



2011-2012 TeamGym Regulations

Apparatus Specifications

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Team Gym Apparatus Specifications – 2012

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
	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.				

Group Jump					
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'				
	* 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.				

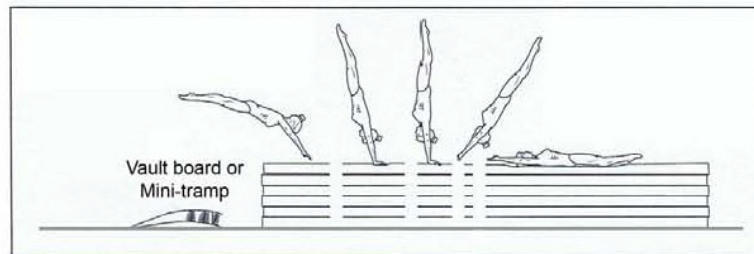
Vault apparatus	Levels 1-3	Level 4	Levels 5-6	Levels 7-8	Levels 9-10
Vault Heights: 105 cm (41") 110 cm (43") 115 cm (45") 120 cm (47") 125 cm (49") 130 cm (51") 135 cm (53") 140 cm (55") 145 cm (57") 150 cm (59") 155 cm (61") 160 cm (63") 165 cm (65")	Level 1 may use: • mat-shapes or Vault Training Devices that are between 14"-27", OR <14", OR, • Standard vaulting table Min. height = 38" (±1 inch)	• Standard vaulting table	• Standard vaulting table	• Standard vaulting table	EUG Vaulting Table specs <i>EUG = European Gymnastics Union</i>
	L1 & 2 ADSN athletes may use any of the above.	MAT STACK Description: • 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' x 10' • An unfolded panel mat may be placed on top mat stack/Resi-Pit if necessary.			
	Levels 2 & 3 vault from a standard board onto a MAT STACK				
Vault height	Levels 1-2	Levels 3-4	Levels 5-6	Levels 7-8	Levels 9-10
The entire squad MUST use same Vault height for all of their passes in a round.	• There is no required height for the Vault Table or trapezoid. This is @ coach's discretion.	• There is no required height for the Vault Table. This is @ coach's discretion.	VT height determines Diff. Start Value (SV). For Level 5 FHS: • SV = 2.0 @ 120 cm (47") • SV = 1.6 @ 115 cm (45") • SV = 1.2 @ 110 cm (43") • SV = 0.8 @ 105 cm (41") L6 SV is add'l -0.5 @ <120cm	• Min. 120cm if using a VT board. • Min. 135cm if using a MT. NOTE: Ded. for squad vaulting < 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 L-3 Men/Women/Mixed = 135cm
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 8' x 18' x 12cm Landing mat	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

Mini-tramp apparatus	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 obviously very 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.				

Mat Stack Description for Vault and Mini-tramp

For the 2012 TeamGym season, a Mat Stack configuration will be used for the evaluation of Vault and Mini-tramp skill elements. Diagrams and some descriptions used below are used with permission of the Women's Program. In 2012, the Mat Stack will be utilized at TG Levels 2 and 3.

Description of the Mat Stack



Mat stack – A minimum* 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 minimum of a 4-inch skill cushion.

1. All squads may elect to use any of the three choices of heights.
2. The mat stack may be placed on top of a solid foam pit
3. A tape line must be placed at 32" from the front edge of the landing surface (places so that the far edge of the tape is at 32". The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. When used for Vaulting, the jump on to feet or any vaults on to hands must be within this landing zone.
4. An additional mat (min. 4" thickness) must be placed on the floor behind the mat stack.
5. All mats used in forming the mat stack must be a min. of 5' wide and 10' long.
6. An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/rei pit if necessary to provide a more stable landing surface.
7. When using a vaulting board as the rebound device, it may be placed at any distance in front of the mat that is appropriate for the skill element that is being performed.
8. When using a mini-tramp as rebound device, it should be placed immediately at the front of the stack.

* **NOTE:** It is generally a good thing to encourage the squad to use a higher (than lower) mat stack, particularly if the squad members are taller and strong jumpers. Their performance will improve and the increased height prepares squad members to transfer their work to the vaulting table and/or improve the height amplitude of the mini-tramp jumps.

Be aware that the vaulting board should be placed at an optimal distance from the front edge of the Mat Stack at a distance that will encourage and facilitate the pre-flight of the skill element that is performed.