

BEAM TIME

Level	Warm-up Time <i>Do not stop timer</i>
2	0:30
3	0:45
4	1:00
5	1:00

Level	Competition	
	"Warning"	"TIME"
2	0:25	0:35
3	0:45	0:55
4	0:55	1:05
5	1:00	1:10

6	1:30
7	1:30
8	2:00
9	2:00
10	2:00

6	1:05	1:15
7	1:10	1:20
8	1:20	1:30
9	1:20	1:30
10	1:20	1:30

XB	0:30
XS	0:45
XG	1:00
XP-D	1:30

XB	0:35	0:45
XS	0:40	0:50
XG	0:50	1:00
XP-D	1:05	1:15

Time starts: when the feet leave the floor

Time stops: when the feet land on the floor

Falls: Gymnast is allowed to get back on the beam and position herself.

Time starts again with the first motion to resume routine.

Maximum Fall time: 30 seconds. Warn at 10 seconds left.

Warm-ups: Time does not stop during warm-ups. Warn at 10 seconds left.