

# Competition Schedule 2017



There are two sets of equipment. The format will be Capital Cup. One set of equipment will be used for warm-ups and the other set will be for competition.

## Warm-Up Procedures

**Vault:** For the warm-up rotation, gymnasts will have 3 attempts to go over the table. Included in this is any touch of the vault table, even if only standing on the table and jumping off. For the touch warm-up on the competition equipment, the gymnastics will have one time over the table.

**Uneven Bars and Balance Beam:** For the warm-up rotation, gymnasts will have 90 seconds each. For the touch warm-up on the competition equipment, gymnasts will have 30 seconds each, of which beam will be accomplished through a "Bump Touch."

**Floor Exercise:** There will be a tumble strip that may be used at any time. There will be 3 minutes blocked for the first 3 competing gymnasts IN THE ENTIRE MEET. After the first athlete competes, there will be a continuous bump touch for the next 5 gymnasts for the remainder of the meet. Each athlete/state must be ready when it is their turn to start to bump in for warm-ups. If the gymnast does not feel they have received the proper amount of warm-up time, they may request of the chief judge an additional 10 seconds. Each rotation varies in size. We recommend that states work together to determine if the entire group will warm up on vault, bars and beam, or you will split the group in half. This choice up to each rotation to determine what works best for them.

| Round | VT                                | UB                                | BB                                | FX                                |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 1     | Connecticut 12                    | Massachusetts 10                  | Illinois 14                       | New Hampshire 5<br>Rhode Island 6 |
| 2     | Michigan 9                        | Texas 2                           | Massachusetts 10                  | NJ 8 PA 1                         |
| 3     | Washington 10                     | Connecticut 12                    | Massachusetts 10                  | Illinois 14                       |
| 4     | Wisconsin 9                       | Michigan 9                        | Texas 2                           | Massachusetts 10                  |
| 5     | New Hampshire 5<br>Rhode Island 6 | Washington 12                     | Connecticut 12                    | Massachusetts 10                  |
| 6     | NJ 8 PA 1                         | Wisconsin 9                       | Michigan 9                        | Texas 2                           |
| 7     | Illinois 14                       | New Hampshire 5<br>Rhode Island 6 | Washington 12                     | Connecticut 12                    |
| 8     | Massachusetts 10                  | New Jersey 8<br>Pennsylvania 1    | Wisconsin 9                       | Michigan 9                        |
| 9     | Massachusetts 10                  | Illinois 14                       | New Hampshire 5<br>Rhode Island 6 | Washington 12                     |
| 10    | Texas 2                           | Massachusetts 10                  | NJ 8 PA 1                         | Wisconsin 9                       |