

XCEL Program Warm-Up Time and Number of Athletes per Session

Format	Description	Warm-Up Bronze, Silver, Gold	Warm-Up Platinum, Diamond	XCEL Only	Combined JO & XCEL
Traditional	<p>Either one competition gym OR a warm-up & a competition gym.</p> <p>Warm-up all 4 events then compete all 4 events</p>	<p>Bronze Division: Maximum 30 sec. timed warm-up</p> <p>Silver Division: 45 sec. timed warm-up</p> <p>Gold Division: 1 min. timed warm-up</p> <p>30-second touch is required.</p>	<p>Platinum Division: Maximum 1½ min. timed warm-up</p> <p>Diamond Division: Maximum 2 min. timed warm-up</p> <p>30-second touch is required</p>	<p>Bronze, Silver, Gold only: 72</p> <p>Diamond, Platinum only: 56</p> <p>A combination of B, S, G divisions & D, P in the same session: 64</p>	<p>A combination of B, S, or G & JO Levels 1-5: 72</p> <p>A combination of B, S, or G & JO Levels 6-10: 64</p> <p>A combination of P or D & JO Levels 1-5: 64</p> <p>A combination of P or D & JO Levels 6-10: 64</p>
Modified Traditional	<p>Modified Traditional #1 – One set of equipment in the competition gym.</p> <p>Modified Traditional #2 – One Vault, one set of bars, two balance beams, & one floor exercise mat in the competition gym.</p> <p>The judges move from the “A” beam to the “B” beam for competition.</p>	<p>Bronze Division: Maximum 30 sec. timed warm-up</p> <p>Silver Division: 45 sec. timed warm-up</p> <p>Gold Division: 1 min. timed warm-up</p> <p>No 30-second touch.</p>	<p>Platinum Division: Maximum 1½ min. timed warm-up</p> <p>Diamond Division: Maximum 2 min. timed warm-up</p> <p>No 30-second touch.</p>	<p>Bronze, Silver, Gold only: 72</p> <p>Diamond, Platinum only: 56</p> <p>A combination of B, S, G divisions & D, P in the same session: 64</p>	<p>A combination of B, S, or G & JO Levels 1-5: 72</p> <p>A combination of B, S, or G & JO Levels 6-10: 64</p> <p>A combination of P or D & JO Levels 1-5: 64</p> <p>A combination of P or D & JO Levels 6-10: 64</p>
Non-Traditional Capital Cup	<p>2 gyms (warm-up & competition)</p> <p>Timed warm-up on each event immediately preceding competition on that event.</p>	<p>Bronze Division: Maximum: 30 sec. timed warm-up</p> <p>Silver Division: 45 sec. timed warm-up</p> <p>Gold Division: 1 min. timed warm-up</p> <p>Plus 30-second touch on the competitive equipment.</p>	<p>Platinum Division: Maximum 1½ min. timed warm-up</p> <p>Diamond Division: Maximum 2 min. timed warm-up 30-second touch is required</p>	<p>Bronze, Silver, Gold only: 96</p> <p>Diamond, Platinum only: 80</p> <p>A combination of B, S, G divisions & D, P in the same session: 80</p>	<p>A combination of B, S, or G & JO Levels 1-5: 96</p> <p>A combination of B, S, or G & JO Levels 6-10: 80</p> <p>A combination of P or D & JO Levels 1-5: 80</p> <p>A combination of P or D & JO Levels 6-10: 64</p>
Modified Capital Cup	<p>2 sets of equipment in the competition gym (No warm-up gym).</p> <p>Flight 1 squads compete on one set; Flight 2 competes on other set.</p>	<p>Bronze Division: 30 sec. timed warm-up</p> <p>Silver Division: 45 sec. timed warm-up</p> <p>Gold Division: 1 min. timed warm-up</p> <p>No 30-second touch</p>	<p>Platinum Division: 1½ min. timed warm-up</p> <p>Diamond Division: 2 min. timed warm-up</p> <p>No 30-second touch.</p>	<p>Bronze, Silver, Gold only: 96</p> <p>Diamond, Platinum only: 80</p> <p>A combination of B, S, G divisions & D, P in the same session: 80</p>	<p>A combination of B, S, or G & JO Levels 1-5: 96</p> <p>A combination of B, S, or G & JO Levels 6-10: 80</p> <p>A combination of P or D & JO Levels 1-5: 80</p> <p>A combination of P or D & JO Levels 6-7: 80</p> <p>A combination of P or D & JO Levels 8-10: 64</p>

JO Program Warm-Up Time and Number of Athletes per Session

Format	Description	Warm-Up Compulsory	Warm-Up Optional	JO Only	Combined JO & XCEL
Traditional	<p>Either one competition gym OR a warm-up & a competition gym.</p> <p>Warm-up all 4 events then compete all 4 events</p>	<p>Levels 1-2: Maximum of 30 sec. timed warm-up Level 3: 45 sec. timed warm-up Levels 4 & 5: 1 min. timed warm-up</p> <p>30-second touch if warm-up is in separate gym or if more than 15/squad</p>	<p>Level 6 & 7: 1½ min. (2 min. Vault only) with a 30 second touch</p> <p>Levels 8-10: 2 min. warm-up (L9,10 - 2.5 min. Bars ONLY, includes bar settings) with a 30 second touch</p>	<p>Compulsory only: 72 Optional only L8,9,10: 56 Optional with only L6 &/or L7: 64 Combined Compulsory & L 8-10 Optional in same session: 64 athletes – no more than 28 optional</p>	<p>A combination of B, S, or G & JO L 1-5: 72 B, S, or G & JO L 6-10: 64 P or D & JO L1-5: 64 P or D & JO L 6-10: 64</p>
Modified Traditional	<p>Modified Traditional #1 – One set of equipment in the competition gym. Modified Traditional #2 – One Vault, one set of bars, two balance beams, & one floor exercise mat in the comp gym. Judges move from the “A” beam to the “B” beam for competition.</p>	<p>Levels 1-2: Maximum of 30 sec. timed warm-up Levels 3: 45 sec. timed warm-up Levels 4 & 5: 1 min. timed warm-up</p> <p>No 30-second touch.</p>	<p>Level 6 & 7: 1½ min. (2 min. Vault only) Levels 8-10: 2 min. warm-up (L9,10 - 2.5 min. Bars ONLY, includes bar settings)</p> <p>No 30-second touch.</p>	<p>Compulsory only: 72 Optional only L8,9,10: 56 Optional with only L6 &/or L7: 64 Combined Compulsory & L 8-10 Optional in same session: 64 athletes – no more than 28 optional</p>	<p>B, S, or G & JO L 1-5: 72 B, S, or G & JO L 6-10: 64 P or D & JO L 1-5: 64 P or D & JO L 6-10: 64</p>
Non-Traditional Capital Cup	<p>2 gyms (warm-up & competition)</p> <p>Timed warm-up on each event immediately preceding competition on that event.</p>	<p>Levels 1-2: Maximum of 30 sec. timed warm-up Level 3: 45 sec. timed warm-up</p> <p>Levels 4 & 5: 1 min. timed warm-up Plus 30-second touch on the competitive equipment.</p>	<p>Level 6 & 7: 1½ min. (2 min. Vault only Levels 8-10: 2-min. warm-up (L9,10 - 2.5 min. Bars ONLY, includes bar settings)</p> <p>30-second touch on the Competitive equipment.</p>	<p>Compulsory only: 96 Optional only L8,9,10: 64 Level 6 &/or 7 only: 80 Combined Compulsory & L 8-10 Optional in same session: 80 athletes & no more than 32 L8-10 Combined Compulsory & Level 6-7 Optional: 80 – any # of opt. or comp. level athletes is allowed.</p>	<p>B, S, or G & JO L 1-5: 96 B, S, or G & JO L 6-10: 80 P or D & JO L 1-5: 80 P or D & JO L 6-10: 64</p>
Modified Capital Cup	<p>2 sets of equipment in the competition gym (No warm-up gym).</p> <p>Flight 1 squads compete on one set; Flight 2 competes on other set.</p>	<p>Levels 1-2: Maximum of 30 sec. timed warm-up Level 3: 45 sec. timed warm-up Levels 4 & 5: 1 min. timed warm-up</p> <p>Plus 30-second touch on the competitive equipment.</p>	<p>Level 6 & 7: 1½ min. (2 min. Vault only Levels 8-10: 2 min. warmup (L9,10-2.5 min. Bars ONLY, includes bar settings) No 30-second touch</p>	<p>Compulsory only: 96 Optional only L8,9,10: 64 Level 6 &/or 7 only: 80 Combined Comp & Level 8-10 Optional in same session: 80 athletes total with max. of 32 Optional L8-10 Combined Compulsory & Level 6-7 Optional in same session: 80 – any # of opt. or comp. level athletes allowed.</p>	<p>A combination of B, S, or G & JO Levels 1-5: 96 A combination of B, S, or G & JO Levels 6-10: 80 A combination of P or D & JO Levels 1-5: 80 A combination of P or D & JO Levels 6-7: 80 A combination of P or D & JO Levels 8-10: 64</p>