	Maximum 4 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Beginner	<ul> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> </ul>	Two upright spins	Choreographic Step Sequence*
Free Skate	Single rotation jumps: Salchow, toe loop only	No change of foot	(ChSt)
1:40 Max	Eulers (half loops) are not allowed.	No flying entry	Must use one-half of the
1.40 Max	Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Minimum 3 revolutions	ice surface
	Permitted combinations: waltz jump/toe loop and/or salchow/toe	William STCVOIdCIONS	<ul> <li>Moves in the field and</li> </ul>
	loops		spiral sequences are
	o Permitted jump sequence: waltz jump/waltz jump with no turns or		allowed but will not be
	hops in between		counted as elements
	Maximum 2 of any same jump		<ul> <li>Jumps may be included</li> </ul>
		<u>Max Level: Base</u>	in the step sequence
Excel High Beginner	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
	Jumps with no more than one-half rotation (front to back or back to front)	Both spins must be in a single position	Choreographic Step Sequence*
Free Skate	Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop	No change of foot	(ChSt)
1:40 Max	Flip, Lutz, & Axel NOT permitted	No flying entry	<ul> <li>Must use one-half of the</li> </ul>
	Max 2 jump combinations, or 1 jump combination and 1 jump sequence	<ul> <li>Permitted forward spins: upright, sit,</li> </ul>	ice surface
	<ul> <li>Jump combinations and jump sequences are limited to two jumps</li> </ul>	camel	o Moves in the field and
	except that one jump combination or one jump sequence may	Permitted back spins: upright	spiral sequences are allowed but will not be
	include three jumps		counted as elements
	<ul> <li>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</li> </ul>	Minimum 3 revolutions	o Jumps may be included
	from the landing curve of the first/second jump	Spins may be the same character	in the step sequence
	Maximum 2 of any same jump	Man Land, Dage	in the step sequence
	Maximum 2 of any same jump	Max Level: Base	
Errael Due Duelimineur	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Pre-Preliminary	All single jumps allowed, except for the Axel	One spin must be in a single position with	Choreographic Step Sequence*
1:40 Max	No single Axels, double, or higher jumps allowed	no change of foot*	(ChSt)
	o Maximum of two of any of the same jump, may be as solo jumps or	<ul> <li>No flying entry</li> </ul>	<ul> <li>Must use one-half of the</li> </ul>
	part of jump combinations/sequence	<ul> <li>Minimum 3 revolutions</li> </ul>	ice surface
	Max 2 jump combinations, or 1 jump combination and 1 jump sequence	<ul> <li>One spin may be either a single position</li> </ul>	<ul> <li>Moves in the field and</li> </ul>
	o <u>Jump combinations and jump sequences are limited to two jumps</u>	spin with no change or foot or a	spiral sequences are
	except that one jump combination or one jump sequence may	combination spin without a change of foot	allowed but will not be
	include three jumps	o No flying entry	counted as elements
	A jump sequence consists of two or three jumps in which the	Spins must be of a different character	o Jumps may be included
	second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump		in the step sequence
	<u>ironi die fanding curve of die first/second jump</u>		
		Max Level: 1	
Eveel Droliminary	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Preliminary	All single jumps allowed, except for the Axel	One spin must be a camel or layback spin	Choreographic Step Sequence*
2:00 +/- 10 sec	No single Axels, double, or higher jumps allowed	with no change of foot and no change of	(ChSt)
	o Maximum of two of any of the same jump, may be as solo jumps or	position*	<ul> <li>Must fully utilize the ice</li> </ul>
	part of jump combinations/sequence	<ul> <li>No flying entry</li> </ul>	surface
	Max 2 jump combinations, or 1 jump combination and 1 jump sequence	<ul> <li>Minimum 3 revolutions</li> </ul>	<ul> <li>Moves in the field and</li> </ul>
	o <u>Jump combinations and jump sequences are limited to two jumps</u>	• <u>1 spin combination, with or without</u>	spiral sequences are
	except that one jump combination or one jump sequence may	change of foot*	allowed but will not be
	include three jumps	o <u>Minimum 6 revolutions</u>	counted as elements
	<ul> <li>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</li> </ul>	O No flying entry	o Jumps may be included
	from the landing curve of the first/second jump	Spins must be of a different character	in the choreographic step sequence
	from the fanding curve of the hist/second jump	Max Level: 1	step sequence
	i e	MUALEVEL I	I .

<sup>\*</sup>Denotes required element



			Two to
Excel Preliminary Plus	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
2:00 +/- 10 sec	All single jumps allowed, including single Axel  No double, or higher jumps allowed  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 (maximum 2 of any same jump)  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  Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps  A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump	<ul> <li>1 spin combination, with or without change of foot*         <ul> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position*         <ul> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> </li> <li>Spins must be of a different character</li> </ul>	Choreographic Step Sequence* (ChSt)  Must fully utilize 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 choreographic step sequence
Excel Pre-Juvenile 2:00 +/- 10 sec	<ul> <li>Maximum 5 jump elements:         <ul> <li>All single jumps allowed, except for the Axel</li> </ul> </li> <li>No single Axels, double, or higher jumps allowed</li> <li>Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence (maximum 2 of any same jump)</li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence         <ul> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>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</li> </ul> </li> </ul>	Maximum 2 spins:  1 spin combination, with or without change of foot*  Minimum 6 revolutions  No flying entry  1 spin with only 1 position*  No change of foot  No flying entry  Minimum 4 revolutions  Spins must be of a different character	Maximum 1 Sequence:  Choreographic Step Sequence* (ChSt)  Must fully utilize 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 choreographic step sequence
Excel Pre-Juvenile Plus	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
2:00 +/- 10 sec	<ul> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.</li> </ul>	1 spin combination, with or without change of foot*	<ul> <li>Choreographic Step Sequence* (ChSt)</li> </ul>
	<ul> <li>Only 1 double jump may be attempted (limited to double Salchow or double toe loop)         <ul> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> </ul> </li> <li>Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (maximum 2 of any same jump)</li> <li>No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence.</li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</li> </ul>	Minimum 6 revolutions     No flying entry      1 spin with only 1 position*     No change of foot     Spin may start with flying entry     Minimum 4 revolutions  Spins must be of a different character	<ul> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the choreographic step sequence</li> </ul>
	o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps  A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump	<u>Max Level: 2</u>	

<sup>\*</sup>Denotes required element



Excel Juvenile 2:30 +/- 10 sec 2 <sup>nd</sup> half bonus: 1:15	Maximum 5 jump elements:  ■ 1 must be an Axel-type jump*  ■ All single jumps allowed, including Axel  ■ No double or higher jumps allowed  ■ 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  ■ Max 2 jump combinations, or 1 jump combination and 1 jump sequence  ■ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps	Maximum 2 spins:  1 spin combination, with or without change of foot*  Minimum 8 revolutions  Minimum 2 revolutions in each position  1 spin with only 1 position*  No change of foot  Minimum 5 revolutions  Both Spins may start with a flying entry  Spins must be of a different character	Maximum 1 Sequence:  Choreographic Step Sequence* (ChSt)  Must fully utilize the ice surface
Excel Juvenile Plus 2:30 +/- 10 sec 2 <sup>nd</sup> half bonus: 1:15	<ul> <li>A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type ump with a direct step from the landing curve of the first/second jump</li> <li>Maximum 5 jump elements:         <ul> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)</li></ul></li></ul>	Maximum 2 spins:  • 1 spin combination, with or without change of foot*  • Minimum 8 revolutions  • Minimum 2 revolutions in each position  • 1 spin with only 1 position*  • No change of foot  • Minimum 5 revolutions  Both Spins may start with a flying entry  Spins must be of a different character  Max Level: 2	Maximum 1 Sequence:  • Choreographic Step Sequence* (ChSt)  • Must fully utilize the ice surface



<sup>\*</sup>Denotes required element

Excel Intermediate	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
2 <sup>nd</sup> half bonus: 1:30	<ul> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)         <ul> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>Number of single jumps, excluding single axel, is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.         <ul> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>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 in to the take-off curve of the Axel-type jump.</li> </ul></li></ul>	1 spin combination, with or without change of foot*	Choreographic Step Sequence* (ChSt)
Excel Intermediate	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Plus	<ul> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> </ul>	1 spin combination, with or without change of foot*	<ul> <li>Choreographic Step Sequence* (ChSt)</li> </ul>
3:00 +/- 10 sec	Only 3 different double jumps may be attempted (limited to double Salchow,	<ul> <li>Minimum 8 revolutions</li> </ul>	<ul> <li>Must fully utilize the ice</li> </ul>
2 <sup>nd</sup> half bonus: 1:30	double toe loop, double loop and double flip)  Double Lutz, double Axel and higher jumps not allowed  Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination  Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded  Max 3 jump combinations. or 2 jump combinations and 1 jump sequence.  Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.  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 in to the take-off curve of the Axel-type jump.	<ul> <li>Minimum 2 revolutions in each position</li> <li>1 spin with only 1 position*         <ul> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> <li>Both Spins may start with a flying entry</li> <li>Spins must be of a different character</li> </ul> Max Level: 3	surface



<sup>\*</sup>Denotes required element

Excel Novice	Maximum 7 jump elements:	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec  2 <sup>nd</sup> half bonus: 1:45	<ul> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz)         <ul> <li>Double Axel and higher jumps not allowed</li> <li>Only 3 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.         <ul> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>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 in to the take-off curve of the Axel-type jump.</li> </ul> </li></ul>	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level Must fully utilize the ice surface  Max Level: 2
Excel Junior 3:30 +/- 10 sec  2 <sup>nd</sup> half bonus: 1:45	<ul> <li>Maximum 7 jump elements         <ul> <li>1 must be an Axel-type jump*</li> </ul> </li> <li>All single and double jumps allowed, except the double Axel.         <ul> <li>Double Axel and higher jumps not allowed</li> <li>No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> </ul> </li> <li>Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.         <ul> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>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 in to the take-off curve of the Axel-type jump.</li> </ul> </li></ul>	Maximum 3 spins:  1 spin combination, with or without change of foot*  Minimum 10 revolutions All 3 basic positions with minimum 2 revolutions in each position for highest base value  1 spin with a flying entry*  Minimum 6 revolutions  1 spin with only one position*  Minimum 6 revolutions  All spins may change feet and start with a flying entry  Spins must be of a different character  Max Level: 4	Maximum 1 Sequence:  One Choreographic Sequence (ChSq)  Must be clearly visible



<sup>\*</sup>Denotes required element

Excel Senior	Maximum 7 jump elements	Maximum 3 spins:	Maximum 2 Sequences:
	1 must be an Axel-type jump*	<ul> <li>1 spin combination, with or without</li> </ul>	<ul> <li>One leveled step sequence*</li> </ul>
4:00 +/- 10 sec	All single and double jumps allowed, including the double Axel.	change of foot*	<ul> <li>Must fully utilize the ice</li> </ul>
	<ul> <li>Triple and higher jumps not allowed</li> </ul>	<ul> <li>Minimum 10 revolutions</li> </ul>	surface
2nd half hanna, 2.00	<ul> <li>No double jump can be included more than twice, and if repeated,</li> </ul>	<ul> <li>All 3 basic positions with</li> </ul>	<u>Max Level: 4</u>
2 <sup>nd</sup> half bonus: 2:00	at least 1 attempt must be as part of a jump combination or	minimum 2 revs in each	
	sequence	position for highest base value	- One Chance and his Comment
	• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.	1 spin with a flying entry*	One Choreographic Sequence*  (Ch.S.)
	<ul> <li>Jump combinations and jump sequences are limited to two jumps</li> </ul>	<ul> <li>Minimum 6 revolutions</li> </ul>	(ChSq)
	except that one jump combination or one jump sequence may	<ul> <li>1 spin with only one position*</li> </ul>	o Must be clearly visible
	include three jumps.	<ul> <li>Minimum 6 revolutions</li> </ul>	
	o A jump sequence consists of two or three jumps in which the	All spins may change feet and start with a flying	
	second and/or the third jump is an Axel-type jump with a direct	entry	
	step from the landing curve of the first/second jump in to the take-	Spins must be of a different character	

Max Level: 4

off curve of the Axel-type jump.



<sup>\*</sup>Denotes required element