

## BEAM ROUTINE TIME / WARNING CHART

	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Warning	0:25	0:45	0:55	1:00	1:05	1:10	1:20	1:20	1:20
Time	0:35	0:55	1:05	1:10	1:15	1:20	1:30	1:30	1:30

### Beam Timing:

Start timing when feet leave the mat. Stop when feet land on mat

Fall: Stop the clock when the feet land on the mat. Restart with first movement to continue routine when remounted.

Signals verbal or instrument

Balance Beam Fall Time - 30 seconds

Start - land on the mat. Stop - feet leave the mat.

Signals: 20 seconds remaining, 10 seconds remaining, Time.

	XCEL Bronze	XCEL Silver	XCEL Gold	XCEL Platinum	XCEL Diamond
Warning	0:35	0:40	0:50	1:05	1:05
Time	0:45	0:50	1:00	1:15	1:15