EQUIPMENT SPECIFICATIONS

USA Gymnastics Trampoline

TRAMPOLINE
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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 +/- 5mm
      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

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')