

Vault Timing – Modified Capital Cup Format

Team Warm-up: 2 Minutes Per Gymnast (max 12 minutes)

Start – Time begins when team arrives at event and Vault is set for first gymnast.

End – Blow whistle or yell “Time”.

Vault Timing:

After the judge signals, the gymnast has 30 seconds to begin vault.

Vault Fall Timing:

Timing regulation when a gymnast falls on the first vault:

1. Fall time begins AFTER the gymnast is standing on the feet following the fall.
2. A warning is given at 30 seconds.
3. At 45 seconds the judge signals the gymnast to begin the second vault.
4. Gymnast has 30 second to begin the second vault.
5. If gymnast does not begin in 30 seconds a 0.2 CJ deduction is taken from the score of the second vault.

Touch Warm-Up: 1:30 minute (Vault adjustment is not timed.)

Start – Time starts when the vault is set to the next gymnast.

Stop – Blow whistle or yell “Time” at 1:30.

Penalty – Inform Chief Judge of any warm-up violation.

Uneven Bar Timing– Modified Capital Cup Format

Team Warm-up: 2 Minutes Per Gymnast (max 12 minutes)

Start – Time begins when team arrives at event and Bars are set for first gymnast.

End – Blow whistle or yell “Time”.

Timing of Falls:

Start – Time starts when gymnast is standing on the feet following a fall from the bars. Gymnast has 45 seconds to remount, or routine is terminated.

Stop – Time stops when feet leave floor to remount.

Warning – A warning is given at 30 seconds.

Touch Warm-Up: 1:30 minute (Bar adjustment is not timed.)

Start – Time starts when the bars are set to the next gymnast.

Stop – Blow whistle or yell “Time” at 1:30.

Penalty – Inform Chief Judge of any warm-up violation.

Balance Beam Timing– Modified Capital Cup Format

(2 Watches--1 for routine & 1 for falls & touch warm-ups)

Team Warm-up: 2 Minutes Per Gymnast (max 12 minutes)

Start – Time begins when team arrives at event.

End – Blow whistle or yell “Time”.

Timing of Routine: Shall not exceed 1:30

Start – Time starts when hands or feet leave floor or board.

End – Time stops upon landing of last skill.

Stops – Stop timer during falls when gymnast contacts floor.

Restarts – Restart routine timer with first movement after remounting.

Warning - 1:20 – Blow whistle.

Overtime – 1:30 – Blow whistle and inform Chief Judge.

Timing of Falls:

Start – Start fall watch when gymnast is *standing* on the feet following a fall from the beam. Gymnast has 45 seconds to remount, or routine is terminated.

Stop – Stop fall timer when feet leave floor to remount.

Warning – A warning is given at 30 seconds.

Touch Warm-Up: 1:30 minute (Setting board and moving mats is part of time.)

Start – Time starts when previous competitor walks off the mat.

Stop – Blow whistle or yell “Time” at 1:30.

Penalty – Inform Chief Judge of any warm-up violation.

Floor Exercise Timing– Modified Capital Cup Format

Team Warm-up: 2 Minutes Per Gymnast (max 12 minutes)

Start – Time begins when team arrives at event.

End – Blow whistle or yell “Time”.

Timing of Routine: Shall not exceed 1:30

Start – Time starts at gymnast’s first movement, not music.

Stop – Time ends with gymnast’s final position.

Warning – No warning whistle (Inform Chief Judge if times exceeds 1:30.)

Touch Warm-Up: 1:30 minute

Start – Time starts when previous competitor walks off the mat.

Stop – Blow whistle or yell “Time” at 1:30.

Penalty – Inform Chief Judge of any warm-up violation.