Up Time:	Double Axel and higher jumps not allowed	position	
6 minutes	o Only 3 different double jumps may be repeated once (but not	1 flying spin with no change of foot or position*	
	more), and if repeated, must be part of a jump sequence or jump combination	Minimum 6 revolutions	
2nd half bonus:	Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.	1 Choreographic Spin (pChSp)*	
1:45	 Jump combinations and jump sequences are limited to two jumps 	Minimum 3 revolutions	
1.43	except that one jump combination or one jump sequence may		
	include three jumps.	All spins may start with a flying entry	
	 A jump sequence consists of two or three jumps in which the 	Spins must be of a different character	
	second and/or the third jump is a single Axel with a direct step		
	from the landing curve of the first/second jump into the take_off	<u>Max Level: 3</u>	
	curve of the single Axel jump.		
Excel Junior	Maximum 7 jump elements	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec	1 must be an Axel-type jump*	• 1 spin combination, with or without	One Choreographic Sequence
3:30 +/- 10 sec	All single and double jumps allowed, except the double Axel.	change of foot*	(ChSq)
	Double Axel and higher jumps not allowed	o Minimum 10 revolutions	o Must be clearly visib
	No double jump can be included more than twice, and if repeated, the set 1 attempts much be account of a jump combination on	 All 3 basic positions with minimum 2 revolutions in each 	
Warm Up Time:	at least 1 attempt must be as part of a jump combination or sequence	position for highest base value	
6 minutes	Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.	1 spin with a flying entry*	
	 Jump combinations and jump sequences are limited to two jumps 	Minimum 6 revolutions	
2 nd half bonus:	except that one jump combination or one jump sequence may	1 Choreographic Spin (ChSp)*	
1:45	include three jumps.	o Minimum 3 revolutions	
1.15	 A jump sequence consists of two or three jumps in which the 		
	second and/or the third jump is a single Axel jump with a direct	All spins may change feet and start with a flying	
	step from the landing curve of the first/second jump into the take-	entry	
	off curve of the single Axel jump.	Spins must be of a different character	
		Max Level: 4	
Excel Senior	Maximum 7 jump elements	Maximum 3 spins:	Maximum 2 Sequences:
	1 must be an Axel-type jump*	Maximum 3 spins: • 1 spin combination, with or without	One leveled step sequence*
Excel Senior 4:00 +/- 10 sec	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. 	Maximum 3 spins: 1 spin combination, with or without change of foot*	One leveled step sequence*
	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed 	Maximum 3 spins: 1 spin combination, with or without change of foot* Minimum 10 revolutions	One leveled step sequence*
4:00 +/- 10 sec	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with	One leveled step sequence*
4:00 +/- 10 sec Warm Up Time:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with minimum 2 revs in each	One leveled step sequence*
4:00 +/- 10 sec	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence*
4:00 +/- 10 sec Warm Up Time:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with minimum 2 revs in each position for highest base value	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* • Minimum 6 revolutions • 1 Choreographic Spin (ChSp)*	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. 	Maximum 3 spins: • 1 spin combination, with or without change of foot* • Minimum 10 revolutions • All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* • Minimum 6 revolutions	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time: 6 minutes	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the 	Maximum 3 spins: 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 Choreographic Spin (ChSp)* Minimum 3 revolutions	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct 	Maximum 3 spins: 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 Choreographic Spin (ChSp)* Minimum 3 revolutions All spins may change feet and start with a flying	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take- 	Maximum 3 spins: 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 Choreographic Spin (ChSp)* Minimum 3 revolutions All spins may change feet and start with a flying entry	One leveled step sequence* Must fully utilize the surface Max Level: 4 One Choreographic Sequence* (ChSq)
4:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct 	Maximum 3 spins: 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 Choreographic Spin (ChSp)* Minimum 3 revolutions All spins may change feet and start with a flying	One leveled step sequence* Must fully utilize the isurface Max Level: 4 One Choreographic Sequence* (ChSq)

^{*} Denotes required element

* Details on Choreographic spin to be posted in Excel Technical Handbook by 12/1/25

