

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	Mount with 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"			4" Throw Mat or Sting Mat	10 cm	Mount with Board		
30.5	12"			30.5	12"					2.5" Sting Mat	6 cm	
27.9	11"			27.9	11"			8" Landing Mat	20 cm	8" Landing Mat		
25.4	10"			25.4	10"						4" Landing Mat	10 cm
22.9	9"	8" Landing Mat	20 cm	22.9	9"	8" Landing Mat	20 cm					
20.3	8"			20.3	8"			4" Landing Mat	10 cm			
17.8	7"			17.8	7"			4" Landing Mat	10 cm	8" Landing Mat		
15.2	6"			15.2	6"						4" Landing Mat	10 cm
12.7	5"			12.7	5"			1" Base Mat	2.5 cm	1" Base Mat		
10.2	4"			10.2	4"						4" Landing Mat	10 cm
7.6	3"			7.6	3"						1" Base Mat	2.5 cm
5.1	2"			5.1	2"			1" Base Mat	2.5 cm	1" Base Mat		
2.5	1"	2.5	1"	1" Base Mat	2.5 cm	1" Base Mat						

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.

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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.