Excel Program Technical Information

2023

Effective 1/1/2023

Last updated 10/3/2022 - MW

Excel Free Skate Events

General event parameters:
- Skaters may <u>not</u> enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Please see the 2023 Excel Series handbook for other requirements regarding eligibility.

<u>**Judging System**</u>
- <u>**Excel Series events:** All Plus level events as well as Juvenile through Senior Excel events will be run using the IJS scoring system. Excel Beginner, High Beginner, Pre Preliminary, Preliminary, and Pre Juvenile events may be run as either 6.0 or IJS subject to the individual competition announcement.</u>
- <u>**Non-Series Excel events**: All levels may be run as either 6.0 or IJS subject to the individual competition announcement.</u>

If the Event is run as 6.0, the following deductions will be taken:
- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

If the Event is run as IJS, please refer to IJS for Excel notes below:

<u>**NOTES:**</u>

- Spin criteria from ISU Communication <u>#2474</u> will be applied by the technical panel to determine spin level <u>with exceptions noted within this handbook.</u>
- Rotational and edge errors and any associated V and base values will be applied as per ISU Communications <u>#2474 and #2475.</u>
- If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.
- Juvenile and above: Per rule 1071(A)(8)(d) of the <u>2022-23</u> US Figure Skating Rulebook, application of the IJS Special Factor (second half bonus) in events judged using the IJS will be applied as follows: Juvenile and above free skate events – the last three jump elements executed in the second half.
- Refer to the following for additional information:
  - ISU Communication <u>#2474</u>– Single and Pair Skating
  - ISU Communication <u>#2475</u> – Single and Pair Skating
  - <u>2023</u> Excel Free Skate Elements Chart
  - ISU Technical Panel Handbook – Singles <u>2022/2023</u>
  - Calling Clarifications Junior and Below
  - US Figure Skating Technical Notification <u>#269</u> – IJS Tables of Factors for Non-qualifying Level Events and Scales of Values for Non-Standard Elements

Technical Information by Level

Excel Beginner and High Beginner

Fall Deduction	The deduction for every fall is 0.25

Choreographic Step Sequence	If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Jumps	A waltz jump (1Wz) will receive credit at these levels.
	The following half jumps will receive credit at this level: Half Toe Loop (1HT), Half Flip (1HF), Half Lutz (1HLz).
	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	Jump Sequences: Reminder: The definition of a jump sequence is any listed jump followed immediately by an axel (waltz) type jump.
Excel Beginner **Jump Combinations** **Jump Sequences**	Maximum or two total jump combinations / jump sequences In Excel Beginner, the only allowable jump combinations are: 1. Waltz jump/toe loop combination *and/or* 2. Salchow/toe loop combination *No other jump combinations are permitted.* In Excel Beginner, the only allowable jump sequence is: waltz jump/waltz jump *No turns or hops are permitted between the two jumps.*

Spins Spins in one position	All spins, Max Level Base
	Any spins attempted not according to requirements as per program chart (i.e. flying entry) will receive an asterisk (*) that will result in no value.
	Spin in one position: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position, the spin will receive a Level Base.
	Only spins with less than three revolutions will receive no value.

Excel Pre-Preliminary, Excel Preliminary, Excel Preliminary Plus

Fall Deduction	Pre-Preliminary: The deduction for every fall is 0.25
	Preliminary & Preliminary Plus: The deduction for every fall is 0.5

Choreographic Step Sequence	If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Jumps	A waltz jump (1Wz) will receive credit at these levels.
	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	Max of two of the same jump – all may be as solo jumps or part of a jump combination/sequence.

Spins	All spins, Max Level 1
	Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.
Spins in one position	**Spin in one position**: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position, the spin will receive a Level Base. Only spins with less than three revolutions will receive no value.
	- **Level feature**: 5 continuous revolutions in a camel, sit, layback, or Biellmann. *Note: Unlike the ISU criteria, the 5 revolution feature does not require basic sit position to be a in a difficult variation.*
Combination Spins	**Combination Spin (CoSp & CCoSp):** A spin with only two basic positions achieved for two continuous revolutions will not have a V assigned in this event level. If there is only one basic position achieved for two continuous revolutions, the spin will receive a Level Base and a V will be assigned. If one basic position is not achieved for two continuous revolutions, the spin will have no value.
	- **Level Feature:** All three basic positions performed anywhere within the combination spin, with each position held for at least two continuous revolutions.

Excel Pre-Preliminary, Excel Preliminary & Excel Preliminary Plus Quick Reference Chart

Spin	No Basic Position Achieved	1 Basic Position Achieved	2 Basic Positions Achieved	3 Basic Positions Achieved	No Basic Position on 1 Foot	Less than Three Revs on 1 Foot
Spin in one Position	Level Base	Any (B-1)	N/A	N/A	N/A	N/A
CoSp	No Value	CoSpBV	CoSpB	CoSp1	N/A	N/A
CCoSp (Preliminary & Preliminary Plus)	No Value	CCoSpBV	CCoSpB	CCoSp1	CCoSp(B-1)	CCoSp(B-1)V

Excel Pre-Juvenile and Pre-Juvenile Plus

Fall Deduction	The deduction for every fall is 0.5

Choreographic Step Sequence	If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Jumps	A waltz jump (1Wz) will receive credit at these levels.
	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.
	Max of two of the same single jump – may be as solo jumps or part of a jump combination/sequence. Max of two of the same double jump – if repeated, one attempt must be part of a jump combination/sequence.

Spins	All spins, Max Level 2
	Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.
Spins in one position	**Spin in one position**: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position, the spin will receive a Level Base. Only spins with less than three revolutions will receive no value.

	- **Level features**: 5 continuous revolutions in camel, sit, layback or Biellman; compulsory for higher than Level Base. (Note: unlike ISU criteria, the 5 revolution feature does not require the basic sit position to be in a difficult variation.)
	    a) The five revolutions may be performed in a difficult variation, but not required.
	    b) Any other feature may be performed for a max Level 2. (excluding feature #10, the 8 revolution feature).

Combination Spins	**Combination Spin (CoSp & CCoSp):** A spin with one basic position achieved for two continuous revolutions will receive a Level Base and a V will be assigned. A spin with two basic positions achieved for two continuous revolutions will receive a Level Base.
	- **Level Features:** All three basic positions performed anywhere within the combination spin, with each position held for at least two continuous revolutions, compulsory for higher than Level Base. - Any other feature from ISU Communication #2474 may be performed for a max Level 2.

Excel Pre-Juvenile and Excel Pre-Juvenile Plus Quick Reference Chart

Spin	No Basic Position Achieved	1 Basic Position Achieved	2 Basic Positions Achieved	3 Basic Positions Achieved	No Basic Position on 1 Foot	Less than Three Revs on 1 Foot
Spin in one Position	Level Base	Any (B-2)	N/A	N/A	N/A	N/A
CoSp	No Value	CoSpBV	CoSpB	CoSp(1-2)	N/A	N/A
CCoSp	No Value	CCoSpBV	CCoSpB	CCoSp(1-2)	CCoSp(B-2)	CCoSp(B-2)V

Excel Juvenile and Juvenile Plus

Fall Deduction	The deduction for every fall is 0.5

Choreographic Step Sequence	If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Jumps	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.
	Max of two single axels – may be as solo jumps or part of a jump combination/sequence. Max of two of the same double jump – if repeated, one attempt must be part of a jump combination/sequence.

Spins	All spins, Max Level 2
	Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.
Spins in one position	**Spin in one position**: If a basic position is not achieved for two continuous revolutions, the spin will have no value.
Combination Spins	**Combination Spin (CoSp & CCoSp):** A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
	- In a combination spin with a change of foot (CCoSp), 2 features may be achieved on the same foot.
	US Figure Skating will continue to award 8 revs (ISU comm #2474, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.

Excel Juvenile and Excel Juvenile Plus Quick Reference Chart

Spin	No Basic Position Achieved	1 Basic Position Achieved	2 Basic Positions Achieved	3 Basic Positions Achieved	No Basic Position on 1 Foot	Less than Three Revs on 1 Foot
Spin in one Position	No Value	Any (B-2)	N/A	N/A	N/A	N/A
CoSp	No Value	No Value	CoSp(B-2)V	CoSp(B-2)	N/A	N/A
CCoSp	No Value	No Value	CCoSp(B-2)V	CCoSp(B-2)	CCoSp(B-2)	CCoSp(B-2)V

Excel Intermediate and Excel Intermediate Plus

Fall Deduction	The deduction for every fall is 0.5

Choreographic Step Sequence	If the choreographic step sequence meets the requirements, it will be confirmed. If it does not meet the requirements (see program chart), it will receive no value.

Jumps	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.

Spins	All spins, Max Level 3
	Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.
	Both spins may start with a flying entry, but flying entry is **not** required.
Spins in one position	**Spin in one position**: If a basic position is not achieved for two continuous revolutions, the spin will have no value.
Combination Spins	**Combination Spin (CoSp & CCoSp):** A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
	- In a combination spin with a change of foot (CCoSp), a maximum of two features can be awarded on one foot and one feature can be awarded on the other foot.
	US Figure Skating will continue to award 8 revs (ISU comm #2474, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.

Excel Novice

Fall Deduction	The deduction for every fall is 0.5

Leveled Step Sequnce	The step sequence can earn a maximum of a Level 2, and the only features that will be evaluated for a level are:
	• Feature #1: **minimum variety** (five difficult turns and steps) or **simple variety** (7 difficult turns and steps), none of these can be counted more than twice.
	• Feature #2: rotations in either direction (right and left) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction.

If the skater executes:

Pattern too short, does not fully utilize ice surface	No Value
Minimum Variety not achieved	Level Base
Minimum Variety and No Rotation	Level 1
Minimum Variety and Rotation	Level 1
Simple Variety and No Rotation	Level 1
Simple Varity and Rotation	Level 2

Jumps	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.
	Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474.
	If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.

Spins	All spins, Max Level 3
	Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.
	In any spin with a change of foot, a maximum of two features may be awarded on each foot.
Combination Spins	**Combination Spin (CoSp & CCoSp):** A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value.
	- In a combination spin with a change of foot (CCoSp), a maximum of two features can be awarded on one foot and one feature can be awarded on the other foot.

Excel Junior

Fall Deduction	The deduction for every fall is 1.0

Choreographic Sequence	A choreographic Sequence consists of at least 2 different movements like spials, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with a maximum of 2 revolutions, spins etc. Steps and turns may be used to link the 2 or more different movements together. The pattern is not restricted, but the sequence must be clearly visible. If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.

Jumps	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value. Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2474. If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.

Spins Combination Spins	All spins, Max Level 4 Mandatory feature must be counted for any spin to receive a level 4. Please see ISU Communication #2474 and/or the ISU Technical Panel Handbook for Singles Skating 2022-2023 for more information. Any spins attempted not according to requirements as per program chart (i.e. flying entry) will receive an asterisk (*) that will result in no value. In any spin with a change of foot, a maximum of two features may be awarded on each foot. **Combination Spin (CoSp & CCoSp):** A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value. - <u>In a combination spin with a change of foot (CCoSp), a maximum of two features may be awarded on each foot.</u>

Excel Senior

Fall Deduction	The deduction for every fall is 1.0

Leveled Step Sequence	The step sequence can earn a maximum of a Level 4. All features in ISU Communication #2474 will be evaluated to determine the level.

Choreographic Sequence	A choreographic Sequence consists of at least 2 different movements like spials, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with a maximum of 2 revolutions, spins etc. Steps and turns may be used to link the 2 or more different movements together. The pattern is not restricted, but the sequence must be clearly visible. If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.

Jumps	Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value. Rotational and edge errors and any associated V and base values will be applied as per ISU Communication #2324. If according to the jump repeat rules for specific levels, when two executions of a jump are allowable and one of those must be in a combination or sequence, if both are executed as solo jumps, the second one performed will be marked with the sign "+REP" and the listed jump will receive only 70% of its value.

Spins	All spins, Max Level 4 Mandatory feature must be counted for any spin to receive a level 4. Please see ISU Communication #2474 and/or the ISU Technical Panel Handbook for Singles Skating 2022-2023 for more information. Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value. In any spin with a change of foot, a maximum of two features may be awarded on each foot.
Combination Spins	**Combination Spin (CoSp & CCoSp):** A change of position (a minimum of two different basic positions) is required for these spins to be given value. If all three basic positions are not achieved, a "V" will be assigned to the spin resulting in a decrease in base value. - In a combination spin with a change of foot (CCoSp), a maximum of two features may be awarded on each foot.

Segment Parameters:

Category	# of Elements	# of PC	CO	PR	SS	GCF
Excel Beginner	7	3	0.80	0.80	2.40	1.00
Excel High Beginner	8	3	0.80	0.80	2.40	1.00
Excel Pre-Preliminary	8	3	0.90	0.90	2.70	1.00
Excel Preliminary	8	3	0.92	0.92	2.76	1.00
Excel Preliminary Plus	8	3	0.92	0.92	2.76	1.00
Excel Pre-Juvenile	8	3	0.96	0.96	2.88	1.00
Excel Pre-Juvenile Plus	8	3	0.96	0.96	2.88	1.00
Excel Juvenile	8	3	1.25	1.25	3.75	1.00
Excel Juvenile Plus	8	3	1.25	1.25	3.75	1.00
Excel Intermediate	9	3	0.90	0.90	1.80	2.00
Excel Intermediate Plus	9	3	0.90	0.90	1.80	2.00
Excel Novice	11	3	1.14	1.14	1.52	2.00
Excel Junior	11	3	1.00	1.00	1.00	2.70
Excel Senior	12	3	1.00	1.00	1.00	2.70