

## Vault:

When athletes are using different heights within one competition group, coaches should agree on the most efficient way to warm-up/compete. Athletes may compete in the predetermined order, or re-order based on equipment settings.



**Timing of Warm-up:** the Chief Judge/D1 judge will inform you how many minutes the group has. Begin timing when the first athlete runs toward the vault. Be prepared to answer the question, “how much time is remaining?” Ring the bell loudly when warm-up is complete.

Level	Warm-up Time /athlete	Warm-up Format	Level	Warm-up Time /athlete	Warm-up Format
JO 1	0:30 each or 2 vaults each	Group Warm-up: Athletes grouped up to 8 in a group. Maximum 2:00.	XCEL Bronze	30 sec each or 2 vaults each	Group Warm-up: Athletes grouped up to 8 in a group. Maximum 2:00.
JO 2			XCEL Silver	45 sec each or 2 vaults each	
JO 3	0:45	Group Warm-up: 7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5  <b>JO 8-10: Minimum 8:00/group in SK only</b>	XCEL Gold	1:00	Group Warm-up: 7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5
JO 4	1:00		Xcel Platinum	1:30	
JO 5			XCEL Diamond	2:00	
JO 6	2:00				
JO 7					
JO 8					
JO 9					
JO 10	2:00				
Aspire*	Canadian Warm-up = 2:00 (Min 10:00) Touch Warm-up = 4 vaults				
Novice*	Canadian Warm-up = 2:00				
HP Jr/Sr*	Touch Warm-up = 0:30/0:50 Group Warm-up split at 6+				

- Competition to decide best format: FIG Warm-up + Touch Warm-up or Canadian Warm-up

Level	Apparatus	Springboards and Mats
JO 1	Two stacked 20cm mats (16")	Additional 10cm allowed for landing on back.
JO 2	JO 2: Tape line at 32"	
JO 3	Stacked 20cm mats (Min 32" Max 48") Tape line at 32"	
JO 4	Any height allowed by manufacturer	Mandatory 10 cm for landing, up to 20 cm allowed.
JO 5		
JO 6	100 cm to 125 cm	JO 6-7: Stacked mats, 80cm to 152 m. Top layer must be a 10m mat.
JO 7		
JO 8	JO 8 Any height allowed by manufacturer	JO8-10: An approved Yurkchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for round off entry vaults ONLY.
JO 9	JO 9 Provincial – Any Height allowed by manufacturer National levels - 125 cm for all ages	
JO 10		
Aspire	115 or 125 cm	<b>Aspire 1:</b> Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack. <b>Aspire 2:</b> Mandatory 10 cm, up to 20 cm allowed. An approved Yurkchenko collar must be used for all round off entry vaults (allowed for other vaults). An approved hand placement mat may be used for round off entry vaults ONLY.
Novice	125 cm Max 25m run	3 springboards: FIG hard, FIG soft & Softer Minimum 10 cm up to 20 cm allowed. An approved Yurkchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults.
HP Jr/Sr		2 springboards: FIG hard, FIG soft Mandatory 10 cm, additional 5 cm allowed on top. Safety mat (20 cm) not allowed.
XCEL Bronze	Minimum of 40 cm in height & maximum of 120 cm. Any combination of mat however top layer MUST be a min 10cm mat	Additional 10cm allowed for landing on back.
XCEL Silver	Minimum of 60 cm in height & maximum of 120 cm. Any combination of mat however top layer MUST be a min 10cm mat	Additional 10cm allowed for landing on back.
XCEL Gold, Diamond, Platinum	Min 100 cm to max 125 cm	Mandatory 10 cm for landing, up to 20 cm allowed. An approved Yurkchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for round off entry vaults ONLY.

# Uneven Bars

**Timing of Warm-up:** the Chief Judge/D1 judge will inform you how many minutes the group has. Begin timing when the first athlete mounts the Uneven Bars. Be prepared to answer the question, "how much time is remaining?" Ring the bell loudly when warm-up is complete.



## Timing of Falls:

**JO 1-10, XCEL & Aspire:** The gymnast has 45 seconds to remount the Uneven Bars. Begin fall timing when the gymnast lands on the mat. The fall time ends when the gymnast's feet leave the mat to remount the Uneven Bars. During the fall time, the Fall Timer gives notification: 25 seconds pass, announce "20 seconds remain", 35 seconds pass, announce "10 seconds remain", and count down until 1, after 45 seconds pass, announce "TIME". Routine is terminated if the fall time exceeds 45 seconds.

**HP:** The gymnast has 30 seconds to remount the Uneven Bars without penalty, and 60 seconds to remount the Uneven Bars before her routine is terminated. Begin fall timing when the gymnast is on her FEET after a fall. The fall time ends when the gymnast's feet leave the floor to remount the Uneven Bars. Fall Timer gives notification: 10 seconds pass, announce "20 seconds remain", 20 seconds pass, announce "10 seconds remain", 30 seconds pass, ring the bell. Continue timing, as the gymnast is still allowed to remount the Uneven Bars (with a penalty) until 60 seconds have elapsed. Routine is terminated if the fall time exceeds 60 seconds.

Level	Warm-up Time /athlete	Warm-up Format	Level	Warm-up Time /athlete	Warm-up Format
JO 1	0:45	Continuous Warm-up: First 3 athletes warm-up, 1 <sup>st</sup> athlete competes, 4 <sup>th</sup> athlete warms-up, 2 <sup>nd</sup> athlete competes...	XCEL Bronze	0:30	Continuous Warm-up: First 3 athletes warm-up, 1 <sup>st</sup> athlete competes, 4 <sup>th</sup> athlete warms-up, 2 <sup>nd</sup> athlete competes...
JO 2			XCEL Silver	0:45	
JO 3			XCEL Gold	1:00	
JO 4	1:00	Group Warm-up: 7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5	Xcel Platinum	1:30	Group Warm-up: 7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5
JO 5			XCEL Diamond	2:00	
JO 6	1:30	<b><u>JO 8-10: Minimum 8:00/group in SK only</u></b>			
JO 7					
JO 8					
JO 9					
JO 10	2:00				
Aspire*	Canadian Warm-up = 2:00 Touch Warm-up = 0:30 or 0:50 (with bonus)				
Novice*	Canadian Warm-up = 2:00				
HP Jr/Sr*	Touch Warm-up = 0:30/0:50 Group Warm-up split at 6+				

Competition to decide best format:  
FIG arm-up + Touch Warm-up or  
Canadian Warm up.

	<b>Apparatus</b>	<b>Springboard &amp; Mats</b>
<b>JO 1</b>	Low bar only. 170cm to the floor (height is measured from the upper edge of the rail).	Mandatory 20cm safety mat under the bar unless the gymnast is too tall, then 10cm allowed. Ensure the mat is secure so it does not slide on the dismount.
<b>JO 2</b>		Mat or beat board allowed for mount. Must be removed immediately after mount.
<b>JO 3</b>		10cm or 20cm allowed under the bar (secure for dismount). Mat or beat board allowed for mount. Must be removed immediately after mount.
<b>JO 4</b> <b>JO 5</b> <b>JO 6</b> <b>JO 7</b> <b>JO 8</b> <b>XCEL ALL LEVELS</b>	LB: 170cm HB: 250cm No min or max width provided within safety specs of the manufacturer. No substances other than water and chalk may be placed on the rails.	Mandatory 10cm for landing. Max of 20cm. Mats may be placed under the rails. Boards can be placed on any mat for mounting. Up to JO8 a block or mat may be used in place of a beat board. Must be removed immediately after mount.
<b>JO 9</b>	LB: 170 cm HB: 250 cm <i>Diagonal: 130 to 180 cm</i> <i>For age groups attending CC</i>	1 – Soft. The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used. The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard may be placed on the safety mat. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. Mandatory 10 cm, up to 20 cm allowed. <sup>[SEP]</sup> A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB. For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element).
<b>JO 10</b>	LB: 170 cm HB: 250 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations).	
<b>Aspire</b>	LB: 170cm HB: 250cm Diagonal: 130 to 180cm	Mandatory 10cm (under both rails and for dismount), up to 30cm allowed. A springboard, mounting block or 30 cm box/panel is permitted but must be placed on the 10cm supplementary mat. Must be removed immediately after the mount.
<b>Novice</b>	LB: 170cm HB: 250cm Diagonal: 130 to 180cm	The springboard may be placed on the safety mat. Coaches are permitted to place a small board under the springboard and on top of any mat. Minimum 10cm, up to 20cm allowed. Safety mat (20cm) allowed under LB and HB of entire routine or slide in/out.
<b>HP Jr/Sr</b>		The springboard must be placed on the landing mat or on the 10cm supplementary mat, if the mount and dismount are performed on the same side. The board can NOT be placed on a safety mat. Mandatory 10cm for dismount. A 10cm or 20cm mat is allowed to slide in and out for D+ release.

**Applicable to all Levels: Taller gymnasts may raise both bars by 10cm. A gymnast cannot raise the UB in order to use supplemental mat under rails.**

## Balance Beam

**Timing of Warm-up:** each gymnast has her individual warm-up time according to the chart below. Ring the bell loudly when warm-up is complete.



**Timing of Routine:** Routine time begins when the gymnast's feet leave the mat and ends when the gymnast's feet return to the mat. Ring the warning bell 10 seconds before the maximum routine time allowed (refer to chart below). Ring the bell twice at the maximum routine time. Inform the Chief/D1 judge if the routine time exceeds the maximum time allowed. Fall time is NOT included in the routine time. When the gymnast falls the routine time is paused, and does not resume until the gymnast makes the movement to continue her routine.

### Timing of Falls:

**JO 1-10, XCEL & Aspire:** The gymnast has 30 seconds to remount the Balance Beam. Begin fall timing when the gymnast lands on the mat. The fall time ends when the gymnast's feet leave the mat to remount the Balance Beam. During the fall time, the Fall Timer gives notification: 10 seconds pass, announce "20 seconds remain", 20 seconds pass, announce "10 seconds remain", and count down until 1, after 30 seconds pass, announce "TIME". Routine is terminated if the fall time exceeds 30 seconds.

**HP:** The gymnast has 10 seconds to remount the Balance Beam without penalty, and 60 seconds to remount the Balance Beam before her routine is terminated. Begin fall timing when the gymnast is on her FEET after a fall. The fall time ends when the gymnast's feet leave the mat to remount the Balance Beam. During the fall time, the Fall Timer gives notification: count down from 10 to one, and when 10 seconds have elapsed ring the bell. Continue timing, as the gymnast is still allowed to remount the Balance Beam (with a penalty) until 60 seconds have elapsed. Routine is terminated if the fall time exceeds 60 seconds.

Level	Warm-up Time /athlete	Warm-up Format	Routine Max (double bell)	Warning (single bell)
JO 1	JO 1 & 2 – 0:30 JO 3 – 0:45	Continuous Warm-up: First 3 athletes warm-up, 1 <sup>st</sup> athlete competes, 4 <sup>th</sup> athlete warms-up, 2 <sup>nd</sup> athlete competes...	0:30	0:20
JO 2			0:35	0:25
JO 3			0:55	0:45
JO 4	1:00	Individual Warm-up: time stopped between athletes for a maximum of 5 seconds. Includes time to set up mats and boards.	1:05	0:55
JO 5			1:10	1:00
JO 6			1:15	1:05
JO 7	2:00 (may split 1:30 + 0:30)	7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5	1:20	1:10
JO 8			1:30	1:20
JO 9				
JO 10				
Aspire*	Canadian Warm-up = 2:00 (may split 1:30 + 0:30)		1:30	1:20
Novice*	Touch Warm-up = 0:30			
HP Jr/Sr*	5 or less: 1 group 6+: 2 groups			

\*Competition to decide best format: FIG Warm-up + Touch Warm-up or Canadian Warm-up

Level	Warm-up Time /athlete	Warm-up Format	Routine Max (double bell)	Warning (single bell)
XCEL Bronze	0:30	Individual Warm-up: time stopped between athletes for a maximum of 5 seconds. Includes time to set up mats and boards. 7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5	0:45	0:35
XCEL Silver	0:45		0:50	0:40
XCEL Gold	1:00		1:00	0:50
XCEL Platinum	1:30		1:15	1:05
XCEL Diamond	2:00		1:15	1:05

Level	Apparatus (cm)	Springboards and Mats
JO 1	100, 110, or 125	Additional 20cm or 10cm safety mats allowed. Ensure the mats cover the length of the beam where the dismount will occur on the side.
JO 2	100, 110, or 125	
JO 3	All ages: 100, 110, or 125	
JO 4	2006 & older: 125 2007 & younger: 110 or 125	Mandatory 10cm for landing. Max of 20cm. Mats may NOT be placed under the beam. Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam.
JO 5		
JO 6		
JO 7		
JO 8		
JO 9	125	
JO 10		
Aspire	110 or 125	Mandatory 5 or 10cm. 20cm safety mat not allowed. Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam.
Novice	125	The springboard must be placed on the landing mat or on the 10 cm supplementary mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.
HP Jr/Sr		Minimum 10 cm. Up to 20 cm allowed (NOVICE only). Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel))
XCEL ALL LEVELS	All ages: 100, 110, or 125	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat

## Floor Exercise

**Timing of Warm-up:** the Chief Judge/D1 judge will inform you how many minutes the group has. Begin timing when the first athlete runs across the Floor Exercise. Be prepared to answer the question, “how much time is remaining?” Ring the bell loudly when warm-up is complete.



**Timing of Routine:** Begin timing with the gymnast’s first movement (**not when the music begins**). Timing is complete with the gymnast’s last movement. Inform the Chief Judge if the routine exceeds the maximum time.

Level	Warm-up Time /athlete	Warm-up Format	Routine Max	
JO 1	1:30 for the <b>group</b>	Group Warm-up: Athletes grouped to a max of 7 gymnasts. 8+ gymnasts= two groups	Timing not required. Length of routine determined by compulsory music.	
JO 2				
JO 3	0:45	Group Warm-up  7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5		1:15
JO 4	1:00			
JO 5	1:30		1:15	
JO 6				
JO 7				
JO 8	2:00 (Min 8:00/ Max 10:00)		1:30	
JO 9				
JO 10				
<b>Aspire*</b>	Competition to decide best format: FIG Warm-up /Touch Warm-up or Canadian Warm-up Canadian Warm-up = 2:00 (Min 5:00/Max 10:00) Touch Warm-up = 3:00 for the <b>group</b>		1:30	
<b>Novice*</b>	Competition to decide best format: FIG Warm-up /Touch Warm-up or Canadian Warm-up Canadian Warm-up = 2:00 Touch Warm-up = 0:30		1:30	
<b>HP Jr/Sr*</b>	7 or less: 1 group 8+: 2 groups			
<b>XCEL Bronze</b>	0:30	Group Warm-up  7 or less: 1 group 8+: 2 groups ex. 4-4, 5-4, 5-5	0:45	
<b>XCEL Silver</b>	0:45		1:00	
<b>XCEL Gold</b>	1:00		1:00	
<b>XCEL Platinum</b>	1:30		1:30	
<b>XCEL Diamond</b>	2:00		1:30	

\*Competition to decide best format: FIG Warm-up + Touch Warm-up or Canadian Warm-up

<b>Level</b>	<b>Equipment</b>	<b>Mats</b>	
<b>JO 1</b>	One strip of floor	10 cm supplementary mat allowed.	
<b>JO 2</b>	One strip of floor or diagonal		
<b>JO 3</b>	12m x 12m	5 or 10 cm allowed in corners for landings.	
<b>JO 4</b>		5 or 10 cm allowed. Supplementary mat must be placed at the beginning of the routine, and can be removed, moved or let in place (intent to have the least amount of movement of mats/coaches around the floor during the routine).	
<b>JO 5</b>			
<b>JO 6</b>			
<b>JO 7</b>			
<b>JO 8</b>			
<b>JO 9</b>			
<b>JO 10</b>			
<b>Aspire</b>			Safety mat (20cm) not allowed.
<b>Novice</b>			
<b>HP Jr/Sr</b>			
<b>XCEL All Levels</b>	12m x 12m	Up to two mats max of 20cm in thickness	