

BEAM WARMUP CHART

Tindall/Bjella 2016

# of Gymnasts	Level 2/ Xcel BR	Level 3/ Xcel S	Level 4/5/ Xcel G	Level 6/7/ Xcel P & D	Level 8-10
1	0:30	0:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00
13	6:30	9:45	13:00	19:30	26:00
14	7:00	10:30	14:00	21:00	28:00
15	7:30	11:15	15:00	22:30	30:00
16	8:00	12:00	16:00	24:00	32:00

BEAM ROUTINE TIME / WARNING CHART

	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Warning	0:25	0:45	0:55	1:00	1:05	1:10	1:20	1:20	1:20
Time	0:35	0:55	1:05	1:10	1:15	1:20	1:30	1:30	1:30

	XCEL Bronze	XCEL Silver	XCEL Gold	XCEL Platinum	XCEL Diamond
Warning	0:35	0:40	0:50	1:05	1:05
Time	0:45	0:50	1:00	1:15	1:15

Beam Timing:

- **Start** routine clock timing when feet leave the mat. **Stop** when feet land on mat.
- **Balance Beam Fall Time** - 30 seconds

Stop the routine clock when the feet land on the mat. Restart with first movement to continue routine when remounted.

Start the fall clock when feet land on the mat. Stop when feet leave the mat.

Signals: 20 seconds remaining, 10 seconds remaining, Time. Signals verbal or instrument.