

R&P (page 74)  
LANDING MAT (CLM) - ALLOWANCE

CM	INCHES		
45.7	18"	2.5" Sting Mat	6 cm
43.2	17"		
40.6	16"	8" Skill Cushion	20 cm
38.1	15"		
35.6	14"		
33.0	13"		
30.5	12"		
27.9	11"		
25.4	10"		
22.9	9"		
20.3	8"	4" Throw Mat	10 cm
17.8	7"		
15.2	6"	4" Landing Mat	10 cm
12.7	5"		
10.2	4"	4" Landing Mat	10 cm
7.6	3"		
5.1	2"	4" Landing Mat	10 cm
2.5	1"		

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MOUNTING MAT - ALLOWANCE

CM	INCHES		
45.7	18"	Mount <b>with</b> Mounting Mat	Mount <b>WITHOUT</b> Board
43.2	17"		
40.6	16"	8" Skill Cushion	20 cm
38.1	15"		
35.6	14"		
33.0	13"		
30.5	12"		
27.9	11"		
25.4	10"		
22.9	9"		
20.3	8"	4" Throw Mat / OR	10 cm
17.8	7"		
15.2	6"	2.5" Sting Mat	6 cm
12.7	5"		
10.2	4"	Allowed not Required	8" Landing Mat
7.6	3"		
5.1	2"	Allowed not Required	8" Landing Mat
2.5	1"		

0.3 CJ = Unauthorized Mats or Plywood Board

24 cm	9"	Competition Landing Mat (Maximum)
24 cm	9"	Supplemental Mats Allowed (Maximum) Skill Cushion (8") Throw Mats (4") Sting Mats (up to 2.5")

DEV Board or Mounting Mat

Level 1-5 may use mat, skill cushions, block, panel mats for mounts  
 Level 6-10 may use mount mat or folded panel mat  
 Level 1-10 mount mat may be placed on (8" Skill Cushion)  
**Mounts - without board 8" landing mats + "8 inch" skill cushion**  
**Mounts - with board 8" landing mats + 4" throw mat OR sting mat**

**XCEL Bronze, Silver, and Gold:**

- May use an Alternative Springboard
- 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.
- Must be removed as soon as possible after the jump into the glide swing.

**Pit Pillow** if available (4'x6'x8") allowed during warmups at sanctioned competitions

**XCEL All Divisions**

- May use a Mount trainer / Mount Mat / Spotting Block / Folded panel Mat / Board
- **Board** may not be placed directly on 8" skill cushion for mounting.
- May stand (without a board) on 8" Landing Mats + 8" Skill Cushions