

Level	Time per	Breakdown	Vault	Bars	Beam	Floor
1	2 minutes, 15 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	35 seconds	30 seconds
		Judging Time	40 seconds	40 seconds	40 seconds	40 seconds
2	2 minutes, 25 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	40 seconds	40 seconds
		Judging Time	45 seconds	45 seconds	45 seconds	45 seconds
3	2 minutes, 55 seconds	Warm Up Time	1 minute	1 minute	1 minute	OCP
		Routine Time	N/A	N/A	55 seconds	50 seconds
		Judging Time	Up to 1 minute	Up to 1 minute	Up to 1 minute	Up to 1 minute
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	1.5 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	2 minutes	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, 35 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