

Please note that rotations no later than 8 are encouraged. As well, it is recommended that extra time be factored into the schedule for the first session of the day. This session tends to run longer than the minimum scheduled time.

| OCP FORMAT | | | | | | |
|-------------|--------------------|------------------|----------------------|---------------|-----------------------|---|
| Level | Time Per Athlete | Largest Rotation | Minutes Per Rotation | x 4 Rotations | Divided by 60 Minutes | Competition Time in Hours/Minutes |
| 1 to 3 | 2.5 minutes | 5 | 12.5 | 50 | 0.83 | round to 1 hour |
| | | 6 | 15 | 60 | 1 | 1 hour |
| | | 7 | 17.5 | 70 | 1.16 | 1 hour and 10 minutes |
| | | 8 | 20 | 80 | 1.3 | minimum 1 hour and 15 minutes |
| | | 9 | 22.5 | 90 | 1.5 | minimum 1 hour and 30 minutes |
| | | 10 | 25 | 100 | 1.66 | 1 hour and 40 minutes |
| 4 | 3 minutes | 5 | 15 | 60 | 1 | minimum one hour |
| | | 6 | 18 | 72 | 1.2 | 1 hour and 15 minutes |
| | | 7 | 21 | 84 | 1.5 | round to 1 hour and 30 minutes |
| | | 8 | 24 | 96 | 1.6 | minimum 1 hour and 30 minutes |
| | | 9 | 27 | 108 | 1.8 | minimum 1 hour and 45 minutes |
| | | 10 | 30 | 120 | 2 | 2 hours |
| 5 and 6 | 3.5 minutes | 5 | 17.5 | 70 | 1.16 | minimum 1 hour and 10 minutes |
| | | 6 | 21 | 84 | 1.5 | round to 1 hour and 30 minutes |
| | | 7 | 24.5 | 98 | 1.63 | round to 1 hour and 30 minutes or 1 hour and 45 minutes |
| | | 8 | 28 | 112 | 1.86 | minimum 1 hour and 45 minutes |
| | | 9 | 31.5 | 126 | 2.1 | 2 hours and 10-15 minutes |
| | | 10 | 35 | 140 | 2.33 | minimum 2 hours and 15 minutes |
| 7 | 4 minutes | 5 | 20 | 80 | 1.3 | minimum 1 hour and 15 minutes |
| | | 6 | 24 | 96 | 1.6 | minimum 1 hour and 30 minutes |
| | | 7 | 28 | 112 | 1.86 | minimum 1 hour and 45 minutes |
| | | 8 | 32 | 128 | 2.13 | minimum 2 hours. Can round to 2 hours and 10-15 minutes |
| | | 9 | 36 | 144 | 2.4 | 2 hours and 30 minutes |
| | | 10 | 40 | 160 | 2.66 | minimum 2 hours and 30 minutes |
| 8, 9 and 10 | 4.5 minutes | 5 | 22.5 | 90 | 1.5 | 1 hour and 30 minutes |
| | | 6 | 27 | 108 | 1.8 | minimum 1 hour and 45 minutes |
| | | 7 | 31.5 | 126 | 2.1 | minimum 2 hours (can round up to 2 hours and 10-15 minutes) |
| | | 8 | 36 | 144 | 2.4 | 2 hours and 30 minutes |
| | | 9 | 40.5 | 162 | 2.7 | 2 hours and 45 minutes |
| | | 10 | 45 | 180 | 3 | minimum 3 hours |
| National | at least 6 minutes | 5 | 30 | 120 | 2 | minimum 2 hours |
| | | 6 | 36 | 144 | 2.4 | 2 hours and 30 minutes |
| | | 7 | 42 | 168 | 2.8 | minimum 2 hours and 45 minutes |
| | | 8 | 48 | 192 | 3.2 | 3 hours and 15 minutes |
| | | 9 | 54 | 216 | 3.6 | minimum 3 hours and 30 minutes |
| | | 10 | 60 | 240 | 4 | minimum 4 hours |
| Xcel Bronze | 1.75 minutes | 5 | 8.75 | 35 | 0.58 | 45 minutes |
| | | 6 | 10.5 | 42 | 0.7 | minimum 45 minutes |
| | | 7 | 12.25 | 49 | 0.82 | one hour |
| | | 8 | 14 | 56 | 0.93 | one hour |
| | | 9 | 15.75 | 63 | 1.05 | minimum one hour |
| | | 10 | 17.5 | 70 | 1.17 | one hour and 15 minutes |

| | | | | | | |
|-------------|--------------|----|-------|-----|------|---------------------------------|
| Xcel Silver | 2.25 minutes | 5 | 11.25 | 45 | 0.75 | between 45 minutes and one hour |
| | | 6 | 13.5 | 54 | 1 | one hour |
| | | 7 | 15.75 | 63 | 1 | at least one hour |
| | | 8 | 18 | 72 | 1.2 | one hour and 15 minutes |
| | | 9 | 20.25 | 81 | 1.35 | between 1.25 and 1.5 hours |
| | | 10 | 22.5 | 90 | 1.5 | one hour and 30 minutes |
| Xcel Gold | 3 minutes | 5 | 15 | 60 | 1 | minimum one hour |
| | | 6 | 18 | 72 | 1.2 | 1 hour and 15 minutes |
| | | 7 | 21 | 84 | 1.5 | round to 1 hour and 30 minutes |
| | | 8 | 24 | 96 | 1.6 | minimum 1 hour and 30 minutes |
| | | 9 | 27 | 108 | 1.8 | minimum 1 hour and 45 minutes |
| | | 10 | 30 | 120 | 2 | 2 hours |

*Note: As Xcel is new for the 2019-2020 season - always round up with timing.

| Level | Time per Athlete | Breakdown | Vault | Bars | Beam | Floor |
|-------------|------------------|--------------|-----------------|-----------------|-----------------|-----------------|
| 1 | 2.5 minutes | Warm Up Time | 1 minute | 1 minute | 1 minute | OCP |
| | | Routine Time | N/A | N/A | 30 seconds | 30 seconds |
| | | Judging Time | 30 seconds | 30 seconds | 30 seconds | 30 seconds |
| 2 | 2.5 minutes | Warm Up Time | 1 minute | 1 minute | 1 minute | OCP |
| | | Routine Time | N/A | N/A | 35 seconds | 35 seconds |
| | | Judging Time | 30 seconds | 30 seconds | 30 seconds | 30 seconds |
| 3 | 2.5 minutes | Warm Up Time | 1 minute | 1 minute | 1 minute | OCP |
| | | Routine Time | N/A | N/A | 55 seconds | 50 seconds |
| | | Judging Time | 30 seconds | 30 seconds | 30 seconds | 30 seconds |
| 4 | 3 minutes | Warm Up Time | 1 minute | 1 minute | 1 minute | OCP |
| | | Routine Time | N/A | N/A | 1:05 minutes | 1:05 seconds |
| | | Judging Time | Up to 1 minute | Up to 1 minute | Up to 1 minute | Up to 1 minute |
| 5 | 3.5 minutes | Warm Up Time | 1 minute | 1 minute | 1:20 minutes | OCP |
| | | Routine Time | N/A | N/A | 1:10 minutes | 1:05 seconds |
| | | Judging Time | Up to 1 minute | Up to 1 minute | Up to 1 minute | Up to 1 minute |
| 6 | 3.5 minutes | Warm Up Time | 1 minute | 1:30 minutes | 1:20 minutes | OCP |
| | | Routine Time | N/A | N/A | 1:15 minutes | 1:15 minutes |
| | | Judging Time | Up to 1 minute | Up to 1 minute | Up to 1 minute | Up to 1 minute |
| 7 | 4 minutes | Warm Up Time | 1 minute | 1:30 minutes | 1:20 minutes | OCP |
| | | Routine Time | N/A | N/A | 1:20 minutes | 1:20 minutes |
| | | Judging Time | 1 minute | 1 minute | 1 minute | 1 minute |
| 8, 9 and 10 | 4.5 minutes | Warm Up Time | 2 minutes | 2 minutes | 2 minutes | OCP |
| | | Routine Time | N/A | N/A | 1.5 minutes | 1.5 minutes |
| | | Judging Time | Up to 2 minutes | Up to 2 minutes | Up to 2 minutes | Up to 2 minutes |
| Xcel Bronze | 1.75 minutes | Warm Up Time | 1 Vault | 30 seconds | 30 seconds | OCP |
| | | Routine Time | N/A | N/A | 45 seconds | 45 seconds |
| | | Judging Time | 30 seconds | 30 seconds | 30 seconds | 30 seconds |
| Xcel Silver | 2.25 minutes | Warm Up Time | 1 Vault | 45 seconds | 45 seconds | OCP |
| | | Routine Time | N/A | N/A | 45 seconds | 45 seconds |
| | | Judging Time | 45 seconds | 45 seconds | 45 seconds | 45 seconds |
| Xcel Gold | 3 minutes | Warm Up Time | 1 Vault | 1 minute | 1 minute | OCP |
| | | Routine Time | N/A | N/A | 1 minute | 1 minute |
| | | Judging Time | 1 minute | 1 minute | 1 minute | 1 minute |