



TG Equipment Norms for Gymnastics BC Sanctioned Events

NOTE: For full and specific details, refer to the most current version of the FIG Equipment Norms
http://www.fig-gymnastics.com/publicdir/rules/files/app-norms/Apparatus%20Norms%20I-III%20E-%20Version%202017-e_.pdf

Minimum Requirements for the Competition Hall

	Domestic	National Event (20,000sq ft)
Minimum Height of the Hall:	8 m (26' or higher)	10m (32" or higher)
Minimum Length of the Hall:	45 m (145' or longer)	60m (200' or longer)
Minimum Width of the Hall:	34 m (110' or wider)	30m (100' or longer)

Seating for spectators must be far enough away so that it does not interfere with the competition.

TRAMPOLINE

1. Trampoline Beds

All trampolines, beds, springs and end decks must meet the current FIG specifications and GCG safety requirements. Two rectangular areas must be clearly marked on the trampoline bed in red lines as per the FIG Code of Points. Each area must be symmetrically oriented to the middle of the bed.

2. Area Free of Obstructions

The area beneath the trampoline bed must be free from any obstructions, so that the competitor will not touch any part of the frame beneath the bed.

3. Safety Padding

The frame and springs must be entirely covered by a shock absorbing padding. The padding must not touch any part of the bed. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs.

4. Safety Platforms

Safety platforms must be placed at both ends of the trampoline. The platform must be made of a framework which is firmly attached to the trampoline. The platforms must be constructed so that it is shock absorbent and the surface must be covered with a shock absorbing mat, firmly fixed to the platforms. The platforms dimensions must be such, that the mats are sufficiently supported to ensure, that on landing, it supports the weight of the competitor. The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs.

5. Safety Mats

Safety mats must be placed on the ground around and between the trampolines. All mats shall be of the same height and type. Minimum height specification: 20cm

6. Synchronized Trampoline

During Synchronized competition the trampolines must be parallel and not staggered. The distance between them must be 2 m (6'6").

7. Judges

Judges must sit on a platform placed 5 to 7 metres from Trampoline #1. Platform must be raised by a minimum of one (1) meter and a maximum of two (2) meters. If the trampolines are positioned end to end, each trampoline must have its own Judging Platform.

8. Time of Flight – Individual and Synchronized Competition
The device must be able to measure a sum of the flight times for the skills in individual competitors as well as deductions due to asynchronous landing in synchronized trampoline.
9. Horizontal Displacement (electronic) – Individual Trampoline and Synchronized Trampoline
The device must be able to determine the place of landing on the gymnast(s) to the trampoline bed. The device has to evaluate the place of landing in individual and synchronized competitions in scores depending on the zone of landing at the trampoline's bed according to the TR Code of Points.
10. Space required for two full competitive trampolines (positioned for Synchro)
- | | |
|-----------------|---|
| Minimum Length | 13.5 m (44' includes mats at the ends of the End Decks) |
| Minimum Width | 17.5 m (56' includes the Judges Platform) |
| Judges Platform | L 10 m x W 2.5 m x H 1 m (32' x 8' x 39") |
11. Space required for two full competitive trampolines (positioned end to end)
- | | |
|----------------|--|
| Minimum Length | 31 m (100' included mats at the ends of each deck) |
| Minimum Width | 12 m (39' includes the Judges Platform) |

DOUBLE MINI TRAMPOLINE

1. All Double Mini trampolines must meet the current FIG specifications and GCG safety requirements.
2. Frame
For safety reasons, no metal bars or other firm fixings are allowed across the ends of the Double mini other than at the floor level.
3. Safety Padding
The frame and springs must be entirely covered by a shock absorbing padding. The padding must not cover any part of the bed.

The padding should be firmly fixed to the frame without hindering the normal action of bed and springs. The bars beneath the bed must be padded.
4. Bed
The bed must be constructed from lightcoloured bands, webs, strings etc which must be held together in such a way that they are not displaced during use.
The height of the bed, measured from the floor with bed under tension:

Mounting End	45cm +/- 1.5cm
Dismounting End	70 cm +/- 1.5 cm
5. Landing Area
The landing area must be covered with a landing mat which is shock absorbent and which allows a stable landing on the feet. Additional safety masts must be placed directly behind the landing area.
Minimum Requirements: 3m x 2m x 20cm

Minimum Requirements for the Landing Area

- Minimum Length 6 m – 7.5 m (20' – 24')
- Minimum Width 3 m (10')
- Minimum Thickness 30 cm (10")

6. Landing Zone

Two landing zones must be clearly marked in the landing area, with either the whole zone in a contrasting colour or, with lines 50cm wide in a contrasting colour. If lines are used, they have to belong to their zones.

7. Run Up

A one-piece gym mat (roll mat) must be used for the Run-up

Minimum Length	20m	(65')
Minimum Width	1m	
Minimum Thickness	25mm	(1")

8. Safety Mats

Mats must be placed on the floor on both sides of the Double Mini.

Minimum Height	20cm
Minimum Width	2m

9. Judges

Judges must sit on a platform placed 5 to 7 metres from the side of the Double Mini. The raised platform must be to the height of 50cm (20").

10. Space required for one full competitive double mini

Minimum Length	29m – 30.5m	(93' – 99')
Minimum Width	10.5m	(34' includes the Judges tables)

TUMBLING

1. The tumbling track must meet all FIG specifications and GCG safety requirements.

2. Tumbling Track

The tumbling track must be constructed with a sprung surface, which must be padded. Individual sections must be firmly fixed together so as not to separate while in use. A minimum of 4" of padding must cover the full length of the track. A springboard (beat board) may be used but must adhere to FIG norms.

3. Markings

Two lines, (50mm wide) in a contrasting colour must mark the outer edge (boundary) of the track. A centre line (5cm wide) in a contrasting colour must mark the centre line of the tumbling track.

4. Landing Area

The landing area must be covered with a landing mat which is shock absorbent and which allows a stable landing on the feet. The height of the landing mat must be equal to the height of the tumbling track.

Minimum Requirements for the Landing Area

Minimum Length	6 m – 7.5 m	(20' – 24')
Minimum Width	3 m	(10')
Minimum Thickness	30 cm	(10")

Additional safety mats must be placed directly behind the landing area.

5. Landing Zone

A landing zone must be marked out in the landing area, with either the whole zone in a contrasting colour or, with lines 50mm wide in a contrasting colour. The outer edge of the landing zone marks the boundary of the landing zone.

A non-compulsory supplementary mat in the same dimensions as the landing zone can be used. In this case the supplementary mat must be attachable to the landing mat (ie using Velcro). The colour of the supplementary mat must be in contrasting to the landing mat and the tumbling track or with lines according to the requirements.

6. Run Up

A level Run-up must be provided. A strung or stable surface may be used for the run-up area. A similar non-strung surface at the start of the run-up is recommended. The run-up area must be covered with the same matting as the tumbling track.

Length	11m
Minimal Width	1m

7. There must be a hard and soft vaulting board available which meets the specifications.

8. Judges

Judges must sit on a platform placed 5 to 7 metres from the side of the Double Mini. The raised platform must be to the height of 50cm (20”).

ADDITIONAL INFORMATION

Landing Mats – Double Mini, Tumbling

Safety Mats – Trampoline, Double Mini

1. Form

The surface must be horizontal, even and without gaps. To arrange the whole area several mats can be composed.

2. Measurements

Height safety mat (TR, DMT)	20cm
Height landing mat (DMT, TU)	30 cm

3. Colour

Preference should be given to uniform colours

The upper surface must not show optically disturbing patterns or insignia

The FIG may designate the colour for certain events.

Spotter Mats - Trampoline, Double Mini

1. Form

Spotter mats must be covered with a material which will slide easily.

The mats must be provided with a least two handles or one long handle on the two long sides of the mat.

2. Measurements

Length	2m
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Width	1.5m
Thickness	15cm

3. Colour

Preference should be given to uniform colours

The upper surface must not show optically disturbing patterns or insignia.

The FIG may designate the colour at certain events.

Supplementary Mat – Tumbling

1. Use

A supplementary mat must be available for the landing area in tumbling. The usage is not compulsory

2. Form

The upper surface must be horizontal, even and without gaps. It must have the size of the landing zone.
The supplementary mat can be laid on the landing mats. If used it must be attachable to the landing mat (ie using Velcro).

3. Measurements

Height	10cm
Surface	4m x 2m

4. Colour

The colour of the supplementary mat must be in contrast to the landing mat and the tumbling track or with lines according to the description of the landing zone.

The upper surface must not show optically disturbing patterns or insignia.

The FIG may designate the colour at certain events.