



JOGA MEET FORMAT

This format is to be used at all JOGA Meets Unless the Warm-up/ Compete or Capital Cup Formats are used. Thanks to Wes Marutani For designing this JOGA format!

The purpose of the JOGA Format is to reduce the overall gym time required to conduct a meet and to increase the athlete's performance potential by competing immediately after warming up an event.

Vault & Bars

Split each squad into half or thirds (suggest no less than 4 in a split squad group). First half squad (or third) warms up for 1-1/2 minutes each, then competes. The next half squad (or third) warms up for 1-1/2 minutes, then competes. The last third squad (if applicable) warms up for 1-1/2 minutes, then competes.

Beam

“3 & 1 Bump Touch” – First three (#1, #2, #3) gymnasts warm up for 1-1/2 minutes each. Then the #1 gymnast competes. Next, the #4 gymnast warms up for 1-1/2 minutes. Then the #2 gymnast competes. Next, the #5 gymnast warms up for 1-1/2 minutes, etc. The 1-1/2 minute touch periods between routines must be timed.

Floor

“3X – 4 & 1 Bump Touch” – Similar to Beam, but each gymnast gets three 1-1/2 minutes touches, one 1-1/2 minute rest period, then competes. The 1-1/2 minute touch periods between routines must be timed.

First four (#1, #2, #3, & #4) gymnasts warm up for 4-1/2 minutes, then the first gymnast competes. Then #5 & #6 gymnasts warm up for 1-1/2 minutes, then #2 gymnast competes. Then #5 and #6 gymnasts warm up for 1-1/2 minutes, then #3 gymnast competes. #5, #6, & #7 gymnasts warm up for 1-1/2 minutes, then #4 gymnast competes. Next #6, #7 & #8 gymnasts warm up for 1-1/2 minutes then #5 gymnast competes, etc.

Gymnasts' Competitive Order & Warm Up #	1	2	3	4	5/A	6/B	7/C	8/D	9/E	10/F	11/G	12/H	13/I	14/J	15/K	16/L
Gymnasts' Warm Up Order	A	A	A	B	C	D	E	F	G	H	I	J	K	L		
After Gymnast Above Competes	B	B	B	C	D	E	F	G	H	I	J	K	L	M		

***Rotate events after all events are complete in each rotation.**