

Women's Artistic Gymnastics – Warm up

Warm up as per BC warm up procedure. Below is a summary.

General Warm up	20 minutes: Athletes may not start the general warm-up on the competition floor before the set time. Athletes may not use the equipment during the general warm-up (not go on V, UB, BB – only light tumbling on FX re: beam acro on line). Sanction: first infraction: Verbal warning to athlete and coach, 2 nd offence from same coach/athlete: coach red carded – and removal from competition floor for that session.			
	V	UB	BB	FX
Type	Group Warm up	Group Warm up	2 athletes warm up, 1 st competes, 3 rd warms up, etc.	Group Warm up
Junior Olympic Program	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec Max 5 min <i>Levels 1-3 must warm up on a line, not in diagonal</i> <i>Levels 1-5: all athletes from a given club must use the same music in competition. The coach must inform the music table.</i>
Number to Split Warm up	Split warm up if group is: <ul style="list-style-type: none"> - Compulsory 13+ athletes in a rotation - Optional: 9+ athletes in a rotation Those are the numbers suggested by USAG. Judges and coaches should be flexible at the beginning of the season and allow for smaller sub-groups.			
Canadian Warm up National Novice/ Open	2.5 min / athlete	2.5 min / athlete	2 min / athlete (1 pass)	2 min / athlete Min 5 min, max 8 min
CPN Warm up	2 min / athlete Minimum 10 min	2 min / athlete Group warm up	2 min / athlete (2 warm up, 1 st competes, etc.)	1.5 min / athlete Min 5 min, max 8 min
UB Chalk and Grips	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups. Each sub-group will get their warm up time. 90 seconds is granted for each different bar preparation. The D1 judge will agree with the majority of coaches on the most efficient way to warm up.			