



2021 Colonial Excel Series Kick-Off Challenge

Hosted Virtually by The Colonial Figure Skating Club, Inc
February 27-28th

Welcome to the 2021 Colonial Excel Series Virtual Kick-Off Challenge! This is an opportunity for skaters to gear up for the 2021 Excel Series season and to showcase the skills they have been working on over the summer and fall.

The Colonial Excel Series Virtual Kick-Off Challenge will consist of two events, an individual jump and spin challenge and team maneuvers. Skaters will record their elements at their rink and submit their videos for judging. No awards or official placements will be given. For each event, the skater/team will receive a protocol, and a leaderboard will be posted on the event website. Both events will be part of a live streamed viewing party! All skaters will receive a certificate for participating.

While this event is not sanctioned, the officials will be judging in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and who are currently registered members of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

COVID-19 INFORMATION:

- **All attendees are always required to properly wear face coverings** over their nose and mouth and secured under their chin while in a facility (with the exception if your facility allows it, skaters may remove their mask when on the ice). This is not only for your protection, but for the protection of others and is applied to all attendees.
- **Social distancing must be maintained at all times.** The CDC recommends a distance of 6 feet, this applies to the skaters during the Team Maneuvers events.



SERIES INFORMATION:

Open to all registered 2020-2021 Excel Series competitors.

ELIGIBILITY/TEST LEVEL:

All skaters must be members in good standing of [U.S. Figure Skating](#) who are registered in the 2021 Excel series.

Skaters must be under 22 years of age as of the registration deadline. Exception: Skaters who were registered for the 2020 Excel Series must be under 23 years of age as of the registration deadline.

Any skater who was a Sectional Competitor in Singles or Pairs in the 2019-2020 season is not eligible to compete in the jump and/or spin challenge (unless they competed in the Sectional event through a fill-up rule), but they may join a maneuvers team.

Test Level:

Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. For individual jump and spin challenge events, athletes may skate up two levels above that for which they qualify. Note, athletes may not skate down in any event. Athletes do not have to register at the same level as the series, but must register for the series to be eligible. For team maneuvers, athletes must enter at the highest test level passed at the date of entry, but may skate up to any level.

COMPETITION REGISTRATION:

- Individual events: \$30
- Team Maneuvers: \$40 per team entry (one skater in the team would register for the team)

SCHEDULE:

- Registration opens: February 1, 2021
- Registration closes: February 11, 2021
- Video submission deadline: February 22, 2021
- Judging: week of February 24-27th
- Live Stream: Date and time TBD based on number of entries



EMS REGISTRATION:

Entries will be accepted via [EMS](#) with credit card only.

Each transaction includes a 3% credit card fee.

Registration Deadline: February 11, 2021 at 11:59 PM EST

Video Submission Deadline: February 22, 2021 at 11:59 PM EST

1. Go to <https://m.usfigureskating.org>
2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA member number and password
 - a. If you need assistance with your member number and password, contact Member Services at memberservices@usfigureskating.org.
3. Click EMS then "Competition Registration"
4. Choose "COMPETITION NAME" from the list of non qualifying competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

MANDATORY ATHLETES:

Athletes age 18+ as of the competition start date who will be competing on a team with at least one minor athlete must complete SafeSport training. *

Minor Athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email safesport@usfigureskating.org for instructions or questions regarding parental consent.

REFUND POLICY:

Entry fees will not be refunded after the video entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.



TEAM MANEUVER EVENTS:

- A minimum of three and maximum of six skaters may participate on a given team at any level (low, intermediate, high, platinum).
- Each skater on the team must perform at least one element, and no skater may perform more than two elements.
- Athletes may “skate up” to any level, but they may not compete on a team at a lower level than the highest Free Skate test they have passed.
- Elements must be performed in order listed (jump 1, jump 2, jump 3, spin 1, spin 2, step)
- Must be recorded in a single take with all skaters present.
- Skaters must start and finish each element near their team (socially distanced).
- Minimal connecting moves allowed.
- Features may be repeated on spins.
- Events will be judged using the Transitional Judging System.
 - All elements (jumps, spins, steps) in each level will receive the same base value.
 - Low - 1.0
 - Intermediate - 2.0
 - High - 3.0
 - Platinum - 4.0
 - Judges will evaluate each element and assign a GOE on each element.
- The leaderboard showing each team's standings will be located on the Colonial Excel Series Kick-Off Challenge- www.colonialfsc.com/kickoffchallenge.



Elements must be performed in order listed (jump 1, jump 2, jump 3, spin 1, spin 2, step)

Level	Jumps	Spins	Steps
Low Beginner – Pre Juvenile <i>(Skaters may not have passed higher than pre-juvenile free Skate test)</i>	1. Single Salchow (1S) 2. Single Flip (1F) 3. Loop, Loop, Loop combination (1Lo+1Lo+1Lo)	1. Sit Spin (Ssp) 2. Combination spin with No change of foot (CoSp)	1. One spiral, spread eagle or ina bauer
Intermediate Preliminary - Juvenile <i>(Skaters may not have passed higher than Juvenile free skate test)</i>	1. Single Lutz (1Lz) 2. Single Axel (1A) 3. Axel, Toeloop, Loop combination (1A+1T+1Lo)	1. Camel Spin (CSp) 2. Combination Spin with change of foot (CcoSp) *May not fly	1. One step sequence covering ½ ice surface (ChSt)
High Pre-Juvenile - Intermediate <i>(Skaters may not have passed higher than Intermediate free skate test)</i>	1. Single Axel (1A) 2. Double Toeloop (2T) 3. Axel, Single Euler, Double Salchow combination (1A+1Eu+2S)*	1. Spin in one position with no change of foot 2. Combination Spin with change of foot <i>Both spins may fly</i>	1. One step sequence covering the full ice surface (ChSt)
Platinum Juvenile - Senior <i>(No test restrictions)</i>	1. Double Loop (2Lo) 2. Double Lutz (2Lz) 3. One three jump combination consisting of two double jumps and one single jump	1. Flying Spin in one position with no change of foot 2. Combination Spin with change of foot (may fly)	1. One step sequence covering the full ice surface (StSq)

* Remember: Single Euler = half loop



JUMP AND SPINS EVENTS:

- Jump and spin challenge elements must be recorded in a single take.
- Elements must be performed in order listed: solo jump, combination jump, spin
- Event will be judged using the IJS Judging system.
- Skater may skate at their current test level or may skate up one or two levels.
- Skater may only skate in one jump and spin challenge event.

REQUIRED ELEMENTS - Must be performed in the following order:

1. Any Solo Jump
2. Any Two or Three Jump Combination
3. Any Spin

Notes:

1. Jumps:

- a. Only jumps allowable at the skater's level are permitted.
- b. The solo jump may not be included within the jump combination.
- c. Jumps within the jump combination may be repeated.

2. Spins:

- a. Only spins allowable at the skater's level are permitted.
- b. Maximum spin levels are as follows:
 - i. Excel Pre-Preliminary, Preliminary, Preliminary Plus, Pre-Juvenile & Pre-Juvenile Plus - Max Level 1
 - ii. Excel Juvenile & Juvenile Plus - Max Level 2
 - iii. Excel Intermediate, Intermediate Plus, & Novice - Max Level 3
 - iv. Excel Junior & Senior - Max Level 4

3. Time Limit

- a. Excel Pre-Preliminary, Preliminary, Preliminary Plus, Pre-Juvenile & Pre-Juvenile Plus: Max Time – 1 minute
- b. Excel Juvenile & Juvenile Plus: Max Time – 1:10
- c. Excel Intermediate, Intermediate Plus, & Novice: Max Time – 1:15
- d. Excel Junior & Senior: Max Time – 1:20

For more information on allowable jumps and spins, please consult the 2021 Excel Free skate requirements chart: https://www.usfigureskating.org/system/files/2021_Excel_FS_Requirements.pdf



JUDGING SYSTEM:

The IJS judging system will be used for all individual jump and spin events and levels. For the most current information, please consult ISU Communication No. 2323 and 2324, The ISU Technical Panel Handbook for Single Skating and the 2020-21 Excel Program Technical Information handbook.

Team Maneuver events will be judged using a Transitional Judging System.

All elements (jumps, spins, steps) in each level will receive the same base value.

- Low - 1.0
- Intermediate - 2.0
- High - 3.0
- Platinum - 4.0

VIDEO INSTRUCTIONS:

- Files **MUST** be the original file from the camera. Using a video file that was sent to you via text or email, or opening the file in any editing software can significantly reduce the video resolution.
- Elements must be performed in order listed.
- For **Team Maneuvers**:
 - the entire entry should be recorded as a single video.
 - Skaters must start and finish each element near their team (socially distanced).
 - If possible, without affecting the quality of the video, please name your file "level-teamname.MOV or level-teamname.MP4 " so we can identify it.
 - For example, "Low Team Maneuvers-Team Twizzle".
- For **Jump and Spin Challenge**
 - Both jumps and spin should be recorded as a single video.
 - If possible, without affecting the quality of the video, please name your file "event_skatername.MOV or event_skatername.MP4 " so we can identify it. Each video should be titled with the skater's name, team, level and event.
 - For example, "Excel Preliminary-Suzy Swizzle".
- Video must be high or recognizable resolution. Any videos deemed unreviewable will not be judged.
- Camera/Lens Recommendations:
 - DSLR or video camera (Recommended)



- 18mm to 55mm lens (this is often the standard lens on a DSLR) OR 24mm to 75mm lens
- Do Not use multiple focal points in your viewfinder to insure the camera stays in focus on the skaters. With multiple focal points active it increases the chance of the camera refocusing on the boards behind the skater(s).
 - Iphone/ipad or comparable android phone or tablet preferably with wide angle video lens and at least 720p at 30fps (Make sure you check the camera settings before filming)
- Videos should be uploaded to using the following forms:
 - [Team Maneuvers Video Submission Form](#)
 - [Jump and Spin Challenge Video Submission Form](#)
- Skaters should wear their competition attire or black. Skaters do not need to purchase new skating dresses or attire.
- Video submissions cannot contain any editing or splicing and must be recorded from one angle. Any videos that are deemed edited will be automatically disqualified. You will be given one chance to resubmit a video; if found to be edited on the second submission, the skater will be disqualified, and no refunds given.
- The skater/team will be required to confirm that their videos have not been edited in any way on the submission form.
- We recommend that the person videoing be standing as close as possible to the red line and slightly elevated (not on the ice). We understand some rinks have limitations as to who is allowed in the rink and this may not be achievable. Please do the best you can given the rules and restrictions in place at your rink.
- Please record in landscape mode (horizontal).
- You will not be judged or scored based on the quality or location of video.
- Videos can be recorded with a computer, tablet, phone or camera.
- Make sure the skater's full body is always visible during their skating performance, including their skates and blades.



AWARDS:

No awards or official placements will be given. For each event, the skater/team will receive a protocol, and a leaderboard will be posted on the event website. Both events will be part of a live streamed viewing party on February 28th! All skaters will receive a certificate for participating.

OFFICIAL NOTICES:

An official bulletin board will be maintained at: www.colonialfsc.com/kickoffchallenge. It is the responsibility of each skater, parent and coach to check the bulletin board frequently for any additional information. A tentative schedule of the live stream will be posted prior to the event weekend.

LIABILITY:

U.S. Figure Skating, Colonial Figure Skating Club, Inc. and Nashoba Valley Olympia accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

IMPORTANT NOTICE FOR ALL COACHES:

Coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

Coach/Choreographer (domestic/non-foreign):

- ✓ 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 attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. *
 - o 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. *
 - o The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

* Accessible via U.S. Figure Skating Members Only Website:
www.usfsaonline.org Person  Icon or Account Member Profile Compliance

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

ADDITIONAL INFORMATION:

- Official Merchandise, including event Pins, will be available for sale on our website:
www.colonialfsc.com/kickoffchallenge



CONTACT INFO:

If you have questions, please contact:

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SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS.

For more information on Excel Technical Rules, please consult the 2021 Excel Technical Handbook:
Excel Program Technical Information (usfigureskating.org)