

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

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	
JO 1-7	1 minute per gymnast	
JO 8-10	2 minutes per gymnast (If performing a Round-off entry or salto vault, 4 minutes for one gymnast at height).	
Aspire*	2 min per gymnast (max. 10)	
Novice*	2 minutes per gymnast	
HP Jr/Sr*		