



USA GYMNASTICS[®]

Sanctioned Event



Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
Bronze	30 sec.	30 sec.	min. of 1	45 sec.	45 sec.
Silver	45 sec.	30 sec.	min. of 1	50 sec.	1 min.
Gold	1 min.	30 sec.	min. of 2	1 min.	1 min.
Platinum	1.5 min.	30 sec.	min. of 2	1:15	1:30
Diamond	2 min.	30 sec.	min. of 3	1:15	1:30

Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
1	30 sec.	30 sec.	min. of 2	35 sec.	NA
2	30 sec.	30 sec.	min. of 2	40 sec.	NA
3	45 sec.	30 sec.	min. of 2	55 sec.	NA
4	1 min.	30 sec.	min. of 2	1:05	NA
5	1 min.	30 sec.	min. of 2	1:10	NA
6	1.5 min.	30 sec.	min. of 2	1:15	1:15
7	1.5 min.	30 sec.	min. of 2	1:20	1:30
8	2 min.	30 sec.	min. of 3	1:30	1:30
9	2 min.*	30 sec.	min. of 3	1:30	1:30
10	2 min.*	30 sec.	min. of 3	1:30	1:30

1. Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY in addition to their specific number of allowable vaults.
2. After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
3. 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.
4. The setting of the bars is not included in the touch warm-up time.

* Level 9/10 Bars warm-up is 2.5 min (including bar settings).