

EQUIPMENT REQUIREMENTS

TUMBLING - A white line must run down the middle of the mat for all levels competing on carpet. Line must be 2" or less.

1. SUB-BEGINNER, BEGINNER, & ADVANCED-BEGINNER

- 1.1 *Single layer tumbling mat (1"-3" thickness) 42' long and at least 6' wide or at least 42' rod floor.
- 1.2 At one additional 6'x12' mat must be available for a coach to add to the end of the existing 42' of mat if needed.

2. SUB-NOVICE*

- 2.1 A double set of tumbling mats or 2" ethafoam at least 6' wide and 72' long must be used on top of a spring floor. Double layer mats or 2" ethafoam used on both floor and spring floor.
- 2.2 Maximum run - 30' from the start of the tumbling floor (top of ramp).
- 2.3 Recommended landing area consists of 6' x 12' landing mats even with the competition floor.

. NOVICE*

- 3.1 A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of a spring floor.
- 3.2 Double layer mats or 2" ethafoam used on both floor and spring floor.
- 3.3 Maximum run - 30' from the start of the tumbling floor (top of ramp).
- 3.4 Recommended landing area consists of 6' x 12' landing mats even with the competition floor.

4. INTERMEDIATE*

- 4.1 A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of a spring floor.
- 4.2 Double layer mats or 2" ethafoam used on both floor and spring floor.
- 4.3 Maximum run - 30' from the start of the tumbling floor (top of ramp).
- 4.4 Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
- 4.5 The required minimum height of 16' for the entire length of the tumbling floor and landing zone.

5. SUB-ADVANCED*

- 5.1 A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of a spring floor.
- 5.2 Double layer mats or 2" ethafoam used on both floor and spring floor.
- 5.3 Maximum run - 30' from the start of the tumbling floor (top of ramp).
- 5.4 Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
- 5.5 The required minimum height of 16' for the entire length of the tumbling floor and landing zone.

6. ADVANCED & ELITE*

- 6.1 A double set of tumbling mats or 2" ethafoam at least 6' wide and 100' long must be used on top of a spring floor.
- 6.2 At State, Nationals, and Team Trials, the rod floors must have 1" rods with a minimum of four (4) rods per foot or 7/8" rods with a minimum of six (6) rods per foot.
- 6.3 Double layer mats or 2" ethafoam used on both floor and spring floor.
- 6.4 Maximum run - 30' from the start of the tumbling floor (top of ramp).
- 6.5 Minimum of 8'x16' landing mat even with the floor with a 6'x12' or 6½'x13' landing zone.
 - 6.5.1 Recommended landing area consists of a minimum of 6' x 12' landing mats even with the competition floor.
 - 6.5.2 Minimum of 10' x 20' landing mat required at Nationals and Team Trials.
- 6.6 The required minimum height of 16' for the entire length of the tumbling floor and landing zone.

X The red penalty velcro at the end of the rod floor must be ½ on the floor and ½ on the landing mat. If an athlete punches off the red, the skill will count.

X Vaulting boards, if used, must meet FIG specifications. Vaulting boards may only be used for the initiation of the first skill of a tumbling pass.

EQUIPMENT REQUIREMENTS

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TRAMPOLINE

The interior height of the hall in which trampoline competitions are to take place must be at least 25 feet.

1. The dimensions of the trampoline must be 7' x 14'. The recommended web of the bed should be 6mm or a Euro-bed.
2. Landing decks (minimum 5' x 10' x 4" landing mat) must be used on the ends of the trampoline.
3. Landing mats (5'x10'x8") must cover the floor at the end of the end decks.
4. Gym mats must cover the floor around the trampoline.
3. There must be four spotters around the sides of the trampoline at all times. The U.S.T.A. recommends using six (6) spotters for advanced and elite competitors with two (2) on each side and one (1) on each end.
4. Soft mats, stair mats, or panel mats must be used to aid athletes in accessing and leaving the trampoline unless the trampoline is floor level.

NOTE: A throw-in "sting mat" may be used; however, if an athlete lands on a throw-in mat during a routine, the pass will be terminated and the athlete will lose the skill and receive a 0.9 landing deduction in addition to any other applicable deductions.

DOUBLE-MINI

Regulation Size with side pads (*Recommended: 6mm bed or Euro-bed*)

1. Landing Area - minimum 6' x 12' x 12" or 6½' x 13' x 12" required; 8' x 16' x 12" or larger recommended; Minimum 10' x 20' landing mat required for Nationals and Team Trials. On landing mats that are larger than 6' x 12' x 12" - the 6' x 12' landing zone must be marked in white or yellow line, a solid color zone 6' x 12' or a solid line of 1½" minimum width with inside edge dimensions 6' x 12'. Touching the line is *out-of-bounds*. **NOTE:** The color of the landing zone must be yellow for State, Nationals, and Team Trials
2. The interior height of the hall in which Double Mini tramp competitions are to take place must be at least 20 feet.
3. Padded Mats covering floor around Double-mini and Landing area
4. Run Up - Minimum 65 feet; Floor Mats must be used on the run-up. The Run-up Mat must be marked for length