

Excel Program Technical Information

2024



Effective 1/1/2024 – 12/31/2024

Updated 10/15/2024 – MW

Excel Free Skate Events

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Please see the 2024 Excel Series handbook for other requirements regarding eligibility.

Judging System

- **Excel Series events:** All Plus level events as well as Juvenile through Senior Excel events will be run using the IJS scoring system. Aspire 1-4, Pre-Preliminary and Preliminary events may be run as either 6.0 or IJS subject to the individual competition announcement.
- **Non-Series Excel events:** All levels may be run as either 6.0 or IJS subject to the individual competition announcement.

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:

NOTES:

- Spin criteria from ISU Communication [#2558](#) will be applied by the technical panel to determine spin level with exceptions noted within this handbook for Aspire 1-4 & Excel Pre-Preliminary through Excel Pre-Juvenile Plus.
- Rotational and edge errors and any associated V and base values will be applied as per ISU Communications [#2558](#) and [#2475](#) with exceptions noted within this handbook.
- 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 [2023-24](#) 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:
 - o ISU Communication [#2558](#)– Single and Pair Skating
 - o ISU Communication [#2475](#) – Single and Pair Skating
 - o [2024](#) Excel Free Skate Elements Chart
 - o ISU Technical Panel Handbook – Singles [2023/2024](#)
 - o [2023-2024](#) Domestic Single Skating Calling Clarifications Junior and Below
 - o US Figure Skating Technical Notification [#269](#) – IJS Tables of Factors for Non-qualifying Level Events and Scales of Values for Non-Standard Elements
- Protocol feedback:
 - o For all 2024 Excel Series events, excluding the 2024 Excel National Final, protocol feedback will be used for spins in Excel Juvenile, Excel Juvenile Plus, Excel Intermediate, Excel Intermediate Plus, Excel Novice, Excel Junior and Excel Senior.
 - o For all 2024 Excel Series events, excluding the 2024 Excel National Final, protocol feedback will be used for Steps in Excel Intermediate Plus, Excel Novice, and Excel Senior.
 - o For more information, see [2023-24 Domestic Single Skating Calling Clarifications.](#)

Aspire 1-4

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	<p>A waltz jump (1Wz) will receive credit at these levels.</p> <p>The following half jumps will receive credit at these levels: Half Flip (1HF), Half Lutz (1HLz), Half Loop (Euler – 1Eu) will receive credit as a stand-alone jump in <i>Aspire 3 & 4 only</i>.</p> <p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>Jump Sequences: Reminder: The definition of a jump sequence is any listed jump(s) followed immediately by a waltz jump.</p>
Aspire 1	<p>In Aspire 1, the <u>only allowable jump sequence</u> is: waltz jump/waltz jump <i>No turns or hops are permitted between the two jumps.</i></p> <p><i>No jump combinations are permitted</i></p>
Aspire 2	<p>In Aspire 2, the <u>only allowable jump combinations</u> are:</p> <ol style="list-style-type: none"> 1. Waltz jump/toe loop combination <i>and/or</i> 2. Salchow/toe loop combination <p><i>No other jump combinations are permitted.</i></p> <p>In Aspire 2, the <u>only allowable jump sequence</u> is: waltz jump/waltz jump <i>No turns or hops are permitted between the two jumps.</i></p>
Aspire 3 & 4	<p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p> <p>Jump combinations and jump sequences are limited to 2 jumps, except one jump combination or jump sequence may include 3 jumps.</p> <p>If the half loop (Euler – 1Eu) is used in a jump combination, it must be performed as part of a three jump combination between two listed jumps. i.e. waltz jump/half loop/salchow (1Wz+1Eu+1S)</p>
Spins	<p>All spins, Max Level Base</p> <p>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.</p> <p>Only spins with less than three revolutions total will receive no value.</p>
Spins in one position	<p>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.</p>
Aspire 3	<p>In Aspire 3, the required spin is a change upright spin (scratch to back scratch). The code for this spin will be CUSp. As long as there are a total of 3 revolutions, the spin will receive a Level Base. "V" will not apply at this level.</p>
Aspire 4	<p>In Aspire 4, the required spin is a camel to sit spin. The code for this spin will be CoSp. If basic positions are not achieved for two continuous revolutions, but there is at least one recognizable position, the spin will receive a Level Base. "V" will not apply at this level.</p>

Excel Pre-Preliminary, Excel Preliminary, Excel Preliminary Plus

Fall Deduction	Pre-Preliminary, Preliminary & Preliminary Plus: The deduction for every fall is <u>0.25</u> .
Choreographic Sequence	<p>A Choreographic Sequence consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc. Steps and turns may be used to link the 2 or more different movements together.</p> <p>The pattern is not restricted, but the sequence must be clearly visible.</p> <p>If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.</p> <p>The code for the Choreographic Sequence at these levels will be pChSq1 for a confirmed sequence, with a base value of 1.50, and pChSq for a no value sequence.</p>
Jumps	<p>A waltz jump (1Wz) will receive credit at these levels.</p> <p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p><u>Max of two of the same jump – all may be as solo jumps or part of a jump combination/sequence.</u></p>
Spins Spins in one position Combination Spins	<p>All spins, Max Level 1</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p> <p>Spin in one position: <u>If a basic position is not achieved for two continuous revolutions, but there is a recognizable position attempted, the spin will receive a Level Base. Only spins with less than three revolutions will receive no value. Change of foot is not permitted.</u></p> <ul style="list-style-type: none"> - Level feature: <u>5 continuous revolutions in a camel, sit, layback, or Biellmann - without changes in variation/position or edge. <i>Compulsory for higher than Level Base.</i></u> <i>Note: Unlike the ISU criteria, the 5 revolution feature does <u>not</u> require basic sit position to be a in a difficult variation.</i> <p>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 <u>is only one</u> basic position achieved for two continuous revolutions, the spin will receive a Level Base and a V will be assigned. <u>If one basic position is not achieved for two continuous revolutions, the spin will have no value.</u></p> <ul style="list-style-type: none"> - Level Feature: All three basic positions performed anywhere within the combination spin, with each position held for at least two continuous revolutions is the only feature that will be assessed. <u>Compulsory for higher than Level Base.</u> <p>See the quick reference spin chart on page 12</p>

Excel Pre-Juvenile Plus

Fall Deduction	The deduction for every fall is <u>0.25</u>
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Choreographic Sequence	<p>A Choreographic Sequence consists of at least 2 different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc. Steps and turns may be used to link the 2 or more different movements together.</p> <p>The pattern is not restricted, but the sequence must be clearly visible.</p> <p>If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.</p> <p>The code for the Choreographic Sequence at these levels will be pChSq1 for a confirmed sequence, with a base value of 1.50, and pChSq for a no value sequence.</p>
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Jumps	<p>A waltz jump (1Wz) will receive credit at these levels.</p> <p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p> <p><u>Max of two of the same single jump (including the single axel)– may be as solo jumps or part of a jump combination/sequence.</u></p> <p><u>Max of two of the same double jump – if repeated, one attempt must be part of a jump combination/sequence.</u></p>
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Spins	<p>All spins, Max Level 2</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p>
Spins in one position	<p>Spin in one position: <u>If a basic position is not achieved for two continuous revolutions, the spin will receive no value</u></p> <ul style="list-style-type: none"> - Level features: 5 continuous revolutions in camel, sit, layback or Biellman; without changes in variation/position or edge, <u>compulsory for higher than Level Base</u>. (Note: unlike ISU criteria, the 5 revolution feature does <u>not</u> require the basic sit position to be in a difficult variation.) <ul style="list-style-type: none"> a) The 5 revolutions may be performed in a difficult variation, but not required for a max of a level 2. <u>If less than 5 revolutions are performed, the spin will be a max Level Base</u> b) Any other feature from ISU Communication #2558 may be performed for a max Level 2. (excluding feature #10, the 8 revolution feature).
Combination Spins	<p>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 <u>is only one</u> basic position achieved for two continuous revolutions, the spin will receive a Level Base and a V will be assigned. <u>If one basic position is not achieved for two continuous revolutions, the spin will have no value.</u></p> <ul style="list-style-type: none"> - 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. - <u>Any other feature from ISU Communication #2558 may be performed for a max Level 2.</u> <ul style="list-style-type: none"> a) <u>If the 8 rev feature is used, it must be executed in a different basic position and/or in a different difficult variation from the spin in one position to be awarded.</u> <p><u>See the quick reference spin chart on page 12</u></p>

Excel Juvenile

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	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p> <p><u>Max of two of any of the same jump (including single axel) – may be as solo jumps or part of a jump combination/sequence.</u></p>
Spins Spins in one position Combination Spins	<p>All spins, Max Level 2</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p> <p>Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value.</p> <p>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.</p> <ul style="list-style-type: none"> - In a combination spin with a change of foot (CCoSp), 2 features may be achieved on the same foot. <p>US Figure Skating will continue to award 8 revs (ISU comm #2558, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.</p> <p style="background-color: yellow;"><i>See the quick reference spin chart on page 11 and Protocol feedback information on page 12.</i></p>

Excel Juvenile Plus

Fall Deduction	The deduction for every fall is 0.5
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Leveled Step Sequence	<p>The step sequence can earn a maximum of a Level 1, and the only feature that will be evaluated for a level:</p> <ul style="list-style-type: none"> Feature #1: minimum variety (five difficult turns and steps), none of these can be counted more than twice. <p>If the skater executes:</p> <table border="1" style="width: 100%;"> <tr> <td>Pattern too short, does not fully utilize ice surface</td> <td>No Value</td> </tr> <tr> <td>Minimum Variety not achieved</td> <td>Level Base</td> </tr> <tr> <td>Minimum Variety achieved</td> <td>Level 1</td> </tr> </table>	Pattern too short, does not fully utilize ice surface	No Value	Minimum Variety not achieved	Level Base	Minimum Variety achieved	Level 1
Pattern too short, does not fully utilize ice surface	No Value						
Minimum Variety not achieved	Level Base						
Minimum Variety achieved	Level 1						

Jumps	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p> <p><u>Max of two single axels – may be as solo jumps or part of a jump combination/sequence.</u></p> <p><u>Max of two of the same double jump – if repeated, one attempt must be part of a jump combination/sequence.</u></p>
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Spins	<p>All spins, Max Level 2</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p>
Spins in one position	<p>Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value.</p>
Combination Spins	<p>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.</p> <ul style="list-style-type: none"> In a combination spin with a change of foot (CCoSp), 2 features may be achieved on the same foot. <p>US Figure Skating will continue to award 8 revs (ISU comm #2558, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.</p> <p>See the quick reference spin chart on page 12 and Protocol feedback information on page 13.</p>

Excel Intermediate

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	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and and base values will be applied as per ISU Communication <u>#2558</u>.</p> <p>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.</p> <p><u>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.</u></p>
Spins Spins in one position Combination Spins	<p>All spins, Max Level 3</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p> <p><u>Both spins may start with a flying entry, but flying entry is not required.</u></p> <p>Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value.</p> <p>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.</p> <ul style="list-style-type: none"> - <u>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.</u> <p>US Figure Skating will continue to award 8 revs (ISU comm <u>#2558</u>, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.</p> <p>See the Protocol feedback information on page 13.</p>

Excel Intermediate Plus

Fall Deduction	The deduction for every fall is 0.5
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Leveled Step Sequence	<p>The step sequence can earn a maximum of a Level 2, and the only features that will be evaluated for a level are:</p> <ul style="list-style-type: none"> • 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. <p>If the skater executes:</p> <table border="1" style="width: 100%;"> <tr> <td>Pattern too short, does not fully utilize ice surface</td> <td>No Value</td> </tr> <tr> <td>Minimum Variety not achieved</td> <td>Level Base</td> </tr> <tr> <td>Minimum Variety and No Rotation</td> <td>Level 1</td> </tr> <tr> <td>Minimum Variety and Rotation</td> <td>Level 1</td> </tr> <tr> <td>Simple Variety and No Rotation</td> <td>Level 1</td> </tr> <tr> <td>Simple Variety and Rotation</td> <td>Level 2</td> </tr> </table> <p><i>See the Protocol feedback information on page 13.</i></p>	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 Variety and Rotation	Level 2
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 Variety and Rotation	Level 2												

Jumps	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p> <p><u>Max of two single axels – may be as solo jumps or part of a jump combination/sequence.</u> <u>Max of two of the same double jump – if repeated, one attempt must be part of a combination/sequence.</u></p>
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Spins	<p>All spins, Max Level 3</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p> <p><u>Both spins may start with a flying entry, but flying entry is not required.</u></p>
Spins in one position	<p>Spin in one position: If a basic position is not achieved for two continuous revolutions, the spin will have no value.</p>
Combination Spins	<p>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.</p> <ul style="list-style-type: none"> - <u>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.</u> <p>US Figure Skating will continue to award 8 revs (ISU comm #2558, spin feature #10) once per spin, if executed in a different basic position and/or in a different difficult variation.</p> <p><i>See the Protocol feedback information on page 13.</i></p>

Excel Junior

Fall Deduction	The deduction for every fall is 1.0
Choreographic Sequence	<p>A Choreographic Sequence consists of at least 2 different movements like spirals, 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.</p> <p>The pattern is not restricted, but the sequence must be clearly visible.</p> <p>If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.</p>
Jumps	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p>
Spins	<p>All spins, Max Level 4</p> <p>Mandatory feature must be counted for any spin to receive a level 4. Please see ISU Communication #2558 and/or the ISU Technical Panel Handbook for Singles Skating 2023-24 for more information.</p> <p>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.</p> <p>In any spin with a change of foot, a maximum of two features may be awarded on each foot.</p>
Combination Spins	<p>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.</p> <p><i>See the Protocol feedback information on page 13.</i></p>

Excel Senior

Fall Deduction	The deduction for every fall is 1.0
Leveled Step Sequence	<p>The step sequence can earn a maximum of a Level 4. All features in ISU Communication #2558 will be evaluated to determine the level.</p> <p><i>See the Protocol feedback information on page 13.</i></p>
Choreographic Sequence	<p>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.</p> <p>The pattern is not restricted, but the sequence must be clearly visible.</p> <p>If the choreographic sequence meets the requirements, it will be confirmed. If it does not meet the requirements, it will receive no value.</p>
Jumps	<p>Any unallowable jumps attempted (as per program chart) will receive an asterisk (*) that will result in no value.</p> <p>Rotational and edge errors and base values will be applied as per ISU Communication #2558.</p> <p>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.</p>
Spins	<p>All spins, Max Level 4</p> <p>Mandatory feature must be counted for any spin to receive a level 4. Please see ISU Communication #2558 and/or the ISU Technical Panel Handbook for Singles Skating 2023-2024 for more information.</p> <p>Any spins attempted not according to requirements as per program chart will receive an asterisk (*) that will result in no value.</p> <p>In any spin with a change of foot, a maximum of two features may be awarded on each foot.</p>
Combination Spins	<p>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.</p> <p><i>See the Protocol feedback information on page 13.</i></p>

Excel Spin Quick Reference Charts

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	No Value	CCoSpBV	CCoSpB	CCoSp1	CCoSp(B-1)	CCoSp(B-1)V

* *Less than five continuous revolutions, maximum Level Base*

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

* *Less than five continuous revolutions, maximum Level Base*

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

Protocol Feedback

In collaboration with the Technical Panel Committee, Officials Training Committee, Competitions Committee and the Technology Subcommittee, the Singles Development and Technical Committee launched Protocol Feedback nationwide on April 17, 2023, for nonqualifying and National Qualifying Series (NQS) competitions in the juvenile through senior singles short program and free skate events. This feedback system is athlete-centered and strives to offer more information to the athletes and coaches for future improvement, goal assessment and attainment.

Excel events will adopt this calling procedure for spins starting on April 17, 2023, and for step sequences on July 1, 2023.

Protocol Feedback will not be implemented at the sectional singles finals, U. S. Figure Skating Championships or Excel Series Final.

Specific directions for technical panel procedures, titled, 2023 Best Practices (Step Sequences & Spins), are posted on the Technical Panel Information page in the Members Only section at www.usfigureskating.org.

Protocols for events indicated will offer specific feedback as follows:

Step Sequence in Excel Intermediate Plus:

The step will be leveled, and Y (yes) or N (no) for **rotations** will appear in the column before the base values.

Step Sequence in Excel Novice and Excel Senior:

The step will be leveled, and the following notations will appear in the column before the base values.

- Rotations Y (yes) or N (no)
- Body Y (yes) or N (no)
- Clusters Y (yes) or N (no)
- The order of appearance will be rotations, body, and clusters as listed in ISU Communication 2558.

Notes for Step Sequences:

- For the above levels, the final level assigned is also based on turns achieved.
- The number of turns achieved will not be shown.
- The final level is a field of play call and not subject to protest.

Combination spins in Excel Juvenile, Excel Juvenile Plus, Excel Intermediate, Excel Intermediate Plus, Excel Novice, Excel Junior and Excel Senior:

Where a "V" is assigned due to a missing position:

- **nC** Indicates missing camel position
- **nS** Indicates missing sit position
- **nU** Indicates missing upright position

- This applies to CCoSp, FCoSp, FCoSp, CoSp if the error relates to a missing position.
- The final level is a field of play call and not subject to protest.

Segment Parameters:

Category	# of Elements	# of PC	CO	PR	SS	GCF
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 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	2.67	2.67	2.67	1.00
Excel Senior	12	3	2.67	2.67	2.67	1.00