USA Gymnastics

SANCTIONED EVENT

XCEL PROGRAM

Division	Warm-ups (per athlete)		Touch Warm-up (if allowed) per athlete		Max Competition Time	
	Max Timed Warm-up per athlete	Guaranteed Minimum # of Warm-Up Vaults	Bars / Beam / Floor	Max Allowable Vaults	Beam	Floor
Bronze	30 sec.	1	30 sec.	max of 1	45 sec.	45 sec.
Silver	45 sec.	2	30 sec.	max of 1	50 sec.	45 sec.
Gold	1 min.	2	30 sec.	max of 2	1 min.	1 min.
Platinum	1.5 min.	2	30 sec.	max of 2	1:15	1:15
Diamond	2 min.	3	30 sec.	max of 3	1:15	1:30
Sapphire	2 min.	3	30 sec.	max of 3	1:30	1:30

DEVELOPMENT PROGRAM

Level	Warm-ups (per athlete)	Touch Warm-up (if allowed) per athlete		Max Competition Time	
	Max Timed Warm-up per athlete	Bars / Beam / Floor	Max Allowable Vaults	Beam	Floor
1	30 sec.	30 sec.	max of 2	35 sec.	NA
2	30 sec.	30 sec.	max of 2	40 sec.	NA
3	45 sec.	30 sec.	max of 2	55 sec.	NA
4	1 min.	30 sec.	max of 2	1:05	NA
5	1 min.	30 sec.	max of 2	1:10	NA
6	1.5 min.	30 sec.	max of 2	1:20	1:20
7	1.5 min.	30 sec.	max of 2	1:20	1:20
8	2 min.	30 sec.	max of 3	1:30	1:30
9	2 min. / 2.5 min. - UB only	30 sec.	max of 3	1:30	1:30
10	2 min. / 2.5 min. - UB only	30 sec.	max of 3	1:30	1:30

Should there be a discrepancy between this document and the Rules & Policies or the Compulsory, Optional, or Xcel Code of Points, the official written and published Rules & Policies and Code of Points take precedence.

1. *After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.*
2. *Bar settings are not included in the warm-up time, however, if a club or group of athletes choose to block the time, the clock will NOT stop for changes to the bar setting. The setting of the bars is not included in the touch warm-up time.*

UPDATE – AUGUST 2026