

MEN EQUIPMENT REQUIREMENTS

EVENT REGULATIONS

MATTING AS PER FIG JUNIOR CODE OF POINTS

RUNWAY / SAFETY ZONE / HAND MAT	VT MAT / TABLE HEIGHT	HB MATTING SPECIFICATIONS	PB MATTING SPECIFICATIONS
<ul style="list-style-type: none"> • <u>Runway thickness</u>: 3/4" - 1-3/8" • <u>Runway width</u>: 3" • <u>Max runway length</u>: 80' Measure from front of VT Table • <u>Runway length</u>: 25 meters • <u>Safety Zone</u>: Mandatory for all RO & HS to board entry vaults • <u>Hand Mat</u>: Recommended for RO VT 	<ul style="list-style-type: none"> • <u>1N</u>: Mat stack — Min 16"+ • <u>2N</u>: Mat stack or Resi—Min 10' x 5' x 32" • <u>3N</u>: Mat stack or Resi—Min 5' x 32" • <u>4N</u>: Mat Stack or Resi—Min 5' x 32" • <u>5N</u>: Mat stack or Resi—Min 10' x 5' x 32" • <u>6N</u>: Mat stack or Resi—Min 10' x 5' x 32" • <u>7N</u>: Table height— Min 110 cm • <u>8N/9N/10N</u>: Table height— Min 110 cm • Additional matting may be used at all levels for safety of the athlete 	<ul style="list-style-type: none"> • Additional matting may be used at all levels for the safety of the athlete 	<ul style="list-style-type: none"> • Panel mat may be used to mount • Additional matting may be used at all levels for the safety of the athlete
GENERAL EQUIPMENT	FALL TIME = 30s	PH MATTING SPECIFICATIONS	FX MATTING SPECIFICATIONS
<ul style="list-style-type: none"> • Equipment FIG Junior Code requirements except PB and PH Height may be lowered if needed to adapt to athlete 	<ul style="list-style-type: none"> • Timing starts when gymnast is on his feet after the fall 	<ul style="list-style-type: none"> • Panel mat may be used to mount 	<ul style="list-style-type: none"> • Max (1) 4" mat or sting mat allowed for "C" VP landings—must remain in place for entire routine
VT LANDING MAT DIMENSIONS	HB GRIP FAILURE	SR MATTING SPECIFICATIONS	MEASUREMENTS
<ul style="list-style-type: none"> • Same as per FIG 	<ul style="list-style-type: none"> • Athlete given choice to repeat exercise 	<ul style="list-style-type: none"> • Same as per FIG 	4 inch = 10 cm 8 inch = 20 cm 16 inch = 40 cm