

**LEVEL 6 - 7  
VAULT MAT STACK**

CM	INCH		
152.4	60"	<b>Maximum Height = 60-inch (152cm) TOP LAYER = minimum 4-inch (10 cm) Skill Cushion</b>	<b>Top Layer</b>
149.9	59"		
147.3	58"		
144.8	57"		
142.2	56"	<span style="font-size: 2em;">&gt;</span>	<b>135 cm (maximum)</b>  <b>Vault Table Height</b>  <b>115 cm (minimum)</b>
139.7	55"		
137.2	54"		
134.6	53"		
132.1	52"		
129.5	51"		
127.0	50"		
124.5	49"		
121.9	48"		
119.4	47"		
116.8	46"	<b>NOTES:</b>  <b>Any combination</b> of competition landing mats, skill cushions and/or port-a-pit may be used.  <b>Inflatable Mat</b> may also be used; however (see Top Layer)  Mat <b>Width</b> = 5 ft. minimum Mat <b>Length</b> = 10 ft. minimum	
114.3	45"		
111.8	44"		
109.2	43"		
106.7	42"		
104.1	41"		
101.6	40"		
99.1	39"		
96.5	38"		
94.0	37"		
91.4	36"	<b>Use of Unauthorized Mats</b> CJ deduction = 0.3	
88.9	35"		
86.4	34"		
83.8	33"		
81.3	32"		<b>Minimum Height = 32-inch (81cm)</b>
78.7	31"		
76.2	30"		
73.7	29"		
71.1	28"		<b>Minimum Height = 32-inch (81cm)</b>
68.6	27"		
66.0	26"		
63.5	25"		
61.0	24"	<b>Minimum Height = 32-inch (81cm)</b>	
58.4	23"		
55.9	22"		
53.3	21"		
50.8	20"	<b>Minimum Height = 32-inch (81cm)</b>	
48.3	19"		
45.7	18"		
43.2	17"		
40.6	16"	<b>Minimum Height = 32-inch (81cm)</b>	
38.1	15"		
35.6	14"		
33.0	13"		
30.5	12"	<b>Minimum Height = 32-inch (81cm)</b>	
27.9	11"		
25.4	10"		
22.9	9"		
20.3	8"	<b>BASE MAT = 8-inch (20 cm) alternative must be positioned up against the Table</b>	<b>Additional Mat</b> minimum 8-inch (20 cm) mat is required on the floor at the end of the Mat Stack opposite the Table.
17.8	7"		
15.2	6"		
12.7	5"		
10.2	4"	<b>BASE MAT = 4-inch (10 cm) minimum must be positioned up against the Table</b>	
7.6	3"		
5.1	2"		
2.5	1"		

## USAG - MAT SPECIFICATIONS

LANDING MAT (CLM) - 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	Mount <b>with</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			4" Throw Mat	10 cm	2.5" Sting Mat	6 cm				
38.1	15"			NCAA (allows one sting mat)											
35.6	14"			4" Throw Mat	10 cm			4" Throw Mat	10 cm	4" Landing Mat	10 cm	Mount <b>with</b> Board			
33.0	13"												2.5" Sting Mat	6 cm	
30.5	12"			8" Landing Mat	20 cm			30.5	12"	8" Landing Mat	20 cm	8" Landing Mat	20 cm		
27.9	11"							4" Landing Mat	10 cm					4" Landing Mat	10 cm
25.4	10"							4" Landing Mat	10 cm					4" Landing Mat	10 cm
22.9	9"	1" Base Mat	2.5 cm			1" Base Mat	2.5 cm								
20.3	8"	1" Base Mat	2.5 cm			20.3	8"	1" Base Mat	2.5 cm					1" Base Mat	2.5 cm
17.8	7"					4" Landing Mat	10 cm								
15.2	6"			4" Landing Mat	10 cm	4" Landing Mat	10 cm								
12.7	5"	1" Base Mat	2.5 cm	12.7	5"	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm						
10.2	4"			1" Base Mat	2.5 cm					1" Base Mat	2.5 cm				
7.6	3"	1" Base Mat	2.5 cm	7.6	3"	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm						
5.1	2"			1" Base Mat	2.5 cm					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

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

#### 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.