

How a Gymnastics meet is run

There are many different formats that gymnastics meets run in. The 2 most commonly used in the GIJO/AAU League are:

Modified Traditional (Warm up Compete) this is done at smaller meets, GIJO in house. (in the gym of host team)

Modified Non-Traditional (Modified Capital Cup) mostly used at the bigger meets AAU and Championships. (State, Regionals, League Championships and Nationals)

Modified Traditional- In this format gymnasts check in and start open stretch usually 15 mins before warm ups begin. The gymnast will then be instructed by their coaches to start their first warm up rotation at their first event. The team is given a time limit that is based on the number of gymnasts and their levels. After all the gymnasts have warmed up on the first rotation, there is a short wait for Judges to be seated at their events. Next is "March In" introductions of the teams, judges and The National Anthem will be played. (Many meets only have the Anthem at the first session, on each day) Teams return to the event they have already warmed up and begin to compete. Evidence that a Gymnast has starting to compete on an event: you will see the judge salute the gymnast and the gymnast will salute in return, they will execute their routine and salute the judge a second time ending the competition. After the judge calculates, the next score flashed will be the score for the last gymnast competed, score may be flashed during the next gymnast routine. After all gymnasts have competed in this rotation, the team will follow their coach to their next scheduled event. When there they will start their warm up, followed by competing their second event. This is done until all 4(Girls) 6(Boys) events have been competed by each gymnast. After a short break for calculations awards will proceed. Please be aware some teams may finish competition early, while other teams are still on the floor competing, scores cannot be calculated until the last gymnast has finished competing.

Modified Non-Traditional/ Modified Capital Cup- These meets have 2 sets of equipment for Vault, Bars and Beam and floor (some meets may only have one floor). Each set of equipment and/or judges table is labeled "Flight A" or "Flight B". After the gymnasts scheduled open stretch they will follow their coaches to their first warm up. If the team is on "Flight A", they will start their timed warm up (time is determined by number of gymnasts and their levels) while "Flight B" sits and waits for "March In". After "Flight A" has warmed up, there is a short wait for Judges to be seated, Introductions of teams and judges followed by the National Anthem (many meets will only play the Anthem at the first session, of each day) "Flight A" will then begin competition. At the same time, "Flight B" will begin to warm up on "Flight B" equipment. If meet only has 1 floor "Flight B" will warm up their floor in-between "Flight A's" routines. Evidence that a gymnast is competing: you will see the judge salute the gymnast and the gymnast will salute in return, they will execute their routine and salute the judge a second time ending the competition. After the judge calculates, the next score flashed will be the score for the last gymnast competed, score may be flashed during the next gymnast routine. When "Flight A" has competed the judges will now go to the "Flight B" judges table and begin to judge "Flight B". While this begins "Flight A" begins its second warm up rotation on "Flight A" apparatus. This continues until all gymnasts have completed all 4(Girls) 6(Boys) events. After a short break for calculations awards will proceed. Please be aware some teams may finish competition early, while other teams are still on the floor competing, scores cannot be calculated until the last gymnast has finished competing.