2024 Excel Program Requirements

Excel Beginner & Excel High Beginner	To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline. Excel Beginner most closely matches Aspire 2. Excel High Beginner most closely matches Aspire 3. Please see the Aspire charts for specific program requirements and more information		

Excel Pre-Preliminary
1:40 Max
	Maximum 5 jump elements:
	• All single jumps allowed, except for the Axel
	   o No single Axels, double, or higher jumps allowed
	   o 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
	   o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps
	   o 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*
		   o No flying entry
		   o 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
		   o No flying entry
		
		• Spins must be of a different character
		
		Max Level: 1
			Maximum 1 Sequence:
			• One Choreographic Sequence (pChSq)
			   o Must be clearly visible

Excel Preliminary
2:00 +/- 10 sec
	Maximum 5 jump elements:
	• All single jumps allowed, except for the Axel
	   o No single Axels, double, or higher jumps allowed
	   o 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
	   o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps
	   o 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 a camel or layback spin with no change of foot and no change of position*
		   o No flying entry
		   o Minimum 3 revolutions
		• 1 spin combination, with or without change of foot*
		   o Minimum 6 revolutions
		   o No flying entry
		
		Max Level: 1
			Maximum 1 Sequence:
			• One Choreographic Sequence (pChSq)
			   o Must be clearly visible

*Denotes required element

US FIGURE SKATING
EXCEL PROGRAM

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Excel Preliminary Plus
2:00 +/- 10 sec
	Maximum 5 jump elements:
	• All single jumps allowed, including single Axel
	   o No double, or higher jumps allowed
	   o 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>
	   o Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded
	• Max 2 jump combinations, or 1 jump combination and 1 jump sequence
	   o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps
	   o 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*
		   o Minimum 6 revolutions
		   o No flying entry
		• 1 spin with only 1 position*
		   o No change of foot
		   o No flying entry
		   o Minimum 3 revolutions
		
		Max Level: 1
			Maximum 1 Sequence:
			• One Choreographic Sequence (pChSq)
			   o Must be clearly visible