

6. REFERENCE CHART FOR TYPES OF FORMATS, WARM-UP TIMES AND MAXIMUM NUMBER OF COMPETITORS

Type of Format	Description	Warm-up time		Maximum # of competitors per session per panel of judges
		Compulsory	Optional	
Traditional	Either one competition gym OR a warm-up and a competition gym. Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec timed warm-up Levels 5 & 6: 1 minute timed warm-up 30- second touch if warm-up is in separate gym or if more than 15/squad	1½ minute warm-up with a 30-second touch	Compulsory only: 72 Optional only: 56 Combined Compulsory & Optional in same session: with 36+ Compulsory athletes: 64
Modified Traditional	One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on that event.	Levels 1-3: Maximum of 30 sec. timed warm-up Levels 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up No 30-second touch.	*Level 7: 1½ minutes Levels 8-10: 2 minutes warm-up with no 30-second touch.	Compulsory only: 72 Optional only: 56 Combined Compulsory & Optional in same session: with 36+ Compulsory athletes: 64
Non-Traditional (Capitol Cup)	2 gyms (warm-up & competition) Timed warm-up on each event immediately preceding competition on that event.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up Plus 30-second touch on the competitive equipment.	*Level 7: 1½ minutes Levels 8-10: 2 minute warm-up plus 30-second touch on the competitive equipment.	Compulsory only: 96 8 squads with a maximum of 12 gymnasts/squad Optional only: 64 8 squads with a maximum 8 gymnasts/squad (Exception: Level 7 only may have up to 80 with a maximum of 10 gymnasts/squad. Combined Compulsory & Optional in same session: with 48+ Compulsory athletes: 80
Modified Non-Traditional (Modified Capitol Cup)	2 sets of equipment in the competition gym (no warm-up gym). Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up No 30-second touch	*Level 7: 1½ minutes Levels 8-10: 2 minute warm-up; no 30-second touch	Compulsory only: 96 8 squads with a maximum of 12 gymnasts/squad Optional only: 64 8 squads with a maximum 8 gymnasts/squad (Exception: Level 7 only may have up to 80 with a maximum of 10 gymnasts/squad. Combined Compulsory & Optional in same session: with 48+ Compulsory athletes: 80

*Note: If Optional sessions have more than one level, including Level 7, the timed warm-up time is 2 minutes.

D. SCHEDULING GUIDELINES

1. COMPULSORY COMPETITION - Levels 1, 2, 3

Traditional Format with a Timed Warm-up- Example with 60 competitors

Open Stretch & Bar Settings	15- 30 min.	=	30 min.
Timed Warm-up	30 seconds per gymnast	=	30 min.
Line up, march-in	10 min.	=	10 min.
Competition	1 min. per gymnast	=	60 min.

Approximate Total Time = 2 hrs. 10 min.

III. WARM-UPS

A. Pre-meet (timed) warm-ups

1. A 15-30 minute general/open warm-up time is required. The Uneven Bars are available to obtain settings only (Tap Swings). The apparatus is NOT available for warm-up during the general warm-up time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for locomotor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.
2. Timed warm-ups
 - a) Rotations are determined by the following formula:
 - 1) Compulsories: Levels 1-3: Maximum of 30-seconds X number of gymnasts per squad
Level 4: **45-seconds** X number of gymnasts per squad
Levels 5 & 6: 1 minute X number of gymnasts per squad
 - 2) Optionals: 1½ min. X number of gymnasts per squad (for traditional format meets & ALL Level 7 **only** meets, regardless of format)
2 min. X number of gymnasts per squad (for modified traditional format meets and all non-traditional format meets)
 - 3) The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast.
 - b) Bar settings (adjustments) are **NOT** included in the warm-up time; however, if a club or group of athletes chooses to block time, the clock will not stop within the block time.
 - c) Block time will be allowed on Bars and Beam only at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.
 - When using a “warm-up/compete” format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may “block” time.
 - The first athlete to compete must be given the opportunity to warm-up first.
 - d) Block time for timed warm-ups is not allowed on Vault or Floor Exercise.

Note: The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.
 - e) Floor Exercise Warm-up Procedures for meet formats that provide only one floor exercise mat for competition (or one floor and a tumbling strip):
 - 1) With squad of 8 or fewer Optional gymnasts: warm-up all 8 gymnasts (1½ min. each for traditional; 2 min. for non-traditional formats), then compete.
 - 2) With squads of 9 or more Optional gymnasts or 13 or more Compulsory gymnasts: warm-up half the squad, then compete; then warm-up the second half of the squad and then compete.
 - 3) With any size squad: warm-up athletes between competitive routines.
 - When using this option, the Meet Director must assign an adult monitor to regulate the number of athletes warming up at any one point in time and to keep track of the competitive order. It is not a responsibility of the judges.
 - A gymnast is allowed to start warming up when there are only five more competitors ahead of her. This gives each athlete 5 turns on the Floor mat prior to her time to compete and there will be no more than five athletes warming up on the floor at any one point in time.
 - Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first five athletes will warm-up together (5 x 2 minutes=10 min.). Once competition begins, the 6th athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up. After #5 athlete competes, #6-8 from Flight A and #1 & 2 from Flight B will be warming up. From that point on, there will be five athletes warming up on the floor in between each competitive routine.
 - This procedure may also be used for the touch warm-up.
 - If a coach determines that the athletes have not had adequate warm-up time in between routines, he/she can request of the Chief Judge to either have a short block of time for a squad or partial squad to warm-up, or for the judges to slow down to allow for up to 30 seconds between exercises, especially for Levels 4 and below.
 - f) Warm-up rotation order
 - 1) Traditional format: Squads start the timed warm-ups on their second competitive event and rotate in Olympic order to finish warm-ups on their first competitive event.

EXAMPLE: Warm-up order: UB, BB, FX, V
Competitive order: V, UB, BB, FX
 - 2) When “Bye Squads” are used, timed warm-ups must be in the same order as the competitive rotation.