

## LINE-UP

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**NOTE:** You can begin warm-ups 30 minutes prior to the time listed on the schedule if the meet is running ahead even if all the athletes are not present.

✪ Notify the announcer to call the next group to the floor at least 15 minutes before the time to begin warm-ups or whenever your event is ready.

✪ Give the score cards to the Judges.

✪ Line the athletes up according to the line-up sheet - mark the number on the athletes' hands if necessary. Athletes must be in proper competition attire from the beginning of warm-ups through flight awards - **VERBALLY REMIND EACH GROUP TO CHECK THEIR ATTIRE, JEWELRY, FOOTWEAR, ETC. before they begin their warm-ups.**

✪ If an athlete is not present - have the announcer page them by name and team. The time listed is the warm-up time...with a requirement to be at the competition at least 30 minutes prior. The meet director is allowed to start the warm-up 30 minutes before the scheduled (published) time even if the entire group is not present. Athletes who arrive late during the warm-up time but prior to the start of competition will be allowed to join the existing group and warm-up **during the remaining time** (no cutting in line and taking extra passes). Athletes that arrive once the competition has started will be disqualified & cannot compete.

If an athlete is entered in more than one event, sometimes they will be scheduled for two events at or near the same time. The athlete can choose which event to compete in first and when finished - go immediately to the other event (in which case, they can cut in line & get their full warm-up). It is important that the coach or athlete tell the line-up people what is happening and have their coach notify the other event line-up person.

✪ Keep track of the time/number of warm-ups so you can stop them when it is time - refer to the Warm-up Time Listing attached to this form. Do not let athletes (or their coaches) cut in line for extra warm-ups and/or take an extra turn.

✪ If the athletes & coaches **all** say they are ready - they can begin competition before the warm-up time is over.

✪ Remind the athletes to stay by the competition floor/tramp until after the flight awards have been presented and that they must remain in competition attire.

✪ Notify the Superior Judge when the group is ready to compete and if any athletes are not there (if they are on another event - be sure the judges know). Give him/her the line-up sheet.

## LINE-UP INSTRUCTIONS FOR WARM-UPS

**NOTE: \*If any athlete is on another event, tell the judges on both events (you start the group)**

*For warm-ups and competition, competitors must be divided into groups of: 10 or less*

### NUMBER OF WARM-UPS REQUIRED

	<u>DOUBLE-MINI</u>	<u>TRAMPOLINE</u>
BEGINNER	4 PASSES	1 TURN @ 45 SECONDS EACH
NOVICE	6 PASSES	2 TURNS @ 30 SECONDS EACH
INTERMEDIATE	6 PASSES	2 TURNS @ 30 SECONDS EACH
SUB-ADVANCED	6 PASSES	2 TURNS @ 30 SECONDS EACH
ADVANCED PRELIMS	7 PASSES	3 TURNS @ 45 SECONDS EACH
ADVANCED FINALS	5 PASSES	3 TURNS @ 45 SECONDS EACH
ELITE PRELIMS	7 PASSES	3 TURNS @ 45 SECONDS EACH
ELITE FINALS	5 PASSES	3 TURNS @ 45 SECONDS EACH
SUB-ADV SYNCH		3 TURNS @ 45 SECONDS EACH
ADVANCED SYNCH		3 TURNS @ 45 SECONDS EACH

### TUMBLING

SUB-BEGINNER*	2 TIMES DOWN THE MAT
BEGINNER*	4 TIMES DOWN THE MAT
ADV-BEGINNER*	4 TIMES DOWN THE MAT
SUB-NOVICE*	4 TIMES DOWN THE MAT
NOVICE*	4 TIMES DOWN THE MAT
INTERMEDIATE*	6 TIMES DOWN THE MAT
SUB-ADVANCED	6 TIMES DOWN THE MAT
ADVANCED PRELIMS	8 TIMES DOWN THE MAT
ADVANCED FINALS	6 TIMES DOWN THE MAT
ELITE PRELIMS	8 TIMES DOWN THE MAT
ELITE FINALS	6 TIMES DOWN THE MAT

**\*Running down the mat DOES NOT constitute a turn down the mat!**

**REMEMBER: ALL ATHLETES MUST REMAIN IN COMPETITION ATTIRE FROM THE BEGINNING OF WARM-UPS UNTIL THEIR FLIGHT AWARDS ARE PRESENTED.**