

TIMING INSTRUCTIONS

Uneven Bars

Not longer than 1:30

- Timing begins with first movement
- Time stops with gymnast's final position
- Evaluate whole routine even if overtime
- No warning is called

Less than :30 (short routine) = -2.0 (CJ)

Balance Beam

Not longer than 1:30 (warning at 1:20, overtime = -0.1 CJ)

- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor (if in air when final time is called = overtime)
- Evaluate whole routine even if overtime

Fall timing

- :45 fall time with warning at :30
- Start with contact on floor
- Stop when feet leave floor
- Resume routine watch with first movement
- 2nd fall before official time begins - 0.5 fall

Less than :30 (short routine) = -2.0 (CJ)

Uneven Bars

Fall Timing

- :45 fall time with warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- Two pump swings allowed to initiate swing
- Resume judging with first element performed