2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

Excel Beginner Free Skate
1:40 Max
Must not have passed U.S. Figure Skating pre- preliminary free skate test
	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.
	• Max 2 jump combinations, or 1 jump combination and 1 jump sequence
	  ○ Permitted combinations: waltz jump/toe loop and/or salchow/toe loops
	  ○ Permitted jump sequence: waltz jump/waltz jump with 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 Free Skate
1:40 Max
Must not have passed U.S. Figure Skating pre- preliminary free skate test
	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, & Axel NOT permitted
	• 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 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:
		• 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
		• **Spins may be the same character**
		
		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 Pre-Preliminary
1:40 Max
Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test
	Maximum 5 jump elements:
	• 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
	• 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 a waltz jump with a direct step from the landing curve of the first/second jump
		Maximum 2 spins:
		• One spin must be in a single position with no change of foot*
		  ○ No flying entry
		  ○ Minimum 3 revolutions
		• One spin may be either a single position spin with no change or foot or a combination spin without a change of foot
		  ○ No flying entry
		• 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 sec
 	
Must not have passed higher than U.S. Figure Skating preliminary free skate test
	Maximum 5 jump elements:
	• 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
	• 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 a waltz jump with a direct step from the landing curve of the first/second jump
		Maximum 2 spins:
		• One spin must be a camel or layback spin with no change of foot and no change of position*
		  ○ No flying entry
		  ○ Minimum 3 revolutions
		• 1 spin combination, with or without change of foot*
		  ○ Minimum 6 revolutions
		  ○ No flying entry
		• Spins must be of a different character
		
		Max Level: 1
			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

*Denotes required element

US FIGURE SKATING
EXCEL PROGRAM

2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

Excel Preliminary Plus **2:00 +/- 10 sec** Must not have passed higher than U.S. Figure Skating preliminary free skate test	**Maximum 5 jump elements:** • 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	**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 3 revolutions • Spins must be of a different character *Max Level: 1*	**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 **2:00 +/- 10 sec** Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test	**Maximum 5 jump elements:** • 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 　○ 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:** • 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 *Max Level: 2*	**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 **2:00 - 10 sec** Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test	**Maximum 5 jump elements:** • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 1 double jump may be attempted (limited to double Salchow or double toe loop) 　○ Double loop, double flip, double Lutz, double Axel and higher jumps not 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. (maximum 2 of any same jump) • 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. • 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	**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 　○ Spin may start with flying entry 　○ Minimum 4 revolutions Spins must be of a different character *Max Level: 2*	**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

*Denotes required element

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2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

| **Excel Juvenile**
2:30 +/- 10 sec
2nd half bonus: 1:15

Must not have passed higher than U.S. Figure Skating juvenile free skate test | **Maximum 5 jump elements:**
• 1 must be an Axel-type jump*
• All single jumps allowed, including Axel
   o No double or higher jumps allowed
   o 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)
   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 ump with a direct step from the landing curve of the first/second jump | **Maximum 2 spins:**
• 1 spin combination, with or without change of foot*
   o Minimum 8 revolutions
   o Minimum 2 revolutions in each position
• 1 spin with only 1 position*
   o No change of foot
   o 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)
   o Must fully utilize the ice surface |
| **Excel Juvenile Plus**
2:30 +/- 10 sec
2nd half bonus: 1:15

Must not have passed higher than U.S. Figure Skating juvenile free skate test | **Maximum 5 jump elements:**
• 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)
   o Double loop, double flip, double Lutz, double Axel and higher jumps not allowed
   o 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
   o 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)
   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 ump with a direct step from the landing curve of the first/second jump | **Maximum 2 spins:**
• 1 spin combination, with or without change of foot*
   o Minimum 8 revolutions
   o Minimum 2 revolutions in each position
• 1 spin with only 1 position*
   o No change of foot
   o 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)
   o Must fully utilize the ice surface |

*Denotes required element

US FIGURE SKATING
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2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

Excel Intermediate
 	
3:00 +/- 10 sec
 	
2nd half bonus: 1:30
 	
Must not have passed higher than U.S. Figure Skating intermediate free skate test
	Maximum 6 jump elements:
	• 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)
	   o Double loop, double flip, double Lutz, double Axel and higher jumps not allowed
	   o 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
	   o 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.
	   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 in to the take-off curve of the Axel-type jump.
		Maximum 2 spins:
		• 1 spin combination, with or without change of foot*
		   o Minimum 8 revolutions
		   o Minimum 2 revolutions in each position
		• 1 spin with only 1 position*
		   o No change of foot
		   o Minimum 5 revolutions
		Both Spins may start with a flying entry
		Spins must be of a different character
		
		Max Level: 3
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			   o Must fully utilize the ice surface

Excel Intermediate Plus
 	
3:00 +/- 10 sec
 	
2nd half bonus: 1:30
 	
Must not have passed higher than U.S. Figure Skating intermediate free skate test
	Maximum 6 jump elements:
	• 1 must be an Axel-type jump*
	• All single jumps, including the single Axel, allowed.
	• Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip)
	   o Double Lutz, double Axel and higher jumps not allowed
	   o 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
	   o 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.
	   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 in to the take-off curve of the Axel-type jump.
		Maximum 2 spins:
		• 1 spin combination, with or without change of foot*
		   o Minimum 8 revolutions
		   o Minimum 2 revolutions in each position
		• 1 spin with only 1 position*
		   o No change of foot
		   o Minimum 5 revolutions
		Both Spins may start with a flying entry
		Spins must be of a different character
		
		Max Level: 3
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			   o Must fully utilize the ice surface

*Denotes required element

US FIGURE SKATING EXCEL PROGRAM

2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

Excel Novice **3:30 +/- 10 sec** **2nd half bonus: 1:45** Must not have passed higher than U.S. Figure Skating novice free skate test	**Maximum 7 jump elements:** • 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) ○ 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. ○ 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.	**Maximum 3 spins:** • 1 spin combination, with or without change of foot* ○ Minimum10 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* ○ Minimum 6 revolutions • 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character *Max Level: 3*	**Maximum 1 Sequence:** • 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** **2nd half bonus: 1:45** Must not have passed higher than U.S. Figure Skating junior free skate test	**Maximum 7 jump elements** • 1 must be an Axel-type jump* • All single and double jumps allowed, except the double Axel. ○ 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. ○ 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.	**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

*Denotes required element

US FIGURE SKATING EXCEL PROGRAM

2023 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

| **Excel Senior** 4:00 +/- 10 sec

2nd half bonus: 2:00

Must have passed at least the U.S. Figure Skating junior free skate test. | **Maximum 7 jump elements**
• 1 must be an Axel-type jump*
• All single and double jumps allowed, including the double Axel.
   ○ 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.
   ○ 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. | **Maximum 3 spins:**
• 1 spin combination, with or without change of foot*
   ○ Minimum 10 revolutions
   ○ All 3 basic positions with minimum 2 revs 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 2 Sequences:**
• One leveled step sequence*
   ○ Must fully utilize the ice surface
Max Level: 4

• One Choreographic Sequence* (ChSq)
   ○ Must be clearly visible |

*Denotes required element

US FIGURE SKATING EXCEL PROGRAM