



WOMEN'S ARTISTIC GYMNASTICS

EQUIPMENT SPECIFICATIONS AND MEASUREMENTS PROCEDURES PLACEMENT OF THE JUDGES TABLES JULY 2013 EDITION

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This document provides information on the equipment specifications and the measurements procedures only. Refer to the Canadian Supplement to the FIG Code of Points for the rules concerning the use of the equipment and related deductions.

Before each competition session, the D1 judge must ensure that the equipment meets the specifications on her apparatus.

The FIG has stated that 5 cm mats are no longer allowed for international competitions.

Some diagrams included in the present document come from FIG and from GYMNOVA Canada.

VAULT

Vault Table: The vaulting table must be positioned on a rigid board which has the same height as the runway. The apparatus height must correspond to the top level of the run up area.

Height 125 cm to the rigid board (± 1 cm)

Runway: 25 metres (± 10 cm)
The run up area is composed of a run up mat and a rigid board underneath the vaulting board. **The start of the run up shall be marked for training and competition.** The length (25 m) is measured from the vertical projection of the beginning of the vaulting table.

Landing mats: 600 cm x 250 cm x 20 cm (± 1 cm)

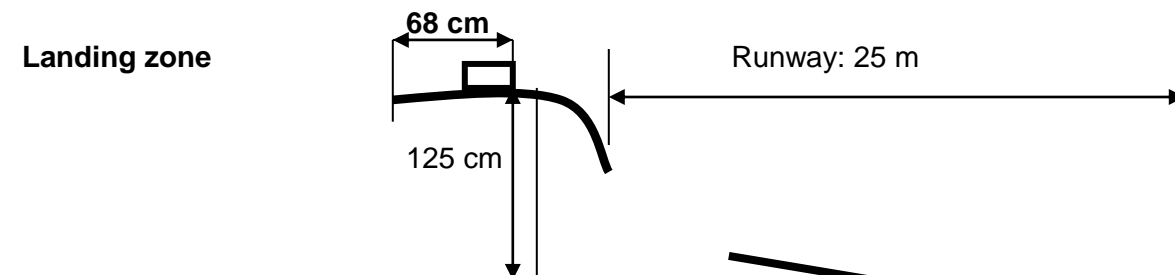
Supplementary mat: 600 cm x 200 cm x 10 cm (± 1 cm)
The supplementary mat must be attached to the landing mat. Its use is mandatory for all national and international meets in Canada. An additional 5 cm mat may be used on top of the mandatory 10 cm supplementary mat.

Boards (FIG): 2 boards available: Hard and Soft

Training pit: If possible, GYMNOVA Canada will provide one training pit per table. The pit will be available for training only. It will not be available during the competition warm up.

Measuring the height of the table

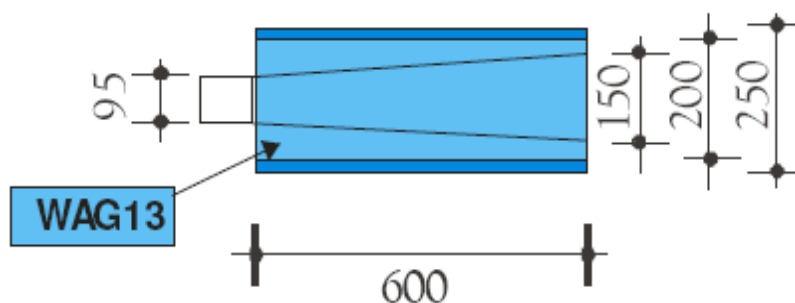
From the landing end of the table, measure 68 cm and draw a line on top of the table towards the side of the table. Place a wooden board across the table, lining it up with the line drawn on the vault and measure from bottom of board overhanging on the side of the table to the rigid board (125 cm).



Direction lines:

- Width of the landing corridor at the table side 95 cm
- Width of the landing corridor at the end of the 600 cm landing mat 150 cm
- A center line (5 cm) will be placed on the landing mat in the center of the corridor.

When the authorized landing zone is marked out by stripes, the stripes are 5 cm \pm 0.5 cm. The marking strip is part of the authorized landing zone.



Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the edge of the mat. Judges may be seated on the same side of the vault table.

UNEVEN BARS

High bar: 250 cm to the floor (± 3 cm in Canada; ± 1 cm FIG)

Low bar: 170 cm to the floor (± 3 cm in Canada; ± 1 cm FIG)

Height is measured from the upper edge of the rail while diagonal is at 180 cm. Measure the rails from “wood to floor” for height.

Raising the bars: Tall gymnasts who touch the mat with their feet are allowed to raise both rails by 10 cm.

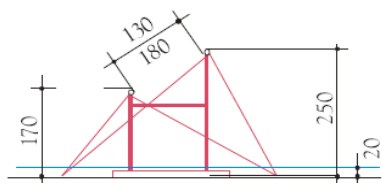
Reference marks to identify the chain links will be used once the UB are set at FIG. The reference marks may not be removed. If links must be added to raise the UB, coaches will be required to set the chains back to the original setting (links identified by the reference marks) once their gymnast has completed her warm up or competition.

Diagonal: 130 cm to 180 cm (± 1 cm FIG)

For the Open Category only: no maximum width – within the equipment manufacturer’s safety limit.

Bars will be set at FIG (180 cm) at the beginning of the competition.

Measure the rails from the inside of both rails, in diagonal, from “wood to “wood”. For more accuracy, measurements should be taken where the wooden part of the rail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails.



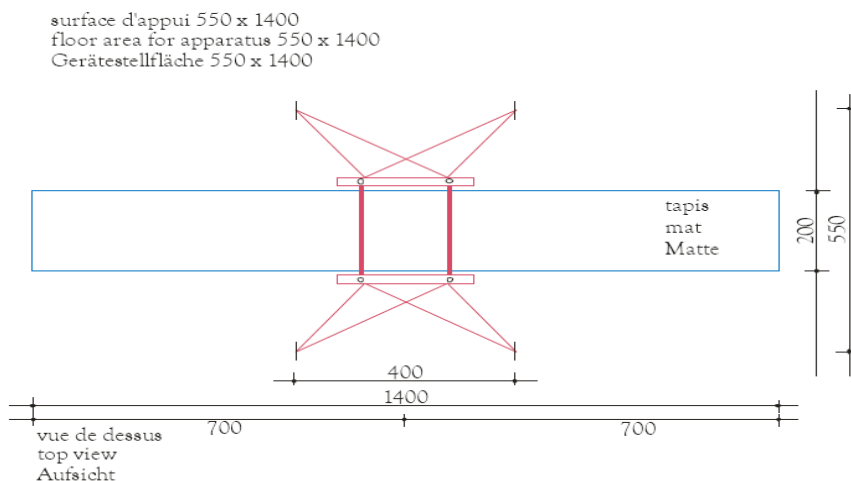
Landing mats: 1400 cm x 200 cm x 20 cm (± 1 cm)

Mats are **centered** under the **middle** of the bars

A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the FIG deduction – Apparatus Irregularities, 0.5 P. – will be applied..

Supplementary mat: 400 cm x 200 cm x 10 cm (± 1 cm). Its use is mandatory

Board: 1 Soft board available



Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the metal frame of the bars. Judges must be seated on both sides of the bars. The judges seated opposite to the D1 judge should be seated at separate desks or tables.

BALANCE BEAM

Height: 125 cm to the floor (± 1 cm)
 For more accuracy, measure each side of the beam.
 If there is a need to measure the height of the beam to the top of the mats (125 cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the measurement for height of the beam may not be accurate.

Landing mats: 20 cm (± 1 cm)

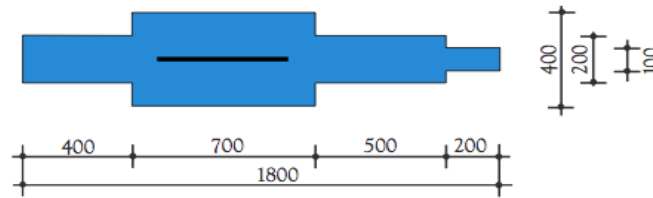
Supplementary mat: 400 cm x 200 cm x 10 cm (± 1 cm). Its use is mandatory.
 Supplementary mats are only available on one side of the beam only.
 All gymnasts are expected to dismount on the same end of the beam.

Mount and dismount: 400 cm at one end of the beam (dismount end)
 500 cm at the other end (mount run up area)
 An extension mat 200 cm x 100 cm x 20 cm may be placed on the side of the 500 cm mat. The extension mat may also be same width as the landing mat.

A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the FIG deduction – Apparatus Irregularities, 0.5 P. – will be applied.

Side (in Canada): 100 cm (width) x 200 cm (length) available on one side of the beam

WAG 2
poutre
beam
Balken



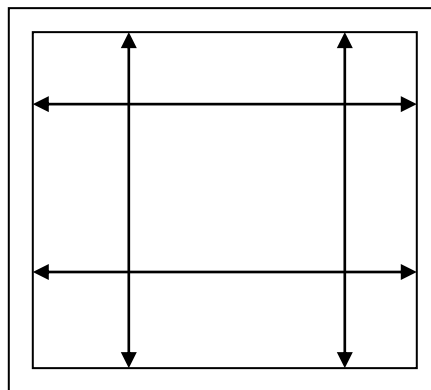
Board: 1 Soft board available

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the mat. Judges must be seated on both sides of the beam. The judges seated opposite to the D1 judge should be seated at separate desks or tables.

FLOOR EXERCISE

The white line must be inbound. Measure 4 sides for more accuracy.
12 m x 12m including inbound lines on all sides.
The entire floor (including borders) measures 14m x 14m.

On a Gymnova floor, the red border is considered out of bound.



Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the floor exercise mat. Judges must be seated along two perpendicular sides of the mat. The judges not seated with the D1 judge should be seated at separate desks or tables.

EQUIPMENT USED FOR COMPETITIONS IN CANADA

A) HEIGHT OF THE VAULT TABLE AND THE BALANCE BEAM

Program	Category	Vault	Balance Beam
FIG	(Given as reference)	125 cm	125 cm
National	Senior / Junior / Open	125 cm	125 cm
	Novice	125 cm	
	Pre-Novice (aspire and elite)	115 cm or 125 cm	115 or 125 cm
Provincial	P2 – P5: Novice / Open	125 cm	125 cm
	P2 – P4: Argo	105 cm, 115 cm or 125 cm	110 cm or 125 cm
	P2 – P5: Tyro	115 cm or 125 cm	110 cm or 125 cm
	P1: Novice / Open	Vault table at 125 cm Stack of mats: 125 cm (± 5 cm)	125 cm
	P1: Argo / Tyro	Vault table at 105 cm (± 5 cm); Stack of mats: same height as the table	110 cm or 125 cm

B) SUPPLEMENTARY MATS

The WAG Program Committee has determined that the following mats must be available for national level competitions:

- Two 10 cm supplementary mats will be available on V, UB, BB
- One 5 cm supplementary mat will be available on V
- Two 10 cm and one 5 cm supplementary mats will be available on FX
- One 20 cm safety mat will be available on V, UB and BB.

For the Novices and Open, two 20 cm safety mats will be available on UB.

C) BOARDS AND SPRING CONFIGURATION

Adjustable boards are no longer allowed by the FIG.

GYMNOVA Canada carries two boards, hard and soft. The boards are not adjustable. **There will be a \$300 penalty (per session) if a coach modifies spring configuration.**

The FIG rule will be modified to the following at GCG events.

- Vault: FIG: 2 boards – Hard and Soft
Novice, Junior, Senior and Open – up to 4 boards will be available (Valid in Canada only). Boards will be identified (competition or training gyms, and apparatus) so the same boards are available on the same apparatus for the entire duration of the competition.
- Uneven Bars: 1 board – Soft
- Beam: 1 board – Soft

Each PTO is responsible for determining what boards and spring configurations are used at competitions under their jurisdiction

D) PLACEMENT OF THE BOARD ON UB AND BB (NOT APPLICABLE FOR CPP)

On UB and BB, the board must be placed on the 10 cm supplementary mat if the mount and dismount are performed on the same side.

On UB, placement of the board on the 20 cm safety mat is not authorized, even if a D+ release element (C for Novice) is performed at the beginning of the routine.

Novice and Open: if the gymnast mounts and dismounts on the same side and uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted.

FIG AND NATIONAL PROGRAMS

Program	Vault	Bars	Beam	Floor
FIG	<ul style="list-style-type: none"> V, UB, BB: 10 cm supplementary mat mandatory for landing Boards: V: 2 boards available – Hard and Soft UB, BB: 1 board available – Soft 			<ul style="list-style-type: none"> No supplementary mats allowed
HP Senior HP Junior	<ul style="list-style-type: none"> V, UB, BB: 10 cm supplementary mat mandatory for landing (V and dismount on UB and BB) and permitted under the rails for min B release elements. The mat must be placed before the mount occurs. On UB (valid in Canada only), the 10 cm supplementary mat used for min B release elements may remain under the rails during the entire routine provided that the routine includes at least one of the required elements. The coach may stand on the 10 cm supplementary mat during the routine for safety reasons (as per FIG rules) or to spot D+ release elements. No safety mat (crash mat) allowed except on bars where a 20 cm mat is allowed for D+ release elements other than dismount. The mat must be slid in according to the rules (2 moves preceding and following the element) but may not be in place for the dismount. If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. The Gymnova 10 cm mat has handles which makes it easier to slide in and out. For a D+ release element, the athlete can either have a mat slid in or a coach in a position to spot, but not both. UB - When a 20 cm safety mat must be slid in, the 10 cm supplementary mat may be left slightly to the side at the beginning of the routine so that tall gymnasts do not brush / hit the safety mat. As soon as the 20 cm safety mat is removed, the coach must adjust placement of the 10 cm supplementary mat so that it is in the correct position for the dismount. On V, (valid in Canada only), an additional 5 cm mats may be used on top of the mandatory 10 cm supplementary mat (total of 15 cm). 			<ul style="list-style-type: none"> 1 x 5 cm and 2 x 10 cm mat will be provided. Maximum total height allowed is 10 cm. Supplementary mats must be placed at the beginning of the exercise; they may be removed immediately after the acro line is completed, moved to another location or left in place. The intent is to have the least possible movement of mats and coaches on and around the floor during the routine.
HP/Nat Novice National Open ONLY	<ul style="list-style-type: none"> V, UB, BB: the athlete is allowed for landing of the vault / dismount: <ul style="list-style-type: none"> Up to 20 cm supplementary mats, including 20 cm safety mat (crash mat). On UB, up to 20 cm supplementary mat or a 20 cm safety mat may be used under the rails during the entire routine. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails. On UB, for D+ release elements (C for Novice), if a 20 cm safety mat is slid in, it must follow the rules stated above in the Junior / Senior section. 			<ul style="list-style-type: none"> Same as Senior and Junior
Pre- Novice Aspire, Elite	<ul style="list-style-type: none"> Height of mats vary according to height of vault table 	<ul style="list-style-type: none"> Mandatory: min 10 cm under LB and 20 cm safety mat for the dismount. However, up to 30 cm additional matting is allowed (under LB or for dismount) LB may be covered with a 5 cm mat. 	<ul style="list-style-type: none"> 5 or 10 cm mat allowed for dismount 	<ul style="list-style-type: none"> Same as Senior and Junior

CANADIAN PROVINCIAL PROGRAM (CPP)

Provincial	Vault	Bars (dismount)	Beam (dismount)	Floor
Provincial 1	<ul style="list-style-type: none"> Vault table and stack of mats; A 10 cm supplementary mat covering part of the vault table and stack of mats may be used to prevent landing on the vault table. 	<ul style="list-style-type: none"> Same rule as P2-P5 		<ul style="list-style-type: none"> 5 or 10 cm mats allowed for acro lines with saltos Mat may be removed immediately after the acro lines is completed, moved to another location or left in place.
Provincial 2 to 5	<ul style="list-style-type: none"> Mandatory supplementary mat for landing min 10 cm (minimal FIG requirement), matting is otherwise optional, including 20 cm safety mats". On UB, matting may be put under the rails. 			
Provincial 1-5	<ul style="list-style-type: none"> The board can be placed on the 20 cm landing mat, on the 10 cm supplementary mat or on a 20 cm safety mat if the gymnast mounts and dismounts on the same side. There are no restrictions. 			

CPP – Uneven Bars: for the CPP Programs, the bars can be extended beyond the FIG maximum width of 180 cm (within the equipment safety limitations).

C) OTHER PIECES OF EQUIPMENT

Piece of equipment	Program	Event	Notes
Wooden Plank	National Provincial	UB / BB Under the board	VICO: Allowed, 2 cm thick, approximate width of beat board
Yurchenko Collar	National Provincial	Vault (only)	Mandatory for Yurchenko vault Not allowed for Yurchenko type mount on BB or UB
Yurchenko mat (for hand placement)	National Provincial	Vault (only)	A small mat is authorized in front of the board for Yurchenko entry vault. Not allowed for other types of vault. Not allowed on other events. Athletes must use the mat provided by GYMNOVA for national level competitions
	Pre-Novice	Vault	The Yurchenko hand mat can be used for all vaults as a visual tool.