### 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

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>SKATING RULES/STANDARDS</th>
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</table>
| BEGINNER          | 1:15 max |  - Waltz Jump  
|                   |       |  - Salchow jump  
|                   |       |  - One-foot upright spin, minimum 3 revolutions  
|                   |       |  - Choreographic step sequence |
| HIGH BEGINNER     | 1:15 max |  - Loop jump  
|                   |       |  - Salchow-toe loop jump combination  
|                   |       |  - Sit spin, minimum 3 revolutions  
|                   |       |  - Choreographic step sequence |
| EXCEL PRE-PRELIMINARY | 1:15 max |  - Flip jump  
|                   |       |  - Loop-loop jump combination  
|                   |       |  - Camel spin, minimum 3 revolutions  
|                   |       |  - Choreographic step sequence |
| EXCEL PRELIMINARY | 1:15 max |  - Lutz jump  
|                   |       |  - Flip-loop jump combination  
|                   |       |  - Camel-sit combination spin, minimum 6 revolutions total  
|                   |       |  - Choreographic step sequence |

### 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

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| NO TEST           | 1:15 max |  - Loop jump  
|                   |       |  - Jump combination to include a toe loop (may not use a loop or Axel)  
|                   |       |  - Upright spin with change of foot, minimum 3 revolutions on each foot  
|                   |       |  - Choreographic step sequence |
| PRE-PRELIMINARY   | 1:15 max |  - Lutz jump  
|                   |       |  - Single jump-single jump (no Axel) combination  
|                   |       |  - Spin with one change of position and no change of foot, minimum 6 revolutions total  
|                   |       |  - Choreographic step sequence |
| PRELIMINARY       | 1:15 max |  - Axel jump  
|                   |       |  - Single jump-single jump (may not include Axel) combination  
|                   |       |  - Spin combination with one change of foot, minimum 3 revolutions on each foot  
|                   |       |  - Choreographic step sequence |