Excel Pre-Preliminary	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
1:40 Max Warm Up Time: 4 minutes	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)
		Max Level: 1	
Excel Preliminary Plus 2:00 +/- 10 sec Warm Up Time: 4 minutes	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) 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
		Max Level: 1	
Excel Pre-Juvenile Plus 2:00 +/- 10 sec Warm Up Time: 4 minutes	 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

^{*}Denotes required element



Excel Juvenile 2:30 +/- 10 sec Warm Up Time: 5 minutes	 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 	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* No change of foot	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
2nd half bonus: 1:15	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 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.	o Minimum 5 revolutions Both Spins may start with a flying entry Max Level: 2	
Excel Juvenile Plus 2:30 +/- 10 sec	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)	Maximum 2 spins: 1 spin combination, with or without change of foot* Minimum 8 revolutions Minimum 2 revolutions in each	Maximum 1 Sequence: ■ One leveled step sequence* □ Only Minimum Variety (5 turns) will be evaluated for the level
Warm Up Time: 5 minutes	 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 	position 1 spin with only 1 position* No Change of foot Minimum 5 revolutions	Must fully utilize the ice surface Max Level: 1
2nd half bonus: 1:15	 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 s 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. 	Both Spins may start with a flying entry Max Level: 2	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*	1 spin combination, with or without	• Choreographic Step Sequence*
3.00 +/- 10 sec	All single jumps, including the single Axel, allowed.	change of foot*	(ChSt)
	Only 2 different double jumps may be attempted (limited to double Salchow	 Minimum 8 revolutions 	o Must fully utilize the ice
	and double toe loop)	 Minimum 2 revolutions in each 	surface
Warm Up Time:	 Double loop, double flip, double Lutz, double Axel and higher jumps 	position	
6 minutes	not allowed.	• 1 spin with only 1 position*	
o minutes	o Single Axel and double jumps may be repeated once (but not	 May change feet 	
0-41 161	more), and if repeated, must be part of a jump sequence or jump	o Minimum 5 revolutions	
2 nd half bonus:	combination.	Both Spins may start with a flying entry	
1:30	 All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 	Both Spins may start with a flying entry	
	2 of any single jump)		
	Max 3 jump combinations, or 2 jump combinations and 1 jump sequence.		
	o Jump combinations and jump sequences are limited to two jumps		
CATALL L. C. COCC	except that one jump combination or one jump sequence may		
(Will be phased out after 2026	include three jumps.	Max Level: 3	
season)	o 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.		
Excel Intermediate Plus	Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
	1 must be an Axel-type jump*	1 spin combination, with or without	One leveled step sequence*
Excel Intermediate Plus 3:00 +/- 10 sec	 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety
	 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, 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple
	 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) 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple Variety (7 turns) and
	 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) Double Lutz, double Axel and higher jumps not allowed. 	1 spin combination, with or without change of foot*	One leveled step sequence* Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each
3:00 +/- 10 sec Warm Up Time:	 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) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not 	 1 spin combination, with or without change of foot* Minimum 8 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* 	One leveled step sequence* Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at
3:00 +/- 10 sec	 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) Double Lutz, double Axel and higher jumps not allowed. Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump 	 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 	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
3:00 +/- 10 sec Warm Up Time: 6 minutes	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 	 1 spin combination, with or without change of foot* Minimum 8 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* 	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
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. Axel may be repeated once (but not more) as a solo jump or part of 	 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 	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
3:00 +/- 10 sec Warm Up Time: 6 minutes	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 	 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 	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
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) All other singles may be repeated once (but not more) as a solo 	 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 	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
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 	1 spin combination, with or without change of foot*	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
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) All other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 	 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 	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 b evaluated for the level Must fully utilize the ice
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps 	1 spin combination, with or without change of foot*	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 b evaluated for the level Must fully utilize the icc surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 3 jump combinations, or 2 jump combinations and 1 jump sequence. 	1 spin combination, with or without change of foot*	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 b evaluated for the level Must fully utilize the icc surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 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. 	1 spin combination, with or without change of foot*	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 patter in each direction will b evaluated for the level Must fully utilize the ic surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jumps combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the 	 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 At least ONE of the two spins MUST have a flying entry 	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 patterr in each direction will be evaluated for the level Must fully utilize the ice surface
3:00 +/- 10 sec Warm Up Time: 6 minutes 2nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 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 	 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 At least ONE of the two spins MUST have a flying entry 	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
Warm Up Time: 6 minutes 2 nd half bonus:	 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) Double Lutz, double Axel and higher jumps not allowed. 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. 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) 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 3 jump combinations, or 2 jump combinations and 1 jump sequence. Jump combinations and jump sequences are limited to two jumps except that one jumps combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the 	 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 At least ONE of the two spins MUST have a flying entry 	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



Excel Novice	Maximum 7 jump elements:	Maximum 3 spins:	Maximum 1 Sequence:
3:30 +/- 10 sec Warm Up Time: 6 minutes	 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 	1 spin combination, with or without change of foot*	 One Choreographic Sequence (ChSq) Must be clearly visible
2nd half bonus: 1:45	more), and if repeated, must be part of a jump sequence or jump combination 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.	position* Minimum 6 revolutions 1 Choreographic Spin (pChSp)* Minimum 3 revolutions All spins may start with a flying entry Spins must be of a different character Max Level: 3	
Excel Junior 3:30 +/- 10 sec	 Maximum 7 jump elements 1 must be an Axel-type jump* All single and double jumps allowed, except the double Axel. 	Maximum 3 spins: 1 spin combination, with or without change of foot*	Maximum 1 Sequence: One Choreographic Sequence (ChSq)
Warm Up Time: 6 minutes 2 nd half bonus: 1:45	 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 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 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 Choreographic Spin (ChSp)* Minimum 3 revolutions All spins may change feet and start with a flying entry Spins must be of a different character Max Level: 4 	⊙ Must be clearly visib
Excel Senior 4:00 +/- 10 sec Warm Up Time:	 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 	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	Maximum 2 Sequences: One leveled step sequence* Must fully utilize the surface Max Level: 4
6 minutes 2 nd half bonus: 2:00	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-	position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 Choreographic Spin (ChSp)* Minimum 3 revolutions All spins may change feet and start with a flying entry	One Choreographic Sequence* (ChSq)
	off curve of the Axel-type jump.	Spins must be of a different character	

^{*} Denotes required element

^{*} Details on Choreographic spin to be posted in Excel Technical Handbook by 12/1/25

