Parad Day Daylinda	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Pre-Preliminary 1:40 Max	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_into the take-off curve of the waltz jump	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 of foot or a combination spin with or without a change of foot No flying entry Spins must be of a different character	One Choreographic Sequence (pChSq)
		Mux Bevel. 1	
Excel Preliminary 2:00 +/- 10 sec (Will be phased out after 2025 season)	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 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* No flying entry Minimum 3 revolutions 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry Max Level: 1	Maximum 1 Sequence: One Choreographic Sequence (pChSq) Must be clearly visible
Excel Preliminary Plus 2:00 +/- 10 sec	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 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* ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* ○ No change of foot ○ No flying entry ○ Minimum 3 revolutions	Maximum 1 Sequence: One Choreographic Sequence (pChSq) Must be clearly visible



^{*}Denotes required element

Excel Pre-Juvenile Plus 2:00 +/- 10 sec	 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)	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	Maximum 1 Sequence: One Choreographic Sequence (pChSq) Must be clearly visible
Excel Juvenile 2:30 +/- 10 sec 2 nd 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 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) 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 single Axel with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump.	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* May change feet Minimum 5 revolutions Both Spins may start with a flying entry Max Level: 2	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface



^{*}Denotes required element

Excel Juvenile Plus	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
2:30 +/- 10 sec 2 nd half bonus: 1:15	 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) Double loop, double flip, double Lutz, 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 part of a jump combination or sequence 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) 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 single Axel with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump. 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) will be evaluated for the level Must fully utilize the ice surface Max Level: 1
Excel Intermediate	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
3:00 +/- 10 sec	1 must be an Axel-type jump* All sixels in a sixels distributed and all sixels are distributed as a sixels and all sixels are distributed as a sixellar and a sixellar are distributed as a sixe	• 1 spin combination, with or without	Choreographic Step Sequence* (Ch.Sh.)
, 2000	 All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow 	change of foot* O Minimum 8 revolutions	(ChSt) O Must fully utilize the ice
2 nd half bonus: 1:30	and double toe loop)	Minimum 2 revolutions in each	surface
	o Double loop, double flip, double Lutz, double Axel and higher jumps	position	
(Will be phased out after 2026	not allowed. o Single Axel and double jumps may be repeated once (but not	1 spin with only 1 position* May change feet	
season)	 Single Axel and double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump 	Minimum 5 revolutions	
	combination.		
	 Number of single jumps, excluding single Axel, is not limited provided the maximum number of jump elements allowed is not exceeded. 	Both Spins may start with a flying entry	
	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 a single Axel with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump.	Max Level: 3	



^{*}Denotes required element

P 17 . 1	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Intermediate	1 must be an Axel-type jump*	• 1 spin combination, with or without	One leveled step sequence*
Plus	All single jumps, including the single Axel, allowed.	change of foot*	o Only Minimum Variety
3:00 +/- 10 sec	Only 3 different double jumps may be attempted (limited to double Salchow,	 Minimum 8 revolutions 	(5 turns) & Simple
3.55 1, 25 555	double toe loop, double loop and double flip)	 Minimum 2 revolutions in each 	Variety (7 turns) and
2nd h alf h 1 20	o Double Lutz, double Axel and higher jumps not allowed.	position	rotation in each
2 nd half bonus: 1:30	 Only 2 different double jumps may be repeated once (but not 	• 1 spin with only 1 position*	direction covering at
	more), and if repeated, must be part of a jump sequence or jump	 May change feet 	least 1/3 of the pattern
	combination.	 Minimum 5 revolutions 	in each direction will be
	o Axel may be repeated once (but not more) as a solo jump or part of		evaluated for the level
	a jump sequence or jump combination (maximum 2 single Axels)	Both Spins may start with a flying entry	Must fully utilize the ice
	Number of remaining single jumps is not limited provided the	At least ONE of the two spins MUST have a	surface
	 maximum number of jump elements allowed is not exceeded Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. 	flying entry	
	Jump combinations and jump sequences are limited to two jumps	nying chtry	Max Level: 2
	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	<u>Max Level: 3</u>	
	second and/or the third jump is a single Axel with a direct step		
	from the landing curve of the first/second jump into the take-off		
	curve of the single Axel jump.		
71 1 N 1	Maximum 7 jump elements:	Maximum 3 spins:	Maximum 1 Sequence:
Excel Novice	1 must be an Axel-type jump*	• 1 spin combination, with or without	One Choreographic Sequence
3:30 +/- 10 sec	All single jumps, including the single Axel, allowed.	change of foot*	(ChSq)
,	Only 4 different double jumps may be attempted (limited to double Salchow,	Minimum10 revolutions	Must be clearly visible
0 11 161	double toe loop, double loop, double flip and double lutz)	o Minimum 2 revolutions in each	
2 nd half bonus: 1:45	 Double Axel and higher jumps not allowed 	position	
	o Only 3 different double jumps may be repeated once (but not	1 flying spin with no change of foot or	
	more), and if repeated, must be part of a jump sequence or jump	position*	
	combination	 Minimum 6 revolutions 	
	Number of single jumps is not limited provided the maximum	3 rd spin is option of skater	
	number of jump elements allowed is not exceeded	All oning many start with a flair a cuture	
	 Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps 	All spins may start with a flying entry Spins must be of a different character	
	 Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may 	opino must be of a unferent character	
	include three jumps.	Max Level: 3	
	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 into the take-off		
	curve of the single Axel jump.		



^{*}Denotes required element

Excel Junior 3:30 +/- 10 sec 2 nd half bonus: 1:45	 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. 	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*	Maximum 1 Sequence: • One Choreographic Sequence (ChSq) ○ Must be clearly visible
	 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 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. 	 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 	
Excel Senior 4:00 +/- 10 sec 2 nd half bonus: 2:00	 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 into 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