

WOMEN EQUIPMENT REQUIREMENTS

GENERAL LANDING MAT REGULATIONS

LANDING MATS	PLACEMENT	ADDITIONAL MATTING ALLOWED ON TOP OF LANDING MATS
<ul style="list-style-type: none"> • 10 cm (4") mats minimum required • 20 cm mats = allowed 	<ul style="list-style-type: none"> • Landing mats should be placed under and/or around Vault, Uneven Bars and Balance Beam covering all landing areas 	<ul style="list-style-type: none"> • 8" Skill Cushion + (1) Sting Mat allowed = 9" • 4" Throw Mat + (1) Sting Mat allowed = 5"

GENERAL EQUIPMENT REGULATIONS

RUNWAY / SAFETY ZONE	VT MAT or RESI / TABLE HEIGHT	UB / BB MOUNTS	UB MARTING 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> <ul style="list-style-type: none"> • <u>1N-5N</u>: Min 60' • <u>6N-10N</u>: Min 79' • <u>Safety Zone</u>: Mandatory for RO and FHS onto board entry vaults <ul style="list-style-type: none"> • May be used for other vaults 	<ul style="list-style-type: none"> • <u>1N</u>: Mat stack Min 8" - Max 24" • <u>2BN/SN</u>: Mat stack Min 16" - Max 48" • <u>3N</u>: Mat stack height Min 24" - Max 48" • <u>4N</u>: Mat Stack height Min 24" - Max 48" • <u>5N</u>: Mat Stack height Min 24" - Max 56" • <u>GN/PN/DN</u>: Max 135 cm Table height • <u>6N/7N</u>: Max 135 cm Table height <ul style="list-style-type: none"> • Mat Stack Min 24" - Max 64" • <u>8N/9N/10/N</u>: Table height Min 110 cm - Max 135 cm 	<ul style="list-style-type: none"> • <u>Boards/Mount Mats</u>: Max 8" allowed <ul style="list-style-type: none"> • Remove immediately after athlete leaves apparatus • Boards cannot be placed on 8" skill cushion • Mount trainers allowed on 8" skill cushion <p style="text-align: center;">UB / BB PADDING</p> <ul style="list-style-type: none"> • UB heel padding allowed for warmup, not allowed for competition routines • BB pads allowed during warmup must be removed for competition <p style="text-align: center;">UB GRIP FAILURE</p> <ul style="list-style-type: none"> • Athlete given choice to repeat exercise or re-start from point of grip failure 	<ul style="list-style-type: none"> • <u>1N-SN Recommend</u>: 7'6 x 15' min mat area • <u>3N-7N Recommend</u>: 7'6 x 24' min mat area • <u>8N-10N Recommend</u>: 7'6 x 36' min mat area • <u>Max height</u>: 9" additional matting allowed • Up to (2) 5 x 10 x 8" skill cushions, used singly end to end • <u>Dismounts</u>: Additional matting = Max 9" <p style="text-align: center;">UB / BB FALL TIME = 45S</p> <ul style="list-style-type: none"> • Time may be paused if athletes safety is in question with no penalty while safety is verified
VT LANDING MAT DIMENSIONS	VT BOARD SPRINGS	FX MATTING SPECIFICATIONS	BB MATTING SPECIFICATIONS
<ul style="list-style-type: none"> • <u>3N/4N</u>: Behind resi Min 6'x12' • <u>GN</u>: Behind VT Table Min 6'x12' • <u>6N/7N</u>: Resi may sit on top of landing mat • <u>PN</u>: Behind VT Table Min 8'x12' • <u>8N-10N</u>: Behind VT Table 8'x12' 	<ul style="list-style-type: none"> • <u>1N</u>: Minimum two (2) springs • <u>2BN/SN</u>: Minimum two (2) springs • <u>3N</u>: Minimum two (2) springs • <u>1N-3N</u>: Alternate Tramp Board allowed 	<ul style="list-style-type: none"> • <u>On FX at any one time</u>: Max (2) 8" mat stacks • One (1) for each tumbling pass, may not be end to end • Mats may stay on FX or may be removed by coach • No penalty for coach on FX removing a mat 	<ul style="list-style-type: none"> • Dismount matting: <ul style="list-style-type: none"> Min 7'6" x 15' x 4" on one BB end and Min 7'6" x 12' x 4" on other BB end • Matting under BB: <ul style="list-style-type: none"> Two (2) landing mats side by side 15' wide x 15'6" long
HAND PLACEMENT MAT		BB HEIGHTS	
<ul style="list-style-type: none"> • May only be used for RO/FHS onto board entry vaults 		<ul style="list-style-type: none"> • 100 cm minimum / 125 cm maximum / all levels 	