

## MATS

- **Base Mat:** 1¼" ± ¼" x 12' x 6' May be underneath or on top of any landing mat. If using 4 3/4" landing mats, base mat is not required.
- **Landing Mat (Throw Mat):** 4" ± ½" x 12' x 6' (10 cm)
- **Competition Landing Mat (CLM):** 4 3/4" - 8" thick ± ½" x 12' x 8' (12 cm - 20 cm)
- **Skill Cushion:** 4" - 8" ± ½" Soft, open-celled, shock absorbent foam.
- **Sting Mat:** 1¾" ± ¼" Manufactured mat containing rebound foam.

**EQUIPMENT  
2022-2024**

### **Vault, Uneven Bars, Balance Beam**

- The "Required Minimum Matting" for the working and landing area of V, UB, and BB:
    - Matting of at least 4 3/4" thick - this may be a non-slip mat at least 4 3/4" or a base mat with a 4" landing mat
  - Any combination of additional matting may be used provided the total matting does not exceed 19"
    - When add'l mats are used, it is recommended that the mats (except sting mat) be the same width
    - The top mat, including a sting mat, shall not be wider than any mat underneath it
- Exception:** A mat placed on top of only a base mat may be wider than the base mat provided it is at least 4" thick

### **FLOOR EXERCISE**

- **IN ADDITION**, up to 2 manufactured mats may be placed separately on the floor with only one mat per acro pass
  - If 8", the skill cushion must be 5'x10'
  - A sting mat may be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the two mats will count as one of the allowed additional mats
  - If a mat is removed during a routine, it may not be placed back on the floor

## BOARD

- Only unaltered manufactured regulation vaulting boards are allowed. Plywood is **not** permitted underneath the board.

### **MOUNTING WITH BOARD**

- A board/folded panel mat/mount trainer mat may be used for mounting and placed on 1 or 2 10cm-12cm landing mats or 1 20cm landing mat. Tramp-like/inflatable devices are not allowed. In addition, an up to 4" (10cm) skill cushion or sting mat may be added. A base mat may be underneath or on top of a landing mat. A mounting device may not be placed on an 8' skill cushion or on another mounting device and must be removed as soon as possible after the gymnast has mounted.

### **MOUNTING WITHOUT BOARD**

- May mount **without** a board from a maximum of 19" of matting

## Vault

- **Required Minimum Matting:** The entire landing area of vault (**18' x 8'**) **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat 12cm - 20cm.
- When landing is over a pit, the surface must provide for a solid landing and meet all specifications.
- All manufactured vault tables (incl. retro-fit) are allowed provided they can be adjusted to height specs.
- Pistons/pedestals (vertical uprights) **shall be padded** with the manufacturer's protective padding.
- **Measure** vault table from the highest point of the mid-point of table to the floor.
- **Height:** 100 cm - 135 cm (39½" - 53¼") - must be within the allowances identified by the manufacturer
- **Runway:** Measured from a point even with the front edge of the table. Minimum 60' and no more than 1" thick ± ½"
- A **manufactured hand placement mat** may be placed across the runway for **RO entry vaults only**. Sting mat is **not** allowed.
- **Safety zone mat** is optional for all vaults and **required for round-off entry vaults**.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- Athletic tape or velcro strips (max. 2"x3"), (no chalk), may be placed on the runway but must be removed at end of rotation.
- Tape, excessive chalk or other substances are not permitted on the vault table. Chalk on hands is permitted.

## UNEVEN BARS

- **Required Minimum Matting:** The working area of UB **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat (12cm - 20cm). Matting between the supports of the bars shall be 7 1/2' wide.
- May adjust either bar to any height/width provided that, after adjustment, they are dual-locked and bars remain within the allowances identified by the manufacturer and the low bar is not lower than 58" and the high bar is not lower than 88". Rails should extend to at least 47.2". Round fiberglass rails are required.
- Maximum dual-lock setting must be marked in red and minimum must be marked in black.
- A manufactured safety zone mat shall be used for any round-off entry mount.
- A spotting block or folded panel mat may be used to spot any element but must be removed after the element is performed.

## BALANCE BEAM

- **Required Minimum Matting:** The working area of BB (under entire BB and at least 12' x 8' at each end) **must** be matted with at least one base mat and one landing mat **OR** a single 12cm - 20cm nonslip landing mat.
- Height shall be 47¼" ± ½" - 49¼" ± ½" (120 cm) measured from the floor to the top of the beam.
- Padding for the beam uprights is recommended.
- Small chalk markings (not tape) on beam are allowed.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- A manufactured safety zone mat **shall** be used for any round-off entry mount.

## FLOOR EXERCISE

- **Size:** Between 39' 4 ½" X 39' 4 ½" (12 meters) and 40' x 40' in an area 42' x 42'
  - Floor must be a minimum of 1" thick ± ¼"
- Measure from outside of tape or where carpet changes color. Top of the mat must be joined into one continuous level surface.
- When additional matting is used that covers boundary lines, the lines shall be marked on the top mat. If not marked, a 0.1 Chief Judge deduction will be taken and out-of-bounds will be left to the judge's discretion.

## EQUIPMENT DEDUCTIONS (Chief Judge)

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| 0.3 | failure to remove mounting apparatus / spotting device <b>or</b> board on unauthorized surface (from event score) |
| 0.3 | incorrect apparatus specs <b>or</b> use of additional mats (from event score)                                     |
| 0.1 | failure to mark additional matting that covers boundary line on FX (from event score)                             |