

**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.

Starts when the Gymnast *is standing up on her feet* after a fall.  
Stops when the Gymnast leaves the floor to re-mount.

Timer: After 25 seconds have passed, announces "20 seconds remaining". After 35 seconds have passed, announces "10 seconds remaining". At 45 seconds, announces "Time".

**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:**

<b>Level</b>	<b>Warm-up Time (per athlete)</b>	<b>Warm-up Format</b>
<b>Xcel Bronze</b>	30 seconds per gymnast	Running Time Split @ 9+ gymnasts.
<b>Xcel Silver</b>	45 seconds per gymnast	
<b>Xcel Gold</b>	1 minute per gymnast	
<b>JO 1-5</b>	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.
<b>JO 6-7</b>	1 minute and 30 seconds per gymnast	
<b>JO 8-10</b>	2 minutes per gymnast	
<b>Aspire*</b>	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.
<b>Novice*</b>	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.
<b>HP Jr/Sr*</b>		