

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

WARM-UP : the Chief Judge/D1 judge will inform you how many minutes the group has. Begin timing when the first athlete mounts the Uneven Bars. Be prepared to answer the question, "how much time is remaining?" Ring the bell loudly when warm-up is complete.

FALLS:

JO 1-10, XCEL & Aspire: The gymnast has 45 seconds to remount the Uneven Bars. Begin fall timing when the gymnast lands on the mat. The fall time ends when the gymnast's feet leave the mat to remount the Uneven Bars. During the fall time, the Fall Timer gives notification: 25 seconds pass, announce "*20 seconds remain*", 35 seconds pass, announce "*10 seconds remain*", and count down until 1, after 45 seconds pass, announce "*TIME*". Routine is terminated if the fall time exceeds 45 seconds.

HP: The gymnast has 30 seconds to remount the Uneven Bars without penalty, and 60 seconds to remount the Uneven Bars before her routine is terminated. Begin fall timing when the gymnast is on her FEET after a fall. The fall time ends when the gymnast's feet leave the floor to remount the Uneven Bars. Fall Timer gives notification: 10 seconds pass, announce "*20 seconds remain*", 20 seconds pass, announce "*10 seconds remain*", 30 seconds pass, ring the bell. Continue timing, as the gymnast is still allowed to remount the Uneven Bars (with a penalty) until 60 seconds have elapsed. Routine is terminated if the fall time exceeds 60 seconds.

Quick Reference Chart:

Level	Warm-up Time (per athlete)	Warm-up Format
Xcel Bronze	30 seconds per gymnast	Running Time Split @ 9+ gymnasts.
Xcel Silver	45 seconds per gymnast	
Xcel Gold	1 minute per gymnast	
JO 1-5	1 minute per gymnast	Running Time Split @ 9+ gymnasts. Level 4 -10: when bar raised, 3 minutes for one gymnast, 4 minutes for two gymnasts.
JO 6-7	1 minute and 30 seconds per gymnast	
JO 8-10	2 minutes per gymnast	
Aspire*	2 minutes per gymnast	Canadians Format. Group Warm Up. If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 90 sec / athlete. 90 seconds is granted for each different bar preparation.
Novice*	2 minutes per gymnast	Canadian Format. Group Warm Up. If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 2 min to warm up. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the D1 judge will decide.
HP Jr/Sr*		