

THSGCA-Men's Competition Rules
Recommended Mat and Equipment Specifications for Men
2012-16

All equipment and mat specifications for use in THSGCA Men's competitions will use the Federation International Gymnastics (FIG) recommendations unless otherwise stated in this document. The FIG apparatus and matting standards can be found at: www.fig-gymnastics.com.

I. Floor Exercise

Equipment Specifications: FIG – 12m x 12m (40' x 40' is acceptable) with a 5cm delimitation marking used to mark the 40' x 40' area. **1 1/2" foam on 4" spring deck**
The entire delimitation mark is considered inbounds.

Matting Specifications: Same as FIG

THSGCA variants to FIG: A landing mat of up to 10cm (4") may be used for landings of any value. **The mat must be left in place throughout the routine.**

II. Pommel Horse

Equipment Specifications: Maximum height FIG – 115cm (45 1/4") as measured from the floor to the top of the Horse body **or 105cm from top of mat.**

THSGCA variants to FIG: The Horse can be set at any height up to 115cm.

Matting Specifications: FIG – 400cm x 400cm (13' x 13'). The thickness of the mat should be 10cm (4").

THSGCA variants to FIG: A 12' x 12' mat area is acceptable.
A panel mat may be used to mount the pommel horse.

III. Rings

Equipment Specifications: Same as FIG – **Maximum** height – 280cm (110 1/4") as measured from the floor to the inside bottom of the Ring **or 260cm from top of mat.**

THSGCA variants to FIG: The height of the Rings can be raised to accommodate taller athletes provided the host school or District/Regional/State meet director is notified in advance.

It is the responsibility of the visiting coach to determine if ceiling mounted rings provided are acceptable for their gymnast's use. If a ring tower will not be available for competition, the visiting coach must be notified in the pre-meet information packet.

Matting Specifications: FIG – 200cm x 500cm (6.5' x 16 1/2')

THSGCA variants to FIG: A 6' x 15.5' mat area is acceptable.
The minimum thickness of the matting must be 20cm (8"). Additional matting up to 30cm (12") can be added.

IV. Vault

Equipment Specifications: FIG – **Maximum** height set at 135cm (53”) as measured from the floor to the top middle of the vault table

Matting Specifications: FIG – 250cm x 600cm (8’ x 19 ½’)

Landing Zone: FIG - 95cm x 500cm x 150cm. (37”x 16.5’x 59”) The line must be 5cm wide and is considered in bounds.

THSGCA variants to FIG: A 7 ½’ x 15 ½’ mat area is acceptable.

The minimum thickness of the matting must be 20cm (8”). Additional matting up to 30cm (12”) can be added.

The vault may be set at any height.

V. Parallel Bars

Equipment Specifications: FIG – **Maximum** height set at 200cm (78 ¾”) as measured from the floor to the top of the rail or **180 cm from top of mat.**

THSGCA variants to FIG: The Parallel Bars can be set at any height.

Matting Specifications: FIG – 450cm x 500cm (14.76’ x 16.5’)

THSGCA variants to FIG: A 14’ x 16’ matting area is acceptable.

The minimum thickness of the matting must be 10cm (4”). The minimum thickness of the landing area must be 20cm (8”). Additional matting up to 20cm (8”) can be added to the landing area.

The matting can not be removed from the center of the bars or the ends of the bars.

A panel mat can be used to mount the parallel bars, however, a board can not be placed on top of a panel mat.

V. Horizontal Bar

Equipment Specifications: FIG – **Maximum** Height set at 280cm (110 1/4”) as measured from the floor to the top of the bar or **260 cm from top of mat.**

THSGCA variants to FIG: The height of the Horizontal Bar can be raised to accommodate taller athletes provided the host school or District/Regional/State meet director is notified in advance.

Matting Specifications: FIG – 300cm x 1200cm (9.84’ x 39.37’)

THSGCA variants to FIG: A 7.5’ x 30’ matting area is acceptable.

The minimum thickness of the matting must be 20cm (8”). Additional matting up to 30cm (12”) can be added to the landing area.