

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

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**Timing of Warm-up:** each gymnast has her individual warm-up time according to the chart below. Ring the bell loudly when warm-up is complete.

**Timing of Routine:** Routine time begins when the gymnast's feet leave the mat and ends when the gymnast's feet return to the mat. Ring the warning bell at 10 seconds before the maximum routine time allowed (refer to chart below). Ring the bell twice at the maximum routine time. Inform the Chief/D1 judge if the routine time exceeds the maximum time allowed. Fall time is NOT included in the routine time. When the gymnast falls the routine time is paused, and does not resume until the gymnast makes the movement to continue her routine.

#### **TIMING OF FALLS:**

**JO 1-10, XCEL & Aspire:** The gymnast has 45 seconds to remount the Balance Beam. 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 Balance Beam. During the fall time, the Fall Timer gives notification: 10 seconds pass, announce "*20 seconds remain*", 20 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 10 seconds to remount the Balance Beam without penalty, and 60 seconds to remount the Balance Beam 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 mat to remount the Balance Beam. During the fall time, the Fall Timer gives notification: count down from 10 to one, and when 10 seconds have elapsed ring the bell. Continue timing, as the gymnast is still allowed to remount the

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Balance Beam (with a penalty) until 60 seconds have elapsed. Routine is terminated if the fall time exceeds 60 seconds.

**Quick Reference Chart:**

<b>Level</b>	<b>Warm-up Time (per athlete)</b>	<b>Warm-up Format</b>
<b>Xcel Bronze</b>	30 seconds per gymnast (max. routine time is 45 sec.)	Blocked by Height (105 or 125) Three person bump start
<b>Xcel Silver</b>	45 seconds per gymnast (max. routine time 50 sec.)	
<b>Xcel Gold</b>	1 minute per gymnast (max. routine time 1 min.)	
<b>JO 1-5</b>	1 minute per gymnast (max. routine time: Level 1 - 30 seconds Level 2 - 35 seconds Level 3 - 55 seconds Level 4 - 1 minute 5 seconds Level 5 - 1 minute 10 seconds)	
<b>JO 6-7</b>	1 minute and 20 seconds per gymnast (max. routine time: Level 6 – 1 minute 15 seconds Level 7 – 1 minute 20 seconds)	
<b>JO 8-10</b>	2 minutes per gymnast (max. routine time 1 minute 30 seconds)	
<b>Aspire*</b>	2 minutes per gymnast (max. routine time 1 minute 30 seconds)	
<b>Novice*</b>		
<b>HP Jr/Sr*</b>		