2024 Winter Cup
GENERAL AND TECHNICAL INFORMATION

Update: 2/12/24

I. CREDENTIALS AND SECURITY

A. All coaches and judges must be a current USA Gymnastics Professional Member in good standing, which includes completed Safety Certification, Safe Sport Training, and Background Check. Athletes must be current USA Gymnastics Athlete Members.
B. Athletes, age 18 or older, must complete the U110 to be in the field of play.
C. All Coaches are expected to be in PROPER Professional Gymnastics attire.
D. Photo credentials (security passes) for athletes, coaches and officials will be issued at the USA Gymnastics Accreditation Office.
E. No one will be allowed into the Training or Competition venues without the appropriate credential. Credentials must be worn so that they are visible on the outside of your clothing (except for athletes during warm-up and competition). Coaches, Officials and USA Gymnastics Staff must wear the credential at all times.
F. Coaches Credentials – A MAXIMUM of two coaches per club will be credentialed.

II. ORIENTATION MEETING – Judges/Coaches

A. Coaches Orientation Meeting – Competition Floor before each session.
B. Judges Meetings Judges Meeting Room
    a. Junior Judges Meeting – Friday, February 23, 2024, 5:15 – 6:45 PM at the Kentucky International Convention Center
    b. Senior Judges Meeting – Saturday, February 24, 2024, 11:45 AM – 12:45 PM at the Kentucky International Convention Center

III. MEDICAL

A. Medical Trainers will be on site for all training and competition sessions.

IV. INTERVIEWS

A. All interviews and press passes will be coordinated through Annie Heffernon and/or the USA Gymnastics Communications Department.

B. **MIXED ZONE / Exiting the competition floor**
This event will utilize a mixed zone to help facilitate interaction between athletes and the media. It will be a small area with a low barrier separating the media from athletes. Athletes will walk along this barrier as they exit the competition floor.

Athletes are encouraged but not required to speak to the media. However, when exiting the competition floor after podium training, competition, and/or award ceremonies, all athletes must exit through the mixed zone. USA Gymnastics representatives will be present to help expedite and manage the mixed zone and to assist athletes. Coaches and other credentialed athlete support staff may be present in the mixed zone as athletes pass through it, as needed and desired by the athletes.

TECHNICAL INFORMATION

I. TRAINING/COMPETITION VENUE

A. See the schedule on page 8 of this document.
B. Athletes may ONLY train in the DESIGNATED gym at the DESIGNATED time. The training gym and the competition gym are adjacent to one another in the convention center.
C. All training sessions will be structured.

II. EQUIPMENT

A. Spieth equipment will be used.
B. FIG equipment specifications will be used for the International Level competitors with some adjustments. See pages 9-29 for apparatus specifications.
C. In addition to the 20 cm of matting in the dismount areas an additional 10 cm of matting must be used and NOT moved.
D. For beam, there will be a designated dismount area which cannot be changed.
E. Supplemental Matting
    1. Up to two of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s). Mats can be removed or left in place.
    Note: Floor matting must be placed prior to the floor routine starting. A mat cannot be added once the routine has started.
    2. Senior and Junior International Level athletes may use a skill cushion (maximum thickness of 8") in addition to the 20 cm (-2 cm tolerance) competition landing mat for release elements on bars. Matting must be removed after release move.
    3. Senior and Junior International Level athletes may place a manufactured sting or 10 cm mat under the bars during competition in addition to the 20 cm base mat. This matting cannot be moved or on top of the 10 cm landing mat.
F. Manufactured 100 x 120 cm Round Off Entry mats are required for use in front of the vaulting board for hand placement on Round off entry vaults.
G. Uneven Bars heights may not be raised above or lowered from FIG specifications. The spread of the uneven bars should be 180 cm. Bars will be marked and a 0.50 deduction will be taken for any gymnast working beyond specifications.
    1. Bar height increases are allowed in the following case in line with FIG rules:
        a. Height increases of 5 cm shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers at the time of the entry and verified by the designated judge (Meet referee) during the training/warm-up. Equipment suppliers / organizers must provide trained staff for a safe, fast and competent height increment if necessary.
        b. At the increased height the inner diagonal distance between the bars shall be not more than 182 1.0 cm max.
H. Junior and Senior level athletes, there will be two spring board configurations used at Vault – Spieth – Five springs (2-1-2) and Spieth – 8 springs (3-3-2). Beam and Bars will use only one board (soft). Springs may not be moved or replaced.

Springboard "Moscow 5"

Springboard "Moscow 8"

III. FIG DEDUCTION REMINDERS – Winter Cup, American Classic, U.S.Classic

The following is a reminder of some of the deductions for Behavior of the Gymnast and/or the Coach.

Gymnast's Behavior

Incorrect padding	0.30
Incorrect advertising	0.30
Incorrect use of Magnesia (only small marks on the vault runway and balance beam)	0.50
Missing Start Number	0.30
Incorrect attire (leotard, jewelry, bandage)	0.30
Exceeding touch warm-up time (one warning given)	0.30
Overtime	0.10
Exceeding fall time (UB 30 seconds/BB 10 seconds) and continuing exercise	0.30
Exceeding intermediate fall time (60 seconds)	Exercise Ended
Unauthorized absence from the Awards Ceremony	Disqualified
Unauthorized remaining on the podium (if used)	0.30
Speaking to active judges	0.30
Starting exercise without signal or when red light is on	Void
Gymnast must refrain from using water on the surface of the balance beam. For application of deduction refer to Article 2.4	0.50 from the Final Score

- This is a FIG rule – it will be in effect for ALL competitions, including USA Championships.

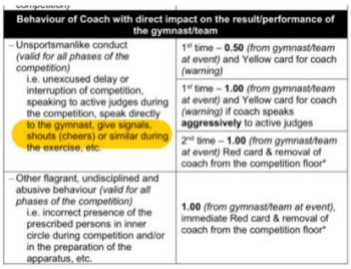
Coach Behavior

Spotting assistance (help)	1.00
Failure to properly use Safety Collar	Void
Failure to use 10 cm mat	0.50
Raising apparatus without permission	0.50
Removal of springs without authorization	0.50
Placing springboard on unpermitted surface	0.50
Use of unpermitted supplementary mats	0.50
Moving the supplementary (10 cm) mats or to unpermitted end of beam	0.50

Junior International coaches may remain on podium to stand in for double salto Beam dismounts.

Unsportsmanlike conduct	Warning – then removal
Speaking to active judges during competition give signals, shouts (cheers) or similar during the exercise etc.	First time – 0.50 and warning
If coach speaks aggressively to active judges.	First time – 1.0 and warning Second time – 1.0 and removal

Judges will NOT apply the deduction highlighted below from the FIG Code of Points (Section 3, page 2, see below) at U.S. domestic competitions.



Behaviour of Coach with direct impact on the result/performance of the gymnast/team	
- Unsportsmanlike conduct *(valid for all phases of the competition)* i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise, etc.	1st time – **0.50** *(from gymnast/team at event)* and Yellow card for coach *(warning)*
	1st time – **1.00** *(from gymnast/team at event)* and Yellow card for coach *(warning)* if coach speaks **aggressively** to active judges
	2nd time – **1.00** *(from gymnast/team at event)* Red card & removal of coach from the competition floor*
- Other flagrant, undisciplined and abusive behaviour *(valid for all phases of the competition)* i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	**1.00** *(from gymnast/team at event)*, immediate Red card & removal of coach from the competition floor*

Coaches may not speak directly to the athlete or give coaching cues during the exercise (exception – during a fall the coach may speak with the athlete per the FIG Code of Points).

IV. FLOOR EXERCISE MUSIC

A. Please email your floor music to Shelby at ssalmon@usagym.org. Please bring a back-up copy of your floor music. Music files from iPods, iPads, cell phones at the event WILL BE acceptable.

V. NEW ELEMENTS OR VAULTS

A. Any new elements or vaults not listed in the FIG Code of Points or not approved by the FIG/WTC, which are being performed at the 2024 Winter Cup, must be submitted to Annie Heffernon by the conclusion of the Coaches Orientation Meeting, TBD. Please understand that the evaluations received for any new elements are for within our country only.

VI. VAULT NUMBERS CHART

A. A vault chart will be posted at the vaulting event.
B. Vault numbers must be shown prior to each vault.
C. It is the coach's responsibility to flash the correct number for the vault the gymnast performs.

VII. SCORING

A. D score and E-scores of each judge on the panel must be made visible to the coaches after each judgment.
B. A copy of the final results with D and E-scores will be available online after the competition.

VIII. INQUIRIES

A. All inquiries must be given to the Technical Director.
B. Inquiries for the Difficulty score are allowed, provided that they are made verbally to the Technical Director immediately after the publication of the score or at the very latest before the score of the following gymnast is shown.
C. For the last gymnast of a rotation, this limit is one minute after the score is shown on the scoreboard. The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry.
D. Inquiries will be accepted for consideration for questions regarding D and E Scores. Please understand that after review by the Video Jury the D Score and/or Overall Score could be lowered, raised, or remain the same. Inquiries on the E Score may be submitted only if the E scores are outside the following range:

Average E Score = 9.50 (or higher)	(.1 allowable range)
Average E Score = 9.45-9.00	(.3 allowable range)
Average E Score = 8.95-8.00	(.5 allowable range)
Average E Score = 7.95 (or below)	(.8 allowable range)

IX. COMPETITION RULES

A. **International Seniors and Juniors**
1. FIG Qualification Rules (Competition I) will be used for all events.
2. Traditional international warm up rules will be applied for optional competition.
3. Pre meet beam warm up will be 30 seconds per athlete for the entire group followed by 90 seconds per athlete in competition order.
4. There will be a 30 second touch warm-up for Beam and Floor and 50 seconds for Bars to include the preparation of the bars. Vault touch will be two attempts.
5. FIG Vault values will be utilized for Junior and Senior athletes.
6. Allow two jumps over the table for touch warm-up for Junior and Senior athletes. Allow three jumps over the table for the touch warm-up if performing two different vaults.
7. Vaults with a D-score valued at 5.0 and higher in the FIG code will receive +.2 added to SV for juniors in 2024. According to the FIG rules, the first vault counts toward the All-Around score, athletes must perform two vaults to be eligible to receive a medal, the two vaults must be different.
8. **Podium rules apply: If a gymnast jumps on spring board to "test" setting on podium or does any warm up skill (for example: tuck jump/or jumping in place on side of floor, back handspring on beam podium), there will be a 0.30 deduction for exceeding touch warm up time.**
9. **No cell phones or videos cameras are allowed on the podium or the competition floor. Please be mindful that tv cameras will be present capturing voice as well.**

X. QUALIFYING SCORES

A. International Senior qualifying score to U.S. Championships is 51.00 All Around.
B. 3 Event Senior qualifying score to U.S. Championships is 39.00.
C. 2 Event Senior qualifying score to U.S. Championships is 26.40.
D. International Junior qualifying score to U.S. Championships is a 50.00 All Around.

XI. AWARDS

A. Awards
1. Juniors - Top eight awarded, each event and AA.
2. Seniors - Top eight awarded, each event and AA.

XII. PRIZE MONEY

Senior athletes are eligible to receive prize money as listed below.

Senior AA Competition Results	Prize Amount
1st Place AA	$4,000.00
2nd Place AA	$3,000.00
3rd Place AA	$2,000.00
4th Place AA	$1,000.00
5th Place AA	$750.00
6th Place AA	$500.00

Senior Individual Event Results	Prize Amount
1st Place	$500.00
2nd Place	$250.00
3rd Place	$125.00

2024 Winter Cup
New Element / Vault / Combination Form

Please complete and submit the following form in advance to Annie Heffernon (aheffernon@usagym.org) or to the Technical Director by the conclusion of the Coaches Orientation Meeting, TBD.

Name of Club: _____

Phone number: _____

Apparatus: _____

Gymnast Name:_____

Gymnast Number:_____

Details of New Element, Vault, or Combination: _____

_____

_____

_____

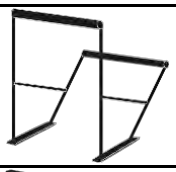
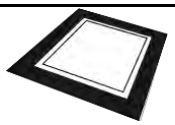
Evaluation: _____

2024 Winter Cup
Schedule

Competition and training takes place at the Kentucky International Convention Center, 221 S 4th St., Louisville, KY 40202
Map

All activities take place at the convention center.

Thursday February 22, 2024	8:00 AM – 7:00 PM – Credential Pick-Up 9:30 – 12:00 PM - Junior Women's Podium Training 5:00 – 6:30 PM - Junior Women's Training - Training Gym Training Gym is adjacent to the competition gym in the convention center.
Friday February 23, 2024	7:30 AM – 7:00 PM – Credential Pick-Up 8:00 – 10:30 AM - Senior Women's Podium Training 10:30 AM - Senior Women Interviews 11:00 AM – 1:00 PM - ARC Open 3:30 – 5:00 PM - Senior Women's Training - Training Gym 4:30-7:00 PM - Junior Women's Warm-Up 5:15 – 6:45 PM - Junior Women's Judges Meeting 7:00 PM - Junior Women's Competition 9:30 PM - Junior Women Interviews
Saturday February 24, 2024	8:00 AM – 6:30 PM – Credential Pick-Up 10:00 AM – 11:30 AM – ARC Open 11:00 AM – 12:45 PM - Senior Women's Warm-Up 11:45 AM – 12:45 PM - Senior Women's Judges Meeting 1:00 PM - Senior Women's Competition 3:15 PM – Senior Women's Interviews

Number	Apparatus	Pictogram	Description Construction Material	Test	
				Institute	Competition
APPARATUS					
WAG1	Vaulting table		II WAG1	IV WAG1	yes
WAG2	Uneven bars		II WAG2	IV WAG2	yes
WAG3	Balance beam		II WAG3	IV WAG3	yes
WAG4	Floor		II WAG4	IV WAG4	yes
SUPPLEMENTARY APPARATUS					
WAG11	Landing mat 20cm		II WAG11	IV WAG11	yes
WAG13	Supplementary mat 10cm		II WAG13		yes
WAG14	Vaulting board		II WAG14	IV WAG14	yes
WAG15	Vaulting Board safety collar (Round off vaults)		II WAG15		yes
WAG16	Mat for hands (vault)		II WAG16		yes
WAG17	Spotter mat (Uneven Bars) for training and warming up		II WAG17		yes
WAG18	TCS		II WAG18	IV WAG18	yes

Vaulting Table 

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Form

1.1. The apparatus consists of a slightly inclined table body which is mounted onto a "monostand" bottom frame. The table body consists of a front surface (A) which, seen from the direction of the vault, is inclined to 8° to the vertical and merges into two arched bends (B1 and B2) and then into a linear cover surface (C) which is inclined 3° to the horizontal. The table body is divided into a bounce area (A) and a push away area (B and C) with a clear colour contrast. The different surfaces merge into each other without any gaps in between. The push away area is slightly rounded in transversal direction (D).

1.2. All corners and edges are rounded. The bottom frame must offer the table body a stable and secure supporting surface and must guarantee the abidance by the technical safety regulations. The bottom frame with cushioning may not present any parts that protrude from under the vaulting table's body except on the landing side. As a collision protection dangerous metal parts of the support must be cushioned.

1.3. Recommendation: All levers and locking mechanisms should be incorporated into the under construction.

1.4. At the landing side the legs of the bottom frame must be cushioned at the same height level as the landing mat (20cm, Tolerance +10cm).

1.5. The vaulting table including the cushioning of the bottom frame must represent a "monostand" - construction.

2. Measurements

2.1. Table body:

1.5.1. length: 120 cm +/- 1 cm

1.5.2. width: 95 cm +/- 1 cm

2.2. Height at the given measurement point (see drawing))[1]: 135 cm +/- 1cm

2.3. Upper height at the bounce area (see drawing))[1]: 122 cm +/- 1 cm

Remark: For competitions the vaulting table must be positioned on a rigid board which has the same height as the run-up area (see below)

)[1] : In competitions the apparatus height must correspond to the top level of the run up area.

2.4. Maximal orthogonal deviations from the given profile lines in longitudinal and transversal directions: < 1 cm

2.5. Protrusion of the leg construction below the table body on the landing side (only allowed with appropriate cut-outs in the landing mat): 15 cm maximal

2.6. Height of the leg frame 8 cm maximal

2.7. Circumference of the (cushioned) bottom frame including all levers and fixation devices between the height of 50 cm up to 85 cm 1828m minimal

2.8. Distance between the (cushioned) leg construction including all levers and fixation devices and the projection of the table body on all four sides between the height of 50 cm up to 85 cm

2.9. 25 cm minimal

2.10. The adjusted height of the vaulting table must be clearly signed at the side. Additional Measurements see drawing. The profile lines towards A, B1, B2 and D are to be respected as indicated in the drawing. Maximum deviations < 1 cm – measured at a right angle to the profile line.

3. Functional properties

3.1. The push away area must be shock-absorbing so that shoulders and wrists are protected.

3.2. The rebound properties must be guaranteed to be as homogeneously as possible for all the possible impact points on the table body.

3.3. Extended time-shift for rebounding energy at the impact points caused by extreme deflections is not acceptable.

3.4. The table body must be evenly cushioned over the entire push away area. The cover material must be non-slippery but not rough. It may not cause a burning sensation on sliding.

3.5. The bounce area must be cushioned with a high-quality material in order to provide a good collision protection.

3.6. Recommendation: Any protruding items covered by the cushioning of the stand should be avoided or sufficiently covered to prevent perforation through the cushioning during accidental impact.

3.7. In order to avoid swaying, vibrations and shifting, the apparatus must have a device for fastening it to the floor.

4. Colour

4.1. The colour of the surface material may be chosen according to taste. For certain events the colour may be determined by the FIG

5. Run-up area

5.1. The run-up area is composed of a run-up mat and a rigid board underneath the vaulting board.

5.2. The run-up mat shall be positioned so the carpet threads open in the opposite direction of the gymnast run, offering the greatest friction between the feet and run up mat. The orientation of the run-up mat shall be the same in the training halls, warm-up halls, and competition hall.

5.3. The start of the run-up (2500 cm) shall be marked by a block, attached at the start of the vault run-up mat length (measured from the vertical projection of the beginning of the vaulting table, see “reference point” in the drawing, to the inner side of the block): 2500 + 10 cm

5.3.1. width (run-up mat) 100 +/- 1 cm
5.3.2. width (rigid board underneath) 100 cm min
5.3.3. height (same height for run-up mat and board underneath) max 2,5 cm
5.3.4. length of the rigid board underneath the vaulting board 320 +/- 1 cm

5.4. The colour of the run-up area must have a clear contrast to the colour of the vaulting board. The whole run up area (run-up mat and the rigid board underneath) shall have the same colour

6. Authorized landing zone

6.1. Marking on the supplementary mat above the landing mat (see drawing).

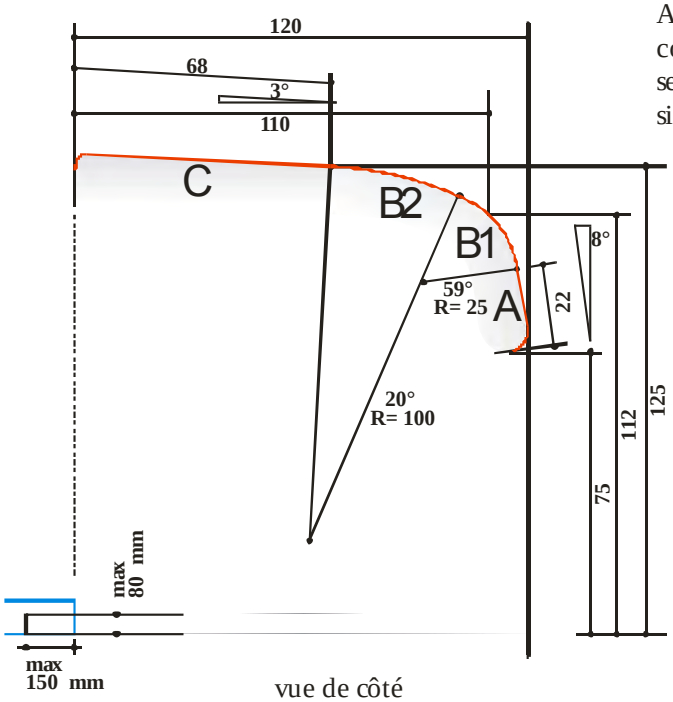
6.1.1. Width of the landing corridor at the table site: 95 cm
6.1.2. Width of the landing corridor (end of 600 cm landing mat): 150 cm
6.1.3. When the authorized landing zone is marked out by stripes: marking strip width on the supplementary mat: 5 cm +/-0.5 cm
The marking strip is part of the authorized landing zone.
6.1.4. Additional marking strip width in the centre of the landing corridor (see drawing): 5 cm +/-0.5 cm

Remarks concerning the drawings:

- *Bottom frame construction schematized.*
- *All dimensions in cm*
- *Tolerances for all dimensions: +/- 1cm*
- *Maximal Orthogonal Deviations from the given profiles in longitudinal and transversal directions:<1cm*
- *Dimensions binding; Construction may be different– drawing as example.*

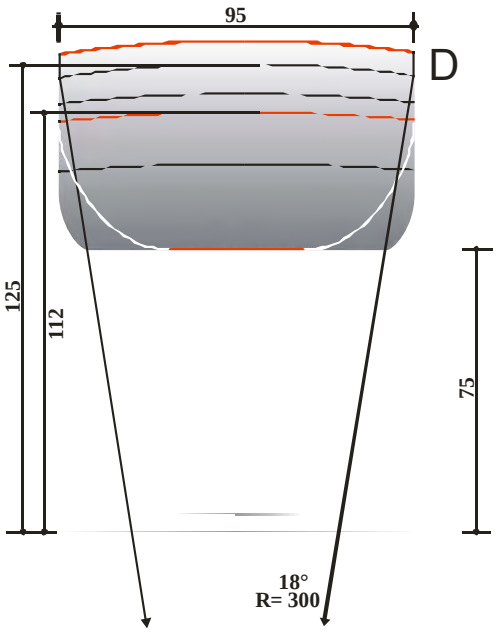
Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

Vaulting Table

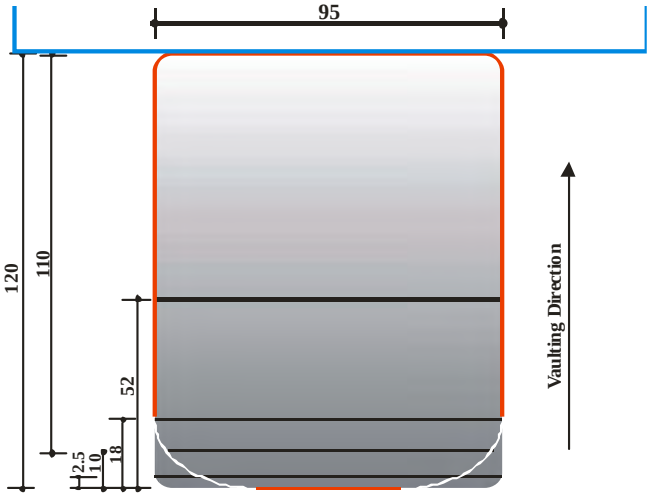


vue de côté
side view
Ansicht Längsseite

A; B1; B2; C; D:
confer le Texte
see text
siehe Text



vue de face
front view
Ansicht Stirnseite



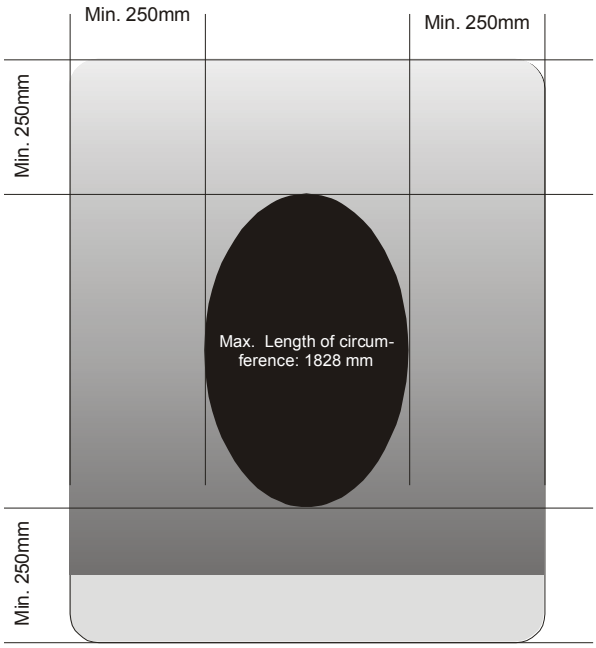
vue de dessus
top view
Aufsicht

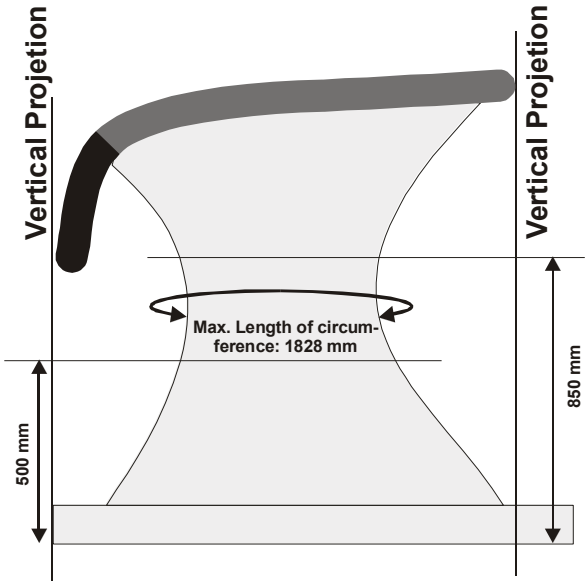
cotes obligatoires;
construction selon le gré;
dessin en exemple

dimensions: mandatory;
design: at your discretion;
drawing: typical example

Maße bindend;
Konstruktion freigestellt;
Zeichnung als Beispiel

Vaulting Table





cotes obligatoires;
construction selon le gré;
dessin en exemple

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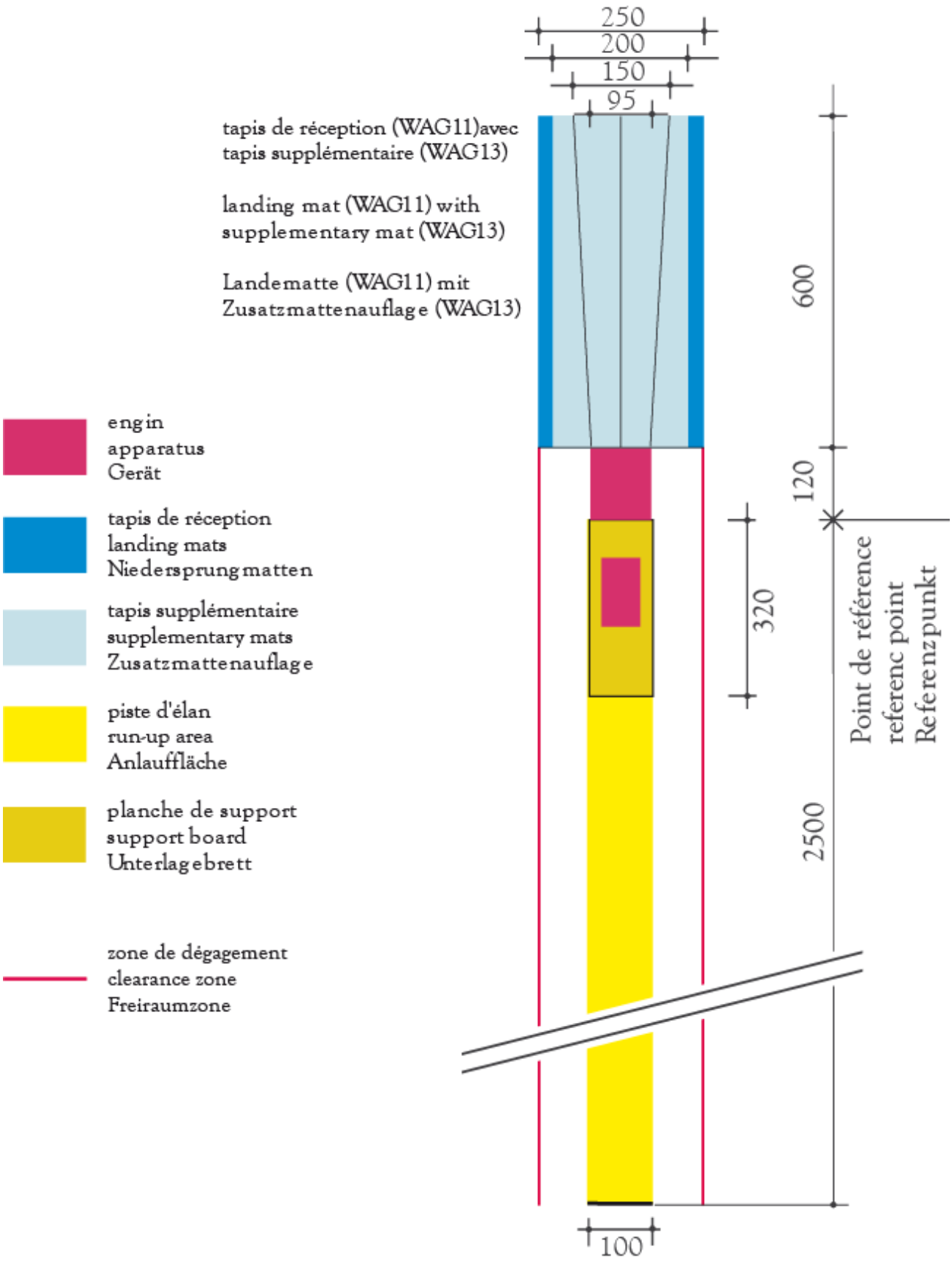


Uneven Bars

Women's Artistic Gymnastics

II
WAG 2
01.01.2022

Construction / Description of material, measurements

1. Form

1.1. The apparatus consists of two bars with circular profile, running parallel, but at different heights. The bars are carried by a support base.

1.2. The support base has four uprights, which are held by tension cables (Ø max 1 cm) anchored to the floor.

1.3. Each bar is carried by 2 supports.

1.4. One low and one high support are connected to a floor device and a width adjustment device.

2. Measurements

2.1. Bars:

2.1.1.	Diameter		4,0 cm 3,92 ≤ x ≤ 4,04 cm
2.1.2.	Length		240 cm * 1,0 cm
2.1.3.	Distance between the sockets	min	200 cm * 1,0 cm

2.2. Height of the upper edge of the bars in inner diagonal position 181 cm:

2.2.1.	upper bar (to the floor)	255 cm * 1,0 cm
2.2.2.	lower bar (to the floor)	175 cm * 1,0 cm
2.2.3.	Inner diagonal distance (see drawing) between the 2 bars adjustable from min 130 - 181 cm max	* 1,0 cm

2.2.4. The diagonal distance must be adjustable continuously or with increments of max 2 cm.

2.2.5. The diagonal distance (expressed in cm) must be shown on a scale at the distance adjustment device.

2.2.6. The height of the bars must be adjustable for additional 5 cm to the standard height (lower bar: 175+5 cm; upper bar: 255+5 cm *1 cm). At the increased height the inner diagonal distance between the bars shall be not more than 182 max* 1,0 cm

2.2.7. Height increases of 5 cm shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers at the time of the nominative entry and verified by the TC President or a member of the Superior Jury during the training.

2.2.8. Equipment suppliers / Organizers must provide trained staff for a safe, fast and competent height increment if necessary.

2.3. Distance of floor anchors:

2.3.1.	lengthwise	550 cm	* 5 cm
2.3.2.	crosswise	400 cm	* 5 cm

3. Functional properties

3.1. Both bars must have the same, uniform elasticity. To assure this, their supports must be articulated.

3.2. The bar surface must provide a good glide and turn capability but may not be slippery.

3.3. To ensure grip stability, the bars' surface must absorb moisture.

3.4. The bars must be secured (reinforced) against breaking through.

3.5. A safeguard system must prevent an unintended release of the movable components of the apparatus.

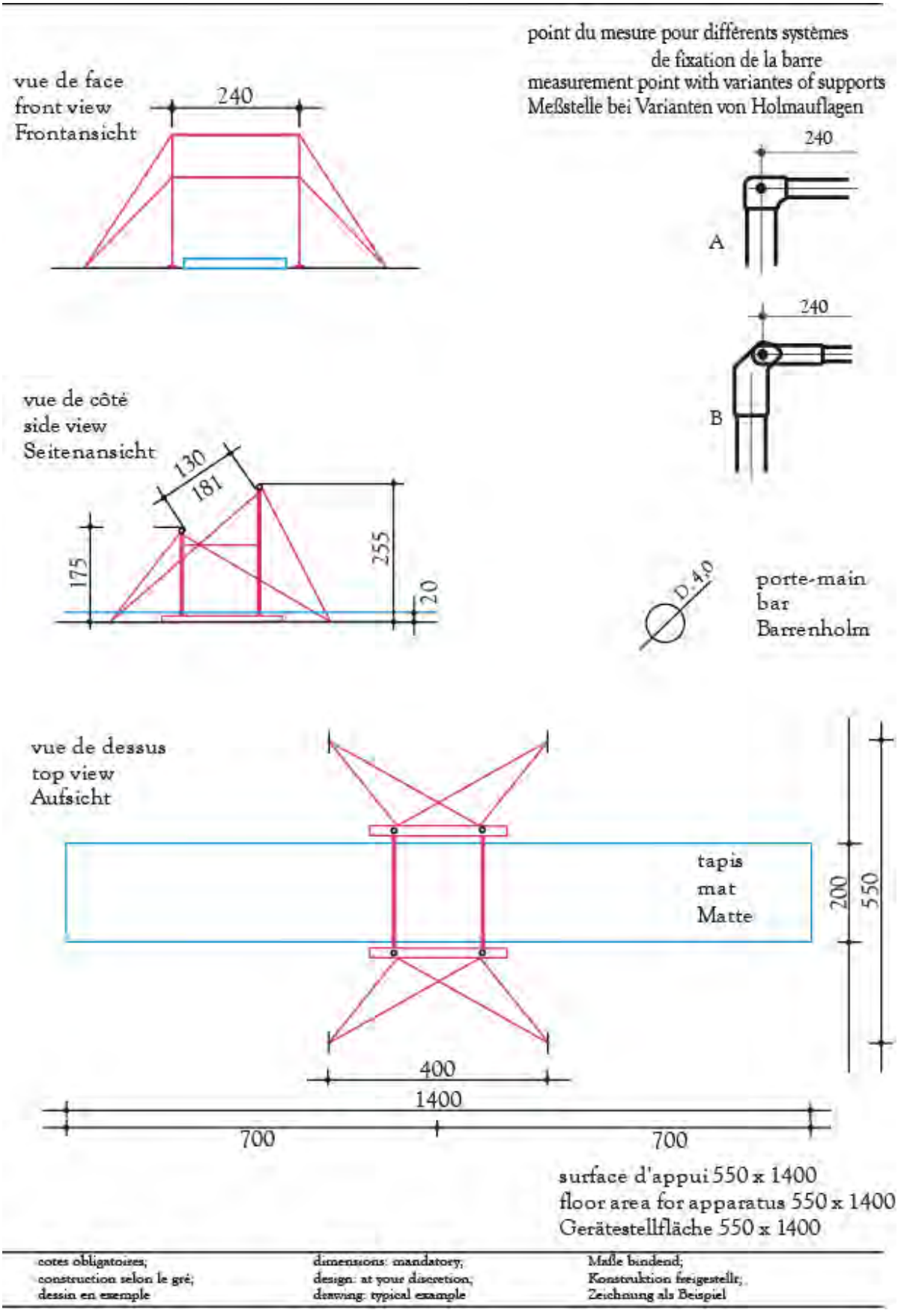
3.6. When the apparatus is used for performances, no hindering sways or vibrations and counter swings should occur.

4. Colour

4.1. The bars retain the natural colour of wood. They are neither lacquered, nor polished.

Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

Uneven Bars


vue de face
front view
Frontansicht
240
point du mesure pour différents systèmes
de fixation de la barre
measurement point with variantes of supports
Meßstelle bei Varianten von Holmauflagen
240
A
240
B
vue de côté
side view
Seitenansicht
130
181
175
255
20
D.4,0
porte-main
bar
Barrenholm
vue de dessus
top view
Aufsicht
tapis
mat
Matte
200
550
400
1400
700
700
surface d'appui 550 x 1400
floor area for apparatus 550 x 1400
Gerätestellfläche 550 x 1400
cotes obligatoires;
construction selon le gré;
dessin en exemple
dimensions: mandatory;
design: at your discretion;
drawing: typical example
Maße bindend;
Konstruktion freigestellt;
Zeichnung als Beispiel

Balance Beam

Women's Artistic Gymnastics

II
WAG 3
01.01.2011

Construction / Description of material, measurements

1. Form

1.1. The apparatus consists of a beam, which is held by a base consisting of 2 supports.
1.2. Lengthwise, the beam shall be straight and its upper surface and axis shall be even and horizontal.
1.3. Viewed in cross section, the sides of the beam are arched.
1.4. The base design is not prescribed. However, its legs may not protrude beyond the projection of the beam in its longitudinal direction. The supports of the beam must be cushioned. The cushioned parts shall not protrude the vertical projection of the beam.
1.5. The front parts of the beam must be cushioned by rounded, damping padding. The padding must reach the top edge of the beam, but the radius of the rounding must begin immediately at the end of the beam to guarantee that the padding does not prolong the total length of the beam (examples see drawing)

2. Measurements

2.1. Beam:

2.1.1.	Length	500 cm	* 1 cm
2.1.2.	Cross section:		
2.1.2.1.	Upper surface	10 cm	* 0,5 cm
2.1.2.2.	Horizontal axis	13 cm	* 0,5 cm
2.1.2.3.	Vertical axis	16 cm	* 0,5 cm
2.1.2.4.	Bottom surface	10 cm	* 0,5 cm
2.1.3.	Height of upper surface measured from the floor	125 cm	* 1 cm

2.2. Legs of base:

2.2.1.	Distance	max. 500 cm
2.2.2.	Width	max. 125 cm

2.3. Cushioning of the supports:

2.3.1.	Thickness	min. 15 mm
2.3.2.	Width of the supports incl. cushioning	max. 13 cm

2.4. Cushioning of the front parts of the beam:

2.4.1.	Thickness	min. 15 mm up to max. 30 mm

2.5. The Beam might have a height adjustment. It can be continuous or in 5 cm increments. However, the prescribed height of 125 cm * 1cm shall be observed at competition site.
2.6. Continuous height adjustment is recommended for levelling purposes.

3. Functional properties

3.1. The surface must have impact absorbent characteristics to protect the gymnast's joints and limbs. It should also have elasticity to support the jumps.
3.2. One of the most important properties of the beam is that it must be step safe. Elasticity must be equally distributed and must not disturb a sure step.
3.3. The upper surface material of the beam must permit effortless gliding and turning, but not be slippery.
3.4. The front parts of the beam must be padded.
3.5. The cover material must not produce skin burns.
3.6. The upper edge of the padding at the front parts of the beam shall not be harder than the surface of the beam.
3.7. All protruding parts, especially screws underneath the balance beam shall be cushioned or hidden.
3.8. During an exercise, the beam may not move, topple or sway

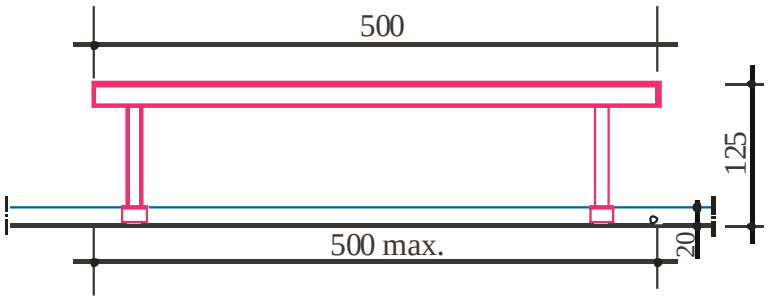
4. Colour

4.1. The colour of the beam must distinctly differ from the colour of the mats.

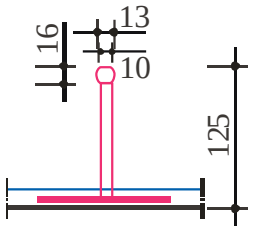
Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

II

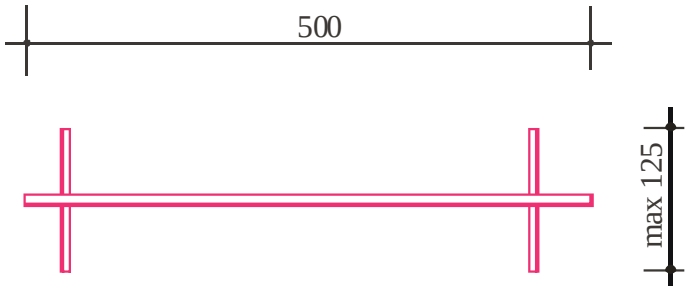
Balance Beam



vue de côté
side view
Ansicht Längsseite

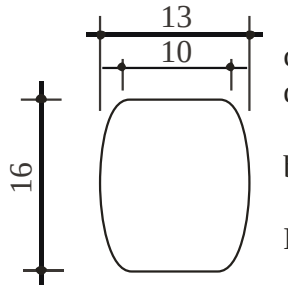


vue de face
front view
Ansicht Stirnseite



vue de dessus
top view
Aufsicht

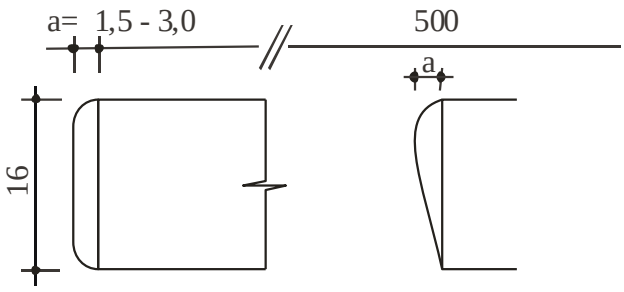
coupe longitudinale
beam end, longitudinal
Längsschnitt Balkenkopf



coupe transversale
de la poutre

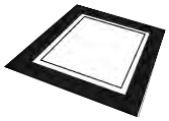
beam, cross-section

Balken-Querschnitt



Variante

cotes obligatoires; construction selon le gré; dessin en exemple	dimensions: mandatory; design: at your discretion; drawing: typical example	Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel



Floor

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Form

1.1. The Performance Area shall have a square format. The surface must be horizontal, even and without gaps. All plates of the under construction within the Performance Area shall have the same arrangement of elastic elements.

1.2. All elements of the floor have to be connected firmly to prevent slipping.

1.3. Edge: Horizontal and even, at the same height as the Performance area

1.4. Edge's variant: Width 50 cm, horizontal and even, at the same height as the Performance area, additional 50 cm inclination edge, slope may not exceed 25 %.

1.5. Clearance zone: The clearance zone shall be kept totally free as a surrounding zone around the performance area and the edge. It shall be horizontal, even and without gaps. (See Definition: II, chapter 3. Surfaces of apparatus, clearance zones, total surfaces)

2. Measurements

2.1. Performance area	1200 cm x 1200 cm	Tolerance +/- 3 c
2.2. Diagonals of the performance area:	1697 cm +/- 5cm	
2.3. Edge	100 cm, min.	
2.4. Edge as a variant		
1.5.1. Horizontal Area, Width	50 cm, min.	
1.5.2. Slope max. 25 %, Width	50 cm, min.	
1.5.3. Height of outer edge at the very end	3,5 cm, max.	
2.5. When there is a delimitation strip between the Performance area and the edge:		
2.5.1. Delimitation strip width	5 cm,	Tolerance +/- 0,5 cm

2.6. The delimitation strip is part of the Performance area.

3. Functional Properties of the performance area and edge

3.1. Equal elasticity on the surface as well as dampening.

3.2. When in use it should not have any hindering motion energy

3.3. Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must not restrict turns and slide movements.

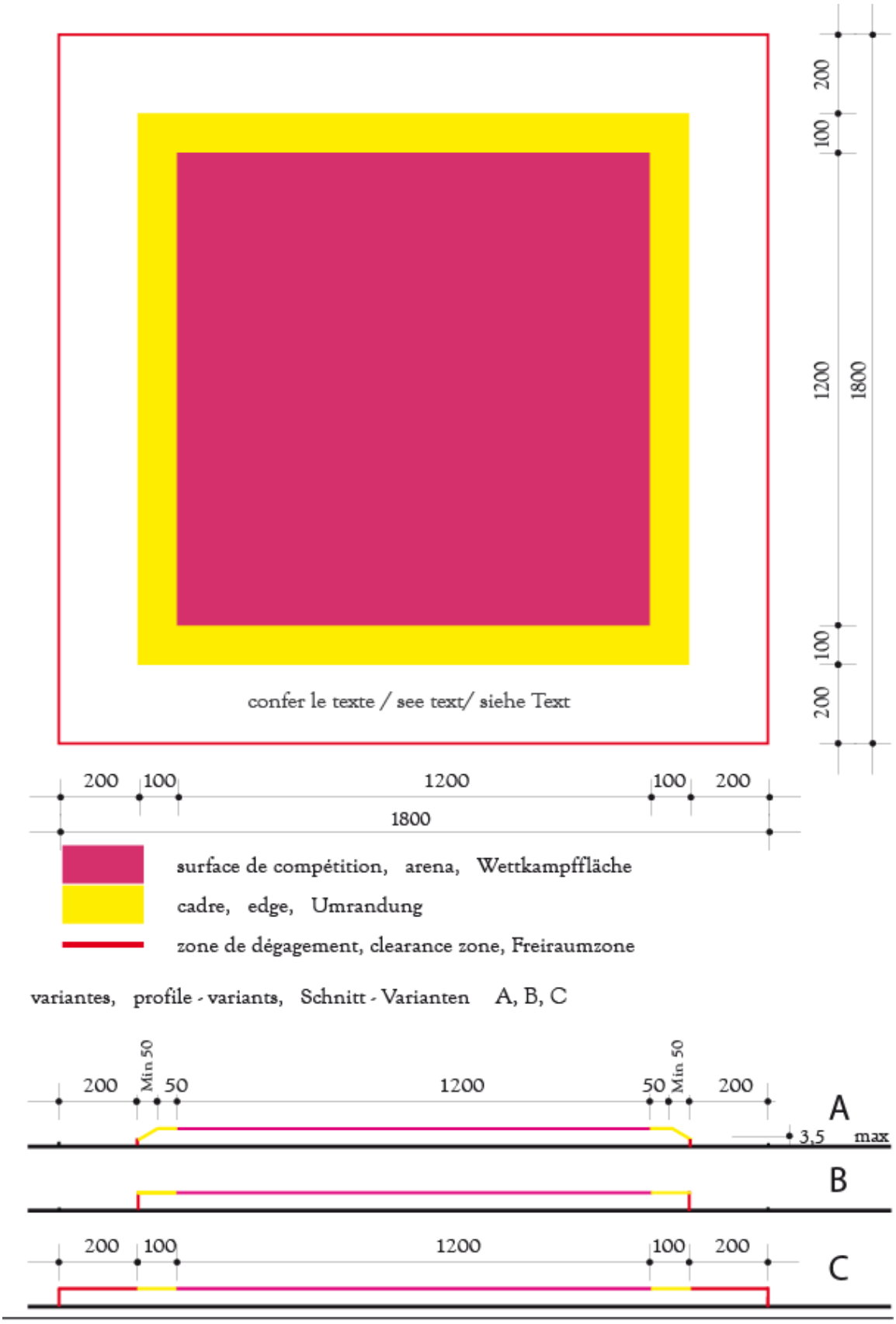
3.4. The surface cover of the Performance area must provide a balance between anti-skid and slippage. It must not cause skin burns.

3.5. The floor must not produce disturbing sound during the execution of an exercise. It must assure a low noise level.

4. Of plain colour which choice is left to the manufacturer's discretion. Dark colours are not allowed. For certain events the FIG may stipulate the colours. The delimitation shall have a clear contrast to the performance area.

Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

Floor


200
100
1200
1800
100
200
confer le texte / see text/ siehe Text
200
100
1200
100
200
1800
surface de compétition, arena, Wettkampffläche
cadre, edge, Umrandung
zone de dégagement, clearance zone, Freiraumzone
variantes, profile - variants, Schnitt - Varianten A, B, C
200
Min 50
50
1200
50
Min 50
200
A
3,5
max
B
200
100
1200
100
200
C

Landing Mats 20 cm

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Form

1.1. Their upper surface must be horizontal, even and without gaps.

1.2. Specially designed mats must be used to cover the basis of the apparatus evenly

2. Measurements

2.1. Height of the landing mats (WAG 1, WAG2 and WAG3): 20 cm * 1 cm

* Tolerance +/-
lengths and widths see drawing

3. Functional properties

3.1. Absorbency:

3.1.1. Mats must absorb motion energy in order to reduce the reaction transmitted to the body of the landing gymnast to a tolerable proportion.

3.1.2. They must respond to increased penetration with an evenly increasing resistance.

3.2. Stability and Freedom of Movement:

3.2.1. Absorbency of the mats must be balanced in order to guarantee standing, walking stability and freedom of movement.

3.3. Indentations caused by the incidence of compressive forces must not encase the body parts, thereby hindering freedom of movements. They may not be too deep or narrow.

3.4. If a cover is used, such cover may not plaid and create hindering folds. The mats' upper surface material must offer a balance between anti-slip and slippage. It should be neither slippery nor possess inhibiting resistance.

3.5. By no means should mats be dislocated during performances. An anti-skid cover on the mats' underside may provide this condition.

3.6. The border zones of the mats which are pushed together should practically have the same functional properties as the remaining surface. Impacts on the border zones should not cause different indentations than on the remaining surface. For this purpose, and to bridge joints, continuous runners are permitted.

4. Colour

4.1. Preference should be given to uniform colours.

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

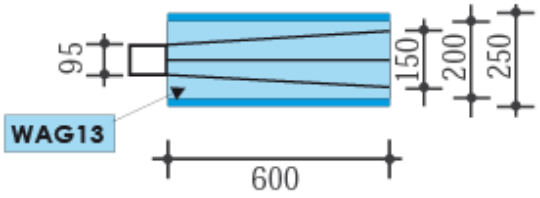
4.3. The FIG may designate the colour for certain events

Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

Landing Mats

cotes minimales en cm, minimum dimensions in cm, minimale Maße in cm

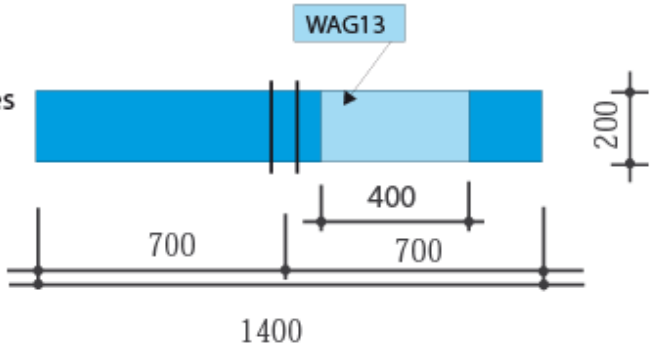
WAG 1
saut
vault
Sprung



PLUS: WAG13 (200*200*10)

For: Training and Warming up Hall
Podium Training
Warming up in Apparatus
Finals on Podium

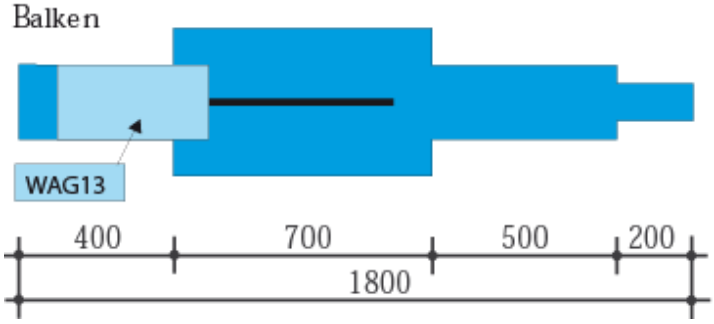
WAG 3
barres asymétriques
uneven bars
Stufenbarren

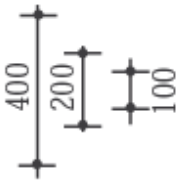


PLUS: WAG17

For: Training and Warming up Hall
Podium Training
Warming up in Apparatus
Finals on Podium

WAG 2
poutre
beam
Balken





PLUS: MAG13 (200*200*10)

For: Training and Warming up Hall
Podium Training
Warming up in Apparatus
Finals on Podium

Supplementary Mats (10 cm)

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Form

1.1. The usage is compulsory in competition for the athletes at Uneven Bars, Balance Beam (400 x 200 cm) and at the vault (600 x 200 cm).

1.2. For training (in the training hall and during podium training) and in the warming up hall (correspondingly during the warming up session on the podium before the Apparatus Finals) an additional supplementary mat (200 x 200 cm) shall be available at the Vault, Balance Beam and Floor

2. Form

2.1. Their upper surface must be horizontal, even and without gaps.

2.2. The supplementary mats have to be laid on the landing mats (WAG11). At the vault the supplementary mat (600 x 200 cm) shall be attached (i.e. using Velcro)

3. Height of the supplementary mats:

		10 cm * 1 cm
3.1. Vault (WAG1):	600 x 200 cm	* 1 cm
3.2. For the marking of the landing zone see WAG1.		
3.3. Uneven Bars, Balance Beam (WAG2, WAG 3):	400 x 200 cm	* 1 cm
3.4. Additional supplementary mat for training and warming up:		
3.5. Vault (MAG4), Balance beam (WAG3), Floor (WAG4),	200 x 200 cm	* 1 cm

* Tolerance +/-

4. Functional properties

4.1. The foam of the supplementary mats shall have a density of 25 kg / m^3 (+/- 2,5 kg /m^3). The ultimate tensile strength of the foam (ISO 1798: 2008) shall be ≥ 115 kPa, the compression stress value 40% shall be 4,0 (+/- 1,0) kPa (ISO 3386-1 – Amd1: 2010)

4.2. By no means should mats be dislocated during performances. At the vault the supplementary mat (600 x 200 cm) shall be attached to the landing mat

4.3. Preference should be given to uniform colours.

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

5. Colour

5.1. The FIG may designate the colour for certain event.

Vaulting Board

Women's Artistic Gymnastics

- Vault (WAG1) – "hard" and "soft"
- Uneven bars (WAG2) – "soft"
- Balance beam (WAG3) – "soft

Construction / Description of material, measurements

1. Form

1.1. The profile of the vaulting board must adhere exactly to the respective blue print.

1.2. Its upper surface rises in an arched form, approaching the horizontal between 75 cm and 95 cm, measured from the frontal angle. The height reached at this point, may not be exceeded. After this point, the upper surface may continue horizontally or slope downward.

1.3. The rise of the arch is 3.5 cm +/- 0,5 cm.

1.4. For competitions a "soft" and a "hard" vaulting board shall be available. The "hard" board shall be marked with a dot on the surface.

2. Measurements

2.1. Length	120 cm	* 1 cm
2.2. Width	60 cm	* 1 cm
2.3. Height	20 cm	* 1 cm
2.4. Height (run-up side)	max 3 cm	
2.5. Cushion Cover	2 cm	* 0,5 cm
2.6. Total height with cushion cover	22 cm	* 1,5 cm

2.7. Free space between floor and the lower edge of the vaulting board at the run-up side max. 1 cm

*Tolerance +/-

2.8. The stipulated length and height refer to the vertical projection of the upper plate, i.e. the take-off plate.

2.9. The base may be larger, but cannot extend more than 2 cm beyond the projection of the board.

2.10. Labelling of the "hard" vaulting bard on the surface by a dot with clear contrast on the longitudinal midline:

2.10.1. Distance to the side of run up	5 cm
2.10.2. Diameter	8 cm

3. Functional properties

3.1. The functional properties of the vaulting board (hardness, damping, elasticity) shall not be adjustable (i.e. springs must be fixed so that they cannot be easily removed by hand).

3.2. The elasticity of the vaulting board must be most effective in the area between 75 cm and 95 cm, measured horizontally from the frontal angle.

3.3. The vaulting-board must dampen the counter pressure, i.e. reduce motion energy. Elasticity and absorbency must be evenly distributed, so that the effect of the vaulting board differs only slightly, regardless whether the force of the impact is at the middle axis, or away from it.

3.4. The upper surface of the vaulting board must offer slip resistance.

Vaulting Board

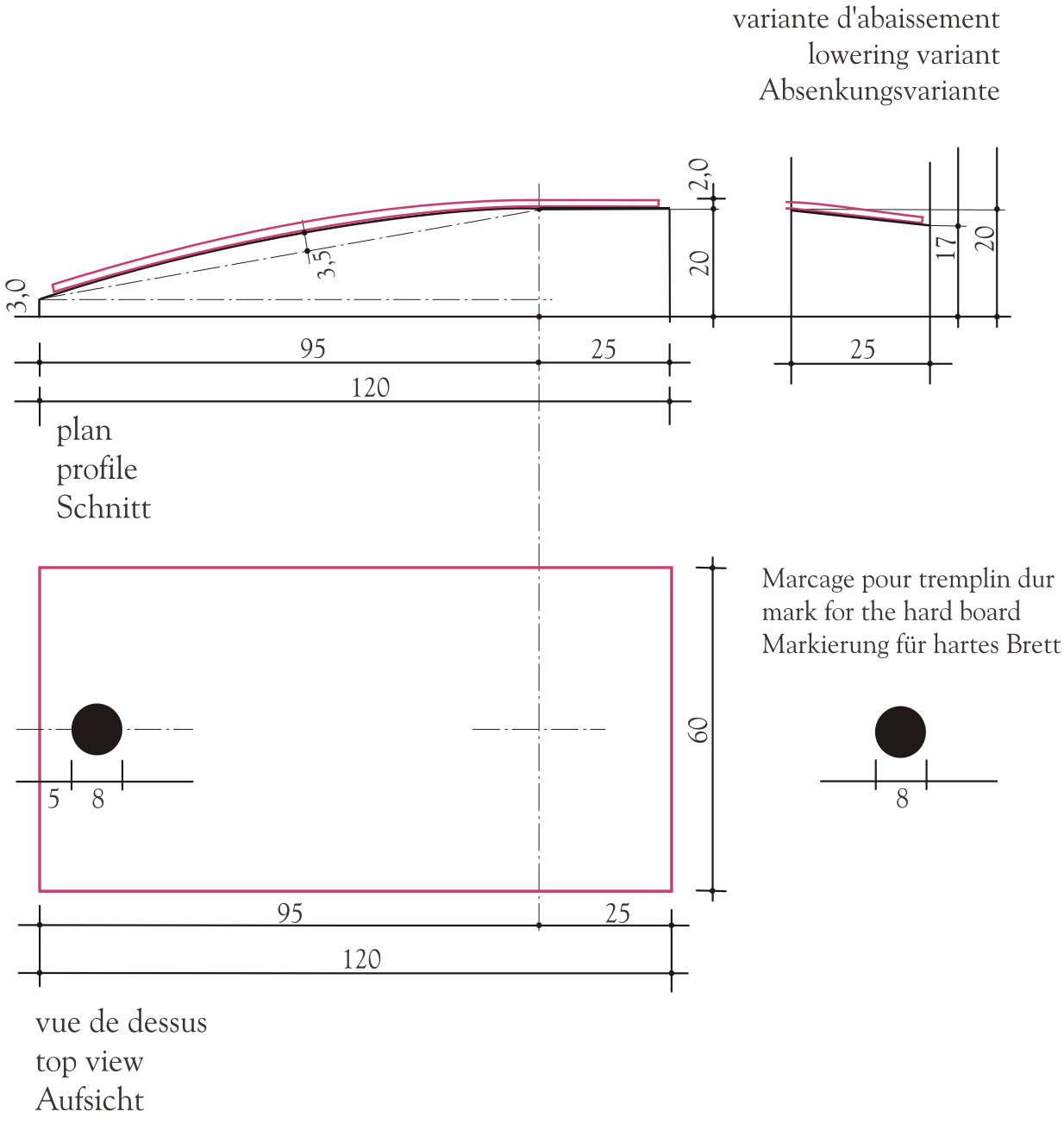
3.5. The vaulting board must not produce disturbing sounds during its use.
3.6. The board shall not slide at the time of impact of the athlete. This shall be achieved by anti-slip devices at the bottom side of the board or at the board underneath the vaulting board. The slip resistance shall be provided especially when the board bottoms out at the middle part.
3.7. The vaulting board and its base may not have any sharp corners, edges and no protruding parts. Mainly the upper and under edge of the upper part of the Vaulting board towards the apparatus side (Vaulting Table, Balance Beam of Uneven Bars) shall be cushioned and rounded.

4. Colour

4.1. The choice of colour is left to the discretion of the manufacturer.
4.2. With exception of the dot for “hard” vaulting boards optically disturbing patterns, stripes or insignia on the upper surface are not permitted.
4.3. The FIG may designate the colour for certain events.

Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

Vaulting Board



cotes obligatoires; construction selon le gré; dessin en exemple	dimensions: mandatory; design: at your discretion; drawing: typical example	Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

Vaulting Board safety collar (Round off vaults)

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Use

1.1. The usage of the safety collar around the vaulting board is compulsory for round-off entries at the vault. It is not allowed to place the safety collar on the foot of the vaulting table or underneath the vaulting table.

2. Form

2.1. The safety collar is "u-shaped" and surrounds the vaulting board at the sides and the front toward the vaulting table. At the sides of the vaulting board its upper surface rises in an arched form in the same level as the vaulting board. At the front side of the vaulting board the surface of the safety collar is horizontal and even.

2.2. The whole surface of the safety collar and the corresponding surface of the vaulting board need to be of the same height level.

3. Measurements

3.1. Overall length: 120 cm (±20 cm)

3.2. Minimal width at the side of the vaulting board: 20 cm

3.3. Length at the front part of the vaulting board: 20 cm (± 0,5 cm)

3.4. Maximal Difference between the height of the safety collars' and the boards' surface (respecting the arched form): ±1 cm

3.5. Maximal gap between the safety collar and the vaulting board on all three sides: 0,5 cm

4. Functional Properties

4.1. The safety collar has to provide a safe area around the vaulting board in case of an athlete misses the board for a take-off towards the vaulting table, therefore the safety collar must provide sufficient stability and cushioning at the whole upper surface. The bottom side shall have an "anti-slip" surface (i.e. Velcro) to prevent the safety collar from slipping away.

4.2. The safety collar shall not hinder the vaulting board in its functional properties neither by restricting the airflow during the compression of the vaulting board nor hindering the movement of the upper parts during foot contact.

5. Colour

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

5.2. The colour must be uniform and in contrast to the vaulting board.

5.3. The FIG may designate the colour for certain events.

Mat for Hands (Vault)

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Use

1.1. A mat for hands can be used by the athletes for round-off entries on the vault

2. Form

2.1. The upper surface must be horizontal and even. The mat for hands can be laid on the run-up area to cushion the hand contact during round-off entries onto the vaulting board.

3. Measurements

3.1. Length in direction of the run-up:	120 cm	* +10 cm
3.2. Width:	100 cm	* ±1 cm
3.3. Height of the mat for hands:	3 cm	*±0,5 cm

* Tolerance

4. Functional Properties

4.1. The cover material must be non-slippery but not rough. It may not cause a burning sensation. If a cover is used, such cover may not be bulged and create hindering folds.

4.2. The bottom side shall have an "anti-slip" surface (i.e. Velcro) to prevent the mat for hands from slipping away.

5. Colour

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

5.2. The colour must be uniform and in contrast to the run-up area.

5.3. The FIG may designate the colour for certain events.

Spotter mat (Uneven Bars)

Women's Artistic Gymnastics

Construction / Description of material, measurements

1. Form

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

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

2. Measurements

2.1. Length	200 cm	- 50 cm	
2.2. Width	150 cm	- 50 cm	
2.3. Thickness	15 cm	- 5 cm	

3. Functional properties

3.1. The foam of the spotter mats shall have a density of 20 kg / m^3 (+/-2 kg /m^3). The ultimate tensile strength of the foam (ISO 1798: 2008) shall be ≥ 90 kPa, the compression stress value 40% shall be 2,5 (+/- 0.5) kPa (ISO 3386-1: 1986 – Amd1: 2010).

4. Colour

4.1. Preference should be given to uniform colours.

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

4.3. The FIG may designate the colour for certain events.

Remark: The specifications for the spotter mat are the same as for the spotter mat in Trampoline Gymnastics (TRA12).