# 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

<table>
<thead>
<tr>
<th>JUMPS</th>
<th>SPINS</th>
<th>STEP SEQUENCES</th>
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</table>
| Maximum 4 jump elements:  
  - 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  
  - Waltz jump/toe loop and/or  
  - Salchow/toe loop  
  - Sequence permitted  
  - Waltz jump/ waltz jump (no turns or hops in between)  
  - Maximum 2 of any same jump | Maximum 2 spins:  
  - Two upright spins  
  - No change of foot  
  - No flying entry  
  - Minimum 3 revolutions  
  - Max Level: Base | Maximum 1 Sequence:  
  - Choreographic step sequence* (ChSt)  
  - Must use one-half of the ice surface  
  - Moves in the field and spiral sequences are allowed but will not be counted as elements  
  - Jumps may be included in the step sequence |

## EXCEL HIGH BEGINNER — 1:40 MAX

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| Maximum 5 jump elements:  
  - 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  
  - Jump sequence is any listed jump immediately followed by a waltz jump  
  - Maximum 2 of any same jump | Maximum 2 spins:  
  - 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:  
  - Choreographic step sequence* (ChSt)  
  - Must use one-half of the ice surface  
  - Moves in the field and spiral sequences are allowed but will not be counted as elements  
  - 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

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| Maximum 5 jump elements:  
  • 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  
  Maximum 2 jump combinations or jump sequences  
  • Jump combinations limited to 2 jumps. One 3-jump combination is allowed  
  • Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins:  
  • 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  
  Minimum 3 revolutions  
  Spins must be of a different character  
  Max Level: 1 | Maximum 1 Sequence:  
  • Choreographic step sequence* (ChST)  
    • Must use one-half of the ice surface  
    • Moves in the field and spiral sequences are allowed but will not be counted as elements  
    • 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

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| Maximum 5 jump elements:  
  • 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  
  Maximum 2 jump combinations or jump sequences  
  Jump combinations limited to 2 jumps. One 3-jump combination is allowed  
  • Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins:  
  • 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  
  Minimum 3 revolutions  
  Spins must be of a different character  
  Max Level: 1 | Maximum 1 Sequence:  
  • Choreographic step sequence* (ChST)  
    • Full ice  
    • Moves in the field and spiral sequences are allowed but will not be counted as elements  
    • 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

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| Maximum 5 jump elements:  
  • 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  
  Maximum 2 jump combinations or jump sequences  
  All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)  
  Jump combinations limited to 2 jumps. One 3-jump combination is allowed  
  • Jump sequence is any listed jump immediately followed by an Axel-type jump. | Maximum 2 spins:  
  • 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  
  Minimum 3 revolutions  
  Spins must be of a different character  
  Max Level: 1 | Maximum 1 Sequence:  
  • Choreographic step sequence* (ChST)  
    • Full ice  
    • Moves in the field and spiral sequences are allowed but will not be counted as elements  
    • Jumps may be included in the step sequence |