



BCIYT

Warmup Times All Categories/Disciplines for BC /YT Competitions Corrected December 2025

Singles	Program Time	Warm-up time
Pre-Juvenile	2 minutes (+/- 10 seconds) OR 2 minutes 30 seconds (+/- 10 seconds)	5 minutes
Juvenile	2 minutes 30 seconds (+/- 10 seconds)	6 minutes
Pre-Novice Short	Maximum 2 minutes 20 seconds (+/- 10 seconds)	6 minutes
Pre-Novice Free	3 minutes (+/- 10 seconds)	6 minutes
Novice Short	Maximum 2 minutes 20 seconds (+/- 10 seconds)	6 minutes
Novice Women Free	3 minutes 30 seconds (+/- 10 seconds)	6 minutes
Novice Men Free	3 minutes 30 seconds (+/- 10 seconds)	6 minutes
Junior Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Junior Free	3 minutes 30 seconds (+/- 10 seconds)	6 minutes
Senior Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Senior Free	4 minutes (+/- 10 seconds)	6 minutes
STAR 2	Maximum 2 minutes 10 seconds; not timed	3 minutes
STAR 3	2 minutes (+/- 10 seconds) not timed	4 minutes
STAR 4	2 minutes (+/- 10 seconds) not timed	4 minutes
STAR 5	2 minutes (+/- 10 seconds)	5 minutes
STAR 6	2 minutes 30 seconds (+/- 10 seconds)	5 minutes
STAR 7	Maximum 2 minutes 20 seconds (+/- 10 seconds)	5 minutes
STAR 8	3 minutes (+/- 10 seconds)	5 minutes
STAR 9	Maximum 2 minutes 20 seconds (+/- 10 seconds)	5 minutes
STAR 10	3 minutes (+/- 10 seconds)	5 minutes
Gold	3 minutes 30 seconds (+/- 10 seconds)	5 minutes

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Pairs	Program Time	Warm-up time
Pre-Juvenile	2 minutes 30 seconds (+/- 10 seconds)	5 minutes
Juvenile	2 minutes 30 seconds (+/- 10 seconds)	6 minutes
Pre-Novice Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Pre-Novice Free	3 minutes (+/- 10 seconds)	6 minutes
Novice Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Novice Free	3 minutes 30 seconds (+/- 10 seconds)	6 minutes
Junior Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Junior Free	3 minutes 30 seconds (+/- 10 seconds)	6 minutes
Senior Short	2 minutes 40 seconds (+/- 10 seconds)	6 minutes
Senior Free	4 minutes (+/- 10 seconds)	6 minutes

Dance	Program Time	Warm-up time
Pre-Juvenile Pattern Dance	Not timed	3 minutes
Pre-Juvenile Free Dance	2 minutes (+/- 10 seconds)	4 minutes
Juvenile Pattern Dance	Not timed	3 minutes
Juvenile Free Dance	2 minutes (+/- 10 seconds)	5 minutes
Pre-Novice Pattern Dance	Not timed	3 minutes
Pre-Novice Free Dance	2 minutes 30 seconds (+/- 10 seconds)	5 minutes
Novice Pattern Dance	Not timed	3 minutes
Novice Free Dance	3 minutes (+/- 10 seconds)	5 minutes
Junior Rhythm Dance	2 minutes 50 seconds (+/- 10 seconds)	5 minutes
Junior Free Dance	3 minutes 30 seconds (+/- 10 seconds)	5 minutes



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Senior Rhythm Dance	2 minutes 50 seconds (+/- 10 seconds)	5 minutes
Senior Free Dance	4 minutes (+/- 10 seconds)	5 minutes

Artistic	Program Time	Warm-up time
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STAR 5	Maximum 2 minutes 10 seconds	3 minutes
STAR 7	Maximum 2 minutes 10 seconds	3 minutes
STAR 9	Maximum 2 minutes 10 seconds	3 minutes
Gold	Maximum 2 minutes 40 seconds	3 minutes

Showcase	Program Time	Warm-up time
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Showcase 1	Maximum 1 minute ; not timed	3 minutes
Showcase 2	Maximum 1 minute 30 seconds; not timed	3 minutes
Showcase 3	Maximum 2 minutes	3 minutes
Showcase 4	Maximum 2 minutes 30 seconds	3 minutes
Group and Production categories 1 minute per group		

Creative Improv	Program Time	Warm-up time
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Creative Improv 1	Maximum 45 seconds ; not timed	3 minutes
Creative Improv 2	Maximum 45 seconds; not timed	3 minutes
Creative Improv 3	Maximum 1 minute	3 minutes
Creative Improv 4	Maximum minute	3 minutes



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Adult Program Time Warm-up time

Adult Intro Open Free Skate	Maximum 1 minute 40 seconds	4 minutes
Adult Bronze Free Skate	1 minute 40 seconds (+/- 10 seconds)	4 minutes
Adult Silver Free Skate	2 minutes (+/- 10 seconds)	5 minutes
Adult Gold Free Skate	2 minutes 50 seconds (+/- 10 seconds)	5 minutes
Adult Masters & Masters Elites Free Skate	3 minutes (+/- 10 seconds)	5 minutes
Adult Artistic Intro – Gold	1 minute 30 seconds (+/- 10 seconds)	3 minutes

Synchro Program Time Warm-up time

STAR 3	Maximum 2 minutes 10 seconds; not timed	1-minute warmup 30 seconds to take the start position First team of each starting group is granted a 2-minute warm-up
STAR 4	Maximum 2 minutes 40 seconds; not timed	
STAR 6	Maximum 3 minutes 10 seconds	
STAR 8	Maximum 3 minutes 10 seconds	
Novice	3 minutes 30 seconds (+/- 10 seconds)	
Gold	3 minutes 30 seconds (+/- 10 seconds)	
Open	4 minutes (+/- 10 seconds)	
Junior Short	Maximum 2 minutes 50 seconds	
Junior Free	3 minutes 30 seconds (+/- 10 seconds)	
Senior Short	Maximum 2 minutes 50 seconds	
Senior Free	4 minutes (+/- 10 seconds)	
Adult I	Maximum 3 minutes 10 seconds	
Adult II	Maximum 3 minutes 10 seconds	
Adult III	Maximum 2 minutes 40 seconds	



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Special Olympics	Program Time	Warm-up time
Special O Singles Level 1	1 minute (+/- 10 seconds)	4 minutes
Special O Singles Level 2	Maximum 1 minute 40 seconds	4 minutes
Special O Singles Level 3	Maximum 1 minute 40 seconds	4 minutes
Special O Singles Level 4	2 minutes (+/- 10 seconds)	4 minutes
Special O Singles Level 5	2 minutes (+/- 10 seconds)	4 minutes
Special O Singles Level 6	2 minutes (+/- 10 seconds)	5 minutes
Special O Singles Open	3 minutes (+/- 10 seconds)	5 minutes
Special O Pairs Level 1	Maximum 1 minute 30 seconds	4 minutes
Special O Pairs Level 2	2 minutes (+/- 10 seconds)	4 minutes