

Safety & Equipment Standards
Version 6.1 / Last Amended 09/19/2025

Article I -- General Rules

- A. Except where otherwise provided in this policy, NAIGC adopts all of USA Gymnastics Policies for the applicable level and Men's FIG equipment and mat specifications. Articles II and III summarize those specifications and list NAIGC variations.
- B. *Customary-Metric Conversions*: This Policy provides both customary units and their approximate metric equivalents. Compliance with either is acceptable.
- C. *Readiness to Compete*: NAIGC members will only participate in those events for which they are physically and mentally prepared to participate. This includes performing only those exercises that NAIGC members have practiced in advance and that they have accomplished to the degree of confidence necessary to assure that they can perform those exercises without assistance and without injury.
- D. *Access to the Competition Area*:
 - a. *Limited Access*: Only registered NAIGC members, judges, on-site medical staff required under Article I.F, and individuals specifically authorized by NAIGC (such as volunteers) may be present in the competition area. For safety and insurance reasons, unauthorized members of the public are not allowed to enter the competition area.
 - b. *Enforcement*: This requirement of limited access must be enforced by physically dividing the spectator and competition areas, such as enclosing the competition area by a rope barrier. NAIGC also highly encourages the use of badges issued to those individuals granted limited access under paragraph a. and a requirement that these badges be visibly-worn at all times during the event.
- E. *Pre-Participation Inspection*:
 - a. Prior to any participation in the event, the Meet Director, a member of the Board of Directors, or a member of the host team must conduct a post-setup inspection of the competition areas, spectator areas, equipment, and matting.
 - b. If any of these Safety and Equipment Standards is not satisfied or the facility is otherwise inadequate, no NAIGC member may participate until the inadequacy is corrected.
- F. *On-Site Medical Services*: Unless otherwise authorized in writing by NAIGC, a club hosting an event must provide sufficient medical and first aid services on-site during the entire duration of the event. At a minimum, this must include an individual appropriately qualified to provide medical and first aid services.
- G. *Compliance with State and Local Codes*: Unless otherwise authorized in writing by NAIGC, all facilities and competition areas in which an event occurs must be in compliance with all applicable state and local building codes, ordinances, and regulations.
- H. *Liability Waivers*: Prior to their participation in an event, all NAIGC members must sign an NAIGC Liability Waiver. If the NAIGC member is a minor, then the member must also secure the signature of his or her parent or legal guardian in addition to signing the waiver him- or herself.

- I. Any matting that is at a risk of slipping during contact should be secured in place. If other NAIGC members secure the matting in place, those members must, to the extent possible, remain outside of the apparatus area on which the gymnast is actively competing.
 - a. *Example:* A male gymnast chooses to use an additional 4 in. landing mat on floor exercise pursuant to Art. III.B.c. Other NAIGC members agree to secure the landing mat for him. Those other NAIGC members must remain out-of-bounds at all times.
- J. In general, a trampoline or mini-trampoline may not be used to mount an apparatus. The only exception will be for Xcel Silver Vault, per USAG Xcel rules. Otherwise, only a springboard may be used only as specified in Articles II and III.
- K. Regardless of the minimum safety standards required by this policy, event hosts should independently consider and implement all reasonable safety measures for their particular facility and equipment setup. This includes:
 - a. not having any obstructions on Men's or Women's Floor Exercise;
 - b. ensuring sufficient room for mounting, dismounting, and vaulting areas; and
 - c. ensuring that there is at least a 5-6 ft. (1.83 m) clearance between apparatus areas.
- L. *Procedures for Biological Cleanup:* An anti-viral spray disinfectant or a solution of 1 part bleach and 10 parts water should be available for the removal and disinfection of any blood or biological matter from the apparatus or matting. This cleanup must occur prior to any further participation by NAIGC members.
- M. *Manufacturer Allowances:* Regardless of the safety and equipment standards in this policy, under no circumstances should equipment be used in a way that exceeds the allowances identified by the equipment's manufacturer.
- N. The safety of the gymnast always comes first. Judges, other officials, and/or NAIGC staff should permit greater safety measures to be taken than those listed here, including but not limited to removal from the event, if doing so is necessary for a gymnast's safety.
- O. The host team must provide chalk for use by athletes on uneven bars, pommel horse, rings, parallel bars, and horizontal bar.

Article II -- Women's Gymnastics

A. General

- a. It is recommended that there be a 5-6 ft. clearance between an apparatus and any other obstructions (other apparatus, pillars, walls, etc.).
- b. All equipment and matting must be manufactured by a recognized equipment supply company.
- c. Springboard must be unaltered manufactured vaulting boards that meet FIG specifications. A board (or panel / mount mat) used to mount bars or beam may be placed on the competition landing mats or on competition landing mats plus supplemental matting of 5-10 cm. Additionally, a plywood board may be placed directly underneath the springboard for mounts on bars or beam. If a plywood board is used then it must be a plywood board with a non-skid surface on both sides. The board (or panel / mount mat)

may not be placed on an 8 in. skill cushion. The board (and/or plywood, panel or mount mat) must be removed as soon as possible once the gymnast has mounted.

- d. *Additional matting:* Up to 10 in. (25.4 cm) of any combination of matting is allowed on Vault, Uneven Bars, and Balance Beam. Additional matting allowances for Floor Exercise are indicated in Art. 2. E. (3) below.

B. Vault

- a. For all NAIGC WAG levels (except Xcel Silver) a vault table must be used. Xcel Silver will use a mat stack with the long side turned perpendicular to the vault runway. Specifications for this mat stack are listed below.
- b. *Vault Table*
 - i. *Minimum height:* 39 in (99 cm). The gymnast may use the vault table at any height up to the maximum height specified below.
 - ii. *Maximum height:* 53.5 in. (140 cm).
 - iii. *Minimum matting:* 8 ft. wide by 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 4.7 in. (12 cm).
- c. *Padding:* Padding must be used to cover the uprights and any weights placed on the vault base for stability. If the end of the vault table is within 15.5 ft. (4.7 m) of a wall or other obstacle, it is highly recommended that padding or similar matting be placed in front of the wall or other obstacle to protect gymnasts if they go beyond the landing area.
- d. *Runway:*
 - i. *Minimum length:* 76 ft. (23.2 m)
 - ii. *Maximum length:* 82 ft. (25.0 m)
 - iii. *Minimum width:* equal to the width of the springboard
 - iv. *Minimum thickness:* 1.375 in. (3.5 cm)
 - v. A tape measure must be placed and secured along the length of the runway so gymnasts can easily find the point at which to start their run.
 - vi. Athletic tape, Velcro strips or small chalk marks may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 2 in. (5 cm) and maximum length is 3 feet (91 cm.).
- e. *Safety Collar:* For front handspring onto the board and round-off entry vaults (i.e. Yurchenkos), the use of a vaulting board safety collar is mandatory and must be provided by the competition organizer. The gymnast may use one official hand mat provided by the organizer or a team may provide their own.
- f. *Vault Mat Stack for Xcel Silver*
 - i. *Preferred width:* 5 ft. (1.5 m). Some tolerance in this dimension is okay, however note that this is the dimension that athletes will be vaulting over and should not have a significant change.
 - ii. *Minimum length:* 5 ft. (1.5 m)
 - iii. *Maximum recommended length:* 10 ft. (3.0 m) placed sideways. While this matting may be any length greater than the minimum, due to space constraints and equipment standards, a maximum length of 10 ft. is recommended.
 - iv. *Minimum height:* 24 in (60 cm). The gymnast may have the mat stack at any height up to the maximum height specified below
 - v. *Maximum height:* 48 in (120 cm)
 - vi. A landing mat of minimum size 6 ft. wide by 12 ft. long (1.8 m x 3.65 m) with a thickness of 4 in. (10 cm) must be placed on the floor behind the mat stack.
- g. Landing into a loose foam pit area is not allowed for competition, unless the landing surface is deemed firm by the Meet Referee and Meet Director prior to the competition.

C. Uneven Bars

- a. *Heights of Low and High Bars:* NAIGC recommends the FIG-established heights of 98.8 in. (2.5 m) for the High Bar, 67.3 in. (1.7 m) for the Low Bar, and a maximum height difference between the Low Bar and High Bar of 32.7 in. (80 cm). Based on the best interest of the gymnast's safety, however, NAIGC members may adjust the High Bar and/or Low Bar to any height within the manufacturer specifications. Heights are measured from the floor to the top of the rail.
- b. *Horizontal spread between Low and High Bars:* NAIGC recommends the FIG-established minimum spread of 51.2 in. (1.3 m) and FIG-established maximum spread of 70.86 in. (1.8 m) between the Low and High Bars, as measured on the diagonal from the inside of the Low Bar to the inside of the High Bar. Based on the best interest of the gymnast's safety, however, NAIGC members may adjust the horizontal spread between the Low and High Bars to the preference of the gymnast.
- c. *Minimum matting:* The matted area under the Uneven Bars must be a minimum of 7.5 ft. wide by 36 ft. long (2.3 m x 11.0 m) with a thickness of 4.7 in. (12 cm).
- d. No other substances besides chalk and water may be placed on the uneven bar rails.

D. Balance Beam

- a. *Minimum height:* 39 in. (1.0 m), as measured from the floor to the top of the beam. The beam may be adjusted to any height up to the maximum height indicated below.
- b. *Maximum height:* 49.6 in. (1.25 m).
- c. *Minimum matting:*
 - i. At each end of the beam: 12 ft. long x 7.5 ft. wide (3.7 m x 2.3 m) with a thickness of 4.7 in. (12 cm)
 - ii. Beneath the beam: 15 ft. wide x 15.5 ft long (4.6 m x 4.7) with a thickness of 4.7 in. (12 cm)
- d. *Padding:* It is strongly recommended that manufactured padding for the uprights and bases be used if available.

E. Floor Exercise

- a. *Dimensions:* 40 ft. x 40 ft. (12 m x 12 m) area with a 2 in. (5 cm) delimitation marking, the outer edges of which mark the out-of-bounds lines. The surface must be a minimum of 1 ¼ in. thick (3.2 cm) to a maximum of 7 ½ in. thick (17.8 cm).
- b. *Corner matting:* If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 1 3/8 in. high) to protect the gymnast if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 5 ft. out from the edge of the boundary line and extend a minimum of 6 ft. from the corner down each side of the Floor Exercise area.
- c. *Additional matting:* Up to two mats, each with a maximum thickness of 8 in. (20.3 cm), may be placed on the Floor Exercise area. Two 4 in. mats may be stacked together to form an 8 in if desired. An additional sting mat placed on top of or under a skill mat/mat stack is allowed. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the out-of-bounds lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).

Article III -- Men's Gymnastics

A. General

- a. *Handguards*: The use of handguards (grips) on Still Rings and Horizontal Bar is highly encouraged, but not required. The use of handguards on Parallel Bars is permitted. The appropriate handguard must be used on each event.
- b. *Failed Handguard*: The Head Judge may, at his discretion, permit a second attempt if a gymnast's handguard fails during a competition on Still Rings, Parallel Bars, or Horizontal Bar.
- c. *Spotters*:
 - i. *Permitted*: A spotter is permitted to be in a position to safely spot the gymnast's routine on Still Rings, Vault, Parallel Bars, and High Bar.
 - ii. *Prohibited*: Spotters are never permitted on Floor Exercise or Pommel Horse.
 - iii. *Maximum Number*: Under no circumstances may more than two spotters be in place to spot the gymnast's performance.
- d. *Equipment Manufacturer*: All equipment used for competition must be manufactured by a reputable equipment manufacturer and installed as intended by that manufacturer.
- e.

B. Floor Exercise

- a. *Dimensions*: 40 ft. x 40 ft. (12 m x 12 m) area with a 2 in. (5 cm) delimitation marking, the outer edges of which mark the out-of-bounds lines.
- b. *Corner matting*: If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 1 1/4 in. high) to protect the gymnast if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 3 ft. out from the edge of the carpet or the foam edging and extend a minimum of 6 ft. from the corner down each side of the Floor Exercise area.
- c. *Additional matting*: Up to 4 in. (10 cm) of additional matting or a sting mat may be used for skills of any value. The mat must be put in place before the routine begins and must be left in place throughout the duration of the routine. If a mat is moved during the routine, FIG deductions will apply. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the out-of-bounds lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).

C. Pommel Horse

- a. *Maximum height*: 45.3 in. (1.2 m) as measured from the floor to the top of the horse body. The horse can be set at any height up to the maximum height of 45.3 in. (1.2 m). There is no minimum height requirement.
- b. *Minimum matting*: 12 ft. x 12 ft. (3.65 m x 3.65 m) area with thickness of 4 in. (10 cm)
- c. *Additional matting*: One additional mat may be used to mount the horse. A sting mat may be added for dismounts.
- d. *Mushroom*: A mushroom must be provided for sessions with developmental athletes. The top of the mushroom must have two lines dividing it into quarters. At a minimum, one panel mat or one layer of carpet bonded foam should be provided below the mushroom. Dome mushrooms should be taped down or otherwise secured to the matting below.

D. Still Rings

- a. *Minimum height*: 110.25 in. (2.8 m) as measured from the floor to the inside bottom of the rings. At the discretion of the host team, the height of the rings may be raised to accommodate taller athletes only if the host team is notified in advance and the host team presents this fact to other teams in the pre-meet information

- b. *Minimum matting*: 6.5 ft. wide x 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 8 in. (20.3 cm).
- c. *Additional matting*: Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added.
- d. *Ceiling-mounted rings*: Although ring towers are preferred, ceiling-mounted rings with springs may be used as long as this fact is presented to other teams in the pre-meet information.
- e. *Springs/suspension device*: Ceiling-mounted or tower rings that do not have springs or other suspension device are prohibited.
- f. *Wires*: Equipment shall not have exposed stray wires and/or frayed cables that could injure a gymnast, damage equipment, or fail during a routine.
- g. *Mounts*: In place of a spot, a block may be used to mount the rings. If used, the block must be promptly removed once the gymnast has mounted the rings and before the first skill.

E. Vault

- a. *Vault table*: Unless otherwise specified by NAIGC, a vault table must be used.
- b. *Minimum height*: Although the FIG height of 53.5 in. (1.35 m), as measured from the floor to the top-middle of the vault table, is highly encouraged, the vault may be set at any height up to the maximum specified below.
- c. *Maximum height*: 53.5 in. (1.35 m).
- d. *Minimum matting*: Basic landing mats measuring 8 ft. wide x 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 20 cm along with a mandatory additional 10 cm soft mat.
- e. *Additional matting*: Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added.
- f. *Padding*: Padding must be used to cover the uprights and any weights placed on the vault base for stability. If the end of the vault table is within 15.5 ft. (4.7 m) of a wall or other obstacle, it is highly recommended that padding or similar matting be placed in front of the wall or other obstacle to protect gymnasts if they go beyond the landing area.
- g. *Runway*:
 - i. Minimum length: 76 ft. (23.2 m)
 - ii. Maximum length: 82 ft. (25.0 m)
 - iii. Minimum width: equal to the width of the springboard
 - iv. Minimum thickness: 1.25 in. (3.2 cm)
 - v. A tape measure must be placed and secured along the length of the runway so gymnasts can easily find the point at which to start their run.
- h. *Safety collar*: For round-off entry vaults (i.e. Yurchenko), the use of a vaulting board safety collar is mandatory and must be provided by the competition organizer. The gymnast may use one official hand mat provided by the organizer.

F. Parallel Bars

- a. *Height*: 78.75 in. (200 cm) as measured from the floor to the top of the rail. The P-Bars may be raised if the gymnast touches his knees on the base mat while in a long hang swing or touches his feet while in an upper arm support. Any request to raise the P-Bars must be approved by the head judge, and may only be raised until the gymnasts knees are no longer touching the ground when in a long hand with 90 degree leg bend. The parallel bars may be lowered to any height allowed by the equipment and that allows the gymnast to still safely complete their routine.
- b. *Minimum matting*: 14 ft. wide x 16 ft. long (4.3 m x 4.9 m) with a thickness of 4 in. (10 cm) everywhere except the landing areas, which must be at least 8 in. (20.3 cm) thick. The matting beneath the center or at the end of the bars may not be removed.

- c. *Additional matting*: Up to 8 in. (20.3 cm) of additional matting plus a sting mat may be added.
- d. *Mounts*: Either a panel mat or a springboard, but not both, may be used to mount the P-Bars. If used, the panel mat or springboard must be promptly removed once the gymnast has mounted the bars.
- e.

G. Horizontal Bar

- a. *Minimum height*: 110.25 in. (2.8 m) as measured from the floor to the top of the bar. At the discretion of the host team, the height of the bar may be raised to accommodate taller athletes only if the host team is notified in advance.
- b. *Minimum matting*: Basic matting measuring 7.5 ft. wide x 30 ft. long (2.4 m x 9.1 m) with a thickness of 20 cm along with a mandatory additional 10 cm soft mat.
- c. *Additional matting*: Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added. Under no circumstances may a spotter spot the gymnast from stacked mats.
- d. *Lowering the bar*: Although the equipment must be able to meet the minimum height requirements above, it is acceptable, if agreed to by the head judge and the host team, to adjust the height of the bar down at an athlete's request. In this case, no minimum height is required as long as the equipment can be safely operated and the routine can be safely performed.
- e. *Mounts*: In place of a spot, a block may be used to mount the high bar. If used, the block must be promptly removed once the gymnast has mounted the high bar and before the first skill.

Article IV -- Trampoline and Tumbling

A. Trampoline

- a. Can be in-ground or above ground so long as the distance between the frame and the floor is no less than 45 in (115 cm)
- b. The dimensions of the trampoline frame are 200 in x 115 in (505 cm x 291 cm)
- c. The dimensions of the trampoline bed are 190 in x 85 in (482 cm x 214 cm)
- d. The springs of the trampoline are covered by a shock absorbent padding that does not cover any part of the bed.
- e. Must have safety platforms placed at both ends of the trampoline (unless the trampoline is built into the ground) with minimum dimensions of 120 in x 80 in x 3 in (302.5 cm x 202.5 cm x 7.5 cm)
- f. Must have a spotter mat available constructed of medium density foam and covered with a material that slides easily with minimum dimensions 66 in x 40 in x 4 in (170 cm x 100 cm x 10 cm)
- g. All sides of an above ground trampoline not against a wall must be lined with matting with minimum thickness of 8 inches (20 cm). Any in ground trampoline must be padded with a minimum of 1 3/8" carpet bonded foam surrounding the trampoline frame.
- h. Any wall immediately adjacent to the trampoline must be padded with a minimum of 1 3/8" carpet bonded foam.
- i. The ceiling height must be a minimum of 19 feet (5.8 m) above the trampoline bed

B. Power Tumbling:

- a. Rod floor must have a double layer of spring/foam block floor mats between 1 in -2 in (2.5 cm - 5 cm) in thickness with dimensions are 85 ft x 6 ft (26 m x 2 m)
- b. 3 2-in (5 cm) lines of a contrasting color outline the border of the rod floor 6 in (15 cm) from the edge including the 2 in (5 cm) lines, and then center of the rod floor

- c. All mats in the landing area must be shock absorbent and of the same height and density as the other mats and secured firmly together
- d. An additional 13 ft x 6.5 ft x 4 in (4 m x 2 m x 10 cm) mat may be placed on top of the landing area so long as it is firmly adhered or attached
- e. Dimensions of the landing area must be a minimum of 20 ft x 10 ft (6 m x 3 m) and have a thickness of 8 in - 12 in (20 cm- 30 cm) with an additional 5 ft x 10 ft x 8 in (150 cm x 300 cm x 20 cm) mat which must be attached to the back of the landing area
- f. The landing zone must be marked with 2 in (5 cm) lines or blocked by a contrasting color with dimensions of 13 ft x 6.5 ft (400 m x 200 m)
- g. The last foot (30.5 cm) of the 85-foot (26-m) floor is the penalty zone and should be blocked out in a contrasting color
- h. The 8 ft (2.5 m) preceding the penalty zone is marked the take-off zone and must be marked by solid lines of contrasting color minimum with the first line running the entire width of the rod floor
- i. There must be a 32 ft (10 m) run-up prior to the rod floor that is level with the rod floor
- j. A minimum of 3 ft (1 m) of carpet-bonded foam matting must line each side of the rod floor and landing zone to the landing area that is not enclosed by a wall matted with a minimum of 2 in (5 cm) of foam.
- k. The height of the hall must be a minimum of 16 ft (5 m)

C. Double-Mini Trampoline (DMT):

- a. Frame and springs must be covered by shock-absorbent padding that must not cover any part of the bed
- b. The bars beneath the bed must be padded by 2 in (5 cm) mats
- c. Both sides of the DMT must be lined to the beginning of the landing zone with carpet-bonded foam of minimum 1 in (2.5 cm) thickness and 6 ft (2 m) width
- d. The bed has dimensions of 9 ft x 3 ft (285 cm x 92 cm) with a height of 18 in (45 cm) at the mounting end and 28 in (70 cm) at the dismount end
- e. Landing mats must be shock absorbent and of the same height and density and have minimum dimensions of 20 ft x 10 ft x 12 in (6 m x 3 m x 30 cm) *see Zone C*
- f. The Landing Zones will be marked as follows
 - i. Zone A = 8 ft x 3 ft (2.5 m x 1 m) lying 27 in (70 cm) from the dismount edge of the DMT
 - ii. Zone B = 9.33 ft x 6.5 ft (2.85 x 2 m) lying from the dismount edge of the DMT
 - iii. Zone C = 20 ft x 10 ft (6 m x 3 m) lying from the dismount edge of the DMT
- g. An additional 5 ft x 10 ft x 8 in (150 cm x 300 cm x 20 cm) mat is required on the floor beyond the back of the landing area. This mat should be tethered/Velcro adhered to the landing area.
- h. No additional matting is permitted to be placed in the landing area
- i. The run-up must have a minimum length of 66 ft (20 m) and minimum thickness of 1 in (2.5 cm)
- j. A spotter mat of medium density foam, covered with a material that will slide easily, and with dimensions of 6.5 ft x 3.25 ft x 4 in (170 cm x 100 cm x 10 cm) may be used
- k. The height of the hall must be a minimum of 20 feet (5 m)

Article V – Amendments

- A. This document may be amended by the NAIGC Rules Team Leads if the changes are minor. If the sum total of changes are big enough that a majority of members need to know about it, the changes must be approved by the NAIGC Board.