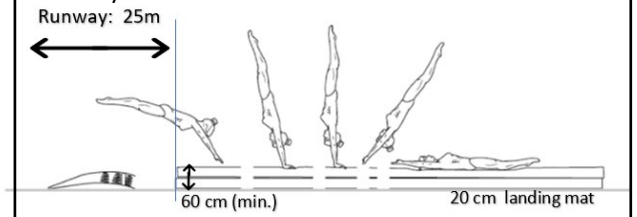
VAULT

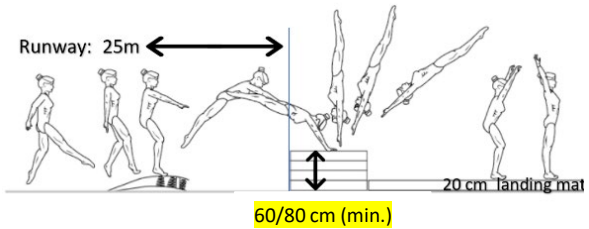
OCP WAG EQUIPMENT SPECIFICATIONS AND MEASUREMENTS PROCEDURES

AUGUST 2026

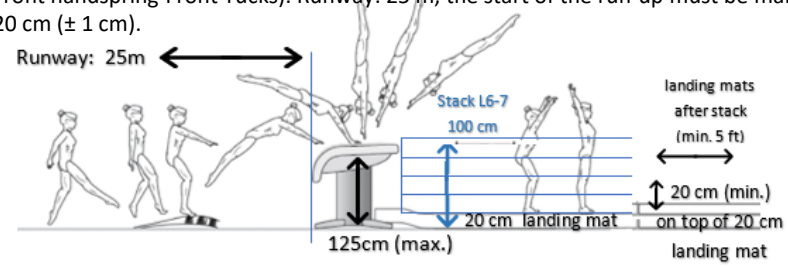
Xcel Copper/Bronze – stacked mat 60-120cm(+/3cm)
Level 1 – stacked mats 60 or 80cm (*plus or minus 3 cm)
Level 2 – stacked mats 60, 80 or 100cm (*plus or minus 3 cm)
Stacked mats are on rigid surface (may be a solid foam pit) that is the same height as the vaulting runway.



Xcel Silver – stacked mat (sideways) 60cm-120cm (+/-3cm)
Level 3 – stacked mats 80, 100 or 120 cm (+/-3cm)
Stacked mats are on rigid surface (may be a solid foam pit) that is the same height as the vaulting runway.



Xcel Gold/Platinum – table heights 105cm, 115cm or 125cm (+/-3cm)
Level 4-10 – table heights 105cm, 115cm or 125cm (+/-3cm)
**Level 6/7 – landing mats min. 20 cm base mat and stack mats increase increments of 20 cm.
Min. total height 100 cm (80cm mat plus 20cm base mat) and max. total height 140 cm (120cm mats plus 20cm base mat) (+/- 3 cm). No 10 cm mat required on stack mats. Landing mat after the mat stack must be a min. 20 cm in length. PLUS min 80 cm up to 152 cm.
**Level 8-10 - 120 cm is permitted for gymnasts performing Tsukahara and Yurckenko entry vaults with salto (excludes Front handspring Front Tucks). Runway: 25 m, the start of the run-up must be marked Landing mats: 600 cm x 250 cm x 20 cm (± 1 cm).



Vault on rigid surface that is the same height as the vaulting runway.

Runway: 25 m, the start of the run-up must be marked. The length (25m) is measured from the vertical projection of the front of the vault table to the inner side of the 25m mark. The runway must be weighted and secured to the floor to avoid movement during use.

Boards: Hosts can provide as many boards as they have in addition to the minimum of an extra soft, soft, medium, hard and trampoline boards. Attending clubs must request & get approval from the host club to allow outside equipment be brought in ahead of time and must be available for all gymnasts at that event for the entire competition. Tour Selection & Ontario Championships an extra soft, soft, medium and hard board will be provided.

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).

Base mats: 600 cm x 250 cm x 20 cm (± 1 cm) plus use of the **10 cm supplementary mat** for landing is **mandatory.**

Supplementary Mats: Up to 20 cm of **additional mats for landing** are allowed without deduction. Level 6-7: mat stack must be equal to or higher than the height of the table. The use of 5cm or 10cm mats are permitted to build the mat stack to the required matting level with the table if needed.

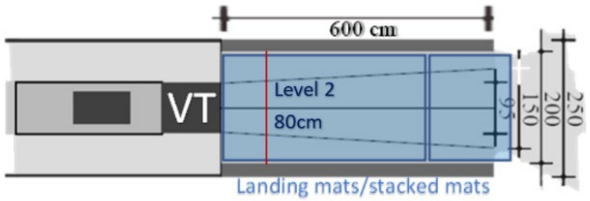
On vault, the use of a collar around the beat board is **mandatory** for all Yurchenko vaults. A Yurchenko vault without the use of a collar will be declared "VOID" and receive a score of 0.00.

A small floor mat may be placed on the runway in front of the springboard for **Yurchenko entry vaults only**. There are not specifications for the size of the small mat. It is the host club's responsibility to ensure that an appropriate mat is available. When the authorized landing zone is marked out by stripes, the stripes are 5 cm ± 0.5 cm. The marking strip is part of the authorized landing zone. Corridor is NOT in effect for Level 1-3.

Direction lines (Landing Mat): Level 2 - tape line must be place on the upper most surface of the mat stack/resi pit at 80 cm from the front edge of the landing surface (placed so the far edge of the tape is at 80 cm).

The areas on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The tapeline should be also extended down the side of the mat.

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.
2 judges chairs at 1 table., plus 1 chair for runner.



Higher Performance (FIG):
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 (5cm) will be placed on the landing mat in the center of the corridor

Reference Camera for Selection Competitions;
The reference camera should be set up 2m behind the position of the D panel. The camera must be on a fluid tripod and set such that the entire surface (from closest edge of the mat to the opposite) visible without obstruction and framed such that the camera does not need to be panned up or down (up to 4m visible above table surface).

BARS

OCP WAG EQUIPMENT SPECIFICATIONS AND MEASUREMENTS PROCEDURES

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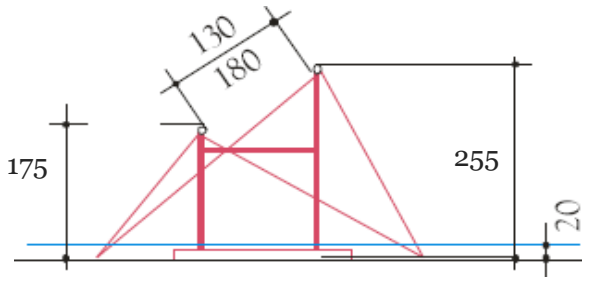
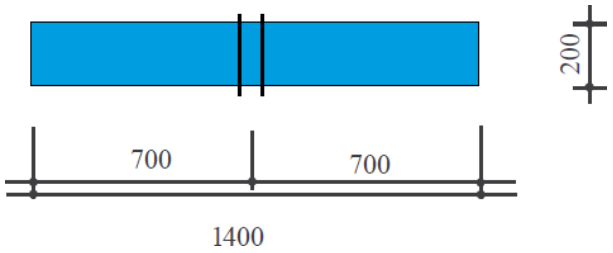
High bar: 255 cm to the floor (± 3 cm in Canada and ± 1 cm FIG)
Low bar: 175 cm to the floor (± 3 cm in Canada and ± 1 cm FIG)
Height is measured from upper edge of the rail while diagonal is at 180 cm.
Measure the rails from "wood to floor" for height and "wood to "wood" for diagonal from the inside of both rails.
Diagonal: 130 cm to 182 cm (± 1 cm FIG)– measured from inside of both rails in diagonal.
May extend 2 notches beyond FIG (190cm).

For more accuracy, measurements should be made 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.





Measuring and Set Up: The setting for the standard FIG diagonal distance should be marked on the adjuster. Reference marks to identify the chain links will be used once the bars are set at FIG. The reference marks may not be removed. If links must be added to raise the bar, coaches will be required to set the chains back to the original setting/reference marks once their gymnast has completed her warm-up or competitions.
Diagonal – measure the rails form inside both rails, in diagonal, form "wood to wood". For more accuracy, measurements should be taken where the wooden part of the tail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails. Height is measured from the upper edge of the rail while diagonal is at 180cm. Measure the rails from "wood to floor: for height. NOTE: the spreaders will show 18- of FIG but actual measurements will be 182cm.

Base mats: 1400 cm x 200 cm x 20 cm (± 1 cm) Mats are **centered** under the **middle** of the bars, plus use of the 10 cm supplementary mat for landing is **mandatory**.

Supplementary Mats: A minimum of the 10 cm and up to a maximum 30 cm mat for landing is mandatory. The coach may hold these mats in place. Up to max 30cm supplementary mats can be place under the bars. The mats under the uneven bars can be added, removed or may be left in place during the exercise. Additional matting will be added until the athlete can touch with flat feet while hanging from the low bar. No additional landing mat is required.
Mounting board or block may be used and must be removed after the mount on uneven bars. Use of the collar for round-off entry mounts is optional.
Coaches are permitted to place a small board under the beat board and ON TOP OF any supplementary mats for bar mounts, OR the supplementary mats may be positioned AFTER the beat board is removed. A small board may be placed under the springboard and ON TOP of any supplementary mats for bar mounts, OR the supplementary mats may be positioned AFTER the spring board is removed.

Adjusting Bars: Bars can be moved in and out as needed in the blocked warm-up time. For clubs using/renting the newer model of SA bars, only the back risers will be adjusted, and the front risers will be set at 'F'
Raising the bars: Reference marks to identify the 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. The gymnast is permitted to raise both bar rails (each 5 cm or greater). The D1 will determine the order of the warm-up for gymnast raising the bars. Equipment adjustments for raising the bars is not included in the gymnast's warm-up time.

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. 2 judges chairs at 1 table., plus 1 chair for runner.

Reference Camera for Selection Competitions;
The reference camera should be set up 2m behind the position of the D panel. The camera must be on a fluid tripod and set such that the entire surface (from closest edge of the mat to the opposite) visible without obstruction and framed such that the camera does not need to be panned up or down (up to 2.5m visible above high bar).

BEAM

OCP WAG EQUIPMENT SPECIFICATIONS AND MEASUREMENTS PROCEDURES

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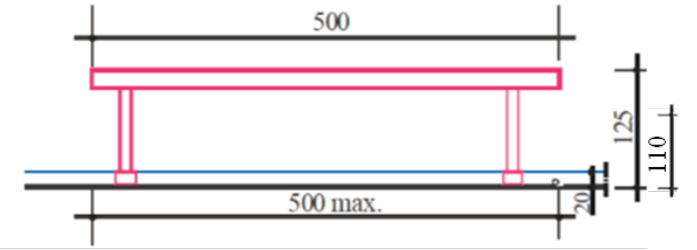
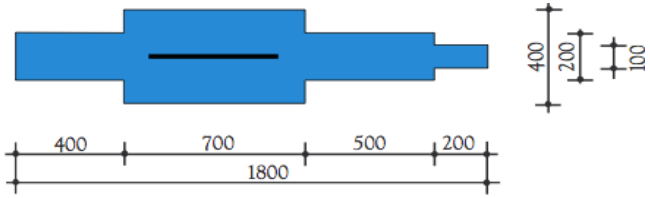
Height: 110 cm or 125 cm to the floor (± 1 cm) any age
Base Matting: 20 cm (± 1 cm)

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. Measuring for more accuracy, measure each side of the beam.



Side: 100 cm (width) x 500 cm (length) on one side of the beam (in Canada)

Landing/Supplementary Mats:
A 10cm or 20cm mat for landing is mandatory. For those gymnasts dismounting off the side of the beam the landing mat is permitted to be under the beam. Up to 20 cm of additional supplemental mats is permitted under the beam without deduction. The coach may hold these mats in place.



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

A designated board must be available at the event. A board may not be used to extend the approach distance for the mount. The beat board **must be removed** from the end or underneath the apparatus after the mount on balance beam. Use of the collar for round-off entry mounts is optional.

Coaches are permitted to place a small board under the beat board and ON TOP OF any supplementary mats for beam mounts, OR the supplementary mats may be positioned AFTER the beat board is removed.

The springboard/ block must be removed from the end or underneath the apparatus after the mount on balance beam. Use of the collar for round-off entry mounts is optional.

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 may be seated on the same side of the beam. 2 judges chairs at 1 table, plus 1 chair for runner.

Reference Camera for Selection Competitions:
The reference camera should be set up 2m behind the position of the D panel. The camera must be on a fluid tripod and set such that the entire surface (from closest edge of the mat to the opposite) visible without obstruction and framed such that the camera does not need to be panned up or down. The routine should be recorded with space visible below the level of the beam. The framing should ensure the entire landing area is visible without obstruction when the camera is panned down on the dismount.

*host clubs may designate and set up one beam at 110 and one beam at 125 for sessions if space is available to assist with warm-up and competition management (same format and equipment specifications for each beam with gymnast doing warm -up and compete).

FLOOR

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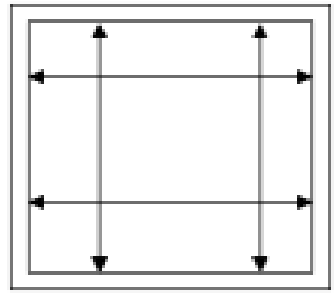
XCEL, Level 1-10*



12m x 12m including inbound lines on all sides.
The entire floor (including borders) measures 14m x 14m
The white line must be inbound. Measurements should be taken along four points approximately from each corners on each side.
Measurement will be taken from the outside of the while line to the outside of the opposing white line. Measure 4 sides for more accuracy.

*Level 1 and 2, the exercise is performed on the diagonal or straight line.
To adjust the white Velcro line, place 2 lines approximately 45 cm (18 inches) from edge of the floor.
Measure 12 m to other side of the floor.

Supplementary Mats: Up to 10 cm of additional mats are permitted for acro and tumbling series. The mats may be removed immediately after the series is completed, moved to another location or left in place at the discretion of the coach. Two (2) supplemental mats allowed on the floor at one time and only one supplemental mat per diagonal.

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 may be seated on the same side of the floor or on two sides. 2 judges chairs at 1 table, plus 1 chair for runner.

Reference Camera for Selection Competitions;
The reference camera should be set up 2m behind the position of the D panel. The camera must be on a fluid tripod and set such that the corners of the floor are visible without obstruction.