**TRAMPOLINE & DMT EQUIPMENT CHECKLIST**

|  |  |  |
| --- | --- | --- |
| **Required Equipment** | **Make/Type**  | **Age** |
| Minimum 4 Trampolines*(including frame pads, end-decks and end deck mats)* |  |  |
| Gym Mats *(sufficient to cover the floor surrounding the trampolines plus an additional 10m beyond each end deck)* |  |  |
| Minimum 1 Throw In Mat for every trampoline plus one for the Double Mini Trampoline |  |  |
| Double Mini Trampoline*(includes frame pads, run up and landing area)* |  |  |
| Judges Platform*(raised 1m from ground level – must seat min 9 people)* |  |  |

**TUMBLING EQUIPMENT CHECKLIST**

|  |  |  |
| --- | --- | --- |
| **Required Equipment** | **Make/Type**  | **Age** |
| TUMBLING STRIP:*26m long “A rod-style”**Top Strip = two layers of 2” padded foam carpet or**1 layer of 2” padded foam carpet and 1 ¼” carpet* |  |  |
| *Single Layer of Padded Floor Covering Along Both Sides of the length of the Tumbling Strip* |  |  |
| LANDING ZONE:(a single, specially constructed mat or several gymnastics landing mats firmly secured together – two 8” thick landing mats placed side to side is acceptable) |  |  |
| RUN-UP:(11m long and equal to the height of the tumbling strip) |  |  |
| Beat-board *(minimum 1)* |  |  |
| Training Mat – (minimum 8” thick) |  |  |
| Supplementary Mat – (*1 to 2” throw mat)* |  |  |



***\*Please refer to the FIG Apparatus Norms for full equipment regulations.***



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Double Mini Trampoline

Judges’ table located 5m from side of mini-tramp.



Judges’ Table

FIG Section 19.2

 Recommendations: A tape measure must be placed along the run-up starting at the

 frame of the mini-trampoline (0m).

 A floor mat must be used on the run-up and must be:

 Minimum Length 20 metres

 Thickness 25 mm +/- 5mm

 The interior height of the hall must be at least 6 metres

 One safety mat with the minimum dimensions of 300 x 200 x 30 ***must*** be placed directly behind the landing area. This mat should be tethered / attached to the landing area.

 Gym mats should cover the floor along the sides of the landing area.

 ***\*Please refer to the FIG Apparatus Norms for full equipment regulations.***