

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"			4" Throw Mat	10 cm			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"				
33.0	13"							33.0	13"				
30.5	12"							30.5	12"				
27.9	11"			4" Throw Mat	10 cm			27.9	11"	4" Throw Mat	10 cm		
25.4	10"							25.4	10"	or Sting Mat	Mount with Board		
22.9	9"			22.9	9"	2.5" Sting Mat 6 cm							
20.3	8"	8" Landing Mat	20 cm	20.3	8"	8" Landing Mat	20 cm	8" Landing Mat	20 cm				
17.8	7"			4" Landing Mat	10 cm					17.8	7"	4" Landing Mat	10 cm
15.2	6"									15.2	6"		
12.7	5"									12.7	5"		
10.2	4"									10.2	4"		
7.6	3"			4" Landing Mat	10 cm					7.6	3"	4" Landing Mat	10 cm
5.1	2"									5.1	2"		
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: 9" landing mats + "up to 8 inch" skill cushion
 Mounts - **with** board: 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.