

# Warm Up Times

Updated for 8/1/2023

|                                     |                                  |                                   |                                       |  |  |
|-------------------------------------|----------------------------------|-----------------------------------|---------------------------------------|--|--|
| <b>Levels 1-2 &amp; Xcel Bronze</b> | <b>Level 3 &amp; Xcel Silver</b> | <b>Levels 4-5 &amp; Xcel Gold</b> | <b>Levels 6-7 &amp; Xcel Platinum</b> | <b>Levels 8-10 Xcel Diamond &amp; Sapphire</b> | <b>Levels 9 &amp; 10 Bars Only Includes Bar Sets</b> |
| <b>30 sec each</b>                  | <b>45 sec each</b>               | <b>1:00 min each</b>              | <b>1:30 min each</b>                  | <b>2:00 min each</b>                           | <b>2:30 min each</b>                                 |

| #  | Time     | #  | Time     | #  | Time      | #  | Time      | #  | Time      | #  | Time      |
|----|----------|----|----------|----|-----------|----|-----------|----|-----------|----|-----------|
| 1  | 30 sec   | 1  | 45 sec   | 1  | 1:00 min  | 1  | 1:30 min  | 1  | 2:00 min  | 1  | 2:30 min  |
| 2  | 1:00 min | 2  | 1:30 min | 2  | 2:00 min  | 2  | 3:00 min  | 2  | 4:00 min  | 2  | 5:00 min  |
| 3  | 1:30 min | 3  | 2:15 min | 3  | 3:00 min  | 3  | 4:30 min  | 3  | 6:00 min  | 3  | 7:30 min  |
| 4  | 2:00 min | 4  | 3:00 min | 4  | 4:00 min  | 4  | 6:00 min  | 4  | 8:00 min  | 4  | 10:00 min |
| 5  | 2:30 min | 5  | 3:45 min | 5  | 5:00 min  | 5  | 7:30 min  | 5  | 10:00 min | 5  | 12:30 min |
| 6  | 3:00 min | 6  | 4:30 min | 6  | 6:00 min  | 6  | 9:00 min  | 6  | 12:00 min | 6  | 15:00 min |
| 7  | 3:30 min | 7  | 5:15 min | 7  | 7:00 min  | 7  | 10:30 min | 7  | 14:00 min | 7  | 17:30 min |
| 8  | 4:00 min | 8  | 6:00 min | 8  | 8:00 min  | 8  | 12:00 min | 8  | 16:00 min | 8  | 20:00 min |
| 9  | 4:30 min | 9  | 6:45 min | 9  | 9:00 min  | 9  | 13:30 min | 9  | 18:00 min | 9  | 22:30 min |
| 10 | 5:00 min | 10 | 7:30 min | 10 | 10:00 min | 10 | 15:00 min | 10 | 20:00 min | 10 | 25:00 min |
| 11 | 5:30 min | 11 | 8:15 min | 11 | 11:00 min | 11 | 16:30 min | 11 | 22:00 min | 11 | 27:30 min |
| 12 | 6:00 min | 12 | 9:00 min | 12 | 12:00 min | 12 | 18:00 min | 12 | 24:00 min | 12 | 30:00 min |

## NOTES:

- ▶▶ **Timed Warm-ups:** If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level.
- ▶▶ **Vault & Floor:** The entire squad warms up together. Block time is not allowed for Vault & Floor.
- ▶▶ **Bars and Beam:** Athletes can block time either with their own or other teams. The clock will not stop within the block time. Each 'BLOCK' is allowed to set the equipment ONE INITIAL TIME before the warm-up time begins. The clock WILL STOP between EACH block. Separate blocks of ANY SIZE can occur within a squad.
- ▶▶ **Beam:** Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on Beam but it is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts.

# Competition, Routine, & Fall Timing

Updated 1/20/2024

## Vault Fall Timing

- »The Chief Judge is responsible for monitoring fall time
- »Following a fall on the 1<sup>st</sup> Vault, Fall Time begins when the gymnast is on her feet. If an injury occurs, Fall Time begins once medical assessment is complete.
- »The gymnast has 45 sec to salute for her 2<sup>nd</sup> vault
- »Timer will give a verbal notification of 20 sec remaining & 10 sec remaining after a fall. Time is called at 45 sec.
- »If the allotted Fall Time is exceeded, a 2<sup>nd</sup> vault is not allowed.

## Uneven Bars Fall Timing

- »Fall Time begins when the gymnast is on her feet. If an injury occurs, Fall Time begins once medical assessment is complete.
- »The gymnast has 45 sec to remount & resume her exercise.
- »The Timer will give a verbal notification of 20 sec remaining and 10 sec remaining after a fall..
- »When the gymnast remounts the bars (leaves the floor), the 45 sec Fall Time stops.
- »If a 2<sup>nd</sup> fall occurs, an additional deduction of 0.50 is applied
- »If the 45 sec Fall Time is exceeded, the exercise is terminated.

## Balance Beam

| Level | Warning  | Max Time | Division | Warning  | Max Time |
|-------|----------|----------|----------|----------|----------|
| 1     | 25 sec   | 35 sec   | Bronze   | 35 sec   | 45 sec   |
| 2     | 30 sec   | 40 sec   | Silver   | 40 sec   | 50 sec   |
| 3     | 45 sec   | 55 sec   | Gold     | 50 sec   | 1:00 min |
| 4     | 55 sec   | 1:05 min | Platinum | 1:05 min | 1:15 min |
| 5     | 1:00 min | 1:10 min | Diamond  | 1:05 min | 1:15 min |
| 6     | 1:05 min | 1:15 min | Sapphire | 1:20 min | 1:30 min |
| 7     | 1:10 min | 1:20 min |          |          |          |
| 8-10  | 1:20 min | 1:30 min |          |          |          |

### BEAM ROUTINE TIMING

- »The watch starts when the gymnast leaves the floor.
- »The watch stops when the gymnast lands on the mat after a fall.
- »The watch re-starts with the first movement to continue routine.
- »The watch stops when the gymnast arrives on the mat with the dismount.
- »Timer signals with bell or verbally, indicating a warning of 10 sec remaining and a 2<sup>nd</sup> signal indicating final time.
- »Inform Chief Judge of time violation & indicate actual time.

### BEAM FALL TIMING

- »Fall Time begins when the gymnast is on her feet. If an injury occurs, Fall Time begins once medical assessment is complete.
- » Time stops when the gymnast leaves the floor to re-mount.
- »After 25 sec have passed, announce "20 sec remaining".
- »After 35 sec have passed, announce "10 sec remaining".
- »At 45 sec, announce "time".
- »Inform Chief Judge of time violation & show the watch to the Chief Judge before clearing it if time was exceeded.

## Floor Exercise

| Level                                 | Routine Max Time |
|---------------------------------------|------------------|
| Xcel Bronze                           | 45 Sec           |
| Xcel Silver & Gold                    | 1:00 Minute      |
| Xcel Platinum -<br>Diamond & Sapphire | 1:30 Minutes     |
| Level 6                               | 1:15 Minutes     |
| Levels 7-10                           | 1:30 Minutes     |

### FLOOR ROUTINE TIMING

- »The watch starts with the first movement of the gymnast.
- »The watch stops with the final movement of the gymnast.
- »Inform the Chief Judge if there is a time violation & show the watch to the Chief Judge before clearing it if time was exceeded.
- »No warning is given.