

Equipment / Apparatus Specifications

Updated 12/13/12

Group Floor

Performance area	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	Min. 36' x 36' Max. 40' x 40'	40' x 40' is preferred	40' x 40' is preferred.	40' x 60' is preferred	International standard is 14 x 20m (46' x 65')
	<i>NOTE: With prior notification by the Event host to participating clubs, a smaller area may be acceptable.</i>				40' x 60' is acceptable in USA competitions
Floor apparatus	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
A c c e p t a b l e	• Carpeted area (Level 1 only)				
	• Padded/Mat area (i.e. wrestling mat)	• Padded/Mat area (i.e. wrestling mat)			
	• Carpet-bonded foam	• Carpet-bonded foam	• Carpet-bonded foam	• Carpet-bonded foam	• Carpet-bonded foam
	• Spring floor system	• Spring floor system	• Spring floor system	• Spring floor system	• Spring floor system
	<p>PLEASE NOTE: The EUG (European Union) standard floor for TeamGym competitions and GymFest displays is a carpet-bonded floor mat. A spring-floor system is NOT REQUIRED for TeamGym competitions. However, it is obviously very important for the Competition Director to provide early notification to clubs participating in their event as to the specific apparatus that will be utilized.</p>				

Group Tumbling

Tumbling apparatus	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	• Separate mat strip Min. = 6' x 42' Preferred: 6' x 60'		• Spring Strip* Min. = 6' x 60' Preferred: 6' x 72'	• Spring Strip* including run-up... Min. 6' x 72'	• 1m x 20m run-up (65') • Spring strip* = 2m x (13-15m) [6' x (42'-50')]
	• If standard floor (40' x 40') is used, passes may be along the side or diagonal		• If standard spring floor (40' x 40') is used, passes are done on the diagonal.	• Separate landing area: 8' x 18' x 12cm	• Separate landing area: 5m x 6m, (16' x 20')
	• Spring Strip*: Min. = 6' x 60' – Preferred: 6' x 72'				
<p>* Spring strip: Advances are being made in the development of various "air-tracks." The European Union is evaluating the use of these for official UEG/TG competitions. As they become more popular (and available) in the U.S., we will consider the possibility of permitting them for U.S. competitions.</p>					

Group Vault

Vault apparatus	Levels 1-3	Level 4	Levels 5-6	Levels 7-8	Levels 9-10
Vault Heights: 105 cm (41") 110 cm (43") 115 cm (45") 120 cm (47") 125 cm (49") 130 cm (51") 135 cm (53") 140 cm (55") 145 cm (57") 150 cm (59") 155 cm (61") 160 cm (63")	Level 1 may use: mat shapes or Vault Training devices that are between 14"-27", OR <14", OR for VT table Min. height = 38" (±1 inch)	<ul style="list-style-type: none"> Standard vaulting table 	<ul style="list-style-type: none"> Standard vaulting table 	<ul style="list-style-type: none"> Standard vaulting table 	EUG Vaulting Table specs <i>EUG = European Gymnastics Union</i>
	L1 & 2 ADSN athletes may use any of the above. Levels 2 & 3 vault from a standard board onto a MAT STACK	MAT STACK Description: <ul style="list-style-type: none"> The mat stack may be placed on top of a solid foam pit. A tape line is placed 32" from front edge of the landing surface & designated as "landing zone." For VT, the jump onto feet or any vaults onto hands must be within this landing zone. An additional mat (min. 4") thickness" must be placed behind the mat stack. Mats used in forming the mat stack must be a min. of 5' x10' An unfolded panel mat may be placed on top mat stack/Resi-Pit if necessary. 			
Vault height	Levels 1-2 and 3-4	Level 5	Level 6	Levels 7-8	Levels 9-10
The entire squad MUST use same Vault height for all of their passes in a round.	<ul style="list-style-type: none"> There is no required height for the Vault Table. If a trapezoid is used, it must have a min. height of 41" This is @ coach's discretion. 	<ul style="list-style-type: none"> SV = 2.0 @ 120 cm (47") SV = 1.8 @ 115 cm (45") SV = 1.6 @ 110 cm (43") SV = 1.4 @ 105 cm (41") 	<ul style="list-style-type: none"> SV = 2.0 @ 120 cm (47") SV = 1.5 @ 115 cm (45") SV = 1.2 @ 110 cm (43") SV = 0.8 @ 105 cm (41") 	<ul style="list-style-type: none"> Min. 120cm using a VT board. Min. 135cm if using a MT. NOTE: Ded. for squad VT < heights specified is 1.0	L-1 Men = 165cm L-1 Women/Mixed = 160cm L-2 Men = 145-165cm L-2 Women/Mixed = 135-160cm
VT rebound device	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	Unaltered, manufactured vaulting board meeting all FIG specifications			Standard vaulting board, OR Euro-style mini-tramp	Euro-style Mini-Tramp only
Vault landing area	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	Min. = 8' x 12' Landing mat	8' x 16' x 12cm Landing mat	8' x 16' x 12cm Landing mat, OR	Min. 8'x18'x12cm Landing mat Preferred: 10' x 18' x 12cm	As per UEG, 3m x 6m
	NOTE 1: It is permissible for "sting" mats and/or skill cushions to also be provided. NOTE 2: In local competitions where the vault landing area is in a pit or porta-pit, the Competition Director must provide a stable landing area for the placement of the landing mats.				
Vault runway length	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	Recommended: 3' x 82' (25 m) x 3/4" – NOTE: This is the standard runway as per USAG Women's regulations.				
	Min. acceptable = 32' (10m)	Min. acceptable = 49' (15m)	Min. acceptable = 60' (18m)	Min. acceptable = 66' (20m)	As per UEG specs

Level 1 Start Values (SV) Based on the height of the height of the vaulting device.

Level 1 (and ADSN) squads may select to perform the Jump-on / Jump-off skill element utilizing a Standard Vaulting Table or other Mat Shapes or Vault Trainer devices that can be set at a height lower than 38" (±1 inch), such as Trapezoid pieces. The Difficulty SV will vary upon the height of the vault apparatus that is selected.

SV = 2.0 - For all squads that select to utilize the Vault Table or similar Vault Training Device that permits a minimum height of 38" (±1 inch).

SV = 1.5 - For all squads that utilize a Mat-shape or Vault Training Device that is Greater than is set between 14"-27" (i.e., Greater than 14" and Less than 37")

SV = 1.0 - For all squads that utilize a Mat-shape or Vault Training Device that is Less than 14" in height – such as a folded panel mat or the bottom piece of a trapezoid.

Mat stack Description for Vault and Mini-tramp – Min. of 32 inches in height (± 1 inch). Any combination of landing mats, skill cushions and/or port-a-pit may be used; however, the top layer **MUST** be a minimum of 4-inch skill cushion or the port-a-pit. One or two additional 8" cushions may be used to allow for 40" and 48" heights (± 1 inch). Any inflatable mat may also be used in the configuration of the matting; however, the uppermost surface must be a min. of a 4-inch skill cushion.

Group Mini-tramp

Mini-tramp	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	<ul style="list-style-type: none"> Levels 1, 2, and ADSN athletes have the option of using a standard vaulting board for this apparatus. 				
	Acceptable apparatus for ALL LEVELS: <ul style="list-style-type: none"> Unaltered, manufactured traditional mini-tramps with safety pads covering the coil-springs and non-skid pads on the feet. NOTE: Mini-tramps with bungee cords are not permitted.				
			Acceptable: for Levels 5-10: <ul style="list-style-type: none"> Euro-style TeamGym mini-trampolines. 		
Mini-tramp landing area	Levels 1 and 4	Levels 2 and 3	Levels 5-6	Levels 7-8	Levels 9-10
	Min. = 8' x 10' Landing mat and/or skill cushion.	Levels 2 & 3 utilize the MAT STACK as above under "Vault Apparatus"	8' x 16' x 12cm Landing mat, OR 8' x 18' x 12cm Landing mat	8' x 18' x 12cm Landing mat	As per UEG, 3m x 6m
	NOTE: It is permissible for "sting" mats and/or skill cushions to also be provided				
Mini-tramp runway length	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
	Recommended: 3' x 82' (25 m) x 3/4"				
	Min. acceptable = 32' (10m)	Min. acceptable = 32' (10m)	Min. acceptable = 60' (18m)	Min. acceptable = 66' (20m)	As per UEG specs
	NOTE: It is important for the Competition Director to provide early notification to clubs participating in their event as to the specific Vault and Mini-tramp runway lengths and surface as well as the nature of the landing area.				