

# NCAA Timing Procedures

## Timing BEAM ROUTINE

**Timer #1** (With stopwatch #1):

**Start:** when the gymnast's feet leave the board or mat.

**Stop with fall:** each fall off the BEAM onto the mat.

**Restart:** with first movement to continue the exercise.

**“WARNING”:** called or signaled at **1:20**.

**Stop at end:** when the gymnast dismounts and arrives on the mat.

**“TIME”:** called or signaled at **1:30**.

## Timing BEAM Falls - **30 second period**

**Timer #2** (With stopwatch #2)

**Start:** when the gymnast falls off the beam and touches mat

**Warning:** say **“20 SECONDS REMAINING”** at 10 seconds

**“10 SECONDS REMAINING”** at 20 seconds

**“TIME”** at 30 seconds

**Stop:** when the gymnast leaves the mat to remount the beam

(time lapse between fall time and restart of the exercise time)

## Timing BAR Falls - **45 second period**

**Timer** (with one stopwatch)

**Start:** when the gymnast falls off the BARS and touches mat

**Warning:** say **“20 SECONDS REMAINING”** at 25 seconds

**“10 SECONDS REMAINING”** at 35 seconds

**“TIME”** at 45 seconds

**Stop:** when the gymnast leaves the mat to remount the BARS.