

Chapter 6 – GENERAL MEET INFORMATION (DEV & XCEL)

- g. VAULT WARM-UP PROCEDURES:** Time will begin when the gymnast stands on the table or mat stack to do a skill/jump off. If the gymnast does not do a skill/jump off the table or mat stack, the time will begin when the gymnast begins running toward the table and touches the springboard. Warm-up drills i.e., “Handstand hops” and a “run by” without touching the board is NOT included in the warm-up time and will be allowed if performing these drills does not delay the competition. Excessive delay of “warm-up drills” when the timer is ready could result in a deduction.
- 1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete runs or jumps on the Vault runway following the previous competitor’s final vault.
 - 2) The gymnast may NOT run or jump in front of the Vault judge’s table.
 - In this instance, a warning would be given for exceeding warm-up time.
- h. FLOOR EXERCISE WARM-UP PROCEDURES**
- 1) For meet formats that provide only one Floor Exercise for competition, or one Floor and a tumbling strip:
 - a) Warm-up all gymnasts, compete all gymnasts if there are:
 - i. Squads of 8 or fewer – DEV Optional and/or Xcel Platinum, Diamond, Sapphire
 - ii. Squads of 12 OR FEWER – Xcel Bronze, Silver, Gold Divisions
 - b) Warm-up half the squad, then compete. Warm up the 2nd half of the squad, then compete if there are:
 - i. Squads of 9 or more - DEV Optional and/or Xcel Platinum, Diamond, Sapphire
 - ii. Squads of 13 or MORE gymnasts – Xcel Bronze, Silver, Gold Divisions
 - 2) For NON-TRADITIONAL formats, the total number of athletes assigned to the two squads that start on the same event (one squad in Flight A and the other squad in Flight B) cannot exceed:
 - a) 16 for DEV Levels 8-10
 - b) 20 for combined DEV Levels 6 and 7 only, Xcel Platinum, Diamond and Sapphire Divisions
 - c) 24 for DEV Levels 1-5, Xcel Bronze, Silver, and Gold Divisions
 - d) Regardless of the number of athletes within the squad, timed warm-ups MAY NOT be split.
 - 3) With any allowable size squad: warm-up athletes between competitive routines.
 - a) 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.
 - b) A gymnast is allowed to start warming up when there are only six 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.
 - c) Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first six athletes will warm-up together (6 x 2 minutes=12 min.). Once competition begins, the 7th athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up.
 - d) This procedure may also be used for the TOUCH WARM-UP.
 - e) For DEV Compulsory Levels 1-5 and Xcel Bronze and Silver Divisions, in a modified non-traditional format, athletes may warm-up between floor routines as a group, corresponding with the squad numbers above. The group is not limited to six athletes, as required by DEV Levels 6-10. If the coach feels not enough warm-up time has been given, he/she may ask the Chief Judge for a reasonable amount of additional time.
 - f) 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 DEV Levels 4 and below.
- i.** If an athlete (or team) disregards the timer and exceeds the warm-up time, the timer must report the infraction to the Meet Director or Meet Referee. This would be considered as the warning and any subsequent infraction would result in a 0.20 penalty.