

# Mass Warm-up Procedure

**Using 2 Vault tables, 2 sets of Bars, 2 Beams and 1 Floor all in the same gym.**

***1 minute for compulsory , 1:30 minutes for L7, 2 minutes for L 8-10***

## **For Vault, Bars and Beam:**

For squads of 9 or more gymnasts split the squads in half, warm up the first split on one set of equipment than compete on that same equipment. The second split should begin warming up on the second set of equipment when the first groups begins competing. In this format there are **NO** touches on Vault, bars & beam.

With squads of more than 12 optional athletes and more than 18 compulsory athletes it is recommended that the squads be split in thirds. If squads are split in thirds, the 3rd split will warm-up after the 1st split is done competing.

## **For Floor:**

The first 6 athletes warm up, than the rest of the athletes receive a 20 second touch in between routines. Each athlete should have 5 turns out on the floor. There should be no more than 5 athletes warming up at a time. A gymnast is allowed to start warming up when there are only six more competitors ahead of her.

**Using 1 Vault table, 1 set of Bars, 2 Beams and 1 floor all in the same gym.**

***1 minute for compulsory , 1:30 minutes for L7, 2 minutes for L8-10***

## **For Vault and Bars:**

With squads of 9 or more gymnasts split the squad in half, warm up the first split, than the first half will compete. The second split will warm up after the first split is done competing. There is **NO** touch on Vault & Bars.

With squads of 12 or more optional athletes and 18 or more compulsory athletes it is recommended that the squads be split in thirds. If squads are split in thirds, the 3rd split will warm-up after the 2nd split is done competing.

## **For Beam:**

A block warm-up is **not** recommended in this format.

Gymnasts will warm-up on beam A. They will than have a 30 second bump touch on beam B. They will compete on Beam B.

## **For Floor:**

The first 6 athletes warm up, than the rest of the athletes receive a 20 seconds (compulsory) 30 seconds (optional) touch in between routines. Each athlete should have 5 times out on the floor. There should be no more than 5 athletes warming up at a time. A gymnast is allowed to start warming up when there are only six more competitors ahead of her.

