



# USA GYMNASTICS<sup>®</sup>

## Sanctioned Event



Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
Bronze	30 sec.	30 sec.	min. of 1	45 sec.	45 sec.
Silver	45 sec.	30 sec.	min. of 1	50 sec.	1 min.
Gold	1 min.	30 sec.	min. of 2	1 min.	1 min.
Platinum	1.5 min.	30 sec.	min. of 2	1:15	1:30
Diamond	2 min.	30 sec.	min. of 3	1:15	1:30

Level	Max Timed Warm-up per athlete	Touch Warm-up (if allowed) per athlete	Allowable Vaults per athlete in Touch	Max Competition Beam Time	Max Competition Floor Time
1	30 sec.	30 sec.	min. of 2	30 sec.	NA
2	30 sec.	30 sec.	min. of 2	35 sec.	NA
3	45 sec.	30 sec.	min. of 2	55 sec.	NA
4	1 min.	30 sec.	min. of 2	1:05	NA
5	1 min.	30 sec.	min. of 2	1:10	NA
6	1.5 min.	30 sec.	min. of 2	1:15	1:15
7	1.5 min.	30 sec.	min. of 2	1:20	1:30
8	2 min.	30 sec.	min. of 3	1:30	1:30
9	2 min.*	30 sec.	min. of 3	1:30	1:30
10	2 min.*	30 sec.	min. of 3	1:30	1:30

1. Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY in addition to their specific number of allowable vaults.
2. After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
3. Bar settings are not included in the warm-up time, however, if a club or group of athletes choose to block the time, the clock will NOT stop for changes to the bar setting.
4. The setting of the bars is not included in the touch warm-up time.

\* Level 9/10 Bars Warm-up is 2.5 min (including Bar settings).

# Block Warm-up Chart

# of Gymn.	Level 2 XBronze	Level 3 XSilver	Level 4/5 XGold	Level 6/7 XPlatinum	Level 8-10 XDiamond	L9/10 BARS*
1	0:30	0:45	1:00	1:30	2:00	2:30
2	1:00	1:30	2:00	3:00	4:00	5:00
3	1:30	2:15	3:00	4:30	6:00	7:30
4	2:00	3:00	4:00	6:00	8:00	10:00
5	2:30	3:45	5:00	7:30	10:00	12:30
6	3:00	4:30	6:00	9:00	12:00	15:00
7	3:30	5:15	7:00	10:30	14:00	17:30
8	4:00	6:00	8:00	12:00	16:00	20:00
9	4:30	6:45	9:00	13:30	18:00	22:30
10	5:00	7:30	10:00	15:00	20:00	25:00
11	5:30	8:15	11:00	16:30	22:00	27:30
12	6:00	9:00	12:00	18:00	24:00	30:00
13	6:30	9:45	13:00	19:30	26:00	32:30
14	7:00	10:30	14:00	21:00	28:00	35:00

If a squad consists of 13 or more Compulsory or 9 or more Optional gymnasts, then the squad may be divided into 2 sub-groups.

If a squad has more than one level, then the timed warm-up is calculated by adding up the total time of all the gymnasts in the squad.

\* Level 9/10 time includes Bar settings.

## Balance Beam Timing

Timing begins with the take-off from the board or mat. Timing is stopped when the gymnast arrives on the floor. The gymnast must complete the routine within the allotted time.

*If the gymnast falls, stop the routine timer and start the fall timer.*

*She has a maximum of 45 seconds to get back on the beam and continue the routine.*

*Give warnings (say "20 seconds", "10 seconds", "Time").*

Restart (do not reset) the routine timer when the gymnast is back on the beam and takes her first movement to resume the routine.

Say "Warning" or ding the bell once ten seconds before the time limit for the routine.

Say "Time" or ding the bell twice at the time limit but DO NOT reset the stopwatch until the gymnast finishes the routine.

If the gymnast is over the time limit, show the stopwatch to the judge before resetting.