



3. Landing Area

3.1 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:

- They must be the same height and density.
- They must be held firmly together so as not to separate in use.

Dimensions of the landing area must be:

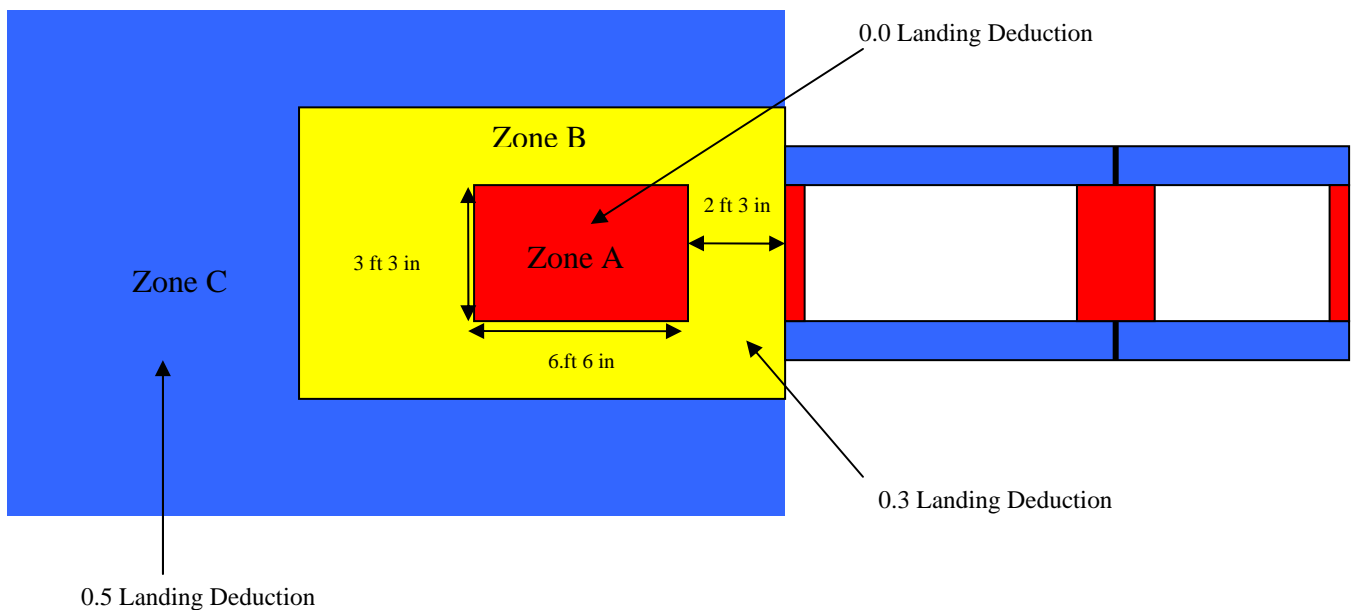
Length	6m minimum	
Width	3m minimum	
Thickness	30cm	+/-10mm

3.2 Landing Zone

A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone or lines marks the boundary of the landing zone, the dimensions of which must be:

Length	4000mm (13')	+/-5mm
Width	2000mm (6.5')	+/-5mm

**DOUBLE MINI LANDING ZONE AND LANDING DEDUCTIONS**



4. Run Up

4.1 Floor mats must be used on the run-up and must be:

Minimum length	20m (66')	N/A
Thickness	25mm (1")	+/-5mm