

Excel Free Skate

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher
- Skaters with physical disabilities may register for standard track or Skate United Track for events

EXCEL BEGINNER — 1:40 MAX

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
Maximum 4 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Eulers (half loops) are not allowed • Maximum 2 jump combinations or sequences. Combination jumps permitted <ul style="list-style-type: none"> • Waltz jump/toe loop and/or • Salchow/toe loop Sequence permitted <ul style="list-style-type: none"> • Waltz jump/ waltz jump (no turns or hops in between) Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry Minimum 3 revolutions Max Level: Base	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL HIGH BEGINNER — 1:40 MAX

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half loop), loop • Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> • Both spins must be in a single position • No change of foot • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright Minimum 3 revolutions Max Level: Base Both spins may be of the same character	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL PRE-PRELIMINARY — 1:40 MAX

Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test

**means required element*

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Only single jumps allowed • No single Axels • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* • One spin may change feet or position, but not both • No flying entry <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL PRELIMINARY — 2:00 +/- 10 SECONDS

Must not have passed higher than U.S. Figure Skating preliminary free skate test

**means required element*

Full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Only single jumps allowed • No single Axels • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* • One spin may change feet and/ or position • No flying entry <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS

Must not have passed higher than U.S. Figure Skating preliminary free skate test

**means required element*

Full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel • No double or higher jumps allowed • Single 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) • Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • No change of foot • No flying entry • One spin may change feet and/or position • No flying entry <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence