

## CHAPTER 11 – APPARATUS SPECIFICATIONS

### I. GENERAL CONSIDERATIONS – APPLICABLE TO DEVELOPMENT, XCEL AND ELITE PROGRAMS

- A. Athlete safety guidelines, as listed in the *USA Gymnastics Safety and Risk Management Handbook*, should always be considered.
- B. All equipment and matting used at a USA Gymnastics sanctioned competition **MUST** be manufactured by a recognized equipment manufacturer.
- C. Procedures for the removal of blood and disinfection of the apparatus: A solution of 1 part bleach and 10 parts water (or an anti-viral spray disinfectant) should be available for the removal/disinfection of blood from the apparatus or matting.
- D. It is recommended that there be a clearance of 5 feet to 6 feet from one apparatus to any other. This includes corresponding mat areas or any other obstruction, i.e., other apparatus, walls, pillars, etc.
  - Each competitive area **MUST** have its own physical space and may not overlap with another competitive area.
  - There cannot be any obstructions on the Floor Exercise Area.
  - There **MUST** be sufficient room for mounting, dismounting, and vaulting areas.
- E. It is recommended that there be a minimum of a 20-foot ceiling height for all USA Gymnastics sanctioned competitions.
- F. Equipment specifications, including Vault runway thickness, **MUST** be published in the pre-meet information.
  - Exact bar measurements **MUST** be listed on bid forms for Sectional and above meets.
- G. Development Program levels (**LEVELS 1-3** non-competitive gymnasts) and Xcel Divisions (**BRONZE, SILVER and GOLD**) may set the equipment to facilitate the exercise within the standards listed on each event below. Development Program **LEVELS 1 AND 2** meets **MUST** follow the same standards used at **LEVEL 3**.
- H. If an athlete falls due to equipment failure, judging will resume at the point of interruption or the series / combination when equipment failure occurred.

CONVERSION: CM to IN	
2 cm	¾ inch
10 cm	4 inches
12 cm	4½ inches
20 cm	8 inches
24 cm	9 inches

### II. MATTING SPECIFICATIONS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. Competition Landing Mats (CLMs)
  1. One 10-12 cm (4 inch) CLM is **REQUIRED**; a second 10 -12 cm (4 inch) may be placed on top of the required mat for competition.
    - If a second 10-12 cm (4 inch) mat is used for Development Program **LEVELS 6-10** or Xcel Program **PLATINUM** or **DIAMOND divisions**, it **MUST** be a minimum of 7 feet by 10 feet.
  2. 20 cm (8 inch) CLMs are allowed, but not required.
    - a. For Vault, if 20 cm (8 inch) mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm (4 inch) CLM.
    - b. For Bars and Beam, in order to use a 20 cm (8 inch) mat, the apparatus **MUST** be capable of being raised to the FIG maximum height allowance (High Bar – 246 cm; Beam – 125 cm).
  3. Maximum CLM height = 24 cm (9 inch)
  4. The area under the apparatus and/or in the landing area **MUST** be matted with Competition Landing Mats (CLMs) that are uniform in height.
- B. Base Matting
  - a. If only a 10 cm (4 inch) CLM is being used, a 3 cm (1¼ inch) base mat **MUST** be used. When using 12 – 20 cm (4 – 8 inch) mats, a base mat is not required.
    - The 3 cm (1¼ inch) base mat may be placed underneath or on top of the CLM.

- C. Supplemental Matting (Skill Cushion(s), Throw Mat and/or Sting Mat(s))
  1. At all USAG sanctioned events, Meet Directors are required to provide the following supplemental matting at all 4 events: a 20 cm (8 inch) skill cushion, a 10-12 cm (4 inch) throw mat and a sting mat.
  2. Up to 24 cm (9 inch) of any combination of supplemental matting is allowed in addition to the maximum allowable CLM surface of 24 cm (9 inch) – Vault, Bars, Beam
  3. Whenever a full 20 cm (8 inch) skill cushion is used, it MUST be a minimum of 5 feet x 10 feet; however, it is recommended that it be as close as possible to the same dimensions as the CLM.
  4. Any dimension of sting mat is allowed – Vault, Bars, Beam, Floor
- D. Chalk markings are ALLOWED to be placed on landing mats as a visual cue. All markings MUST be removed after the athlete completes competition on that event.

**III. MATTING SPECIFICATIONS – DEVELOPMENT PROGRAM SPECIFIC**

- A. At Development Program Level 8-10 Regionals and above, Meet Directors are REQUIRED to provide 80” x 100” x 2” wide sting mats – Vault, Floor.
- B. At Development Program Nationals, Meet Director is required to provide a 7’ x 10’ x 8” skill cushion – Vault, Bars, Beam.

**IV. SPRINGBOARD/MOUNTING SPECIFICATIONS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

- A. Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22 cm  $\pm$  1.5 cm) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed, however, it is REQUIRED to provide a springboard with coil springs.
- B. Meet Directors MUST arrange to have boards that accommodate gymnasts of varying weights. Boards MUST be assigned to an event and MUST be available to all gymnasts in that session for warm-up and competition. The following springboard configurations have been approved and may be utilized in USA Gymnastics sanctioned competitions:



- C. A board used to mount Bars or Beam may be placed on the CLM(s) (one or two 10-12 cm (4 inch) mats or one 20 cm (8 inch)). The board may also be placed on the allowable CLMs plus the supplemental matting of 5-10 cm (sting mat or 4-inch throw mat type skill cushions).
- D. The board (or mounting apparatus) MUST be removed as soon as possible after the gymnast has mounted.
- E. Plywood is not permitted underneath the board. (Exception: collegiate rules)
- F. An inflatable rebounding device cannot be used for mounting purposes.

**V. SPRINGBOARD/MOUNTING SPECIFICATIONS – DEVELOPMENT PROGRAM SPECIFIC**

- A. **LEVELS 1 AND 2** athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. If an alternative springboard is used at a Level 3 or higher USA Gymnastics sanctioned event, the Vault is considered VOID. The apparatus should resemble the shape of a Vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
- B. **LEVELS 1-4** may use a manufactured "Junior" vaulting board.
- C. **ALL LEVELS** may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
  1. At **Levels 1 - 5**, any manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.
    - When performing the Level 3 Uneven Bar mount of glide swing, then back hip pullover, the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. This mat/board MUST be removed as soon as possible after the jump into the glide swing.

2. At **Levels 6-10**, a manufactured mount mat or folded panel mat may be used instead of a board for mounting purposes.
  3. At **LEVELS 1-10**, the mount mat may be placed on a 20 cm (8 inch) skill cushion for the purpose of mounting.
  4. At **LEVELS 1-10**, the board may NOT be placed on a 20 cm (8 inch) skill cushion for the purpose of mounting.
- D. A gymnast may stand (without a board) on one or two 10 -12 cm (4 inch) landing mats or one 20 cm (8 inch) mat (with or without a 3 cm (1¼ inch) base mat placed under or on top of the CLM.)
1. The gymnast may also stand on an up to 20 cm (8-inch) skill cushion (sting, throw mat or 20 cm (8 inch) skill cushion) that is placed on the CLM(s).
  2. At **LEVELS 1- 5**, any combination of CLMs and skill cushions may be used to facilitate the mount.

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**VI. SPRINGBOARD/MOUNTING SPECIFICATIONS – XCEL PROGRAM SPECIFIC**

- A. **XCEL BRONZE, SILVER, and GOLD** athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. The apparatus should resemble the shape of a Vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
- B. **BRONZE and SILVER** may use a manufactured "Junior" Vault board.
- C. If an alternative springboard is used at **PLATINUM and DIAMOND** division in a USA Gymnastics sanctioned event, the Vault is considered VOID.
- D. **ALL DIVISIONS** may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
- E. For **BRONZE, SILVER and GOLD** divisions: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.
- Bars: Any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes on the low bar.
  - Any manufactured mounting apparatus may be placed on top of the mats.
- F. For **ALL DIVISIONS**: a manufactured mount mat (mount trainer), spotting block, or folded panel mat may be used instead of a board for mounting purposes.
- G. When performing the Uneven Bar mount of glide swing, then back hip pullover (or jump front support mount), the mounting apparatus **MUST** be removed as soon as possible after the jump into the glide swing.
- H. For **ALL DIVISIONS**, the board **MAY NOT** be placed directly on a 20 cm (8 inch) skill cushion for the purpose of mounting.
- I. For **XCEL**, the gymnast may stand (without a board) on one or two 10 -12 cm (4 inch) landing mats or one 20 cm (8 inch) mat (with or without a 3 cm (1¼ inch) base mat placed under or on top of the CLM.)
- The gymnast may also stand on an "up to 20 cm (8-inch) skill cushion" (sting, throw mat or 20 cm (8 inch) skill cushion) that is placed on the CLM(s).

**VII. VAULT – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

- A. The maximum Vault table height is 135 cm ( $\pm$  1 cm). If using a Vault table with two uprights, both MUST be set at the same height. The height is determined by measuring the distance from the floor to the center top of the Vault table.
- B. The center top of the Vault table is determined by measuring 68 cm from the back of the Vault table. Tape of any kind, including athletic tape, may NOT be placed on top of the table at any time during warm-up or competition.
- C. If the Vault runway is on a raised platform, the Vault table MUST also be placed on a raised surface of the same height and the measurement of the Vault table should be taken from the runway surface to the center top of the Vault table, rather than from the floor.
- D. All manufactured models of the Vault table (including “retro-fit” tables that are inserted into the uprights of the old horse) are allowed for competition, provided that they are capable of being adjusted to the various height specifications allowed for athletes. Matting MUST be used to cover the upright of the Vault table as well as to cover any weights placed on the Vault base for stability.
- E. VAULT RUNWAY: Measurement is from the front of the Vault table/apparatus. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions or seams. The Meet Director MUST provide a tape measure, which MUST be extended the length of the runway in order for the gymnasts to find the point at which to start their run. Minimum width of the runway should be the width of the board.
  1. Athletic tape or Velcro strips (no chalk) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm (2 inch), maximum length is 3 feet.
  2. The Vault runway MUST be securely fastened to the floor with tape or Velcro by the Meet Director.
- F. HAND PLACEMENT MATS: May be placed on the runway (but NOT on the board) ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry.)
  1. If a hand placement mat is used, it MUST be placed Velcro-side down on the runway.
  2. MUST be manufactured by a gymnastics equipment manufacturer and cannot exceed 39.4 X 51.2 inches in length and 5 cm (2 inches) in height. No other type matting is allowed.
- G. SAFETY ZONE MAT: The safety zone mat MUST be placed snugly around the board so that there is no space between the board and the safety zone.
  - No extra matting is to be placed between the Round-off entry mat (Safety Zone mat) and the Vault table.
- H. A sting mat is NOT allowed on top of an inflatable mat. The uppermost landing surface when using an inflatable mat MUST be a minimum of a 10 cm (4-inch) skill cushion.
- I. Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface.
  - Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

**VIII. VAULT – DEVELOPMENT PROGRAM SPECIFIC**

- A. LEVEL 2 VAULT SPECIFICATIONS:
  1. Apparatus: Mat Stack / Matting System (placed lengthwise)
  2. Dimensions:
    - a. Height:
      - A minimum of 40 cm (16 inches) ( $\pm$  2.5 cm or 1 inch).
  3. Competition Landing Mats (CLMs):
    - a. Any combination of CLMs, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus four additional 20 cm (8 inch) skill cushions to allow for 60 cm (24 inch), 80 cm (32 inch), 102 cm (40 inch) and 123 cm (48 inch) heights ( $\pm$  2.5 cm or 1 inch).
      - All age divisions may use any of the above choices of heights.
    - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.

4. Mat Stack:
  - a. May be placed on top of a solid foam pit.
  - b. A tape line **MUST** be placed at 81 cm (32 inch) from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm (32 inch). The tape line should also extend down the side of the mat.
  - c. An additional mat (minimum of 10 cm/4 inch) **MUST** be placed on the floor behind the Mat Stack.
  - d. All mats used in forming the Mat Stack **MUST** be a minimum of 5 feet wide and 10 feet long.
  - e. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat **MUST** cover the entire uppermost surface.
  - f. The top surface may be either a “squared” (standard 8: mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
  - g. A sting mat may be used on top of the Mat Stack.

**B. LEVEL 3 VAULT SPECIFICATIONS:**

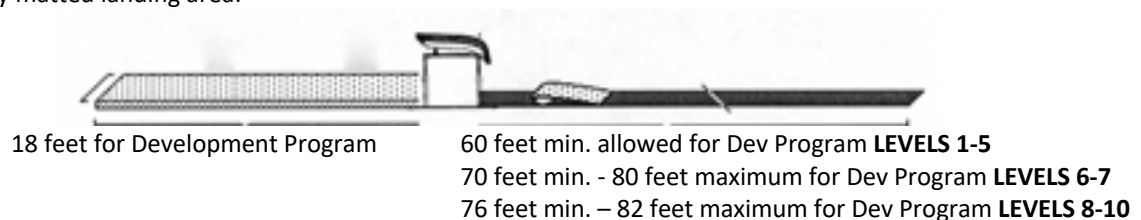
1. Apparatus: Mat Stack / Matting System (placed sideways)
2. Dimensions:
  - a. Height:
    - 1) A minimum of 32-inch,
    - 2) A maximum of 48 inch (+2.5 cm or 1-inch), including base mat.
  - b. Width:
    - Minimum 5 feet
  - c. Length:
    - 5 feet Length (10 feet Length - placed sideways),
3. Competition Landing Mats (CLMs):
  - a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus two additional 20 cm (8 inch) skill cushions to allow for 102 cm (40 inch) and 123 cm (48 inch) heights ( $\pm 2.5$  cm or 1 inch).
    - All age divisions may use any of the three choices of heights.
  - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm (4-inch) skill cushion.
4. Mat Stack:
  - a. May be placed on top of a solid foam pit.
  - b. An additional mat (minimum of 6 feet x 12 feet x 10 cm (4 inch) **MUST** be placed on the floor behind the Mat Stack.
  - c. All mats used in forming the Mat Stack **MUST** be a minimum of 5 feet wide and 5 feet long,  $\pm 2$  inches.
  - d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat **MUST** cover the entire uppermost surface
  - e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
  - f. A sting mat may be used on top of the Mat Stack.

**C. LEVEL 6/7 VAULT SPECIFICATIONS:**

1. Apparatus: Vault table, base mat + Mat Stack, additional minimum 8-inch mat opposite table
  - a. Vault table: All age divisions may use the Vault table at any manufacturer setting, with a maximum of 135 cm ( $\pm 1$  cm).
  - b. Base mat: minimum 4-inch (10 cm), **MUST** be positioned up against the Vault table.
  - c. Mat Stack:
    - 1) Width: 5 feet (minimum),
    - 2) Length: 10 feet,
    - 3) Height (including base mat): 32 inch (minimum) – 60-inch (maximum)

2. Competition Landing Mats (CLMs):
    - Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 4-inch (10 cm) skill cushion or the port-a-pit.
  3. Mat Stack:
    - a. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 4-inch (10 cm) skill cushion.
    - b. A sting mat may be used on top of the Mat Stack.
    - c. An additional minimum 8-inch mat is **REQUIRED** on the floor at the end of the Mat Stack, opposite the table.
- D. THE VAULT TABLE IS REQUIRED FOR:**
1. **LEVELS 4-5:** All age divisions may use the Vault table at any manufacturer setting, with a maximum of 135 cm ( $\pm 1$  cm).
  2. **LEVELS 8-10:** All age divisions may use the Vault table with a minimum setting of 115 cm ( $\pm 1$  cm) and a maximum of 135 cm ( $\pm 1$  cm).
- E. RUNWAY SPECIFICATIONS**
1. A 76 feet minimum, 82 feet maximum runway is allowed for **LEVELS 8, 9 AND 10**.
  2. A 70 feet minimum, 80 feet maximum runway is allowed for **LEVEL 6 AND 7**.
  3. A 60 feet minimum, 80 feet maximum runway is allowed for **LEVELS 1- 5**.
  4. Thickness: A minimum thickness of 3.5 cm (1 and 3/8 inches) ( $\pm .3$  cm or 1 /8 in.) is **REQUIRED** for the Vault runway at **ALL OPTIONAL LEVELS (6-10)**.
- F. HAND PLACEMENT MAT:**
1. Clubs may **NOT** bring their own competitive equipment to be used by athletes during a competition, including hand placement mats.
  2. All Meet Directors of **LEVEL 6** and above competitions **MUST** provide a minimum of one manufactured Round-off hand placement mat.
  3. At Level 9 East/West and Level 10 National Championships, only the round-off hand placement mats manufactured by the equipment company that is supplying the apparatus will be allowed.
- G. Vaulting Board Safety Zone Mat is REQUIRED** for all Front handspring onto the board and Round-off entry vaults executed at Development Program **LEVELS 8, 9 AND 10**.
- The Safety Zone mat may be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at **ALL DEVELOPMENT PROGRAM LEVELS**. In this example, the Safety Zone mat does not have to be placed snugly around the board.

Example of fully matted landing area:



- H. REQUIRED area to be matted:**
1. 3 cm (1¼ inch) Base mats: If 10 cm (4 inch) Competition Landing Mats (CLMs) are used, the following 3 cm (1¼ inch) base mats are **REQUIRED**:
    - a. A minimum of 6 feet by 18 feet for **LEVELS 4/5**.
    - b. A minimum of 8 feet x 18 feet for **LEVEL 6/7/8/9/10**.
    - c. If 12 – 20 cm (4¾ - 8 inch) landing mats are used, base mats are not required.
  2. Competition Landing Mats (CLMs):
    - a. For **LEVELS 4-5:** **REQUIRED** minimum of 6 feet by 12 feet matted area.
    - b. For **LEVELS 6-10:** **REQUIRED** minimum of an 8 feet x 15½ feet matted area.
  3. For USA Gymnastics sanctioned Development Program competitions up to and including the State Championships for **ALL LEVELS**, one 10-12 cm (4 inch) or 20 cm (8 inch) or two 10-12 cm (4 inch) CLMs (plus

the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating clubs.

## IX. VAULT – XCEL PROGRAM SPECIFIC

### A. BRONZE VAULT SPECIFICATIONS:

1. Apparatus: Mat Stack/Matting System for Bronze Vault 1 and Bronze Vault 2 (placed lengthwise)
2. Dimensions:
  - Height:
    - 1) A minimum of 40 cm (16 inches  $\pm$  2.5 cm (1 inch))
    - 2) A maximum of 120 cm (approximately 48 inch  $\pm$  2.5 cm (1 inch))
3. Competition Landing Mats (CLMs):
  - a. Any combination of manufactured CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit.
  - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.
4. Mat Stack:
  - a. May be placed on top of a solid foam pit.
  - b. An additional mat (minimum of 10 cm (4 inch)) MUST be placed on the floor behind the Mat Stack.
  - c. All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 10 feet long.
  - c. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat MUST cover the entire uppermost surface.
  - d. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.

### B. SILVER VAULT SPECIFICATIONS:

1. Apparatus: Mat Stack / matting system (placed sideways)
2. Dimensions:
  - a. Height:
    - 1) A minimum of 60 cm (24 inches) ( $\pm$  2.5 cm (1 inch)),
    - 2) A maximum of 120 cm (approximately 48 inch,  $\pm$  2.5 cm (1 inch))
3. Competition Landing Mats (CLMs):
  - a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit.
  - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.
4. Mat Stack:
  - a. May be placed on top of a solid foam pit.
  - b. An additional mat, minimum 6 feet x 12 feet x 4 inch (10cm) MUST be placed on the floor behind the Mat Stack.
  - c. All mats used in forming the Mat Stack MUST be 5 feet wide and a minimum of 5 feet long,  $\pm$  2 inches.
  - d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat MUST cover the entire uppermost surface.
  - e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
  - f. A sting mat may be used on top of the Mat Stack.

### C. The Vault table is REQUIRED for **GOLD, PLATINUM, AND DIAMOND** divisions.

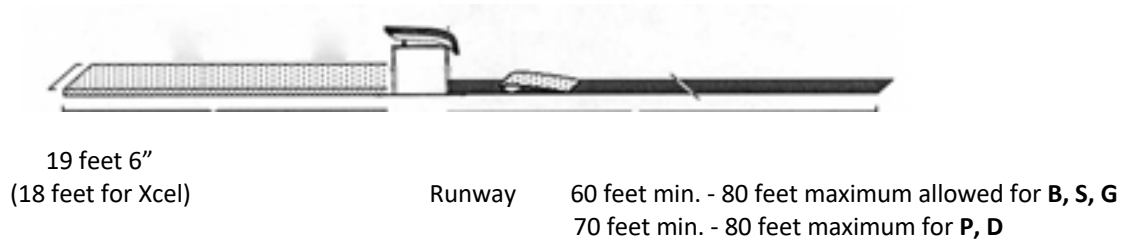
- All divisions may use the Vault table at any manufacturer setting.

### D. RUNWAY SPECIFICATIONS

1. A 70 feet minimum, 80 feet maximum runway is allowed for **PLATINUM** and **DIAMOND**.

2. A 60 feet minimum, 80 feet maximum runway is allowed for **BRONZE, SILVER, and GOLD**.
  3. Thickness: REQUIRED minimum of 3.5 cm (1 and 3/8 inches) ( $\pm 3$  cm or 1/8 in.) for **PLATINUM and DIAMOND**.
- E. HAND PLACEMENT MATS
- All Meet Directors of **PLATINUM** competitions **or above** MUST provide a minimum of one manufactured Round-off hand placement mat.
- F. VAULTING BOARD SAFETY ZONE MAT is REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at **DIAMOND** division competitions.
- The Safety Zone mat may be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) for **ALL XCEL DIVISIONS**. In this example, the Safety Zone mat does not have to be placed snugly around the board.

EXAMPLE OF FULLY MATTED LANDING AREA:



- F. REQUIRED area to be matted: **GOLD, PLATINUM, and DIAMOND**
1. 3 cm (1¼ inch) Base mats: If 10 cm (4 inch) Competition Landing Mats (CLMs) are used, the following 3 cm (1¼ inch) base mats are REQUIRED:
    - a. A minimum of 6 feet by 18 feet for **BRONZE, SILVER, and GOLD**.
    - b. A minimum of 8 feet x 18 feet for **PLATINUM and DIAMOND**.
    - c. If 12 cm (4 inch) or 20 cm (8 inch) landing mats are used, base mats are NOT required.
  2. Competition Landing Mats (CLMs):
    - a. For **GOLD** division: REQUIRED minimum of 6 feet by 12 feet matted area.
    - b. For **PLATINUM and DIAMOND**: REQUIRED minimum of an 8 feet x 15½ feet matted area.
  3. For USA Gymnastics sanctioned Xcel competitions up to and including the State Championships for **ALL DIVISIONS**, one (10-12 cm (4 inch) or 20 cm (8 inch)) or two (10-12 cm (4 inch)) CLMs (plus the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating clubs.

**X. UNEVEN BARS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

- A. Based on the best interest of the gymnast’s safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails MUST be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended safety parameters.
- B. The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.
- C. For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.
- D. Fiberglass rails with wood covering or any other FIG approved rails are REQUIRED for all sanctioned meets.
- E. No other substance besides chalk and water may be placed on the rails of the Uneven Bars.
- F. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm  $\pm$  1 mm.
  - AAI “soft blue rails” are allowed but MUST be listed in the pre-meet information.
- G. If a 10 cm (4 inch) mat (skill cushion) is placed on the CLM(s) for dismount purposes, an additional 10 cm (4 inch) or 20 cm (8 inch) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion MUST be removed immediately after the release element is performed.

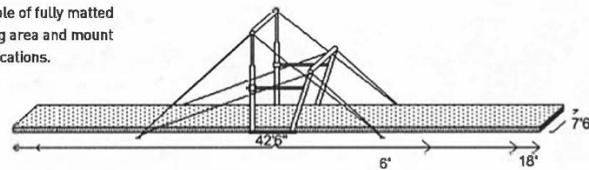


- An alternate skill cushion made of softer foam is allowed at invitationals and is **REQUIRED** at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases **ONLY** (to be placed under the gymnast during the release and immediately removed). This is **NOT** allowed for mounts, dismounts or landings on any event.
- H. When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s)) is/are removed immediately after the release move is performed.
- A 0.30 deduction will be taken if the spotting device is not removed.

**XI. UNEVEN BARS – DEVELOPMENT PROGRAM SPECIFIC**

- A. A single bar may be used for **LEVELS 1, 2 AND 3** competitions; provided that the single bar meets the current low bar specifications.
- B. MOUNT SPECIFICATIONS:
1. **LEVELS 6-10:** 18 feet minimum mount distance is allowed. (No maximum).
  2. **LEVELS 1-5:** 6 feet minimum mount distance is allowed. (No maximum).

Example of fully matted landing area and mount specifications.



**3. MATTING REGULATIONS FOR MOUNTS**

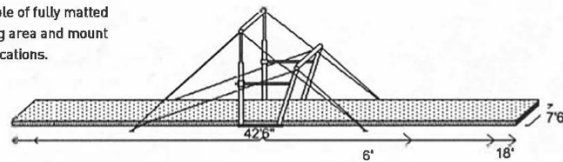
- a. Mounts without the use of a board:
- 1) May stand on one (1) 12 cm or 20 cm mat or two (2) 23 cm CLMs.
  - 2) May also stand on an additional “up to 8-inch” skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLMs.
- b. Board, Mount Trainer Mat or folded panel mat used to mount:
- 1) May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.
  - 2) May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - 3) A Mount Trainer Mat or folded panel mat may be placed on an 8-inch skill cushion.
  - 4) A Springboard may **NOT** be placed on an 8-inch skill cushion.
- C. **REQUIRED AREA TO BE MATTED:**
1. The matted area under Bars **MUST** be:
    - a. A minimum of 6 feet by 15 feet for **LEVELS 1-3**.
    - b. A minimum of 6 feet by 24 feet for **LEVELS 4 AND 5**.
    - c. A minimum of 7½ feet by 36 feet for **LEVELS 6-10**.

**XII. UNEVEN BARS – XCEL PROGRAM SPECIFIC**

- A. A single bar may be used for **BRONZE** competitions, provided that the single bar meets the current low bar specifications. This information **MUST** be included in the pre-meet information.
- B. MOUNT SPECIFICATIONS:
1. **PLATINUM** and **DIAMOND:** 18 feet minimum is allowed. (No maximum).
  2. **BRONZE, SILVER,** and **GOLD:** 6 feet minimum is allowed. (No maximum).

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Example of fully matted landing area and mount specifications.



### C. REQUIRED AREA TO BE MATTED:

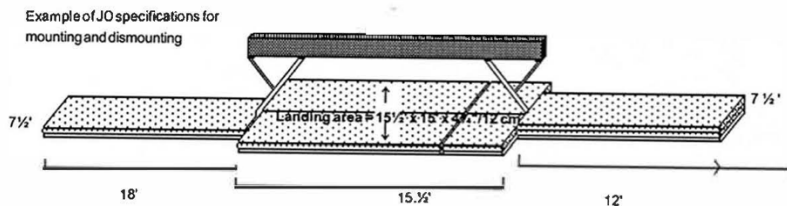
1. The matted area under Bars MUST be:
  - a. A minimum of 6 feet by 15 feet for **BRONZE**.
  - b. A minimum of 6 feet by 24 feet for **SILVER** and **GOLD**.
  - c. A minimum of 7½ feet by 36 feet for **PLATINUM** and **DIAMOND**.
2. An alternate skill cushion made of softer foam is allowed at invitationals and is **REQUIRED** at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches high for “C” and more difficult bar releases performed in the **DIAMOND** Division **ONLY** (to be placed under the gymnast during the release and immediately removed). This is **NOT** allowed for dismounts or landings on any event.

### XIII. BALANCE BEAM – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. Height specifications - measured from the floor to the top of the Beam.
- B. For all competitions, the Beam legs **MUST** be placed on the floor or a stable surface.
  - It is strongly recommended that the entire mounting area be level.
- C. At all sanctioned competitions:
  - a. Beam **MUST** be adjustable.
  - b. Beam **REQUIRED** to be padded.
- D. Beams with a “spring” mechanism are allowed.
- E. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.
- F. Supplemental Matting: If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in **ALL** matted areas (under the Beam and/or dismount area).

### IV. BALANCE BEAM – DEVELOPMENT PROGRAM SPECIFIC

- A. **ALL LEVELS** may use the Beam at any height, regardless of age division; however, the height **MUST** be within a minimum of 100 cm ( $\pm 1$  cm) and a maximum of 125 cm ( $\pm 1$  cm).



### B. MOUNT SPECIFICATIONS

1. **LEVELS 6-10:** 18 feet minimum is allowed. (No maximum)
2. **LEVELS 3-5:** 12 feet minimum is allowed. (No maximum)

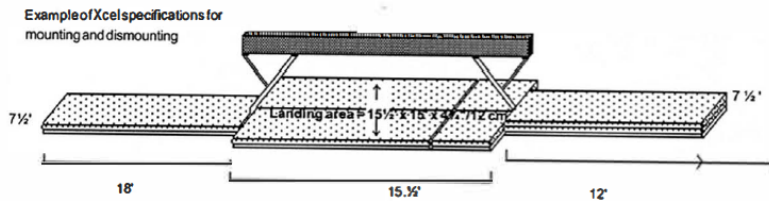
### C. MATTING REGULATIONS FOR MOUNTS

1. Mounts without the use of a board:
  - a. May stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. May also stand on an additional up to 8-inch skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
2. Board, mount trainer mat or folded panel mat used to mount:
  - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.

- b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - c. A mount trainer or folded panel mat may be placed on an 8-inch skill cushion.
  - d. A Springboard may NOT be placed on an 8-inch skill cushion.
- D. REQUIRED AREA TO BE MATTED:**
- 1. LEVELS 1 – 4:**
    - a. Each end of Beam: REQUIRED minimum of 6 feet by 12 feet.
    - b. Under the Beam: REQUIRED minimum of 12 feet wide by 15½ feet long.
  - 2. LEVELS 5-10:**
    - a. Each end of Beam: REQUIRED minimum of 7½ feet by 12 feet.
    - b. Under the Beam: REQUIRED minimum of 15 feet wide by 15½ feet long.
      - 1) An 8 feet wide mat for dismount area is recommended for **LEVELS 7 AND ABOVE**.
      - 2) Whenever a 10 cm (4 inch) supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it **MUST** be a minimum of 7 feet by 10 feet.

**XIV. BALANCE BEAM – XCEL PROGRAM SPECIFIC**

- A. ALL DIVISIONS** may use the Beam at any height, regardless of age division; however, the height **MUST** be within a minimum of 100 cm ( $\pm 1$  cm) and a maximum of 125 cm ( $\pm 1$  cm).

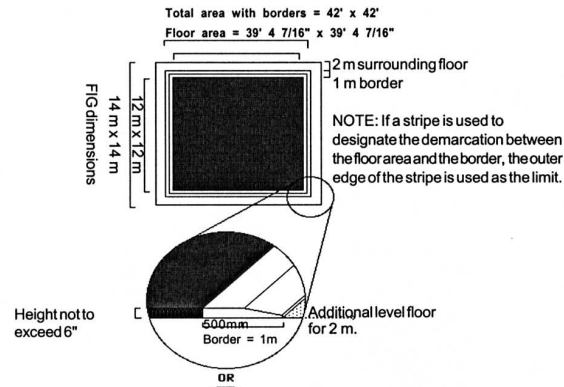


- B. MOUNT SPECIFICATIONS**
1. **BRONZE, SILVER, and GOLD:** 12 feet minimum is allowed. (No maximum)
  2. **PLATINUM and DIAMOND:** 18 feet minimum is allowed. (No maximum)
- C. REQUIRED AREA TO BE MATTED:**
- 1. BRONZE, SILVER, and GOLD:**
    - a. Each end of Beam: REQUIRED minimum of 6 feet by 12 feet.
    - b. Under the Beam: REQUIRED minimum of 12 feet wide by 15½ feet long.
  - 2. PLATINUM and DIAMOND:**
    - a. Each end of Beam: REQUIRED minimum of 7½ feet by 12 feet.
      - 1) An 8 feet wide mat for dismount area is recommended.
      - 2) Whenever a 10 cm (4 inch) supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it **MUST** be a minimum of 7 feet by 10 feet.
    - b. Under the Beam: REQUIRED minimum of 15 feet wide by 15½ feet long.

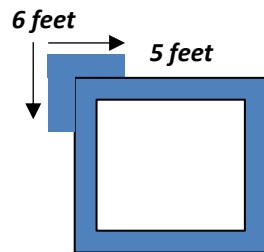
**XV. FLOOR EXERCISE – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

- A. FIG specifications:** 12 meters X 12 meters (39 feet 4 7/16-inch X 39 feet 4 7/16 inch). The measurement is from the outside of the tape or where the carpet changes color. The floor surface **MUST** be a minimum of 1¼ inch thick (3.2 cm) to a maximum of 7½ inch thick (19.05 cm)  $\pm$  ½ inch. The top of the mat **MUST** be joined into one continuous level surface.

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- B. When the Floor Exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the boundary.
- C. To protect the gymnast if they go beyond the dimensions of the Floor Exercise mat, the outside corners MUST be padded with unfolded panel mats or other such matting or carpet-bonded foam, a minimum of 3.5 cm ( $1\frac{3}{8}$  inches) high, to protect the gymnast if they go beyond the dimensions of the Floor Exercise mat. The matting MUST extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area. The corner padding should be attached (with Velcro or something similar) to the floor, foam or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below:



- D. If carpeting is used, 3.2 cm ( $\frac{1}{4}$  inch) pile is maximum height recommended.
- E. Additional matting: Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked. It is recommended that athletic tape (provided by the coach) be used to mark the mats. Chalk may be used but should be removed before the next competitor. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.
- F. Only 1 skill cushion/throw mat (4 inch or 8 inch) per tumbling pass may be used, with no more than 2 mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.
- It is acceptable to have both mats on separate ends of a diagonal. Example: an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.
  - If sting mat is placed on TOP of the skill cushion/throw mat, it does NOT count as one of the 2 allowable mats on the Floor Exercise at any one point in time.
- G. When a tumbling "strip" is used in place of a full Floor Exercise area in the training and/or warm-up gym, it MUST be constructed of the same materials as the spring floor used in the competition gym and MUST be a minimum of 8 feet wide and 56 feet long. A minimum of 3 feet in length of additional padding (carpet bonded foam or something similar) is REQUIRED at each end of a 56 feet tumble strip that is used for warm-up.

### XVI. FLOOR EXERCISE – DEVELOPMENT PROGRAM SPECIFIC

- A. The Development Program uses FIG specifications (see above) for **LEVELS 6 – 10**.
- B. For **LEVEL 6 – 10** competitions held in outside facilities, the outside of the corners MUST be padded.

- C. **LEVELS 4 and 5** may use a 36 feet X 36 feet area. **LEVELS 1-3** may use a tumbling strip area provided it is a minimum of 8 feet wide and 56 feet long. If only a strip is available, the Meet Director **MUST** indicate this in the pre-meet information.
  - D. Rebound or spring type floors are **REQUIRED** for all **LEVELS 8-10** competitions. It is strongly recommended that a spring type floor also be used at **LEVEL 7 AND BELOW**.
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**XVII. FLOOR EXERCISE – XCEL PROGRAM SPECIFIC**

- A. **XCEL** uses FIG specifications for **BRONZE, SILVER, GOLD, PLATINUM,** and **DIAMOND**.
- B. For **PLATINUM** and **DIAMOND** competitions held in outside facilities, the outside of the corners **MUST** be padded.
- C. A tumbling strip may be used for competition for **BRONZE** and **SILVER** Divisions, provided it is a minimum of 8 feet wide and 56 feet long. The Meet Director **MUST** indicate this in the pre-meet information.
- D. Rebound or spring type floors are **REQUIRED** for all **PLATINUM** and **DIAMOND** competitions. It is strongly recommended that a spring type floor also be used for **BRONZE, SILVER,** and **GOLD**.

<b>APPARATUS REQUIREMENTS FOR ELITE COMPETITIONS</b>
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**I. GENERAL CONSIDERATIONS**

Elite competitions MUST adhere to the FIG apparatus specifications. They can be found on the [FIG web site](#).

**II. ADDITIONAL APPARATUS SPECIFICATIONS:****A. Competition Landing Mats (CLMs) for Vault, Bars and Beam:**

Elite/Hopes MUST use FIG specifications 20 cm. (-2 cm tolerance, no + tolerance) mat thickness.

1. National Qualifying meets MUST use 20 cm. mats.
2. International Elites and Hopes athletes MUST use a 10 cm supplemental landing mat for Vault and for Bars/Beam dismounts at all optional competitions. This mat cannot be moved once the routine begins.
3. If a vaulting board is used for a mount, it MUST be placed on top of the 20 cm and or the 20 cm and 10 cm. Competition matting cannot be moved once the routine begins.
4. The 10 cm dismount mat for Balance Beam will be designated to one end of the Beam and not moved.
5. Only the manufactured 100 by 120 cm Round-Off Entry mats are allowed for use in front of the vaulting board for hand placement on Round-off entry vaults. Sting mats are NOT allowed on the Vault runway.

**B. Supplemental Matting (Skill Cushions, 4-inch throw mats and sting mats)**

- **No supplemental matting is allowed at Olympic Trials.**

**1. VAULT**

- All levels - no supplemental matting for optional competition. A skill cushion should be available during warm up.

**2. BARS**

- a. USA Championships: No additional matting other than FIG specifications may be used, with the following exceptions:

- 1) Junior International athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior International athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

- b. Classics and the HOPES Championship competitions: No additional matting other than FIG specifications may be used, with the following exceptions:

- 1) Junior International and HOPES athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior International and HOPES athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

- c. National Qualifiers

- 1) Junior/Senior International and HOPES athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior/Senior International and HOPES athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

**3. BEAM**

- No supplemental matting for optional competition. A skill cushion should be available during warm-ups.

**4. FLOOR EXERCISE**

- a. USA Championships, Classics, and HOPES Championships competitions:

- Junior/Senior International and HOPES athletes may place up to two manufactured sting mats or 10 cm mats separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked with tape or chalk to indicate the actual boundary line(s). Sting mats can be removed or remain on the floor throughout the routine. Floor matting MUST be placed prior to the start of the floor routine. A mat cannot be added once the gymnast has begun.

**b. National Qualifiers:**

- Junior/Senior International and HOPES athletes may place up to two manufactured sting mats or 10 cm mats separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked with tape or chalk to indicate the actual boundary line(s). Mats can be removed or remain on the floor throughout the routine. Floor matting MUST be placed prior to the start of the floor routine. A mat cannot be added once the gymnast has begun.

**III. SPRINGBOARD/MOUNTING SPECIFICATIONS**

- A.** Only unaltered manufactured vaulting boards that meet FIG specifications are approved for USA Gymnastics competitions.
- B.** A board used to mount Bars or Beam may be placed on the 20 cm CLM. The board may also be placed on the mandatory 10 cm supplemental dismount landing mat. If the mount and dismount are in the same location, the board MUST be placed on the 10 cm supplemental dismount landing mat. No matting may be moved after the routine begins.
  - 1.** For international athletes Beam and Bars will use only one board (soft).
  - 2.** For HOPES athletes Beam and Bars boards you may remove springs to adjust to the Hopes athlete. You MUST return the spring as soon as your athlete is finished on that event.

**IV. VAULTING - SPRINGBOARD CONFIGURATIONS:**

- A.** International Level athletes: Two (2) springboard configurations (Springs may not be moved or replaced)
  - 1.** AAI boards = soft 6 springs (3-1-2)
  - 2.** AAI boards = hard 8 springs (3-3-2).
- B.** HOPES athletes: Two (2) springboard configurations (springs may not be moved or replaced)
  - 1.** Five (2-1-2)
  - 2.** Six spring (3-1-2)