

## YMCA-WI MEET WARM-UP FORMAT

YMCA meet format differs somewhat from typical USAG meets.

\*Indicates policy unique to YMCA but not in USAG R&P.

### Timing Warm-Ups

1. Meet personnel/timer controls the warm-up period.
2. Coaches and athletes must be organized and prepared to begin warm-ups when they arrive at the event.
3. Coaches must indicate to the timer the number and levels of athletes warming up together.
4. Apparatus adjustment must be done efficiently. Cooperation and assistance among coaches is encouraged.
5. The clock starts when the apparatus has been prepared and an athlete mounts the apparatus. **Vault warm-up drills, i.e., handstand hops or a run by without touching the board are NOT included as long as it does not delay competition.**
6. The clock runs continuously through the block time including changes of apparatus settings.
7. Time is called when the blocked time period ends. The clock is cleared if the group chooses to end sooner.
8. The timer should give a 1-minute warning notification if possible.

### Calculating Warm-Up Time

1. If a squad has more than one level competing, the timed warm-up is determined by the combined total number of minutes allowed for each level.  
Example: 3 L-7's @ 1.5 minutes (3 x 1:30 = 4:30)  
2 L-8's @ 2 minutes (2 x 2:00 = 4:00)  
Total = 8:30 minutes
2. \*If different levels warm up separately each group competes immediately after it has completed its warm-up.
3. Gymnasts of the same level must compete consecutively within a team.

### Individual and Block Warm-Ups

1. Gymnasts may be timed for warm-ups "individually" or in "blocks" on \*Vault, Uneven Bars and Balance Beam.
2. \*In the case of extreme equipment readjustment, teams may choose to warm-up/compete "individuals" or "blocks" within their rotation, i.e., warm-up/compete those at one setting followed by an individual or block warm-up/compete at another setting.

### Vault Warm-Ups

1. Warm-up is based on time allowed at each level. Only XCEL gymnasts are guaranteed a minimum number of vaults if time is exceeded.
2. A reasonable amount of time is permitted for the coach to prepare the apparatus upon arrival at the event. The clock starts when the apparatus has been prepared and **an**

**athlete begins running toward the table and touches the spring board or climbs on the table to jump off. Vault warm-up drills, i.e., handstand hops or a run by without touching the board are NOT included as long as it does not delay competition.**

### **Floor Exercise Warm-Ups**

1. Compulsory FX warm-ups follow regular allotted time limits per gymnast (e.g. 8 L-4's @ 1.0 min. = 8 minute warm-up). The former YMCA policy of "5-minutes per team" is no longer in effect.
2. Alternative FX warm-up format – "Bump-In" warm-up  
This is an option that Meet Directors may choose if meet size and schedule dictate, but must be monitored by a designated adult.
  - a) Example: If the first team on Floor has 8 gymnasts, the first **6** athletes will warm-up together (e.g., **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. After **#6** athlete competes, **#7-8** from the first team and **#1-4** from the next team will be warming up. From then on, there will be **6** athletes warming up on the floor between each competitive routine.
  - b) A gymnast is allowed to start warming up when there are only **6** competitors ahead of her. This gives each athlete **6** turns on the Floor mat prior to her time to compete and there will be no more than **6** athletes warming up on the floor at any one time.
  - c) If a coach determines that the athletes have not had adequate warm-up time 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.
  - d) \*If a team arrives after the previous team has finished competing, the arriving team blocks **6** for warm-up and starts the bump-in process over as described above.
  - e) \*If a team arrives when less than **6** remain to compete, they begin the bump-in process as described above but may request a short block of time before their first competitor competes.
  - f) **Compulsory Levels 1-5 may warm-up between routines as a group (max. 12).**
  - g) The Meet Director must assign an adult monitor to regulate the number of athletes warming up at any one time and to keep track of the competitive order. It is not a responsibility of the judges.

### **Multiple Sets of Apparatus**

1. When a second set of apparatus is provided, as in the case of having two balance beams, the second squad begins its warm-up on the other beam when competition begins on the first beam. \*Teams of **12** or more Compulsories, **9-or-more-Optional**, must split between the two beams following this format.
2. If there is an open apparatus when the next team arrives, they shall be relegated to the open apparatus. It is not the coach's prerogative which set of equipment to use.