

- Exact bar measurements must be listed on bid forms for sectional and above meets.
- E. Bronze, Silver, Gold gymnasts may set the equipment to facilitate the exercise within the standards listed on each event below.
- F. All equipment and matting used at a USA Gymnastics-sanctioned competition must be manufactured by a recognized equipment manufacturer.
- G. Matting Height Specifications:
1. COMPETITION LANDING MATS FOR VAULT, BARS AND BEAM
 - a. One 10-12 cm (4") competition landing mat is required; a second 10 -12 cm (4") may be placed on top of the required mat for compulsory and optional competition. If a second 10-12 cm (4") mat is used for Platinum or Diamond, it must be a minimum of 7' by 10'.
 - b. Maximum height is 24 cm (9").
 - c. 20 cm (8") competition landing mats are also allowed (but are not required).
 - 1) For vault, if 20 cm (8") mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm (4") competition landing mat.
 - 2) For Bars and Beam, in order to use a 20 cm (8") mat, the apparatus must be capable of being raised to the FIG maximum height allowance (High Bar – 246 cm; Beam – 125 cm).
 - d. A 3 cm (1¼") base mat must be used if a 10 cm (4") competition landing mat is used. When using 12 (4") – 20 cm (8") mats, a base mat is not required.
 - The 3 cm (1¼") base mat may be placed underneath or on top of the competition landing mat.
 - e. The area under the apparatus and/or in the landing area must be matted with competition landing mats that are uniform in height.
 2. Supplemental Matting (Skill Cushions) For Vault, Bars and Beam (See V. for Floor Exercise matting)
 - a. Up to 24 cm (9") of any combination of supplemental matting [skill cushion(s), throw mat and/or sting mat(s)] is allowed in addition to the maximum allowable competition landing surface of 24 cm (9").
 - b. Whenever a full 20 cm (8") skill cushion is used, it must be a minimum of 5' x 10'; however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
 - c. Whenever a 10 cm (4") supplemental mat ("throw" mat) is used in Platinum and Diamond it must be a minimum of 7' by 10'.
 - d. Any dimension of sting mat is allowed.
- H. Springboard/Mounting Specifications
1. Only unaltered manufactured vaulting boards that meet FIG specifications (22 cm ± 1.5 cm) are approved for USA Gymnastics competitions. The height of the board is measured from the floor to the highest point of the board, including the covering. Exceptions:
 - a. Bronze and Silver may use a manufactured "Junior" vaulting board.
 - b. 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.
 - 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).
 2. Plywood is not permitted underneath the board.
 3. All Meet Directors must arrange to have boards that accommodate gymnasts of varying weights. Any boards brought in to a competition must be assigned to an event and must be available to all gymnasts in that session for warm-up and competition. The following 3-4 spring configurations for the springboard have been approved and may be utilized in USA Gymnastics sanctioned competitions:

4 COIL SPRING PLACEMENT (OPTION 1)



4 COIL SPRING PLACEMENT (OPTION 2)



4 COIL SPRING PLACEMENT (OPTION 3)



3 COIL SPRING PLACEMENT



4. A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm [4"] mats or one 20 cm [8"]). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat or 4" throw mat type skill cushions).
 - a. For Bronze, Silver, Gold divisions: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.
 - Any manufactured mounting apparatus may be placed on top of the mats.
 - b. For Platinum and Diamond: a manufactured mount mat (mount trainer) or folded panel mat may be used instead of a board for mounting purposes.
 - c. The board (or mount mat) must be removed as soon as possible after the gymnast has mounted.
 - d. For Platinum and Diamond divisions, the board (or mount mat) MAY NOT be placed on a 20 cm [8"] skill cushion for the purpose of mounting.
5. For Xcel, the gymnast may stand (without a board) on one or two 10 -12 cm [4"] landing mats or one 20 cm [8"] mat (with or without a 3 cm [1¼"] base mat placed under or on top of the competition landing mat.)
 - a. The gymnast may also stand on an "up to 20 cm [8-inch] skill cushion" (sting, throw mat or 20 cm [8"] skill cushion) that is placed on the competition landing mat(s).