

2023-2024 Intercollegiate Excel Program Requirements

ONLY FOR USE AT THE 2023-2024 INTERCOLLEGIATE SERIES COMPETITIONS

Excel High Beginner 1:40 Max	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, & Axel NOT permitted • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ 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 a waltz jump with a direct step from the landing curve of the first/second jump • Maximum 2 of any same jump 	Maximum 2 spins: <ul style="list-style-type: none"> • <u>Required spin:</u> <ul style="list-style-type: none"> ○ Forward upright spin to back upright spin combination • Second spin must be a spin in one position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • A spin may not be repeated <p><i>Max Level: Base</i></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
Excel Pre-Preliminary 1:40 Max	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ 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 <ul style="list-style-type: none"> ○ 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 a waltz jump with a direct step from the landing curve of the first/second jump 	Maximum 2 spins: <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ○ No flying entry ○ 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 <ul style="list-style-type: none"> ○ No flying entry • Spins must be of a different character <p><i>Max Level: 1</i></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
Excel Preliminary 2:00 +/- 10 sec	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ 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 <ul style="list-style-type: none"> ○ 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 a waltz jump with a direct step from the landing curve of the first/second jump 	Maximum 2 spins: <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* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • Spins must be of a different character <p><i>Max Level: 1</i></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible

*Denotes required element

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Excel Preliminary Plus 2:00 +/- 10 sec	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, including single Axel <ul style="list-style-type: none"> ○ 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 (<u>maximum 2 of any same jump</u>) ○ 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 <ul style="list-style-type: none"> ○ 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 	Maximum 2 spins: <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 3 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
Excel Pre-Juvenile 2:00 +/- 10 sec	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • 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) • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ 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 a waltz jump with a direct step from the landing curve of the first/second jump 	Maximum 2 spins: <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
Excel Juvenile 2:30 +/- 10 sec <u>2nd half bonus: 1:15</u>	Maximum 5 jump elements: <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ 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 (<u>maximum 2 of any single jump</u>) ○ 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 <ul style="list-style-type: none"> ○ 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 	Maximum 2 spins: <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

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<p>Excel Intermediate 3:00 +/- 10 sec</p> <p><u>2nd half bonus: 1:30</u></p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps, excluding single axel, 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. <ul style="list-style-type: none"> ○ 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. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Novice 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) <ul style="list-style-type: none"> ○ Double Axel and higher jumps not allowed ○ 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 ○ 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. <ul style="list-style-type: none"> ○ 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. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface <p><u>Max Level: 3</u></p>

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<p>Excel Junior 3:30 +/- 10 sec</p> <p><u>2nd half bonus: 1:45</u></p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, except the double Axel. <ul style="list-style-type: none"> ○ Double Axel and higher jumps not allowed ○ 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 • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ 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. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
<p>Excel Senior 4:00 +/- 10 sec</p> <p><u>2nd half bonus: 2:00</u></p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed, including the double Axel. <ul style="list-style-type: none"> ○ Triple and higher jumps not allowed ○ 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 • Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> ○ 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. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible

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