



**2023 Excel Competition Series
Athlete Handbook**

ATHLETE CHECKLIST

RENEW MEMBERSHIP FOR 2022-23 SEASON
REGISTER FOR EXCEL SERIES VIA [SERIES APPLICATION](#) (OPEN DECEMBER 15, 2022)
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 19 – June 11, 2023

Excel National Final & Festival Dates
Austin Figure Skating Club
Austin, Texas
July 13 – 16, 2023

Dear Skaters, Coaches and Parents,

On behalf of U.S. Figure Skating's Program Innovation Sub-Committee, we are thrilled to announce the 4th 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 November 15, 2022. 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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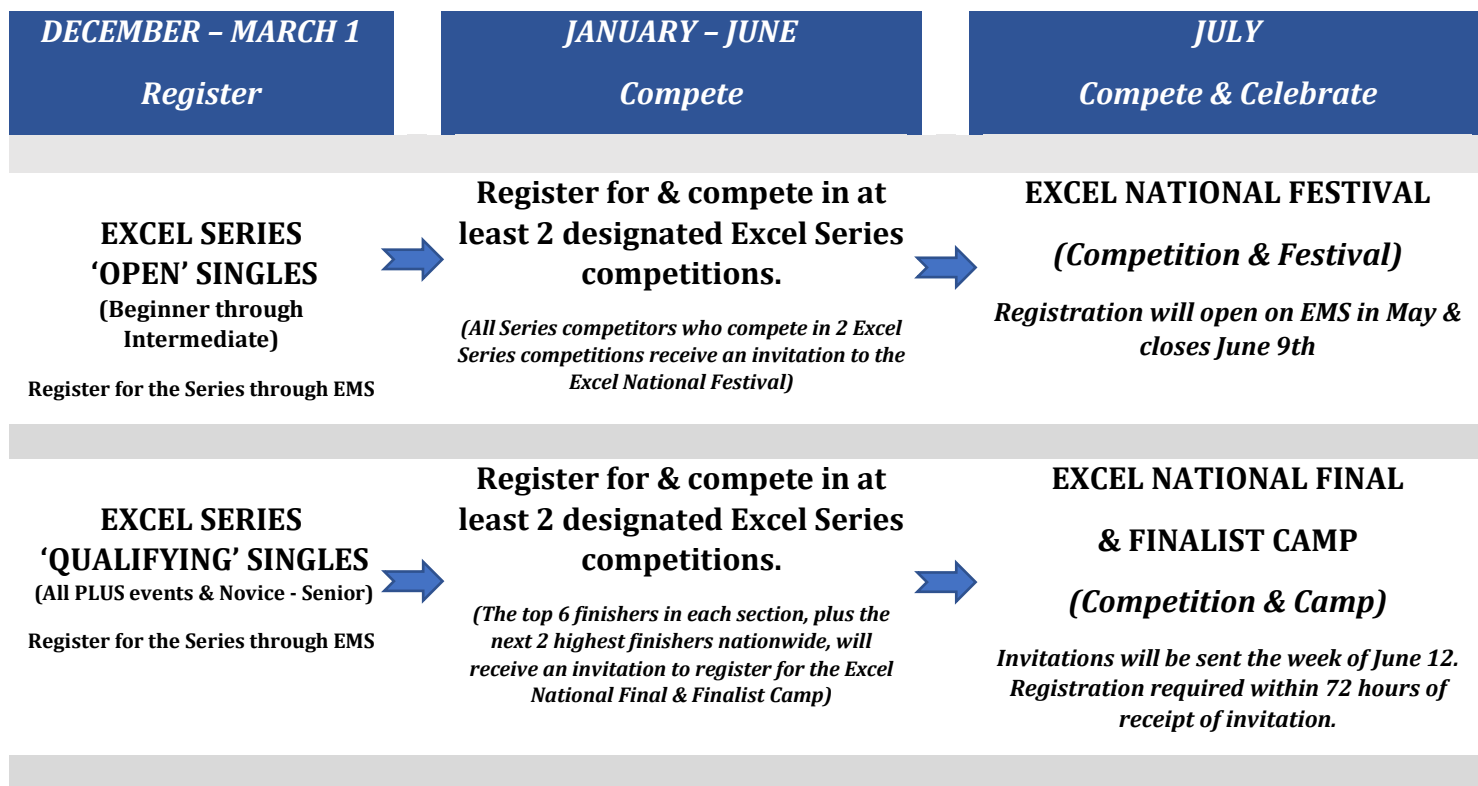
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EXCEL SERIES STRUCTURE



STEP 1 - REGISTER FOR US FIGURE SKATING OR RENEW YOUR MEMBERSHIP

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

A current membership for the 2022-23 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, 2023 to register and compete in the 2023 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 Novice, Junior & Senior.

Athlete 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.

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, 2023.
- Any skater who competed in the 2022 Excel Series may not enter the 2023 Excel Series at a lower level.
- Any skater who medaled at the 2022 Excel National Final in any Plus level event or Novice thru Junior must register and compete in the 2023 Excel Series at least one level above the level in which they competed during the 2022 Excel Series.

The following are ineligible to compete in the 2023 Excel Series:

- Any athletes who qualified to compete at the 2023 U.S. Figure Skating Championships
- Any athlete who qualified and/or competes in the 2022-23 Sectional Singles Finals
- Any athletes who competed in the 2022-23 National Qualifying Series (NQS) who earned a score higher than the following:
 - Juvenile: 45 points or higher
 - Intermediate: 86 points or higher
 - Novice: 96 points of higher
 - Junior: 105 points or higher
 - Senior: 120 points or higher
- Exceptions may be made at the discretion of the Excel Program Sub-Committee

STEP 3 – EXCEL SERIES APPLICATION

Beginning December 15, 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).

Timeline	Application Open	Application Close	Fee
Standard	December 15	March 1	\$50
Late	March 2	March 7	\$90

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.

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.

To access the standings:

- Log in to Members Only at <https://m.usfigureskating.org>.
 - Select EMS.

- Click “Series Information.”
 - Choose “2023 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

The Excel Series Standings for ‘open’ events will be available for viewing in the Members Only portal of the U.S. Figure Skating website. *Open level events are Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile & Intermediate.*

The standings will display a sectional rank.

To access the Open event standings:

- 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, 2023.

ADVANCEMENT TO EXCEL NATIONAL FINAL

Qualifiers:

All Plus levels and Novice through Senior athletes.

Advancement information will be sent via email, outlining the EMS registration process and competition details the week of June 12. 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.

Open Event athletes:

Beginner through Intermediate.

Registration information will be sent via email to all Open level Excel Series athletes, outlining the EMS registration process and competition details in May. Athletes must compete in the required two Excel Series competitions before registering for the Final.

The deadline to register for Open level athletes to register for the Excel Final and Festival will be June 11.

Entry fee for Excel National Final will cover Excel Freeskate event and Festival experience.

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

EXCEL SERIES QUALIFYING EVENTS

All Plus Levels & Novice through Senior: 20 skaters per level

- Top 6 finishers per section
- Plus next 2 top finishers nationally

EXCEL SERIES OPEN EVENTS

Beginner through Intermediate

- All athletes who register for the Excel Series and compete in at least two approved Excel Series competitions are eligible to register for the Excel Final & Festival in July.

FINALIST RECOGNITION

The theme for the Excel 2023 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 2023 Excel National Final will receive an award which 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 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 of \$30 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 Coach/Choreographer Coaching Education Requirement (CER) through the Professional Skaters Association (PSA).
- ✓ 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. *
- ✓ If athlete is participating in the Excel Series, must be a full member of the Professional Skaters Association (PSA)

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:

2023 Excel Series will run from January 19, 2023 to June 11, 2023 with the Excel Finalist Camp and Excel Series Final competition taking place at the Excel National Festival, July 13-16, 2023.

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 2023 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: Beginner, High Beginner and Pre-Preliminary, Preliminary and Pre-Juvenile.

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 Level	Judging System	Suggested Max Warm Up Size	Suggested Max Event Group Size
Beginner	6.0 or IJS	12	6
High Beginner	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	6.0 or 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 SERIES ATHLETE RESOURCE LIST

[Excel FS Requirements Chart](#)

[Excel Technical Handbook](#)

[2023 Excel Series Competitions List](#)

[2023 Skater Registration Form](#)

[2023 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

Excel Committee

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