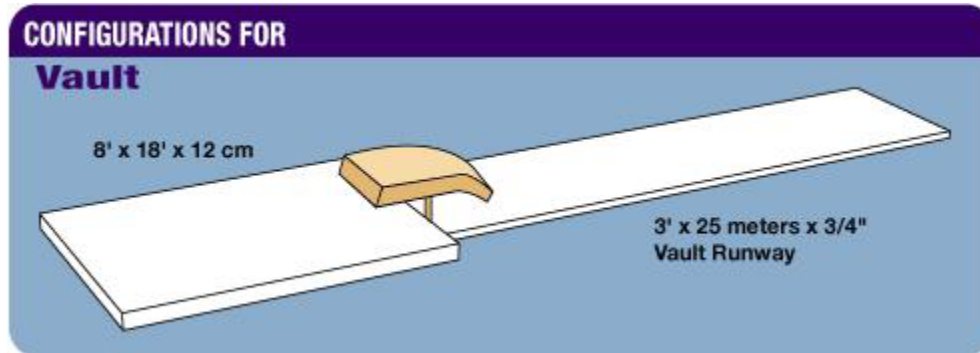


## USA Gymnastic Woman's Junior Olympic Landing Mat Configurations

### Vault



These suggested landing mat configurations meet or exceed the USA Gymnastic Woman's Junior Olympic (J.O.) Competition requirements through level 10 as per the 2003/2004 Rules and Policies. Consult rules and policies for further delineation of requirements for specific age groups or ability levels. It is strongly recommended that all landing mats which join together have Velcro® connections.

> One - 8' x 18' x 12 cm (min.)

> One - 3' x 25 meters x 3/4" (see a, b, & c)

a. A 76' minimum, 82' maximum runway is allowed for Levels 8, 9 and 10.

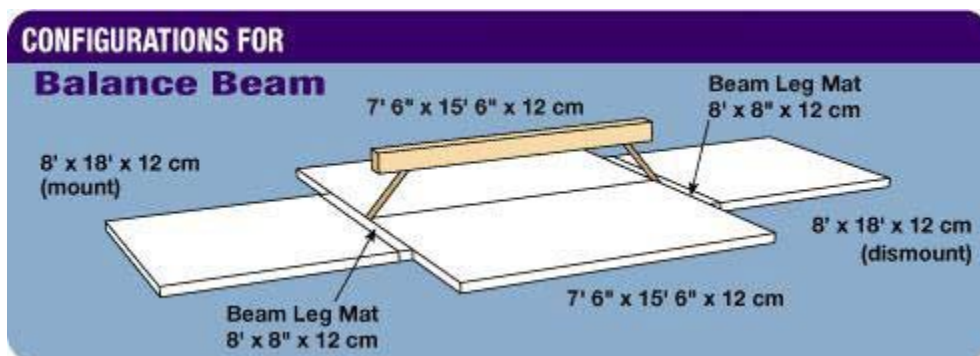
b. A 70' minimum, 80' maximum runway is allowed for Level 7.

c. A 60' minimum runway is allowed for Levels 1- 6.

\* Level 8 and above competitions MUST provide a minimum of one manufactured Round-off entry mat.

\* A Vaulting Board Safety Zone Mat is required for all Round-off entry vaults executed at the Elite, Pre-Elite and Jr. Olympic Levels 8, 9 and 10.

### Balance Beam



These suggested landing mat configurations meet or exceed the USA Gymnastic Woman's Junior Olympic (J.O.) Competition requirements through level 10 as per the 2003/2004 Rules and Policies. Consult rules and policies for further delineation of requirements for specific age groups or ability levels. It is strongly recommended that all landing mats which join together have Velcro® connections.

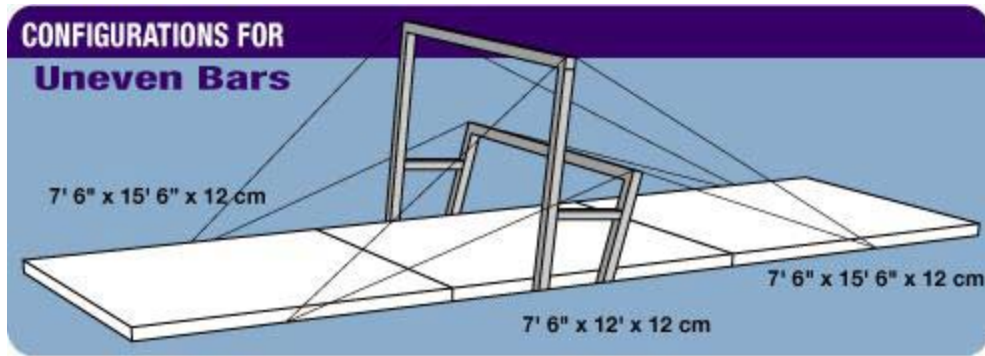
> One - 8' x 18' x 12 cm (min.)

> One - 8' x 18' x 12 cm (min.)

> Two - 7' 6" x 15' 6" x 12 cm (min.)

> Two - 8' x 8' x 12 cm (min.)

## Uneven Bars



These suggested landing mat configurations meet or exceed the USA Gymnastic Womans's Junior Olympic (J.O.) Competition requirements through level 10 as per the 2003/2004 Rules and Policies. Consult rules and policies for further delineation of requirements for specific age groups or ability levels. It is strongly recommended that all landing mats which join together have Velcro® connections.

One - 7' 6" x 12' x 12 cm (min.)

Two - 7' 6" x 15' 6" x 12 cm (min.)

If for specific skill levels:

- a. a minimum of 6' by 15' for Levels 1-4.
- b. a minimum of 6' by 24' for Levels 5 & 6.
- c. a minimum of 6' by 36' for Levels 7 & 8.
- d. a minimum of 7½' by 36' for Levels 9 & 10.