



# USA GYMNASTICS®

## Sanctioned Event



### Meet Formats

**Traditional** - Either one competition gym OR a warm-up and a competition gym. Warm up all four events in the warm-up gym or in the competition gym, then compete all four events. 30-second touch is required.

**Modified Traditional** - One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately precede competition on that event. NO 30-second touch.

**\*Non-Traditional (Capitol Cup)** - 2 gyms - one warm-up and one competition. Timed warm-ups immediately precede competition on that event. 30-second touch is required.

**Modified Non-Traditional (Modified Capitol Cup)** - 2 sets of equipment in the competition gym. Flight 1 competes on one set, Flight 2 squads compete on the other. Timed warm-ups immediately precede competition on that event. NO 30-second touch.

Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Number of Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
1	30 sec.	30 sec.	min. of 2	30 sec.	NA
2	30 sec.	30 sec.	min. of 2	35 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

- \*For Non-Traditional (Capitol Cup) only - 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.*
- After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.*
- 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.*