

**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.

**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:**

Starts when the Gymnast leaves the floor.

Stops when the Gymnast lands on the mat after a fall.

Re-starts with first movement to continue routine.

Stops when the Gymnast arrives on the mat on the dismount.

Timer: Ring the bell loudly or announce (verbally), indicating a warning of 10 seconds remaining, and a second signal indicating final time.

Informs the Chief Judge of the time violation verbally or in writing, indicating the actual time.

### **TIMING OF FALLS:**

**LEVEL 1-10, XCEL & YOUTH:** The gymnast has 45 seconds to remount the Balance Beam.

Starts when Gymnast *is standing up on her feet* after a fall.

Stops when Gymnast leaves the floor to re-mount.

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 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 Balance Beam (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
<b>Xcel Bronze</b>	30 seconds per gymnast (max. routine time is 45 sec.)	Blocked by Height (105 or 125) Warm-Up compete format Split at 8
<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>Level 1-5</b>	1 minute per gymnast (max. routine time: Level 1 - 35 seconds Level 2 - 40 seconds Level 3 - 55 seconds Level 4 - 1 minute 5 seconds Level 5 - 1 minute 10 seconds)	
<b>Level 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>Level 8-10</b>	2 minutes per gymnast (max. routine time 1 minute 30 seconds)	
<b>Youth*</b>	2 minutes per gymnast (max. routine time 1 minute 30 seconds)	Canadian Format. Group Warm Up Individual warm up: if requested by coach, gymnast may do 1:30 + 30 sec)
<b>Novice*</b>		
<b>HP Jr/Sr*</b>		