

## BEAM TIME

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

<b>Competition</b>		
Level	"Warning"	"TIME"
1	0:25	<b>0:35</b>
2	0:30	<b>0:40</b>
3	0:45	<b>0:55</b>
4	0:55	<b>1:05</b>
5	1:00	<b>1:10</b>

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

6	1:05	<b>1:15</b>
7	1:10	<b>1:20</b>
8	1:20	<b>1:30</b>
9	1:20	<b>1:30</b>
10	1:20	<b>1:30</b>

XB	0:30
XS	0:45
XG	1:00
XP	1:30
XD	2:00

XB	0:35	<b>0:45</b>
XS	0:40	<b>0:50</b>
XG	0:50	<b>1:00</b>
XP	1:05	<b>1:15</b>
XD	1:05	<b>1:15</b>

**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:** 45 seconds. Warn at 10 seconds left.

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