

Level	Time per Athlete	Breakdown	Vault	Bars	Beam	Floor
1	2.5 minutes	Warm Up Time	1 minute	1 minute	1 minute	JO
		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	JO
		Routine Time	N/A	N/A	35 seconds	35 seconds
		Judging Time	30 seconds	30 seconds	30 seconds	30 seconds
3	2.75 minutes	Warm Up Time	1 minute	1 minute	1 minute	JO
		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	JO
		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	JO
		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	JO
		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	JO
		Routine Time	N/A	N/A	1:20 minutes	1:20 minutes
		Judging Time	1 minute	1 minute	1 minute	1 minute
8, 9	4.5 minutes	Warm Up Time	2 minutes	2 minutes	2 minutes	JO
		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
10	6 minutes	Warm Up Time	2 minutes	2 minutes	2 minutes	JO
		Routine Time	N/A	N/A	1.5 minutes	1.5 minutes
		Judging Time	Up to 3 minutes	Up to 3 minutes	Up to 3 minutes	Up to 3 minutes
HP	7 minutes	Warm Up Time	2 minutes	2 minutes	2 minutes	TBD
		Routine Time	N/A	N/A	1.5 minutes	1.5 minutes
		Judging Time	Up to 4 minutes	Up to 4 minute	Up to 4 minutes	Up to 4 minutes
Xcel Bronze	1.75 minutes	Warm Up Time	1 Vault	30 seconds	30 seconds	JO
		Routine Time	N/A	N/A	45 seconds	45 seconds
		Judging Time	30 seconds	30 seconds	30 seconds	30 seconds
Xcel Silver	2.5 minutes	Warm Up Time	1 Vault	45 seconds	45 seconds	JO
		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	JO
		Routine Time	N/A	N/A	1 minute	1 minute
		Judging Time	1 minute	1 minute	1 minute	1 minute