

## Excel Compulsory

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

| LEVEL                     | TIME     | SKATING RULES/STANDARDS  |
|---------------------------|----------|--|
| EXCEL PRE-<br>PRELIMINARY | 1:15 max | <ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic sequence</li> </ul>                       |
| EXCEL<br>PRELIMINARY      | 1:15 max | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic sequence</li> </ul> |

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

| LEVEL               | TIME     | SKATING RULES/STANDARDS  |
|---------------------|----------|--|
| PRE-<br>PRELIMINARY | 1:15 max | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic sequence</li> </ul>              |
| PRELIMINARY         | 1:15 max | <ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <b>not</b> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic sequence</li> </ul> |