

## TUMBLING EQUIPMENT SPECIFICATIONS

### 1. Tumbling Track

- 1.1 Levels 1 – 5: Minimum of a single layer mat, 60' long, 6' wide and 1" thick
- 1.2 Levels 6 – 7 Minimum of spring/foam block floor with a single or double layer of mats, 72' long, 6' wide, 1"-2" thick
- 1.3 Levels 8 – 9 Minimum of spring/foam block floor with single or double layer of mats, 84' long, 6' wide, 1"-2" thick.
- 1.4 Level 10
  - 1.4.1 The tumbling track must be constructed with a sprung surface, which must be padded. If constructed of several units, the units must be firmly fixed together so they will not separate during use. They must not show any space between them.
  - 1.4.2 Dimensions:

Length	26m (85')	+/-1.0m
Width	1.5m (5')	+/-0.1m

### 2. Markings

- 2.1 The outer edge of a line, 50mm (2") wide in a contrasting color, marks the boundary of the track.
- 2.2 A centerline, 50mm (2") wide in a contrasting color, must mark the centerline on the tumbling track.

### 3. Springboard

- 3.1 There are no restrictions on the type or location of the springboard.

### 4. Landing Area

- 4.1 A shock absorbent surface must be used as the landing area to allow for a stable landing on the feet. If two or more mats are joined together to form the landing area:
  - They must have the same height and density.
  - They must be held firmly together so as not to separate in use.
  - On top of the landing mat, an additional landing mat may be used by the competitor. (sting mat)
- 4.2 Dimensions of the landing area must be:

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

### 5. Landing Zone

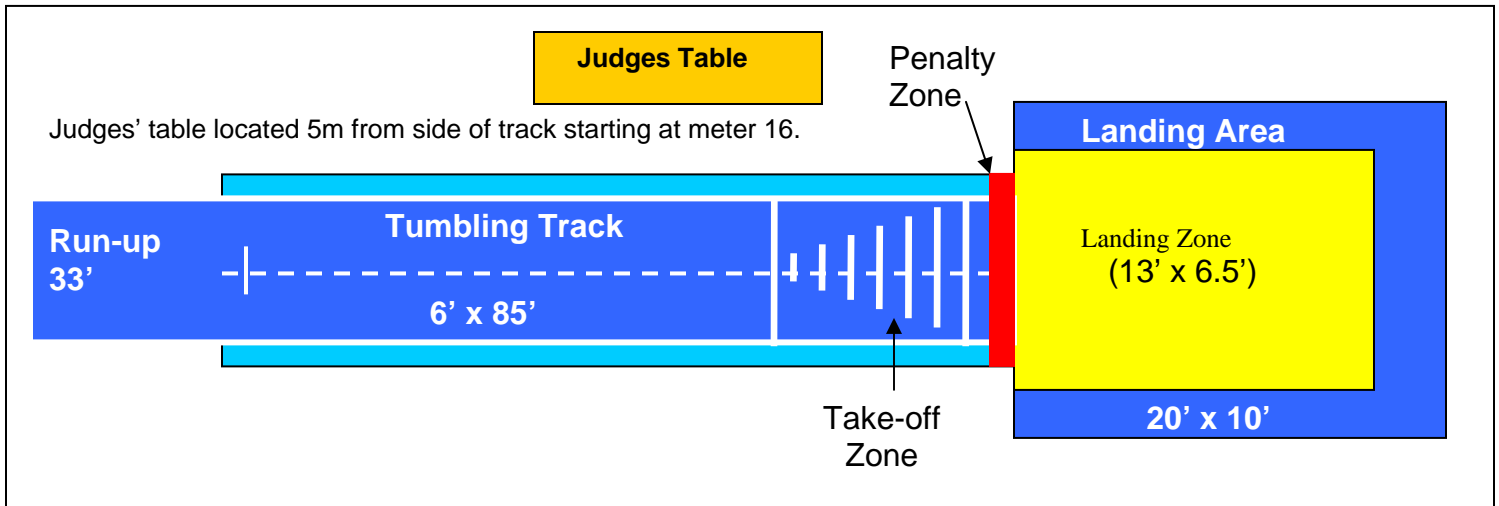
- 5.1 A landing zone must be marked out in the landing area with either the whole zone in a contrasting color or with lines 50mm (2") wide in a contrasting color. The outer edge of the landing zone (or lines) marks the boundary of the landing zone.
- 5.2 Dimensions of the landing zone must be:

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

6. There must be a run-up of 10m (33') prior to the tumbling track. It must be the same level as the tumbling track. Competitors must start their run no further than the designated 33' run-up.

### 7. Measurements of the take-off zone for tumbling levels 7-10.

- 7.1 The lines of the zone can be Velcro, tape or paint. Lines must be at least one inch (1") in width: White for the take-off zone and red for the penalty zone. The penalty zone must be solid red or striped in red.
- 7.2 Penalty Zone: One foot (1')
- 7.3 Take-off Zone: Eight feet (8') with seven lines spaced evenly one foot (1') apart within the take off zone. The white line on the 9' mark should be the width of the rod floor.



### 8. Safety Mats

- 8.1 Level 10: Carpet bonded foam or equal thickness matting is required to cover the entire length of the tumbling floor to the front of the landing area.
- 8.2 Side mats are required to be 6' wide.
- 8.3 One 5'x10'x8" mat is required on the floor beyond the back of the landing area. This mat should be "tethered/Velcro adhered" to the landing area.

### 9. Sting Mat

- 9.1 On top of the landing area the competitor may use an additional mat of 10 cm . The size of the additional mat must be 4m x 2m at 10cm (size equal to the landing zone.) Competitors assume the risk of using this additional mat and will not be granted a second attempt if the mat causes a fall.

Length	4m	
Width	2m	
Thickness	10cm	+/-5mm