Excel Free Skate

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice.
- Skaters may not enter both a Championship free skate event and an Excel free skate event at the same competition.
- Skaters may not have competed in a singles event at a National Qualifying Series competition or the Excel Series at a higher level. Skaters may compete up to one level above their highest singles test passed.
- Skaters with physical disabilities may register for standard track or Skate United track events.

2026 EXCEL PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	SEQUENCES
Maximum 5 jump elements: • All single jumps allowed, except for the Axel o No single Axels, double, or higher jumps allowed o 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 o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps	**Maximum 2 spins – Max Level 1:** • One spin must be in a single position with no change of foot* o No flying entry o 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 o No flying entry • Spins must be of a different character	**Maximum 1 sequence:** • One Choreographic Sequence (pChSq) o Must be clearly visible

Denotes required element

2026 EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS

JUMPS	SPINS	SEQUENCES
Maximum 5 jump elements: • All single jumps allowed, including single Axel o No double or higher jumps allowed o Single Axel and all other single jumps may be repeated one (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 o Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps	**Maximum 2 spins – Max Level 1:** • One spin combination with or without change of foot* o No flying entry o Minimum 6 revolutions • One spin with only 1 position* o No change of foot o No flying entry o Minimum 3 revolutions	**Maximum 1 sequence:** • One Choreographic Sequence (pChSq) o Must be clearly visible

Denotes required element