Timing FLOOR ROUTINE

Timer (With stopwatch #1):

Start: with the gymnast's <u>first movement</u> with the music.

Stop: with the gymnast's final movement or FALL (NCAA only)

Restart: <u>after 2 min. injury assessment</u>, gymnast stands up on her feet.

Report the Time: to the Chief Judge; for example: 1:15

OVERTIME 1:30+ show Chief Judge, before clearing the stopwatch.

Line Judges for FLOOR ROUTINE

2 Line Judges:

- Yellow Flag
- Post-it Notes
- Pencil / Pen
- Seated in Opposite corners
- Responsible to 2 Lines and 2 Corners
- Landing Mat: Mat must be clearly marked with <u>TAPE</u> line. If the mat covers the line, the line must be marked. If needed, ask coach to re-mark the mat for clarity. Inform Chief Judge, if the mat was not marked.
- <u>Out of Bounds</u>: (White Line Border) gymnast touches area <u>outside</u> the line. (Two Color Carpet) gymnast touches <u>outside colored</u> carpet. It is possible to step backward out of bounds in the corner.
- Raise the Flag:When gymnast is "Out of Bounds".Judges will also raise their hands to confirm "out of bounds".
- <u>Post-it Notes</u>: Draw a Square and Mark the location of Chief Judge Table.
- <u>Record OB</u>: Record "Out of Bounds" with an "X" at the location. Take Post-it note to the Chief Judge.

<u>Timer / Line Judge</u>: Line Judge can also serve as Floor Timer.

Timing <u>BEAM ROUTINE</u>

Timer #1 (With stopwatch #1):

Start: when the gymnast's feet leave the board or mat.

Stop with fall: each fall off the BEAM onto the mat.

Restart: <u>after 2 min. injury assessment</u>, gymnast stands up on her feet.

"WARNING": called or signaled at 1:20.

Stop at end: when the gymnast dismounts and arrives on the mat.

"TIME": called or signaled at 1:30.

Timing <u>BEAM FALLS</u> - 45 second period

Timer #2 (With stopwatch #2)

Start:		(after 2 min. injury assessment) gymnast stands up on her feet.
Warning:	say	"20 SECONDS REMAINING" at 25 seconds
		"10 SECONDS REMAINING" at 35 seconds
		"TIME" at 45 seconds
Stop:	when the gymnast leaves the mat to remount the beam	
	(time	lapse between fall time and restart of the exercise time)

Timing <u>BAR FALLS</u> - 45 second period

Timer (with one stopwatch)

Start:	(after 2 min. injury assessment) gymnast stands up on her feet.

Warning: say "20 SECONDS REMAINING" at 25 seconds

"10 SECONDS REMAINING" at 35 seconds

"TIME" at 45 seconds

Stop: when the gymnast leaves the mat to remount the BARS.