



**2024 Excel Competition Series Athlete Handbook
ATHLETE CHECKLIST**

RENEW MEMBERSHIP FOR 2023-24 SEASON
REGISTER FOR EXCEL SERIES VIA [SERIES APPLICATION](#) (OPEN DECEMBER 1, 2023)
REGISTER FOR AT LEAST TWO [APPROVED EXCEL SERIES COMPETITIONS](#) VIA [EMS](#)
TRACK YOUR SERIES STANDINGS ON EMS

EXCEL Questions? Email:
weitzmanM@aol.com for technical questions
Epreston.usfs@gmail.com for series questions.

Excel Competition Series Dates
January 15 – June 2, 2024

Excel National Final & Festival Dates
The Skating Club of Boston
Norwood, Massachusetts
July 11 – 14, 2024

Dear Skaters, Coaches and Parents,

On behalf of U.S. Figure Skating's Program Innovation Sub-Committee, we are thrilled to announce the 5th season of the Excel Competition Series.

The purpose of the Excel Series is to offer young athletes an exciting and competitive environment that motivates them to focus on strengthening their program components and advancing their technical skills each season.

Excel Series events will be held at select non-qualifying competitions; a list of participating competitions will be posted by December 15, 2023. This list will be [available here](#).

The primary mission of this program is to inspire more of our young athletes to continue training and remain committed to participating in figure skating by providing them with events that allow them to showcase their strengths. Additionally, this program serves as an opportunity for grassroots skaters and coaches to familiarize themselves with the fundamentals of the International Judging System (IJS) through a phased approach which allows them to become proficient and confident with the IJS.

We are looking forward to reigniting excitement in the new Excel program this season with a focus on providing a safe experience for our athletes, coaches and officials.

We hope that the Excel program continues to inspire athletes to work hard and challenge themselves to achieve new technical and program component goals each season. We wish all competitors a great experience this season – skate your best, have fun and enjoy the Series!

Sincerely,

Marc Weitzman

National Vice Chair, Excel Program Sub-Committee

U.S. Figure Skating

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Elise Preston

Member, Excel Program Sub-Committee

Membership Group Coordinator

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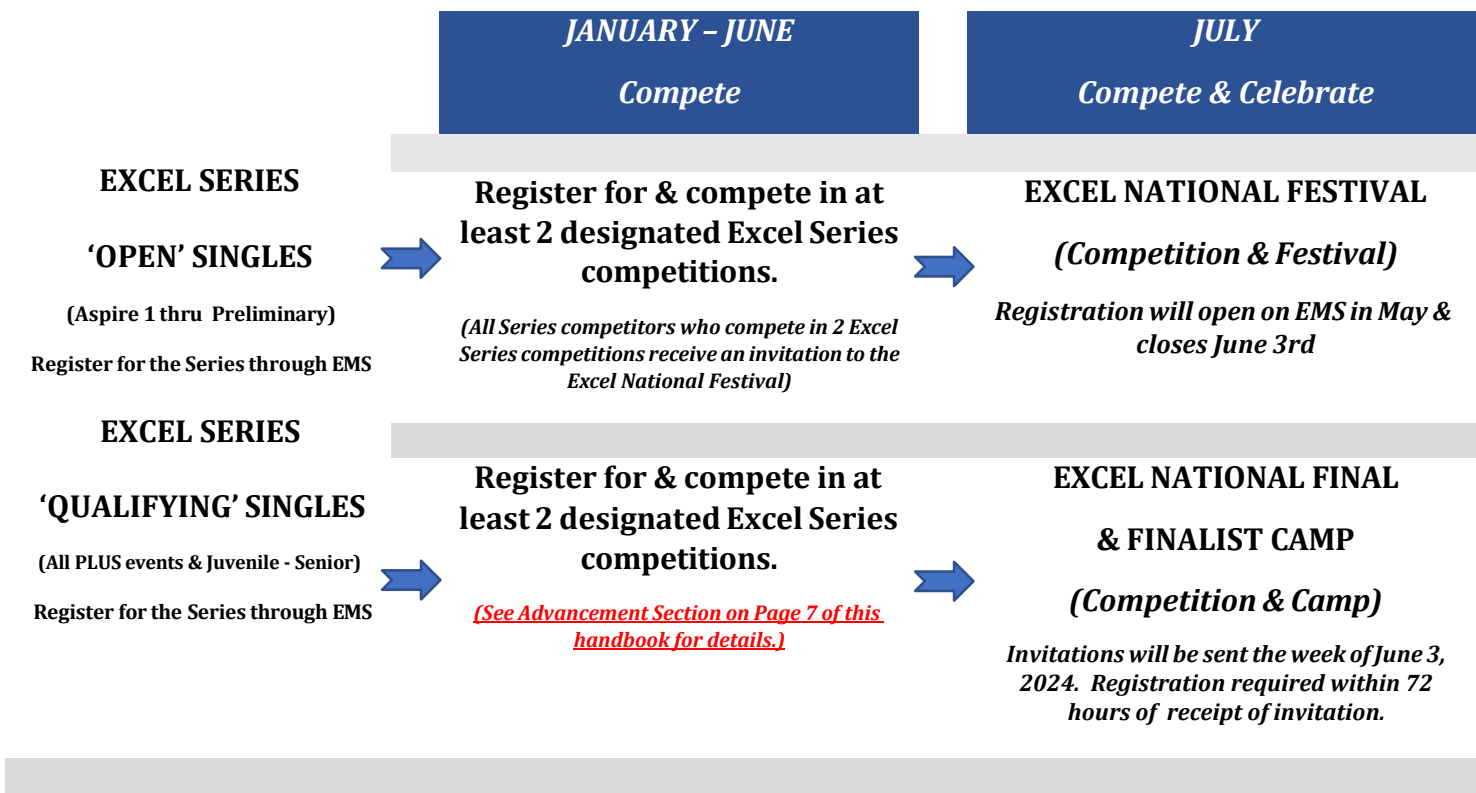
Casey Mallory

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EXCEL SERIES STRUCTURE



To complete registration (via the [Series Application](#)) and register for [approved EXCEL SERIES competitions](#), athletes of all levels – Excel Aspire through Senior - must be current members of U.S. Figure Skating.

A current membership for the 2023-24 season is required to complete the series application (membership must be fully processed with home club AND U.S. Figure Skating; you can verify membership status [here](#)).

Athletes are automatically entered into one of the three sections based on the location of their home club, or if an individual member, their home address. All registrants are bound to their geographic designation at the time of entry and no changes are permitted. Club representation stays intact for entirety of the Excel Series season even if athlete changes club.

STEP 2 – COMPETITIVE LEVEL

- **Skaters must be under 21 years of age as of March 1, 2024 to register and compete in the 2024 Excel Series. No other age restrictions apply to Excel events.**
- Athletes may complete Excel Series registration for ONE level.

Can I change my level?

Athletes competing in events which require qualification for the Excel Final, may NOT change level after registering and competing in one or more Excel Series competitions. *These events include: All PLUS events and Juvenile, Intermediate, Novice, Junior & Senior.*

Athletes competing in ‘open’ events may move up ONE level during the Series and/or for the Excel Final. Skaters may not move ‘down’ in level. *‘Open’ events include: Aspire 1-4, Pre-Preliminary, and Preliminary.*

Meet the citizen and residency requirements as stated in Rules 2230-2243. Foreign or released athletes residing in the U.S. who currently represent another ISU federation other than U.S. Figure Skating may register and compete at an approved Excel Series competition. However, they are not eligible to complete the Series Application nor receive a score within the Series Standings.

Eligibility

- Skaters must be under 21 years of age as of the registration deadline of March 1, 2024.
- Any skater who competed in the 2023 Excel Series may not enter the 2024 Excel Series at a lower level. *(Exception: Skaters who competed in Excel Pre-Juvenile (open) in 2023 may move to Excel Preliminary for 2024 Excel Series season - If this applies to you, please email Casey Mallory: cmallory@usfigureskating.org) see page 10 for more details.*
- Any skater who medaled at the 2023 Excel National Final in any Plus level event or Juvenile thru Junior must register and compete in the 2024 Excel Series at least one level above the level in which they competed during the 2023 Excel Series.

The following are ineligible to compete in the 2024 Excel Series:

- Any athletes who qualified to compete at the 2024 U.S. Figure Skating Championships
- Any athlete who qualified and/or competes in the 2023-24 Sectional Singles Finals
- Any athletes who competed in the 2023-24 National Qualifying Series (NQS) **and** who earned a score of at least:
 - Juvenile: 44 points
 - Intermediate: 85 points
 - Novice: 92 points
 - Junior: 112 points
 - Senior: 115 points
- Exceptions may be made at the discretion of the Excel Program Sub-Committee

STEP 3 – EXCEL SERIES APPLICATION

Beginning December 1, athletes can complete their registration via [the Series Application](#) on EMS. The Series Application is the key requirement for registration. All interested athletes MUST complete this step prior to the start of their first approved EXCEL SERIES competition (first day of competition).

	Application Open	Application Close	Fee
Standard	December 1	March 1	\$65
Late	March 2	March 15	\$150

Note: the application will close on March 1 at 11:59 p.m. ET and re-open the following day at 12:00 p.m. ET. During this time, the Series Status will be listed as “Registration Closed”.

- Without a paid [Series Application](#), NO scores will be posted to the [Series Standings](#) and thus athletes cannot advance to the Excel Final, Excel Finalist Camp and/or Excel Festival.
- If an athlete competes in an approved Excel Series competition prior to completing their [Series Application](#), the scores will NOT count in the Series – no exceptions.

Online payment via credit card is the ONLY accepted form of payment for the Series Application. No cash, checks or mail orders will be accepted by U.S. Figure Skating.

- No refunds are provided for the Excel Series Application Fee under any circumstances (medical withdraws included).
- Entry fees refund policies for approved Excel Series competitions are at the discretion of each host club.

STEP 4 – REGISTER FOR AT LEAST TWO EXCEL SERIES COMPETITION VIA EMS

All athletes must register for at least TWO approved EXCEL SERIES competitions via U.S. Figure Skating’s Event Management System (EMS) and compete!

Athletes must enter each approved EXCEL SERIES competition directly, in accordance with the entry deadline and entry fees set forth by the host club. It is the sole responsibility of each athlete to complete this step to ensure their scores will post for the Series and thus the opportunity to advance to the Excel National event.

Note: While there is no maximum number of competitions an athlete may register for, in order for scores to count toward the Series Standings, participants must compete in at least two approved Excel Series Competitions and must register for the Excel Sies prior to the first competition.

EXCEL SERIES STANDINGS

For Excel Series 'Qualifying' Events

The Excel Series Standings for 'qualifying events' will be available for viewing in EMS. The standings will display a sectional rank. Qualifying events are: All 'Plus' level events, AND Juvenile, Intermediate, Novice, Junior and Senior

To access the standings:

- Log in to Members Only at <https://m.usfigureskating.org>.
 - Select EMS.
- Click "Series Information."
 - Choose "2024 Excel Series."
- Select "Standings."

At the end of each approved Excel Series competition, all IJS competition results will be uploaded to EMS by the chief accountant as soon as possible following the event's conclusion. Each skater's score is transmitted to the Standings. Only a skater's current two highest scores are officially recorded. If a skater finishes a competition and beats one of their previous two highest scores, the scores will be updated. If a skater competes but does not beat one of their current two highest scores, the previous two scores stand.

An athlete will not appear on the Excel Series standings until they have earned a score at an approved Excel Series competition for the level of their paid Series Application.

Please note, invitation to the Excel Final and Finalist Camp is tied to the two highest posted scores in the Series Standings, NOT from individual event placements at approved Excel Series competitions.

For Excel Series 'Open' Events

Open level events are Aspire 1-4, Pre-Preliminary and Preliminary.

- **New this year: Skaters in 'Open' events must submit copies of their results via email to: CMallory@usfigureskating.org**
- The Excel Series Online Recognition Podium for 'open' events will available for viewing in the Members Only portal of the U.S. Figure Skating website.

To access the Excel Series Open Event Online Podium

- Log in to Members Only at <https://m.usfigureskating.org>.
 - Select Skating Opportunities
 - Select Excel
 - Select Excel Series Info

Open event standings will be updated on a bi-weekly basis throughout the Excel Series season, starting February 1, 2024.

ADVANCEMENT TO EXCEL NATIONAL FINAL

Qualifiers:

All Plus levels and Juvenile through Senior athletes.

- Advancement information will be sent via email, outlining the EMS registration process and competition details the week of June 3rd.
- Each qualifier will be required to complete registration and pay their entry fee within 72 hours of receipt of advancement email from U.S. Figure Skating HQ.
- **If no response, spot will be forfeited, and alternate will be invited.**
- Entry fee for Excel National Final will cover Excel Freeskate event and Camp experience.

Advancement by Event:

Excel Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate Plus & Novice

- The top six skaters in each section
- Plus the skaters with the next six highest scores nationally - regardless of section
- (24 total) - will earn an invitation to participate in the National Excel Final.

Excel Juvenile & Excel Intermediate

- The top six skaters in each section
- Plus the skaters with the next twelve highest scores nationally - regardless of section
- (30 total) - will earn an invitation to participate in the National Excel Final.

Excel Junior & Senior

- The top six skaters in each section
- Plus the skaters with the next two highest scores nationally - regardless of section
- (20 total) - will earn an invitation to participate in the National Excel Final.

Open Event athletes

Aspire 1-4, Pre-Preliminary and Preliminary.

- Registration information will be sent via email to all Open level Excel Series registered athletes. outlining the EMS registration process and competition details in May.
- *The deadline to register for Open level athletes to register for the Excel Final and Festival will be June 3rd.*
- Entry fee for Excel National Final will cover Excel Freeskate event and Festival experience.

FINALIST RECOGNITION

The theme for the Excel 2024 Series is "Excellent Execution"

Pins – Pins will be awarded to all athletes in IJS events at the Excel National Final who earn at least one +3 from a judge on any element during the Final.

Presentation Awards – The skater with the highest presentation score at each qualifying level during the 2024 Excel National Final will receive an award which will be presented during the awards ceremony.

Founders Trophies - Two trophies will be awarded, one to the boy/man with the best presentation and one to the girl/woman with the best presentation as voted on by the judging panel during the 2024 Excel National Final. Awards will be presented during the awards ceremony.

ADDITIONAL INFORMATION

Coach Compliance

Any coach attending the competition must be included within a skater's series application AND individual competition registration via EMS. Any coaches declared at the time of registration will be included in the skater's registration confirmation email and have access to the EMS Coach Portal. Noncompliant coaches will receive automated email reminders through the start of the competition.

Note, there is no registration approval process within EMS as the data (membership) is tied to the U.S. Figure Skating database.

All Excel Series coaches must be fully compliant US Figure Skating coaches & meet the criteria below:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment and successfully pass a background check. *
 - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. *
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coaching Education Requirement (CER) through US Figure Skating.
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. *
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. *

Liability

U.S. Figure Skating, the host club(s) and/or interclub association, the organizing committee and the ice arenas utilized for these events accept no responsibility for injury or damage sustained by any participant in these Excel **Series events (U.S. Figure Skating Rule 1600)**.

Dates:

2024 Excel Series will run from January 15, 2024 to June 2, 2024 with the Excel Finalist Camp and Excel Series Final competition taking place at the Excel National Festival, July 11-14, 2024.

Music:

Music must be provided for events according to requirements in each competition's announcement.

Costumes:

The Excel Series will follow all costume rules and requirements as stated for singles events in the 2024 U.S. Figure Skating Rulebook. (Rules 6030-6035)

Judging System:

The IJS will be used for all Excel “PLUS” levels, **and** Juvenile through Senior levels at ALL Excel Series competitions. Please refer to the Excel Program Technical Handbook for IJS guidelines for Excel events found [here](#).

Choice of either IJS or 6.0 judging system is at the discretion of the LOC and will be specified in the announcement for the following Excel levels: Aspire 1-4 and Pre-Preliminary and Preliminary.

Warm-up Groups

Warm-up groups are at the discretion of the chief referee, and skaters will be notified prior to the start of the event if there will be more than one warm up group.

****Group Size:**

EXCEL SERIES COMPETITIONS			
Excel Level	Judging System	Suggested Max Warm Up Size	Suggested Max Event Group Size
Aspire 1-4	6.0 or IJS	12	6
Pre-Preliminary	6.0 or IJS	12	6
Preliminary	<u>6.0</u> or IJS	<u>10</u>	<u>8</u>
Preliminary Plus	IJS	<u>10</u>	<u>8</u>
Pre-Juvenile Plus	IJS	<u>10</u>	<u>8</u>
Juvenile	<u>IJS</u>	<u>10</u>	<u>10</u>
Juvenile Plus	IJS	6	10
Intermediate	IJS	6	12
Intermediate Plus	IJS	6	12
Novice	IJS	6	12
Junior	IJS	6	12
Senior	IJS	6	12

***** Group sizes may be slightly smaller or larger at the discretion of the chief referee. If an IJS Excel event is split into separate groups, the chief referee is encouraged to keep the judging and technical panel as consistent as possible among the separate groups of a single event level.***

EXCEL PRE JUVENILE

If you are one of the handful of athletes who skated in Excel Pre-Juvenile for the 2023 season and does not feel ready to enter Excel Pre-Juvenile Plus or Excel Juvenile, the Excel Program and USFS will make an exception to allow those skaters to lower their competitive floor for the 2024 Excel Series and compete in Excel Preliminary. To do so:

1. Sign up for the Excel Series as Pre-Juvenile Plus
2. Send an email to Casey Mallory (Cmallory@usfigureskating.org) to request to be moved to Excel Preliminary
3. Register for all Excel Series competitions as Excel Pre-Juvenile Plus
4. Upon completing the competition entry and prior to the competition deadline, send an email to Casey Mallory (Cmallory@usfigureskating.org) to request to be moved to Excel Preliminary

EXCEL SERIES ATHLETE RESOURCE LIST

[Excel FS Requirements Chart](#)

[Excel Technical Handbook](#)

[2024 Excel Series Competitions List](#)

[2024 Skater Registration Form](#)

[2024 Excel Series Handbook](#)

[Excel Open Standings](#)

[Event Management System \(EMS\)](#)

- Series Application
- Competition Registration
- Series Standings
- Skater Portal: My Coaches, Music, PPC
- Coach Portal: My Skaters, Coach Schedule

CONTACTS

Marc Weitzman, National Vice Chair

E-mail: weitzmanM@aol.com

(Technical Questions)

Elise Preston, Excel Committee

E-mail: epreston.usfs@gmail.com

(Series Questions)

U.S. Figure Skating Events Department

Email: events@usfigureskating.org Phone:

(719) 635-5200

U.S. Figure Skating Product Support (EMS)

Email: productsupport@usfigureskating.org

Phone: (719) 635-5200

Casey Mallory, U.S. Figure Skating Programs Department Email:

Cmallory@usfigureskating.org

Phone: (719) 635-5200