



# YMCA NATIONAL GYMNASTICS CHAMPIONSHIP & INVITATIONAL

## Volunteer Packet

# Warm-up Timing Chart

Level 1 ..... 30 sec x gymnast  
Level 2 ..... 30 sec x gymnast  
Level 3 ..... 45 sec x gymnast  
Level 4 ..... 1 min x gymnast  
Level 5 ..... 1 min x gymnast  
Level 6 ..... 1 min 30 sec x gymnast  
Level 7 ..... 1 min 30 sec x gymnast  
Level 8 ..... 2 min x gymnast  
WCH ..... 2 min x gymnast  
XB ..... 30 sec x gymnast  
XS ..... 45 sec x gymnast  
XG ..... 1 min x gymnast  
XP ..... 1 min 30 sec x gymnast  
XD ..... 2 min x gymnast  
XSA ..... 2 min x gymnast

# Vault Volunteer Rules

Warm up timing does not start until the first gymnast comes in contact with the springboard or vault table. Clearly alert the coach when the teams warm up time is half over, 1 minute left, and 30 seconds left. Then clearly alert the coach when their time is over by saying "Time!".

After flight A is done warming up, move to the other set of equipment and start timing warm up for flight B. This volunteer will move back and forth between each set of equipment.

# Bar Volunteer Rules

Warm up timing does not start until the first gymnast comes in contact with the bar. Clearly alert the coach when the teams warm up time is half over, 1 minute left, and 30 seconds left. Then clearly alert the coach when their time is over by saying "Time!".

After flight A is done warming up, move to the other set of equipment and start timing warm up for flight B. This volunteer will move back and forth between each set of equipment.

# Beam Volunteer Rules

There will be 1 volunteer on each beam. You will time both warm up and routines on your beam.

Warm up timing does not start until the first gymnast comes in contact with the beam. Clearly alert the coach when the teams warm up time is half over, 1 minute left, and 30 seconds left. Then clearly alert the coach when their time is over by saying "Time!".

LEVEL	WARNING BEAM TIME	MAX COMPETITION BEAM TIME
BRONZE	35 SEC.	45 SEC.
SILVER	40 SEC.	50 SEC.
GOLD	50 SEC.	1 MIN.
PLATINUM	1:05	1:15
DIAMOND	1:05	1:15
SAPPHIRE	1:20	1:30

When timing beam routines, the time starts as soon as the gymnasts' feet leave the mat. If the gymnast falls, their routine timing should stop, and should not resume until the gymnast resumes their routine.

At the warning time, say "Warning", at the max competition time, say "Time". You need to speak loudly and clearly enough for the gymnast to hear you each time.

LEVEL	WARNING BEAM TIME	MAX COMPETITION BEAM TIME
1	25 SEC.	35 SEC.
2	30 SEC.	40 SEC.
3	45 SEC.	55 SEC.
4	55 SEC.	1:05
5	1:00	1:10
6	1:05	1:15
7	1:10	1:20
8	1:20	1:30
WCH	1:20	1:30

# Floor Volunteer Rules

This volunteer is responsible for timing floor routines for all Xcel (XB-XSA) and optional (6-WCH) levels, and playing floor music for all compulsory levels (1-5).

When timing floor routines, the timer should start at the gymnast's first movement, and stop when the gymnast stops movement at the end of the routine. If the gymnast goes over their maximum time allowance, be sure to alert the judges.

LEVEL	MAX COMPETITION FLOOR TIME
BRONZE	45 SEC
SILVER	1 MIN.
GOLD	1 MIN.
PLATINUM	1:30
DIAMOND	1:30
SAPPHIRE	1:30

LEVEL	MAX COMPETITION FLOOR TIME
6	1:15
7	1:30
8	1:30
WCH	1:30

# Awards Volunteers

## ANNOUNCER

- Announce the gymnasts first name, team and score  
(*"In fourth place with an 8.7 is Nora from Brandywine"*)
- Levels 1-5 and XB, XS, XG are "SESSION CHAMPIONS"  
(*"The third place session champion with a score of 105.9 is Toledo!"*)
- Levels 6-8, WCH, XP, XD, XSA are "NATIONAL CHAMPIONS"  
(*"The 2025 Xcel Platinum National Champions with a score of 108.6, is Mel Korum!"*)
- This is highly exciting for these teams so announce with lots of energy!!!

## HANDING OUT AWARDS

- All places receive a medal – individual events and awards
- Ties are broken
- Teams get banners

# Check-in Table

## IPADS

- Assist with checking in on ipads, once athlete or coach is checked in on ipad, give them a raffle ticket.

## SHIRT LABELS

- The athlete or coach will need to hand in a raffle ticket, showing that they have checked in at iPads. Once they hand in the ticket, find the label with their name on it and give it to them.

## SHIRTS

- Ask the athlete or coach to give you their label, read the size listed on the label, and give them the correct size shirt.

## BAGS

- After the athlete or coach receives their shirt, assist them with getting all other check in items including bags.

# Opening Ceremony Team Usher

Volunteer will be responsible for staging one or two teams in the designated area until it is time for the athletes to begin marching in. When march in begins, teams must remain in the correct order. Volunteer will work with team coaches to keep athletes on the appropriate path and usher to assigned seating area. Volunteers will remain in the seating area through the duration of the Opening Ceremony and assist with ensuring all athletes are picked up by parent/guardian.

# Equipment Set Up

Assist with setting up gymnastics' equipment. This will involve heavy lifting and physical activity. Equipment will be unloaded from semi-trailers and staged for competition under the direction of the Meet Directors. Appropriate work clothes and closed toed shoes are required. Work gloves are highly recommended.