

## 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 <b>without</b> 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"	Mount <b>with</b> Board			
38.1	15"			4" Throw Mat	10 cm			38.1	15"		4" Throw Mat or Sting Mat	10 cm	Mount <b>with</b> Board
35.6	14"							33.0	13"				
33.0	13"			30.5	12"			33.0	13"	4" Landing Mat	10 cm	Mount <b>with</b> Board	
30.5	12"			27.9	11"			30.5	12"				4" Landing Mat
27.9	11"			25.4	10"			27.9	11"	8" Landing Mat	20 cm	4" Landing Mat	
25.4	10"	22.9	9"	25.4	10"	4" Landing Mat	10 cm						
22.9	9"	20.3	8"	22.9	9"			1" Base Mat	2.5 cm	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm
20.3	8"	17.8	7"	20.3	8"	1" Base Mat	2.5 cm						
17.8	7"	15.2	6"	17.8	7"			1" Base Mat	2.5 cm	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm
15.2	6"	12.7	5"	15.2	6"	1" Base Mat	2.5 cm						
12.7	5"	10.2	4"	12.7	5"			1" Base Mat	2.5 cm	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm
10.2	4"	7.6	3"	10.2	4"	1" Base Mat	2.5 cm						
7.6	3"	5.1	2"	7.6	3"			1" Base Mat	2.5 cm	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm
5.1	2"	2.5	1"	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	1" Base Mat	2.5 cm	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.