

USAG (JO XCEL) - MAT SPECIFICATIONS

LANDING MAT - ALLOWANCE				MOUNTING MAT - ALLOWANCE					
CM	INCHES			CM	INCHES				
45.7	18"	2.5" Sting Mat	6 cm	45.7	18"	Mount without Board			
43.2	17"	8" Skill Cushion	20 cm	43.2	17"	8" Skill Cushion	20 cm		
40.6	16"			4" Throw Mat	10 cm			40.6	16"
38.1	15"			4" Throw Mat	10 cm			38.1	15"
35.6	14"			4" Throw Mat	10 cm			35.6	14"
33.0	13"			4" Throw Mat	10 cm			33.0	13"
30.5	12"			4" Throw Mat	10 cm			30.5	12"
27.9	11"			4" Throw Mat	10 cm			27.9	11"
25.4	10"	8" Landing Mat	20 cm	25.4	10"	Mount with Board			
22.9	9"			4" Landing Mat	10 cm	22.9	9"	4" Throw Mat	10 cm
20.3	8"			4" Landing Mat	10 cm	20.3	8"	or Sting Mat	2.5" Sting Mat
17.8	7"			4" Landing Mat	10 cm	17.8	7"	2.5" Sting Mat	6 cm
15.2	6"			4" Landing Mat	10 cm	15.2	6"	8" Landing Mat	20 cm
12.7	5"			4" Landing Mat	10 cm	12.7	5"		
10.2	4"			4" Landing Mat	10 cm	10.2	4"		
7.6	3"	1" Base Mat	2.5 cm	7.6	3"	4" Landing Mat	10 cm		
5.1	2"			1" Base Mat	2.5 cm	5.1	2"	1" Base Mat	2.5 cm
2.5	1"			1" Base Mat	2.5 cm	2.5	1"	1" Base Mat	2.5 cm

0.3 CJ = Unauthorized Mats or Plywood Board

24 cm	9.4"	Competition Landing Mat
24 cm	9.4"	Supplemental Mats Allowed

XCEL

Bronze, Silver, and Gold:

- Any combination of competition landing mats and skill cushions may be used to mount
- UB mount of glide swing, then back hip pullover (or jump front support mount), the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing.
- This mat/board must be removed as soon as possible after the jump into the glide swing.

Mounts - no plywood allowed under board (NCAA OK)

Mounts - **without** board

Mounts - **with** board

9" landing mats + "up to 8 inch" skill cushion

9" landing mats + 4" throw mat **OR** sting mat

XCEL

Bronze, Silver, Gold:

- Any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.
- Any manufactured mounting apparatus may be placed on top of the mats.

Platinum and Diamond:

- Mount trainer or folded panel mat may be used instead of a board for mounting purposes.