

2026 Excel Program Requirements

Excel Pre-Preliminary 1:40 Max Warm Up Time: 4 minutes	Maximum 5 jump elements: - 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	Maximum 2 spins: - 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 <u>Max Level: 1</u>	Maximum 1 Sequence: - One Choreographic Sequence (pChSq) - Must be clearly visible
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 (<u>maximum 2 of any same jump</u>) - 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 <u>Max Level: 1</u>	Maximum 1 Sequence: - One Choreographic Sequence (pChSq) - Must be clearly visible
Excel Pre-Juvenile Plus 2:00 +/- 10 sec Warm Up Time: 4 minutes	Maximum 5 jump elements: 1 must be an Axel-type jump or a waltz jump* - All single jumps, including the single Axel, allowed. - Only 1 double jump may be attempted (limited to double Salchow or double toe loop) - 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. (<u>maximum 2 of any same jump</u>) - 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.	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 - Spin may start with flying entry - Minimum 4 revolutions <u>Max Level: 2</u>	Maximum 1 Sequence: - One Choreographic Sequence (pChSq) - Must be clearly visible

*Denotes required element

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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 <u>Max Level: 2</u>	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 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.	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 <u>Max Level: 2</u>	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

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Excel Intermediate 3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus: 1:30 <i>(Will be phased out after 2026 season)</i>	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 double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination. ◦ <u>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)</u> • 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 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* ◦ May change feet ◦ Minimum 5 revolutions Both Spins may start with a flying entry <u>Max Level: 3</u>	Maximum 1 Sequence: • Choreographic Step Sequence* (ChSt) ◦ Must fully utilize the ice surface
Excel Intermediate Plus 3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus: 1:30	Maximum 6 jump elements: • 1 must be an Axel-type jump* • 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) ◦ <u>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)</u> • 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 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* ◦ May change feet ◦ Minimum 5 revolutions Both Spins may start with a flying entry At least ONE of the two spins MUST have a flying entry <u>Max Level: 3</u>	Maximum 1 Sequence: • One leveled step sequence* ◦ 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 Max Level: 2

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Excel Novice 3:30 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus: 1:45	Maximum 7 jump elements: • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) ◦ Double Axel and higher jumps not allowed ◦ Only 3 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination • 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 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 3 spins: • 1 spin combination, with or without change of foot* ◦ Minimum 10 revolutions ◦ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* ◦ Minimum 6 revolutions • 1 Choreographic Spin (pChSp)* ◦ Minimum 3 revolutions All spins may start with a flying entry Spins must be of a different character <u>Max Level: 3</u>	Maximum 1 Sequence: • One Choreographic Sequence (ChSq) ◦ Must be clearly visible
Excel Junior 3:30 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus: 1:45	Maximum 7 jump elements • 1 must be an Axel-type jump* • All single and double jumps allowed, except the double Axel. ◦ 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 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 a single Axel jump with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump.	Maximum 3 spins: • 1 spin combination, with or without change of foot* ◦ Minimum 10 revolutions ◦ All 3 basic positions with minimum 2 revolutions 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 Spins must be of a different character <u>Max Level: 4</u>	Maximum 1 Sequence: • One Choreographic Sequence (ChSq) ◦ Must be clearly visible
Excel Senior 4:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus: 2:00	Maximum 7 jump elements • 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-off curve of the Axel-type jump.	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 Spins must be of a different character <u>Max Level: 4</u>	Maximum 2 Sequences: • One leveled step sequence* ◦ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) ◦ Must be clearly visible <u>Max Level: 4</u>

* Denotes required element

[* Details on Choreographic spin to be posted in Excel Technical Handbook by 12/1/25](#)