

## 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 <i>without</i> Board	Mount <i>with</i> Board			
43.2	17"	8" Skill Cushion	20 cm	43.2	17"	8" Skill Cushion	20 cm			
40.6	16"			40.6	16"			2.5" Sting Mat	6 cm	
38.1	15"			38.1	15"			NCAA (allows one sting mat)		
35.6	14"			35.6	14"			4" Throw Mat	10 cm	
33.0	13"			33.0	13"			Mount <i>with</i> Board	2.5" Sting Mat	6 cm
30.5	12"			30.5	12"					
27.9	11"			27.9	11"			4" Throw Mat	10 cm	Mount <i>with</i> Board
25.4	10"			25.4	10"			or Sting Mat	2.5" Sting Mat	6 cm
22.9	9"	22.9	9"	8" Landing Mat	20 cm	8" Landing Mat	20 cm			
20.3	8"	20.3	8"							
17.8	7"	17.8	7"					4" Landing Mat	10 cm	
15.2	6"	15.2	6"					4" Landing Mat	10 cm	
12.7	5"	12.7	5"							
10.2	4"	10.2	4"					1" Base Mat	2.5 cm	
7.6	3"	7.6	3"							
5.1	2"	5.1	2"							
2.5	1"	2.5	1"	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm			

0.3 CJ = Unauthorized Mats or Plywood Board

Mounts - no plywood allowed under board (NCAA OK)

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

Mounts - *without* board      9" landing mats + "up to 8 inch" skill cushion  
 Mounts - *with* board      9" landing mats + 4" throw mat OR sting mat

### 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.

### XCEL

#### Platinum and Diamond:

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