**Warm-up Chart**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| # of Gymnasts | Level 2 Bronze Xcel | Level 3 Silver Xcel | Level 4/5 Gold Xcel | Level 6/7 Platinum | Level 8-10 Diamond |
| 1 | 0:30 | 0:45 | 1:00 | 1:30 | 2:00 |
| 2 | 1:00 | 1:30 | 2:00 | 3:00 | 4:00 |
| 3 | 1:30 | 2:15 | 3:00 | 4:30 | 6:00 |
| 4 | 2:00 | 3:00 | 4:00 | 6:00 | 8:00 |
| 5 | 2:30 | 3:45 | 5:00 | 7:30 | 10:00 |
| 6 | 3:00 | 4:30 | 6:00 | 9:00 | 12:00 |
| 7 | 3:30 | 5:15 | 7:00 | 10:30 | 14:00 |
| 8 | 4:00 | 6:00 | 8:00 | 12:00 | 16:00 |
| 9 | 4:30 | 6:45 | 9:00 | 13:30 | 18:00 |
| 10 | 5:00 | 7:30 | 10:00 | 15:00 | 20:00 |
| 11 | 5:30 | 8:15 | 11:00 | 16:30 | 22:00 |
| 12 | 6:00 | 9:00 | 12:00 | 18:00 | 24:00 |
| 13 | 6:30 | 9:45 | 13:00 | 19:30 | 26:00 |
| 14 | 7:00 | 10:30 | 14:00 | 21:00 | 28:00 |
| 15 | 7:30 | 11:15 | 15:00 | 22:30 | 30:00 |
| 16 | 8:00 | 12:00 | 16:00 | 24:00 | 32:00 |

# BEAM ROUTINE TIME / WARNING

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DEV** | **2** | **3** | **4** | **5** | **6** | **7** | **8-10** |
| **Warning** | **0:30** | **0:45** | **0:55** | **1:00** | **1:05** | **1:10** | **1:20** |
| **Time** | **0:40** | **0:55** | **1:05** | **1:10** | **1:15** | **1:20** | **1:30** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Xcel** | **Bronze** | **Silver** | **Gold** | **Platinum / Diamond** |
| **Warning** | **0:35** | **0:40** | **0:50** | **1:05** |
| **Time** | **0:45** | **0:50** | **1:00** | **1:15** |

**Beam Timing: Start** when feet leave the mat/board. **Stop** when feet land on mat.

**Fall Time:** 45 seconds: Start with landing on mat – stop when feet leave mat. EXCEPTION - When the gymnast falls to the floor, the 45 second time begins once the gymnast is standing on her feet.

**Resume routine timing:** When the first movement is made to continue the routine.

**Signals:** 20 seconds remaining. 10 seconds remaining. Time.

# FLOOR EXERCISE ROUTINE TIMES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Level/Division | 6 | 7 – 10 | Bronze | Silver/Gold | Platinum/Diamond |
| **Time Limit** | **1:15** | **1:30** | **0:45** | **1:00** | **1:30** |

**Start** when gymnast begins first movement – **Stop** on final movement.

**Tindall 1/2023**