



National
Gymnastics
Judges
Association

NGJA 2021 Fall Judges Course

Compulsory/Optional Certification

FIG, NCAA + JDP Level 3-10

General Presentation

Judging Certification

Levels of Judging Certification



Club & Compulsory



Optional & NCAA



International

Requirements of Judging Certification

Must be 16 years of age or older
1 year - NGJA Membership (\$25.00 includes Compulsory Certification Test)
Local Association Membership (optional)
1 year - USAG Judge Membership (\$97.00)
4 year - USAG Safety Certification (\$65.00)
2 year - Background Check (\$30.00 +)*
1 year - U110: US Ctr for Safe Sport Course* **or**
1 year - U113: Safe Sport Policy Course*
U201: USAG Concussion Education (Recommended)

Same requirements as listed for Club & Compulsory Certification with the additional requirement of passing the membership included NGJA Optional Certification Test

4 year - Complete the FIG Course and Tests
Have a Passport

*Required for judges 18 years & older

“

Obtaining an Optional Certification currently allows an individual to judge USAG level 7-10 optional level gymnastics as well as NCAA competition. The Compulsory Certification Will be geared toward judging levels 3-6.



This slideshow has been developed in accordance with the 2021-2024 version of the FIG Code of Points in addition to the 2021-2024 USAG Jr. Men's Competition Manual.



This slideshow is not meant to be a replacement for all of the information that is found in the FIG Code of Points and the USAG Jr. Program Manual. As a judge, you have an obligation to read these manuals and immerse yourself in all aspects of these rules.



Attention!

One of the first things to understand about judging the USAG national compulsory and optional levels is that the USAG Jr. Program rules are not to be consumed in isolation. One must first have a deeper level of understand of the F.I.G. rules. The USAG Jr. Program is simply an adaptation of the F.I.G. rules as they are currently written. Therefore, judging at the optional levels requires a lot of from your gymnastics brain.

Noteworthy Changes

Any information you find in this presentation that is denoted in **RED** font is new FIG, USAG or NCAA information that is to be applied during the 2022-2024 cycle.

Judging Uniform

2021-2022 Season

Gray pants, blue sport coat, light colored shirt and tie (no change).

In the Future

Blue suit (pants and jacket) along with a white shirt and tie (new FIG dress code)



1

13 Characteristics of a Quality Judge

2

Symboling

3

Difficulty (D-Score)



In addition, if you need assistance on the process of determining a routine's Start Value, you should view the "[HOW TO CALCULATE A START VALUE](#)" presentation.

Understanding how to calculate a start value and developing an understanding of the General Rules of the F.I.G. as well as any USAG and NCAA modifications is essential before attempting to become a quality judge on any of the [6 EVENTS](#).

Division 2 D-Score (Start Value) For National Track Compulsory

Level 3 - 6 (Division 2) - Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar

Base Score

Start with the
Base Score of
9.5

+

Virtuosity

Add **0.1 for each** Identified
Virtuosity completed with 0.1
or less in execution **up to 0.3**

+

Stick Bonus

Add **0.2** for fulfilling
the criteria of a
stuck dismount

=

Start Value

$9.5 + 0.3 + 0.2 =$
10.0 Max

Division 1 D-Score (Start Value) For National Track Compulsory

Level 3 - 6 (Division 1) - Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar

Base Score

Start with the
Base Score of
9.5



Virtuosity

Add **0.1 for each** Identified
Virtuosity completed with
0.1 or less in execution
deductions **up to 0.3**



Specified Bonus

Add **0.5 for each**
Specified Bonus Skill
completed w/o a
large deduction



Stick Bonus

Add **0.2** for
fulfilling the criteria
of a **stuck**
dismount

Start Value

= $9.5 + 0.3 + 1.5 + 0.2 =$
11.5 Max

0.5 for each
skill performed!



What is the deduction for a Division 2 gymnast doing Specified Bonus Skills?

Vault D-Score (Start Value) For National Track Compulsory

Vault Levels 3,4,5

Base Score

Start with the
Base Score of
9.7

+

Virtuosity

Add **0.1 for each** Identified
Virtuosity completed with 0.1 or
less in execution **up to 0.3**

=

Start Value

$9.7 + 0.3 =$
10.0 Max

No Stick Bonus!

Vault Level 6

Base Score

Start with the
Base Score of
9.2 or 9.7

+

Virtuosity

Add **0.1 for each** Identified
Virtuosity completed with 0.1 or
less in execution **up to 0.3**

=

Start Value

$9.2 + 0.3 =$ **9.5 Max**
 $9.7 + 0.3 =$ **10.0 Max**

D-Score (Start Value) Content (Level 7)

Formerly known as
Junior Developmental
(JD)

Value of all elements

The value of the top 6 counting elements are added together for the total difficulty value (only 5 skills per Element Group allowed).

+

Value of Element Group Requirements

Element Groups are valued at 0.5 each. A total of 3 Element Groups (1.5) can be counted toward the D-Score. An FIG "A" skill is required to fulfil the dismount Element Group.

D-Score (Start Value) Content (Level 8-10)

Value of all elements

The value of the top 8 counting elements are added together for the total difficulty value (only 5 skills per Element Group allowed).

+

Value of Element Group Requirements

Element Groups are valued at 0.5 each (aside from when a 0.3 partial dismount element group credit is given). Aside from vault, each event has 4 element groups.

+

Stick Bonus & Connection Bonus (where applicable)

+0.1 will be awarded for **C+ dismount (L8/9)** and **D+ (L10)**.

FX and HB allows for both +0.1 & +0.2 connections (as long as the skills are not performed with a large error).

+

Start Value Bonus

+0.2 bonus will be given if gymnast performs a routine that reaches the pre-determined USAG benchmark score for each particular event (~~all four element groups must be fulfilled~~) (NOT OFFICIAL, pending inclusion in first JDP Update later this Fall)

D-Score (Start Value) Content (NCAA)

Value of all elements

The value of the top 10 counting elements are added together for the total difficulty value (only 5 skills per Element Group allowed).

+

Value of Element Group (EG) Requirements

Element Groups are valued at 0.5 each (B/C value dismounts earn 0.3 EG credit). Aside from vault, each event has 4 element groups.

+

Stick Bonus & Connection Bonus (where applicable)

+0.1 will be awarded for C dismounts (or higher).

FX and HB allows for both +0.1 & +0.2 connections (as long as the skills are not performed with a large error).

Difficulty Values

The difficulty values below are used to calculate the total difficulty of the top 7 skills + the dismount for levels 8-10.

	Jr A	A	B	C	D	E	F	G	H	I
Value	0.1	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

- Repeated elements are not given value and will not contribute to the total difficulty.
- Elements performed that are not in the COP will not be recognized.
- **USAG has developed a list of “Jr. A” value skills that are not in the COP but will receive value.**

Modified Junior “A” Skills

The USAG Jr. Program has developed a small list of recognizable skills per event that are no longer listed in the FIG COP but are considered valid skills for the developing gymnast. These skills may be counted at all levels of optional competition.

These Jr. “A” skills will be listed by each event throughout this presentation and can be found on p. 50 of the USAG Junior Competition Manual.

Non-Recognition Rule

The difficulty value of a skill may be awarded even in the case of a large deduction (-0.5) in the execution of a skill. This rule is not meant to change the standards of FIG deductions, but to instead provide a benefit to the gymnast for performing the various skills in their routines. There will always be tough decisions and exceptions to navigate. THIS RULE IS MEANT TO BE APPLIED TO **ALL SKILLS** IN THE FIG CODE OF POINTS.

Element Groups

- Each event has has four Element Groups labeled I, II, III and IV that are valued at 0.5 each (except FX where the dismount is designated as IV).
- Skills may only fulfill one Element Group and **MUST** be within the top 8 counting skills. A skill that is not recognized will never receive Element Group credit.
* USAG Exception: There is no maximum number of skills that can be counted within an Element Group.
- The following is the maximum Element Group value to be applied at each level of competition:

L7	L8	L9	L10	NCAA
1.5	2.0	2.0	2.0	2.0

Dismount Element Group

- A dismount will NOT be recognized for value (and Element Group credit) if ...
 - It pushes off the feet (i.e. circle to handstand dismount on PH)
 - It is incomplete
 - It does not touch the feet first
 - It intentionally lands sideways
- The following will be applied regarding the Dismount Element Group requirement ...

L7	L8	L9	L10	NCAA
A = 0.5	A = 0.5	B = 0.5 A = 0.3	C = 0.5 B = 0.3	D = 0.5 B/C = 0.3

Connection Bonus (CB)

Connection Bonus should be recognized / recorded either during or immediately after the routine. There are very limited opportunities for Connection Bonus that will typically be seen in only higher level gymnasts. FX and HB are the only events where CB is available.

Note: Connection Bonus is NOT awarded if there is a single large deduction within the sequence.

Stick Bonus

Stick bonus is given in the NCAA and USAG Jr. Program and should be applied if the gymnast meets the required value to be eligible for bonus. If the gymnast, lifts the feet off of the ground while bringing the heels together, then a deduction is applied and no bonus is given. The requirements for stick bonus are as follows ...

L7	L8	L9	L10	NCAA
NONE	C+ = 0.1	C+ = 0.1	D+ = 0.1	C+ = 0.1

Start Value Bonus (USAG Jr. Program)

Start Value Bonus is provided only at Level 9 and 10 in the USAG Jr. Program. A benchmark score has been provided at each event that will determine whether bonus can be achieved. The benchmarks have been determined based on start values that would be competitive with the top junior gymnasts in the world. These scores (per event) are as follows ...

	FX	PH	SR	V	PB	HB
Min. SV	5.0	5.2	4.6	5.2	5.0	4.8
Bonus	+0.2	+0.2	+0.2	+0.2	+0.2	+0.2

Practice!

Coming up with a start value (or D-Score) is a skill that requires practice. Judges should follow the same process for all routines. The best judges do NOT skip steps! Use the [How To Calculate A Start Value](#) presentation to practice and become familiar with a proper step by step process.

4

Execution (E-Score)

E-Score (Execution) For Club Track

Execution Deductions for all Club Track Levels are as follows:

Small Error

- 0.1

Medium Error

- 0.2

Large Error

- 0.3

Fall

- 0.5

Only one deduction per skill can be taken in addition to a fall

E-Score (Execution) For National Track Compulsory

Execution Deductions for all National Track Compulsory
Levels are as follows:

<u>Small Error</u> - 0.1	<u>Medium Error</u> - 0.3	<u>Large Error</u> - 0.5	<u>Fall</u> - 1.0
-----------------------------	------------------------------	-----------------------------	----------------------

All other execution deductions are per FIG unless noted in the
Junior Competition Manual

Evaluation of Exercise Execution

While judging the execution of an exercise, judges must evaluate various aspects of the performance that include aesthetics, execution and technique.

Small Error (-0.1)	Medium Error (-0.3)	Large Error (-0.5)	Fall (-1.0)
Minor violations	Distinct violations	Severe violations	On or off apparatus

- -1.0 is the maximum deduction for a fall (this includes all steps, touches or supports on floor. However, other execution deductions that occurred before the landing can be applied. It is very possible that a skill could have multiple errors at the same time.
- In addition judges must remain up to date the expectations of modern day contemporary gymnastics. Standards are constantly changing as the sport evolves.

Falls

A Fall is defined as

Any severe disruption on or from the apparatus during an element without having reached an end position that permits continuation of at least a distinct swing or support phase or that otherwise fails to display a momentary control of the element during a landing or a re-grasp.

- -1.0 is the maximum deduction for an element with a fall (including any steps, touches or support on the mat/floor that lead up to the fall.
- Other execution deductions incurred still apply (height, landing extension, insufficient twist, etc.)
- If the gymnast intentionally drops off of the apparatus but lands intentionally on the feet, NO deduction for a fall will be taken.

Falls (Part 2)

As judges, we have the responsibility of making sure that gymnast safety is a priority. When a gymnast falls from an apparatus, the following steps should be applied:

1. Start the 30 second timer (to get back up on the equipment) only after the gymnast has risen to his feet. Typically a judge will count down from 30 in increments ... 20 seconds remain, 10 seconds remain, 5 seconds remain ...
2. Through observation, make sure the gymnast is well enough to continue.
3. If the gymnast is not moving fast enough and exceeds the initial 30 seconds, a neutral deduction (-0.3) is applied and the gymnast is given another 30 seconds to continue.
4. Continue to observe the gymnast and/or speak to the coach if safety is a concern (a judge has the right, in extreme circumstances, to not allow the gymnast to continue if the safety of the gymnast is compromised).
5. If the gymnast does not return to the apparatus, the routine is over and will be judged based on the skills that were performed.

Falls (PART 3)

If the gymnast intentionally remains on the ground to adjust their grips, speak with coach, etc. the judge is within their right to begin the 30 second timer if it has been determined that the gymnast is NOT hurt.



Note: If the gymnast exceeds 30 sec. Before beginning the routine after a fall a medium deduction (-0.3) is applied.

If the gymnast then fails to return to the apparatus after 60 sec., the routine is over and should be judged according to what was performed up to that point.

Body Positions

Each of the salto positions - tucked, piked, straight, straddled - is expected to be demonstrated so distinctly and conspicuously as to leave NO doubt about the intent

Straight Body:

If hip shows a flexion of $> 45^\circ$ at any time, a skill is considered piked.

Piked Body:

Hips must be bent at least 90° .

If knees show a flexion of $> 45^\circ$ at any time, a skill is considered tucked.

Tucked Body:

Bent knees brought to chest a minimum of 90° .

Errors include a hip bend of $< 90^\circ$ from extended position and/or knee bend of less than 90° .

General Execution Expectations

- As a general rule, if a decision is difficult to reach, a judge should give the benefit of doubt to the gymnast.
- While each apparatus does come with specific expectations regarding execution, there are certain types of errors that can be applied generally across all apparatus.
- In regard to **bending of the arms, legs and body**, execution expectations are as follows ...

Small Error (-0.1)	Medium Error (-0.3)	Large (-0.5 + NR)
Slight bending	Strong bending	Extreme bending
> 0° - 45 °	> 45° - 90°	> 90°

* Exceptions include:

- PB - bending of legs on underbar swings before horizontal
- HB - bending of legs on swings and bending of arms on regrasping of flight elements.

General Execution Expectations

- During hold positions and strength presses, **the arms (and body where relevant)** must be straight throughout the completion of the element. Deductions are as follows:

Small (-0.1)	Medium (-0.3)	Large (-0.5)
0° - 15°	16° - 30°	31° - 45° > 45° (non-recognized)

- For strength hold or simple hold positions (on any apparatus), angular deviations from the perfect **body position** would correspond to the following deductions:

Small (-0.1)	Medium (0.3)	Large (0.5)
0° to 15°	16° - 30°	31° - 45° > 45° (non-recognized)

General Execution Expectations

- During **swing elements which pass through or end in a handstand**, deviations from the correct position will be deducted as follows:

No Deduction	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Up to 15°	16° - 30°	31° - 45°	> 45° & non-recognition

- During **twisting elements**, deviations from the correct ending position will be deducted as follows:

Small (-0.1)	Medium (-0.3)	Large (-0.5)
Up to 30°	31° - 60°	61° - 90° > 90° (non-recognized)

*In some cases it may be possible to recognize an incomplete twist as the the lower Valued element that more directly corresponds to amount of twist completed.

General Execution Expectations

- Regarding **extra swings** that are often classified as either layaways, empty or intermediate swings, the deductions are as follows:

Medium (-0.3)	Medium (-0.3)	Large (-0.5)
Layaway = back swing that reverses direction and swings downward	Empty Swing = swing in which no element is performed	Intermediate Swing - two successive empty swings (full swing)

- During all **hold elements**, the hold is measured from the moment a complete stop has been reached. Deductions for short holds are as follows:

No Deduction	Medium (-0.3)	Large (-0.5)
2 sec.	< 2 sec.	No stop & non-recognition

General Execution Expectations

- Regarding **lowering of legs during any element to a handstand or hold parts**, deductions are as follows:

Small (-0.1)	Medium (-0.3)	Large (0.5)
0° - 15°	16° - 30°	31° - 45° > 45° (non-recognition)

- **Atypical straddling** occurs when an element is performed with a separation of the legs that serves no useful purpose or detracts from the aesthetics of the skill. If this separation of the legs occurs, a medium deduction (-0.3) will be applied.

General Execution Expectations

- Regarding **steps on landings**, a small step (small deduction -0.1) is defined as a maximum of 1 foot distance between the feet or distance of the hop. Any distance that is greater would be considered a large step (medium deduction -0.3)
- **Landings and dismounts** are allowed to have the feet apart. However, the gymnast must complete the landing by bringing the heels properly together. Deductions for landings and dismounts are as follows:

No Deduction	Small (-0.1)	Medium (-0.3)
Landing with feet slightly apart and gymnast lifts heels and joins heels together without lifting and moving the front of the feet.	Landing with feet slightly apart or less than shoulder width and gymnast picks up a foot while moving feet together, OR does not join feet together.	Landing with feet more than shoulder width apart, AND gymnast picks up one foot while moving both feet together, OR does not join feet together.

Stick Bonus - You Decide!

Watch the following dismounts and determine if the landing qualifies as a stick.

1.



No Stick!

-0.1 Step

2.



Stick!

-0.1 lifting of heels
-0.1 drop chest /
balance check

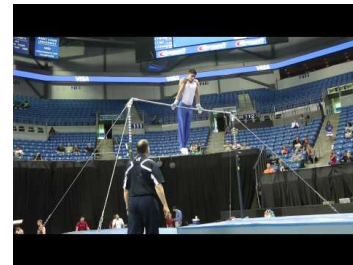
3.



Stick!

No deductions

4.



No Stick!

-0.1 step

Note: These decisions are critical at the NCAA and USAG JDP level where stick bonus is applicable.

Table of General Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Deductions for aesthetic and execution errors			
Non-distinct positions (tuck, pike, straight)	x	x	x
Adjust or correct hand or grip position each time	x		
Walking in handstand or hopping (each time)	x		
Touching apparatus or floor with legs or feet	x		
Hitting apparatus or floor			x
Gymnast touched but not assisted by spotter during an exercise		x	
Interruption of exercise without fall			x
Bent arms, bent legs or legs apart	x	x	x

Table of General Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Poor posture or body position or postural corrections in end positions	x	x	x
Salto with knees or legs apart	≤ shoulder width	> shoulder width	
Legs apart on landing	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustments of feet, or excessive arm swings on landing	x		
Loss of balance during any landing with no fall or hand support (max. -1.0 total for steps and hops)	Slight imbalance, small step or hop, 0.1 per step	Large step or hop or touching the mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing			-1.0
Fall during any landing without feet contacting mat first			-1.0 and NR by D Jury

Table of General Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Atypical straddle		x	
Other aesthetic errors	x	x	x
Deductions For Technical Errors			
Deviations in swings to or through handstand in circle elements	15° - 30°	>30° - 45°	>45° & NR
Angular deviations from perfect hold positions	Up to 15°	>15° - 30°	>30° - 45° >45° & NR
Press from poorly held positions	Deductions equivalent to those for the hold position are repeated (max. 0.3)		
Incomplete twists	Up to 30°	>30° - 60°	>60° - 90° >90° & NR

Table of General Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Lack of height or amplitude on salto and flight elements	x	x	
Additional or intermediate hand support	x		
Strength with swing and vice versa (SEE RINGS)	x	x	x
Duration of hold parts		< 2 sec.	No stop & NR
Interruption in upward movement	x	x	x
Lowering of legs on any element to handstand or hold parts	0° - 15°	>15° - 30°	>30° - 45° >45° & NR
Unsteadiness in or fall from handstand	x	Swing or big disturbance	

Table of General Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Fall from or onto apparatus			1.0
Intermediate swing or layaway		Half or layaway	Full
Assistance by spotter in the completion of an element			1.0 & NR
Lack of extension in preparation for landing	x	x	
Other technical errors	x	x	x

5

Neutral Deductions

Neutral Deductions For National Track Compulsory

All Neutral Deductions (Line, Behavior & Apparatus Violations) should be taken from the Final Score not included with the Execution Deductions

The most common neutral deductions assessed in compulsory routines are:

Line deductions (-0.1 or -0.3)

Behavioral deductions (-0.3)

Apparatus violation deductions (-0.5)

Neutral Deductions

A **neutral deduction** is a violation of the rules that is applied by the D1 (or head judge) to the Final Score. Neutral deductions include violations for behavior, apparatus, short routines, and other event specific errors.

Behavior Violations (-0.3)	
Uniform violations	Non-respect of warm-up time
Not acknowledging head judge before or after routine	Other undisciplined or abusive behavior
Exceeding 30 sec. before commencing routine after head judge's signal (routine is terminated after 60 sec.)	Exceeding 30 sec. before remounting apparatus after a fall (routine is terminated after 60 sec.)

Neutral Deductions

Apparatus Violations (-0.5)

Non-permitted presence of spotter	Incorrect use of chalk and/or damaging apparatus including spraying (PB excluded)
Illegal use of matting (or non-use where required)	Coach moving mats during that are required to remain in place
Changing height of apparatus without permission	

Neutral Deductions: Short Routines

*A Neutral Deduction (ND) needs to be applied as outlined in the chart for short routines.

# of skills	10	9	8	7	6	5	4	3	2	1	0
Level 7-9 ND	NA	NA	0.0	0.0	0.0	-1.0	-2.0	-3.0	-4.0	-5.0	-10.0
Level 10 ND	NA	NA	0.0	0.0	0.0	-3.0	-4.0	-5.0	-6.0	-7.0	-10.0
NCAA ND	0.0	0.0	0.0	-3.0	-4.0	-5.0	-6.0	-7.0	-8.0	-9.0	-10.0

Note: Level 10 does not follow the typical rule of -1.0 for each skill less than 6. Level 10 reverts to the Jr. FIG rule for short routines.

6

Level 7 & Level 8 Modified Rules

Level 7 & Level 8 Modified Rules

The modifications to these levels are intended to help these gymnasts adapt to optional competition and build a base of fundamental routine composition. In levels 9 and 10, the rules are closely based on the FIG Code for juniors with fewer exceptions.

The following slides will detail some of specific modifications for both level 7 and level 8

Level 7 Modified Rules (formerly known as JD)

Rule #	General Rules of Competition and Value in Level 7
1.	Difficulty = 6 total skills
2.	Element Group Value = 1.5 (FIG “A” value dismount required for EG IV credit. Dismount NOT required as one of the 6 value skills)
3.	NO multiple flipping vaults or twisting Yurchenkos vaults allowed at Level 7.
4.	NO stick bonus awarded in Level 7.
5.	NOT eligible for Start Value bonus or Vault bonus.
6.	For Pommel Horse, the pommels are used.

7

Equipment & Matting Specifications

Equipment Height / Specifications

Equipment height for NCAA competition is based on what is dictated by the F.I.G. Code of Points

Note: For USAG Jr. competition, equipment height is never to exceed what is allowed by the F.I.G. However, there situations where adjustments to equipment can be made below what is required.

FX: 40' x 40'

PH: Up to 115 cm from the floor

SR: Up to 280 cm from the floor

V: Up to 135 cm from the floor

PB: Up to 200 cm from the floor

HB: Up to 280 cm from the floor

USAG Jr. Equipment Modifications

- Panel mat used to mount PH, Mushroom and PB
- No minimum height requirement for PB and PH
- Matting can be adjusted upward to attain a minimum height for SR and HB for compulsory and optional competition
- Springboard used to mound PB (if between uprights, must be removed)
- Spotting blocks or mats may be used for compulsory for lower levels where appropriate if PB are not available
- Mushroom must be taped to the floor
- Additional landing mats and/or safety cushions are generally allowed on V.
- A tumbling strip (40-60 ft.) may be used for compulsory competition

Matting Specifications

Minimum Recommended Landing Mat Specifications For Junior Men's Competition Program						
National-Elite	Level 3	Level 4	Levels 5	Level 6	Level 7	Level 8, 9 & 10
Club	Bronze	Silver Gold	Silver Gold	Platinum	N/A	N/A
Notes: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches						
Specific matting requirements may be stated for some championship competitions						
Meet Directors should provide timers where necessary for floor routines at Levels 8, 9, 10						
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick	40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck	40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck	40'x40' 1 1/2" foam on 4" spring deck Additional mat up to 4" allowed for landings – may not be moved		
Pommel Horse	Not Applicable		12' x 12' x 10 cm (4")			
Mushroom	10' x 10' x 1 1/4" (panel mat)		Not Applicable			
Still Rings			8' x 15 1/2" x 30 cm (8")			
Vault Table or Board to Mats	6' x 12' x 30 cm (4" + 8") Additional 20 cm (+8") allowed	8' x 15 1/2' x 30 cm (4" + 8")		8' x 15 1/2' x 30 cm (4" + 8") (Refer to Technical Sequence Manual for required JE matting)		
Parallel Bars			14' x 16' x 20 cm (8")			
Boxes	Mats or Spotting Blocks Any Height			Not applicable		
Horizontal Bar	Low bar or mats raised allowed any height			8' x 30' x 30 cm (4" + 8")		

Note: This chart lists minimum matting requirements. For USAG Jr. competition mats may be adjusted within the rules to ensure the safety of the athletes.

Areas outlined in red, indicate the matting requirements according to NCAA standards.
*On FX, a 4" mat is NOT allowed.

Matting Specifications

Minimum Recommended Landing Mat Specifications For Junior Men's Competition Program						
Notes: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches Specific matting requirements may be stated for some championship competitions Meet Directors should provide timers where necessary for floor routines at Levels 7, 8, 9 & 10						
National-Elite	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8, 9 & 10
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick		40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck		40'x40' 1 1/2" foam on 4" spring deck Additional mat up to 4" allowed for landings – may not be moved	
Pommel Horse	Not Applicable			12' x 12' x 10 cm (4")		
Mushroom	10' x 10' x 1 1/4" (panel mat)			Not Applicable		
Still Rings	8' x 15 1/2" x 30 cm (8")					
Vault Table or Board to Mats	6' x 12' x 30 cm (4" + 8") Additional 20 cm (+8") allowed		8' x 15 1/2" x 30 cm (4" + 8") (Refer to Technical Sequence Manual for required JE matting)			
Parallel Bars	Raised surface for mounting	14' x 16' x 20 cm (8")				
Mats or Blocks	Allowed	Not applicable				
Horizontal Bar	Low bar	Bar w/mats raised to allow any height			8' x 30' x 30 cm (4" + 8")	
Club	Bronze		Silver		Gold	Platinum
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick			40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck		
Pommel Horse	Mushroom - 10' x 10' x 1 1/4" (panel mat)				12' x 12' x 10 cm (4")	
Still Rings	8' x 15 1/2" x 30 cm (8")					
Vault	Two panel mats to 6' x 12' x 20 cm (8")		6' x 12' x 30 cm (4" + 8") Additional 20 cm (+8") allowed		8' x 15 1/2" x 30 cm (4" + 8")	
Parallel Bars	Mats or Spotting Blocks Any Height			14' x 16' x 20 cm (8")		
Horizontal Bar	Low bar or bar with mats raised to allow any height				8' x 30' x 30 cm (4" + 8")	

Just as judges enforce event specific rules, the various matting specifications per event should be enforced!