

EQUIPMENT REQUIREMENTS

TUMBLING - Tumbling should only take place where running through a doorway is NOT necessary.

The interior height of the hall in which tumbling competitions are to take place must be at least 16 feet for the entire length of the tumbling floor and landing zone.

A white line must run down the middle of the mat for all levels competing on carpet. Line must be 2" or less. The line is also to be numbered in one foot increments from the landing zone back to the start.

Throw-in mats are required at all competitions.

A red cracker must be used to connect the rod floor and the landing area, placed ½ on the rod floor and ½ on the landing area. If an athlete punches off the red, the skill will count.

**Recommended for Invitationals, Required at State, Team Trials & Nationals
All exceptions must be noted on the USTA Sanction Application and Meet Entry Form**

SUB-BEGINNER, BEGINNER, & ADVANCED-BEGINNER

1. *Single layer tumbling mat (1"-2" thick), 42' long and at least 6' wide **OR** rod floor or at least 42' carpet with at least one additional 6'x12' mat available for a coach to add to the end of the existing 42' of mat if needed.

SUB-NOVICE

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. Recommended landing area consists of 6' x 12' landing mat even with the competition floor.
3. Minimum 10' run-up from start of tumbling floor (top of ramp). Must not run through a doorway.

NOVICE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16'for the entire length of the tumbling floor and landing zone.

INTERMEDIATE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16'for the entire length of the tumbling floor and landing zone.

TUMBLING EQUIPMENT - p2

SUB-ADVANCED*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Recommended landing area consists of 6' x 12' landing mats even with the competition floor.
4. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

ADVANCED & ELITE*

1. 6' x 84' rod floor. Carpet bonded foam with an underlayment of foam. The 2 layers should be a minimum of 3 inches thick. May have the option to have the rod floor extended out to a total of 117' with the 84' starting point marked. At State, Nationals, and Team Trial competitions, 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. Double layer mats or 2" ethafoam used on both floor and spring floor.
2. 33' x 3' wide run-up will be flat/level with the rod floor. The wood run-up platform will be covered with vault carpet cover. . Competitors must start their run no further than the designated 33' run-up. Must not run through a doorway.
3. Minimum of 8'x16' landing mat even with the floor with a 6'x12' or 6½'x13' landing zone. Minimum 10' x 20' landing mat required for Nationals and Team Trials.
4. Recommended landing area consists of 6' x 12' landing mat even with the competition floor.
5. The interior height of the hall must be at least 16' for the entire length of the tumbling floor and landing zone.

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.

***CLARIFICATION;** If an athlete starts their pass BEFORE the marked 84' floor (in the run-up zone), the pass will be terminated resulting in a "0" score. An athlete may perform their hurdle in the run-up zone.

There is no deduction for starting anywhere within the 84' floor.

EQUIPMENT REQUIREMENTS

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

**Recommended at Invitationals. Required for State, Nationals, and Team Trials.
All exceptions must be noted on the USTA Sanction Application and Meet Entry Form**

Dimensions

- 1. The dimensions of the trampoline must be 7' x 14'.**

Trampoline Bed

The web of the bed should be 6mm or a Euro-bed. The bed must be strong enough to withstand wear and not tear when in use. The jumping zone must be marked out clearly on the middle of the trampoline bed. The center of the bed is indicated by a red cross.

Suspension

- 1. The bed must be suspended with springs in such a way as to present no danger to users.**
- 2. The tension of the bed should be such that the bed stabilizes within one second after contact.**
- 3. The area beneath the bed must be free of obstruction.**
The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

Safety Padding

- 1. The frame and springs must be entirely covered by a shock absorbent padding. The padding must not cover any part of the bed.**
- 2. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the routine.**
- 3. Trampoline wedges**

Safety Platform (End Decks)

- 1. The platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat (minimum 5' x 10' x 8'') firmly fixed to the platform.**
- 2. The platform dimensions must be such that the mats are sufficiently supported to ensure that on landing, they support the weight of the competitor without collapsing or folding.**
- 3. The mats covering the platforms must extend to the edge of the bed (covering the springs).**
- 4. The base of any wheel stands must also be covered with padding.**

Safety Mats on the Ground

- 1. Landing mats (5'x10'x8'') or carpet bonded foam of equal thickness at least 6' wide must cover the entire length of the trampoline sides to the back of each end deck.**
- 2. One additional mat (5'x10'x8'') is required beyond the mat on the floor at the end of each safety platform (end deck).**
- 3. 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.**

Riser Height

- 1. All risers must all be the same height, a minimum of 36" high. Recommended for Invitationals; required for State, Team Trials, and Nationals.**
*** If bleachers are used, all judges must sit at the same level and be a minimum of 36" high.**

EQUIPMENT- p2

TRAMPOLINE EQUIPMENT - p2

Spotters

- 1. 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.**

Spotter Mats (Throw-in Mats)

- 1. Required at all competitions.**

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.

Synchronized Trampoline Competition

- 1. During synchronized competition, the trampolines must be parallel and not staggered.**

EQUIPMENT REQUIREMENTS

DOUBLE-MINI - The interior height of the hall in which Double Mini tramp competitions are to take place must be at least 20 feet.

All exceptions must be noted on the USTA Sanction Application and Meet Entry Form Recommended at Invitationals. Required at State, Nationals, and Team Trials.

Double-Mini - Regulation Size with side pads (*Recommended: 6mm bed or Euro-bed*). The profile of the frame must have rounded edges.

1. The mount side of the double-mini should be 17.3" from the floor plus or minus 3.9" which can be as high as 21.2" or as low as 13.4."

Safety padding - Padded Mats covering floor around Double-mini and Landing area

1. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double-mini trampoline sides to the front of the landing area.
2. Carpet bonded foam or equal thickness matting is required to cover the entire length of the double mini trampoline sides to the back of the landing area.
3. Side mats are required to be 6' wide.
4. One 5'x10'x8' mat is required on the floor beyond the back of the landing area.
5. The frame and springs must be entirely covered by shock absorbent padding. The padding must not cover any part of the bed.
6. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise during the course of the pass.
7. The bars beneath the bed must be padded. The frame ends on the dismount end must be covered with pads firmly joined together with the padding.

Bed

1. The penalty zone must be marked in red on the bed.

Landing Area

1. 6' x 12' x 12" or 6½' x 13' x 12" required; 8' x 16' x 12" or larger recommended; 10' x 20' 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*.

A shock absorbent mat must be used as a landing area and it must allow a stable landing on the feet. If two or more mats are joined together to form the landing area:

- a. Must be the same height and density.
 - b. Must be held firmly together so as not to separate in use.
2. A landing zone must be marked in the landing area with a contrasting color. **NOTE: The color of the landing zone must be yellow for State, Nationals, and Team Trials**
 3. Hurricane or padded ratchet straps must be used to secure the landing mat to the double-mini so as not to separate during use.

Run Up - Minimum 65 feet; Floor Mats must be used on the run-up. The Run-up Mat must be marked for length at State, National, and Team Trial Competitions - recommended for Invitationals.

DOUBLE-MIN EQUIPMENT - p2

6 & Under Athletes and Athletes with a physical handicap (who have submitted a letter of appeal to the USTA National Office and received approval) - May use one 1¼” 5'x10' or 6'x12' folded mat placed in laying flat in front of the double-mini mounting bed with the narrow end running long wise with the Run-up Mat without penalty.

All other athletes using a mat to mount the double-mini will receive a 0.5 pt deduction from each aesthetic judge. Only one folded 6'x 12'x 1¼" or 5'x10'x1¼” panel mat may be used for mounting the Double Mini trampoline.

If the mounting mat is used, but the athlete jumps over it, it is still a 0.5 pt. deduction. See diagram below for allowed placement. *Using the mat the other way at ANYTIME will result in termination.*

The Superior Judge will be responsible that when a run-up mat is used to mount the double-mini, it lays flat and is not pushed up under the double-mini onto the legs/mat so that it angles up.



THROW-IN MAT

1. **Required** at all competitions.

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.