

YOUR ROLE To assist the chief judge in timing the athlete’s warm-up. Here is your cheat sheet/reference page for duties and task you are responsible for as a minor official.

When athletes are using different heights within one competition group, coaches should agree on the most efficient way to warm-up/compete. Athletes may compete in the predetermined order, or re-order based on equipment settings.

Timing of Warm-up: the Chief Judge/D1 judge will inform you how many minutes the group has. Begin timing when the first athlete runs toward the vault **and makes contact with the springboard**. Be prepared to answer the question, “how much time is remaining?” Ring the bell loudly when warm-up is complete.

Fall Times: The Chief Judge must monitor the Vault Fall time **on the first vault**.

Timer starts when the Gymnast is on her feet.

Timer stops when Gymnast presents to begin her second vault.

After **25** seconds have passed, announces “20 seconds remaining”. After **35** seconds have passed, announces “10 seconds remaining”. At **45** seconds, announces “Time”. A second vault is not allowed after “Time” is announced.

Level	Warm-up Time (per gymnast)	Warm-up Format
Xcel Bronze	30 sec. per gymnast	Blocked running time by Vault height.
Xcel Silver	45 sec. per gymnast	
Xcel Gold	1 minute per gymnast	
Xcel Platinum	1 minute 30 sec. per gymnast	
Level 1-7	1 minute per gymnast	
Level 8-10	2 minutes per gymnast (If performing a Round-off entry/ salto vault, 4 minutes for one gymnast at height).	
Aspire*	2 min per gymnast	
Novice*	2 minutes per gymnast	
HP Jr/Sr*		