

YOUR ROLE Here is your cheat sheet/reference page for duties and task you are responsible for as a minor official.

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 across the Floor Exercise. Be prepared to answer the question, “how much time is remaining?” Ring the bell loudly when warm-up is complete.

Timing of Routine: Begin timing with the gymnast’s first movement (**not when the music begins**). Timing is complete with the gymnast’s last movement. Inform the Chief Judge if the routine exceeds the maximum time.

Level	Warm-up Time (per athlete)	Warm-up Format
Xcel Bronze	30 seconds per gymnast (max. routine time 45 sec.)	Running Time
Xcel Silver	45 seconds per gymnast (max. routine time 1 min.)	
Xcel Gold	1 minute per gymnast (max. routine time 1 min.)	
JO 1-2	4 minutes warm up with a maximum of 10 gymnasts. One of the coaches of the first three gymnasts can request an additional minute.	Running Time
JO 3-5		In between routines – warm up is allowed - no timing required. Judges will ask athletes to clear the floor when ready. Compulsory Routine so no maximum time. Level 1-2: Perform routine in a straight line pattern across floor or on diagonal. Level 3-5: Full Floor
JO 7-10	4 minutes warm up with a maximum of 10 gymnasts. One of the coaches of the first three gymnasts can request an additional minute. Max. routine time is: Level 6 – 1 minute 15 seconds Level 7-10 - 1 minute 30 seconds.	Running Time. In between routines – warm up is allowed - no timing required. Judges will ask athletes to clear the floor when ready.
Aspire*	2 minutes per gymnast (max. routine time 1 minute 30 seconds)	Canadian Format. Group warm up. (Min 5 min, max 10 min)
Novice*		Canadian Format. Group warm up.
HP Jr/Sr*		