Warm Up Times

Updated for 8/1/2026

Levels 1-2 & Xcel Bronze	Level 3 & Xcel Silver	Levels 4-5 & Xcel Gold	Levels 6-7 & Xcel Platinum	Levels 8-10 & Xcel Diamond - Sapphire	*Levels 9 & 10 Bars Only Includes Bar Sets*
30 sec each	*45 sec each*	*1:00 min each*	*1:30 min each*	*2:00 min each*	*2:30 min each*

#	Time	#	Time	#	Time	#	Time	#	Time	#	Time
1	30 sec	1	45 sec	1	1:00 min	1	1:30 min	1	2:00 min	1	2:30 min
2	1:00 min	2	1:30 min	2	2:00 min	2	3:00 min	2	4:00 min	2	5:00 min
3	1:30 min	3	2:15 min	3	3:00 min	3	4:30 min	3	6:00 min	3	7:30 min
4	2:00 min	4	3:00 min	4	4:00 min	4	6:00 min	4	8:00 min	4	10:00 min
5	2:30 min	5	3:45 min	5	5:00 min	5	7:30 min	5	10:00 min	5	12:30 min
6	3:00 min	6	4:30 min	6	6:00 min	6	9:00 min	6	12:00 min	6	15:00 min
7	3:30 min	7	5:15 min	7	7:00 min	7	10:30 min	7	14:00 min	7	17:30 min
8	4:00 min	8	6:00 min	8	8:00 min	8	12:00 min	8	16:00 min	8	20:00 min
9	4:30 min	9	6:45 min	9	9:00 min	9	13:30 min	9	18:00 min	9	22:30 min
10	5:00 min	10	7:30 min	10	10:00 min	10	15:00 min	10	20:00 min	10	25:00 min
11	5:30 min	11	8:15 min	11	11:00 min	11	16:30 min	11	22:00 min	11	27:30 min
12	6:00 min	12	9:00 min	12	12:00 min	12	18:00 min	12	24:00 min	12	30:00 min

Timed Warm-ups: If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level.
Vault & Floor: The entire squad warms up together. Block time is NOT allowed for Vault & Floor.
Bars & Beam: Athletes can block time either with their own or other teams. The clock will NOT stop within the BLOCK time. Each BLOCK is allowed to set the equipment ONE INITIAL TIME before the warm-up time begins. The clock WILL STOP between EACH block. Separate blocks of ANY SIZE can occur within a squad.
Bars ONLY: If a Lev 9 &/or 10 squad has 4 or less athletes due to onsite scratches or unforeseen circumstances, an additional 2 ½ min warm-ups may be provided. This WILL include the bar settings ***(2024 R&P)***
Beam: Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on Beam, but is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts.
Delay of Competition: Any situation regarding additional warm-up time due to a delay of competition on the field of play, the MD, in conjunction with the MR, will assess the situation to make the appropriate call regarding additional warm-up time. ***(2024 R&P)***

Competition, Routine, & Fall Timing *Updated 11.4.2026 BLE*

Vault

► Following a fall on the 1st Vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 sec before the judge will salute for the 2nd Vault. After 24 seconds have passed, the CJ will announce "20 sec remaining". After 35 sec have passed, "10 sec remaining will be announced. Time is called at 45 sec.
► If the allotted fall time is exceeded, a 2nd Vault is not allowed.
► The Chief Judge is responsible for monitoring the fall time.

Uneven Bars

► When the gymnast falls to the floor, the 45 sec fall time begins when she is standing up on her feet.
► The gymnast has 45 sec to remount & resume her exercise.
► The Timer will give a verbal notification of 20sec remaining & 10 sec remaining for remounting after a fall.
► When the gymnasts remounts the bars *(leaves the floor)*, the 45 sec fall time stops.
► If a 2nd fall occurs, an additional deduction of 0.50 is applied.
► If the 45 sec fall time is exceeded, the exercise is terminated.

Balance Beam

Level	Warning	Max Time	Division	Warning	Max Time
1	25 sec	35 sec	Bronze	35 sec	45 sec
2	30 sec	40 sec	Silver	40 sec	50 sec
3	45 sec	55 sec	Gold	50 sec	1:00 min
4	55 sec	1:05 min	Platinum	1:05 min	1:15 min
5	1:00 min	1:10 min	Diamond	1:05 min	1:15 min
6	1:05 min	1:15 min	Sapphire	1:20 min	1:30 min
7	1:10 min	1:20 min			
8-10	1:20 min	1:30 min			

Beam Routine Timing

► The watch starts when the gymnast leaves the floor.
► The watch stops when the gymnast lands on the mat after a fall.
► The watch re-starts with the 1st movement to continue the routine.
► The watch stops when the gymnast arrives on the mat with the dismount.
► Timer signals with bell or verbally, indicating a warning of 10 sec remaining and a 2nd signal indicating final time.
► Inform the Chief Judge if there is a time violation & show the watch to the Chief Judge before clearing it if time was exceeded.

Beam Fall Timing

► The 45 sec fall time begins when the gymnast is standing on her feet after a fall.
► Times stops when the gymnast leaves the floor to re-mount.
► After 25 sec have passed, announce "20 sec remaining".
► After 35 sec have passed, announce "10 sec remaining".
► At 45 sec, announce "time".
► Inform the Chief Judge if there is a time violation & show the watch to the Chief Judge before clearing it if time was exceeded.

Floor Exercise

Level	Max Time
Bronze & Silver	45 sec
Gold	1:00 min
Platinum	1:15 min
Diamond & Sapphire	1:30 min
Level 6 & 7	1:20 min
Level 8-10	1:30 min

Floor Routine Timing

►The watch starts with the first movement of the gymnast.
►The watch stops with the final movement of the gymnast.
►Inform the Chief Judge is there is a time violation.
►Show the watch to the Chief Judge BEFORE clearing it if time was exceeded or did not meet the minimum requirements.
►**NOTE: Min time: Lev 6-10 < 30 Sec,**
Xcel < 3 attempted or spotted VP
►No Warning is given.