

TIME PER ATHLETE SUMMARY:

All times are exact except judging times.

Judging times are an estimate.

Judging times may be impacted due to many judges not judging for 2 years.

Judging times may be impacted due to new rules in the compulsory system (Level 1-5).

If your event is near the beginning of the season, be sure to add more time.

Allow more buffer time for the first session of the day.

Level	Time per	Breakdown	Vault	Bars	Beam	Floor
1	2 minutes, 5 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	35 seconds	30 seconds
		Judging Time	30 seconds	30 seconds	30 seconds	30 seconds
2	2 minutes, 10 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	40 seconds	40 seconds
		Judging Time	30 seconds	30 seconds	30 seconds	30 seconds
3	2 minutes, 25 seconds	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, 5 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	1 minute, 5 seconds	1 minute, 5 seconds
		Judging Time	Up to 1 minute	Up to 1 minute	Up to 1 minute	Up to 1 minute
5	3 minutes, 10 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	1 minute, 10 seconds	1 minute, 10 seconds
		Judging Time	Up to 1 minute	Up to 1 minute	Up to 1 minute	Up to 1 minute
6	3 minutes, 35 seconds	Warm Up Time	1 minute	1:30 minutes	1 minute, 20 seconds	OCP
		Routine Time	N/A	N/A	1 minute, 15 seconds	1 minute, 15 seconds
		Judging Time	Up to 1 minute	Up to 1 minute	Up to 1 minute	Up to 1 minute
7	3 minutes, 40 seconds	Warm Up Time	1 minute	1.5 minutes	1 minute, 20 seconds	OCP
		Routine Time	N/A	N/A	1 minute, 20 seconds	1.5 minutes
		Judging Time	1 minute	1 minute	1 minute	1 minute
8	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 1 minute	Up to 1 minute	Up to 1 minute	Up to 1 minute
9	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 1.5 minutes	Up to 1.5 minutes	Up to 1.5 minutes	Up to 1.5 minutes
10	6 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	Approx. 2.5 minutes	Approx. 2.5 minutes	Approx. 2.5 minutes	Approx. 2.5 minutes
HP	7 minutes	Warm Up Time	2 minutes	2 minutes	2 minutes	2 minutes per athlete (split at 8 or more athletes)
		Routine Time	N/A	N/A	1.5 minutes	1.5 minutes
		Judging Time	Approx. 3.5 minutes	Approx. 3.5 minutes	Approx. 3.5 minutes	Approx. 3.5 minutes
Xcel Bronze	1 minute, 45 seconds	Warm Up Time	30 seconds	30 seconds	30 seconds	30 seconds per athlete Warm-Up/Compete
		Routine Time	N/A	N/A	45 seconds	45 seconds
		Judging Time	30 seconds	30 seconds	30 seconds	30 seconds
Xcel Silver	2 minutes, 20 seconds	Warm Up Time	45 seconds	45 seconds	45 seconds	45 seconds per athlete
		Routine Time	N/A	N/A	50 seconds	1 minute
		Judging Time	45 seconds	45 seconds	45 seconds	45 seconds
Xcel Gold	3 minutes	Warm Up Time	1 minute	1 minute	1 minute	1 minute per athlete
		Routine Time	N/A	N/A	1 minute	1 minute
		Judging Time	Up to 1 minute	Up to 1 minute	Up to 1 minute	1 minute
Aspire 1 & 2	5.5 minutes	Warm Up Time	2 minutes/athlete (min. 10 minutes total)	2 minutes	2 minutes	2 minutes per athlete (min. 5 minutes, max. 10 minutes)
		Routine Time	N/A	N/A	1.5 minutes	1.5 minutes
		Judging Time	2 minutes	2 minutes	2 minutes	2 minutes