

# 2024-25 INTERCOLLEGIATE 2024-2025 Excel Program Requirements

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<p><b>Aspire 3</b> <b>1:40 Max</b></p>	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ flip</li> <li>• ½ lutz</li> <li>• Single salchow</li> <li>• Single toe loop</li> <li>• Euler (half-loop)</li> <li>• Single loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p> <ul style="list-style-type: none"> <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 into the take-off curve of the waltz jump</li> </ul> <p><b>Maximum 2 of any same jump</b></p>	<p><b>Maximum 2 spins:</b> <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>• Forward upright spin to back upright spin</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Two-foot spin</li> <li>• Forward one foot spin (free foot optional)</li> <li>• Back upright spin</li> <li>• Forward sit spin</li> <li>• Forward camel spin</li> </ul> <p><b>Additional spin requirements</b></p> <ul style="list-style-type: none"> <li>• Minimum 3 revolutions</li> <li>• No flying entry</li> <li>• A spin may not be repeated</li> <li>• Basic positions only</li> <li>• One spin must be the required spin</li> <li>• Second spin must be a spin in one position</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence (ChSt) <ul style="list-style-type: none"> <li>○ One ½ of the ice</li> </ul> </li> </ul>
<p><b>Excel Pre-Preliminary</b> <b>1:40 Max</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <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</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <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 into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> <li>○ No flying entry</li> <li>○ Minimum 3 revolutions</li> </ul> </li> <li>• 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"> <li>○ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

*\*Denotes required element*

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<p><b>Excel Preliminary</b> 2:00 +/- 10 sec</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <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</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <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 into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>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"> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> </li> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>Excel Preliminary Plus</b> 2:00 +/- 10 sec</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>No double, or higher jumps allowed</li> <li>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>)</li> <li>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <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 into the take-off curve of the Axel-type jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>Excel Juvenile</b> 2:30 +/- 10 sec  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>No double or higher jumps allowed</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 single jump)</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <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 single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 8 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li><u>May change feet</u></li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

\*Denotes required element

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<p><b>Excel Intermediate</b> 3:00 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ <a href="#">Single Axel and double jumps may be repeated once</a> (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 style="list-style-type: none"> <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 single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ <a href="#">May change feet</a></li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Novice</b> 3:30 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 style="list-style-type: none"> <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 single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> </ul> <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><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">One Choreographic Sequence (ChSq)</a> <ul style="list-style-type: none"> <li>○ <a href="#">Must be clearly visible</a></li> </ul> </li> </ul>

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<p><b>Excel Junior</b> <b>3:30 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed, except the double Axel. <ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 single Axel jump with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <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><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (ChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
<p><b>Excel Senior</b> <b>4:00 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 2:00</u></b></p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed, including the double Axel. <ul style="list-style-type: none"> <li>○ Triple 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 style="list-style-type: none"> <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 into the take-off curve of the Axel-type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <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><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

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