

# New York State Public School Athletic Association Apparatus Requirements for Girls Gymnastics

## High School & Modified/Junior High School

**NOTE:** It is recommended that each school's apparatus specifications be identified and distributed to every school in their league/conference prior to the competitive season, ideally at the pre-season coaches meeting.

### GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT

For **VAULT, BARS** and **BEAM**:

A minimum of one 4 in. x 6 ft. x 12 ft. competition landing mat is required.

A second competition landing mat may be placed on top of the required mat.

The maximum allowable *competition landing surface* would be 20 to 24 cm.

The use of 10-12 cm. (4 in. or 4  $\frac{3}{4}$  in.) x **8 ft.** x 12 ft. mats is encouraged.

If only a **4 in.** (10 cm.) competition landing mat is used, then a 1 $\frac{1}{4}$  in. base (panel) mat must be placed under it.

If a 12 cm (4  $\frac{3}{4}$  in.) or a 20 cm (approx. 8in.) landing mat is used, a 1 $\frac{1}{4}$  in. base (panel) mat is not required.

20 cm (approx. 8in.) competition landing mats are allowed but not required.

Additional Matting:

Up to 9 in. of any combination of additional matting is allowed in addition to the maximum allowable *competition landing surface* of 24 cm.

Ex. - skill cushion(s) and/or sting mat(s).

When an 8 in. skill cushion is used, it must be a minimum of 5 ft. x 10 ft.

It is suggested that it be as close as possible to the same dimensions as the competition landing mat.

When it is spatially possible; it is suggested that there be a clearance of 5 ft. to 6 ft. from one apparatus to any other. This includes corresponding mat areas, or any other obstruction, i.e., walls, pillars etc.

7. Basic Conversion 1 inch = 2.54 cm.

### VAULT

The height of the *HORSE* or *TABLE* may be set between:

A minimum of 100 cm. ( $\pm$  1cm) and [39  $\frac{3}{8}$  ”]

A maximum of 135 cm. ( $\pm$  1cm) [53  $\frac{1}{8}$  ”]

The suggested height for **High School** is between **125 cm.** to **135 cm.**  
(49 ¼ ") to (53 1/8 ")

In order to facilitate the event, it is suggested that the HORSE/TABLE height be adjusted only once per team.

The height of the **Horse** is determined by measuring the distance from the surface, on which the board will be placed, to the top of the horse.

The height of the **Table** is determined by measuring the distance from the surface, on which the board will be placed, to the center top of the vault table.

It is suggested that the Length of Runway be:

For the TABLE – 76 ft. to 80 ft. - measured from the front of the Table.

For the HORSE – 78 ft. to 82 ft.

Use of the VAULTING BOARD SAFETY ZONE MAT is **REQUIRED** for all Round-off entry vaults. It may be used for all other vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.

## UNEVEN BARS

Basic recommended specifications: High Bar: 246 cm ( $\pm 1$ cm); Low Bar: 166 cm ( $\pm 1$ cm) measured from the floor to the bottom of the rail. Horizontal distance between the bars: should close to minimum of 130 cm and extend to maximum of 180 cm.

Based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the recommended specifications. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended parameters.

The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.

It is suggested that the Mount distance be at least 12 ft.

Matted area under the bars must be a minimum of 6 ft. x 24 ft.

Two (2) – 4 in. x 6 ft. x 12 ft. landing mats.

A 6 or 7 ½ ft. x 36 ft. matted area is encouraged.

The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.

Illegal placement of the board will incur a penalty of - 0.30

Failure to remove the board after the gymnast has mounted will incur a penalty of -0.30

If a raised surface is needed to spot a release move, there is no penalty, provided the device is removed immediately after the release is performed. It is suggested that a spotting block or folded mat be used – use of a board will not incur a penalty.

## BALANCE BEAM

Height for **High School** is 120 (47 ¼”) or 125 cm. (49 ¼”) (± 1 cm.)

Height for **Junior High School/Modified** is between 100 cm and 125 cm.

It is suggested that the Mount distance be at least 12 ft.

Mats: A minimum of a 6 ft. x 12 ft. matted area at each end of the beam. An 8 ft. x 15 ½ ft., or two (2) 6 ft. x 12 ft. mats under the beam.

The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.

Illegal placement of the board will incur a penalty of - 0.30

Failure to remove the board after the gymnast has mounted will incur a penalty of -0.30

## FLOOR EXERCISE

It is suggested that the Floor area be as close to 12 meters x 12 meters as possible (i.e. - 39 ft. 4 7/16 in. x 39 ft. 4 7/16 in.)

The measurement is from the outside of the tape.

The minimum surface thickness is 1¼ in. thick.

A resolute or wrestling mat type surface is permitted.

The top of the mat must be joined into one continuous and level surface.

Additional Matting: Up to two (2) manufactured skill cushions may be placed separately on the Floor Exercise area, a maximum thickness of 8 in. is allowed.

If the skill cushion(s) is 8 in. thick, it must be a minimum of 5 ft. x 10 ft.

A “sting” mat may also be placed on top of the 8 in. skill cushion.

Whenever additional matting is placed on the Floor Exercise area and covers a portion of the boundary line(s), the mat must be clearly marked with chalk or tape to indicate the actual boundary line(s).

Failure to mark boundary lines incurs a 0.10 deduction.

A coach may reach into the floor space to remove or place a mat, but may not step onto the floor area to do so.  
The penalty for a coach on the floor exercise mat is – 1.00.