

## TRAMPOLINE EQUIPMENT SPECIFICATIONS

1. Levels 1-4
  - 1.1. A 6' x 12' trampoline with a 1"-2" string bed is permitted. It must have proper frame pads and safety platforms (end decks).
  
2. Levels 5-10
  - 2.1 Frame
    - 2.1.1 Interior measurements of the frame, with bed under tension, but without frame pads:
 

Length	5050mm	+/-60mm
Width	2910mm	+/-50mm
Height of bed from floor	1155mm	+/-05mm

An in-ground trampoline may be used provided the trampoline meets all of the requirements in equipment specification 2.1.1. For safety reasons the frame must have rounded edges.
    - 2.2 Trampoline Bed
      - 2.2.1 Dimensions of the bed under tension, ready for use:
 

Length	4280mm	+/-60mm
Width	2140mm	+/-50mm
      - 2.2.2 The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.
 

Web construction:

Width of web under tension	5.5mm	+/-1.5mm
Distance between any two webs	16mm (maximum)	

String construction:

Width of strings under tension	3mm	+/-1mm
Distance between any two strings no greater than	10mm	
      - 2.2.3 The bed must be strong enough to withstand wear and not tear when in use.
      - 2.2.4 The jumping zone must be marked out clearly in red on the middle of the trampoline bed.
 

Length	2150mm	+/-40mm
Width	1080mm	+/-40mm
      - 2.2.5 The center of the bed is indicated by a red cross.
 

Dimensions	700mm	+/-30mm
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  3. Suspension all Levels
    - 3.1 The bed must be suspended with springs in such a way as to present no danger to users.
    - 3.2 The tension of the bed should be such that the bed stabilizes within one second after contact.
    - 3.3 The area beneath the bed must be free of obstruction.
      - 3.3.1 The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

## 4. Safety Padding

- 4.1 The frame and springs must be entirely covered by a shock absorbent padding. The maximum thickness must not be greater than 55mm. The padding must not cover any part of the bed.
- 4.2 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 a routine.
- 4.3 The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 50mm.

## 5. Safety Platform (End Decks)

- 5.1 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, firmly fixed to the platforms.

- 5.2 Safety Platform (end decks) mats must have the following dimensions:

Length	3025mm (10')	+/-25mm
Width	2025mm (6.5')	+/-25mm
Thickness at the bedside	75mm (3")	+/-05mm
Thickness at the end	210mm (8")	+/-10mm

- 5.3 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.
- 5.4 The mats covering the platforms must extend to the edge of the bed (covering the spring).
- 5.5 The base of any wheel stands must also be covered with padding.

## 6. Spotter Mats (Throw-in Mats)

- Spotter mats must be constructed of medium density foam and covered with a material that will slide easily.
- The mats must be provided with two handles on one side of the mat.

Length	1700mm (6')	+/-300mm
Width	1000mm (3.25')	+/-100mm
Thickness	100mm(4")	+/-30mm

It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline.

## 7. Safety Mats on the Ground

## 7.1 Junior and Senior Elite:

- 7.1.1 Mats shall rest on the ground around and between the trampolines for safety reasons. (measurements: height: 20 cm, width: 200 cm, tolerance: +/- 1 cm). They have to satisfy the specifications of MAG11/WAG11/TRA11.
- 7.1.2 One additional mat (5'x10'x8") is required beyond the mat on the floor at the end of each safety platform (end deck).
- 7.1.3 Mats should be attached to each other and tethered to the end deck frame.

## 7.2 Levels 1-10:

- 7.2.1 Carpet-bonded foam or equal thickness matting at least 6' wide is required to cover the entire length of the trampoline sides to the back of each end deck.
- 7.2.2 One additional mat (5'x10'x8") is required beyond the mat on the floor at the end of each safety platform (end deck).
- 7.2.3 Mats should be attached to each other and tethered to the end deck frame.

## 8. Synchronized Trampoline Competition

- 8.1 During synchronized competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frames, must be two meters (6.5')