

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

JO Level	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.