

**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.

**Fall Times:** The Chief Judge must monitor the Vault Fall time *on the first vault*.

Timer starts when the Gymnast is on her feet.

Timer stops when Gymnast presents to begin her second vault.

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

A second vault is not allowed after "Time" is announced.

Level	Warm-up Time (per gymnast)	Warm-up Format
<b>Xcel Bronze</b>	30 sec. per gymnast	Blocked running time by Vault height.
<b>Xcel Silver</b>	45 sec. per gymnast	
<b>Xcel Gold</b>	1 minute per gymnast	
<b>Level 1-7</b>	1 minute per gymnast	
<b>Level 8-10</b>	2 minutes per gymnast (If performing a Round-off entry or salto vault, 4 minutes for one gymnast at height).	
<b>Youth*</b>	2 min per gymnast (max. 10)	
<b>Novice*</b>	2 minutes per gymnast	
<b>HP Jr/Sr*</b>		