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TEAMGYM CHAMPIONSHIPS

D I R E C T I V E S

For Equipment

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Introduction

These regulations have been updated for the following reasons:

- To improve the visual aspects of the performances
- To improve the safety of the performers
- To standardise the equipment for fairness to all teams

One of the most important objectives is to try and ensure the standards for the equipment reflect an organised and safe sport. To achieve this it is essential that all the equipment has a standard specification and is fixed without the need for coaches or gymnasts to hold the apparatus. This includes fixed tape measures and not marking the floor area or run ups.

The use of a team's own trampettes has in the past been seen as an unacceptable part of any sport and introduced a technical advantage to some teams. We are therefore introducing the requirement that organisers provide standard trampettes at competitions. We recognise that there may be some difficulties and so have staggered the introduction, to ensure that the standards proposed are both fair and achievable. In 2004, the organisers will have trampettes available that meet these standards. Nevertheless it has been agreed that teams will be allowed to bring their own trampettes for this competition. Any feedback on these standards will be welcome and allow us to update the standards.

Art 1 GENERAL

These Directives establish the minimal requirements for gymnastic apparatus used for the UEG TeamGym Championships.

The Organising Committee of a UEG TeamGym Championships shall provide for all the necessary apparatus, which shall be in conformity with the FIG norms in force at the time.

Before the event a representative of the WG-TG/UEG shall check the apparatus.

Art 2 SUMMARY OF EQUIPMENT

The following equipment should be provided:

Floor - A competition Floor

Tumbling - A sprung tumbling track, with run up and landing area

Trampette - A vaulting table, two trampettes, two run ups and a landing area

The preferred configuration is shown in Appendix A3 – Competition Hall Layout.

An identical set of equipment must be provided in the warm up gym.

Art 3 THE EQUIPMENT

3.1 Floor Programme

The floor exercise area shall be 14 m x 20 m.

This area shall be covered with 35 mm (+/- 2 mm) thick mats.

The mats shall be homogeneous and continuous. They should be placed in such a way as to avoid any move or shift during the event. They shall be antistatic.

The colour shall be previously determined in collaboration with the Organising Committee.

3.2 Tumbling

The equipment shall be composed of:

- a 20 m approach run-up
- a tumbling track
- a landing area with safety mat
- safety areas
- an additional safety mat

3.2.1 Tumbling Track

The tumbling Track shall be between 13 to 15 m long.

It shall be 2 m wide.

The central axis of the tumbling track shall be marked with a 50 mm wide line, of a colour clearly different from the mats' colour.

The end of the tumbling track shall be marked with a 50 mm wide white tape (or be of a contrasting colour).

The surface of the tumbling track shall be completely even (without fold or joint).

The specification shall conform to the FIG specification for the construction of their approved competition tumbling track, with the exception of the dimensions that are shown above.

3.2.2 Landing Area

The landing area shall have the following dimensions:

Length - 6 m, width - 3 m.

The landing area shall be made of a landing mat of the same height as the tumbling lane and it shall be covered with the continuous tumbling lane mat. The limits of the landing area shall be marked with 50 mm white tape (or contrasting colour).

3.2.3 Safety Areas

There are tumbling safety areas and a landing safety area.

The tumbling safety areas are at the sides of the landing end of the track.

They are each 1 m wide and 6 to 8 m long. They shall start at the landing safety area and shall be fixed on both sides of and parallel to the tumbling lane.

The landing safety area shall surround the landing area on both sides and at the end. It shall be 1 m wide.

The safety areas shall be level with the track and the landing area. They shall be covered with landing mats as thick as the mat on the tumbling track. An additional safety mat may be used.

The whole of the landing area should be held in place by a single cover.

3.2.4 Additional Safety Mat

An additional safety mat is an optional soft mat with the following dimensions:

2 m x 2 m (100 mm thick) (Happy Landing)

3.2.5 Approach Run-up

The approach run-up shall be 20 m long and approximately 1 m wide.

It shall be level with the tumbling track.

It shall be covered with a non slip carpet of the same quality as the tumbling track.

It shall be fixed in such a way as it will not move or slide during the gymnast's rapid movements.

There shall be a smooth transition between the run up and the track.

The end of the run up shall be marked with 50 mm wide white tape.

A tape measure will be attached to the floor at the side of the run up. It will measure distance from the start of the landing area. Additional tape measures will only be allowed during practice. No personal markings will be allowed on the run up.

3.3 Trampette

The performing area shall be made of:

- a trampette
- a trampette and a vaulting horse
- a combined landing area

- safety areas
- a 25 m approach run-up to each trampette
- an additional safety mat

The Organising Committee shall provide for trampettes, which meet the standards that are identified in separate specifications.

3.3.1 The Trampettes

General:	Open-ended/light-weight trampettes are not acceptable.
The frame:	Round or square 3 to 5 cm thick tube.
Dimensions:	110 - 125 cm
Height - front part:	25 (+/- 5) cm (non adjustable)
Height - back part:	45 to 70 cm *(Note: It is proposed that after 2004 this will be 50, 60 or 70 – i.e. three quick set angles only)*
Elastic fixing device:	Rubber cables or steel springs
Canvas:	60 x 60 cm, (a light colour)
	The centre of the canvas is to be marked. ('+' or circle)
Safety covers:	The frame and the fastening device shall be completely covered with a continuous safety cover up to the canvas. The colour of the cover shall be clearly different from the canvas colour. They shall be in good condition.
Feet	The frame feet shall have a have a non-slip surface.
Tension	The tension in the canvas must meet the standards set out in the separate specifications.
Competition Trampettes	The organisers will provide two trampettes for each location as defined above and in accordance with the specification. These trampettes shall have quick set adjustment for the height of the back.
Own Trampettes	In 2004, teams shall be entitled to use their own trampettes, provided they are in conformity with the minimum safety requirements. *(Note: It is proposed that from 2006 onwards, only trampettes provided by the organisers will be permitted.)'*
Movement restriction	The stand alone trampette shall be set close to the landing area such that its feet are beneath the landing area. The vault trampette should have quickly adjustable fixings to the vault, to prevent rebound movement during the performance. Details of the fixing to be provided at the 2004 championships will be notified to entrants so that personal trampettes can be fixed.

3.3.2 Vaulting Table

Type	The vaulting table shall comply with the latest FIG apparatus norms for a gymnastic vault.

Height	Women/Mixed teams have a set height of 160 cm. Men's teams have the height at 165 cm. The height is measured from the floor to the highest part of the table.
Main part:	This shall be in accordance with FIG requirements.
Construction:	The structure part supporting the vaulting platform may be of any construction. It should meetmeets the FIG criteria for safety.
Stability	In order to ensure safe usage, the vault should always be fixed to the ground during use.

3.3.3 Landing Area

The landing area shall be a combined area for the trampette for vault and the trampette on its own. It has a safety area and an additional safety mat.

It shall have the following dimensions:

Width: 6 m, length: 6 m, height: 300 mm.

The whole landing area shall be covered with a single cover.

The limits of the landing area shall be marked with 50 mm white tape.

The construction shall be in accordance with the specification.

3.3.4 Safety Areas

There is a 1 m wide safety area at the sides and end of the landing area.

The safety area shall be the same level as the landing area.

3.3.5 Additional Safety Mat

An Additional Safety mat is an optional soft mat with the following dimensions:

2 m x 2 m (100 mm thick) (Happy Landing)

3.3.6 Approach Run-Ups

The approach run-ups shall be 25 m long and 1 m wide.

They shall be non slip carpet.

They shall be fixed in such a way as not to move or slide during the gymnast's rapid movements.

A tape measure will be attached to the floor between the run ups. It will measure distance from the front of the landing mat. Additional tape measures will only be allowed during practice. No personal markings will be allowed on the run up.

Art 4 CHECKING APPARATUS

The WG-TG/UEG shall check the apparatus before the competition starts and shall authorise their use provided their safety technical requirements conform to the regulations. This includes all trampettes brought by competing teams.

The trampettes should be given a sticker with the trampette reference number on, the country of origin, and the checker's signature.

Checking of the trampettes to meet these criteria does not relieve the responsibility of the users to ensure it is fit for purpose when they use it.

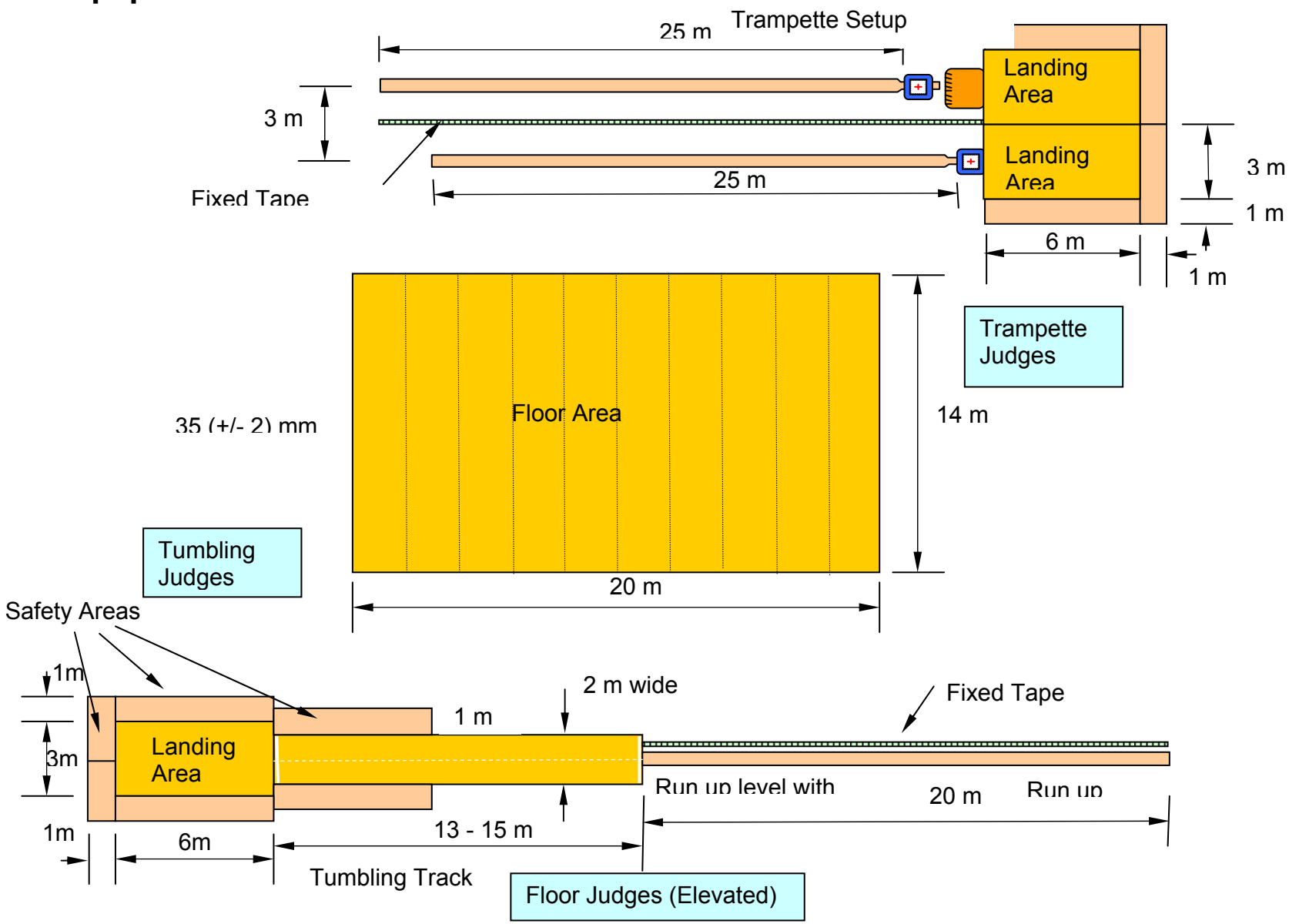
Appendix A

A1 Equipment Dimensions

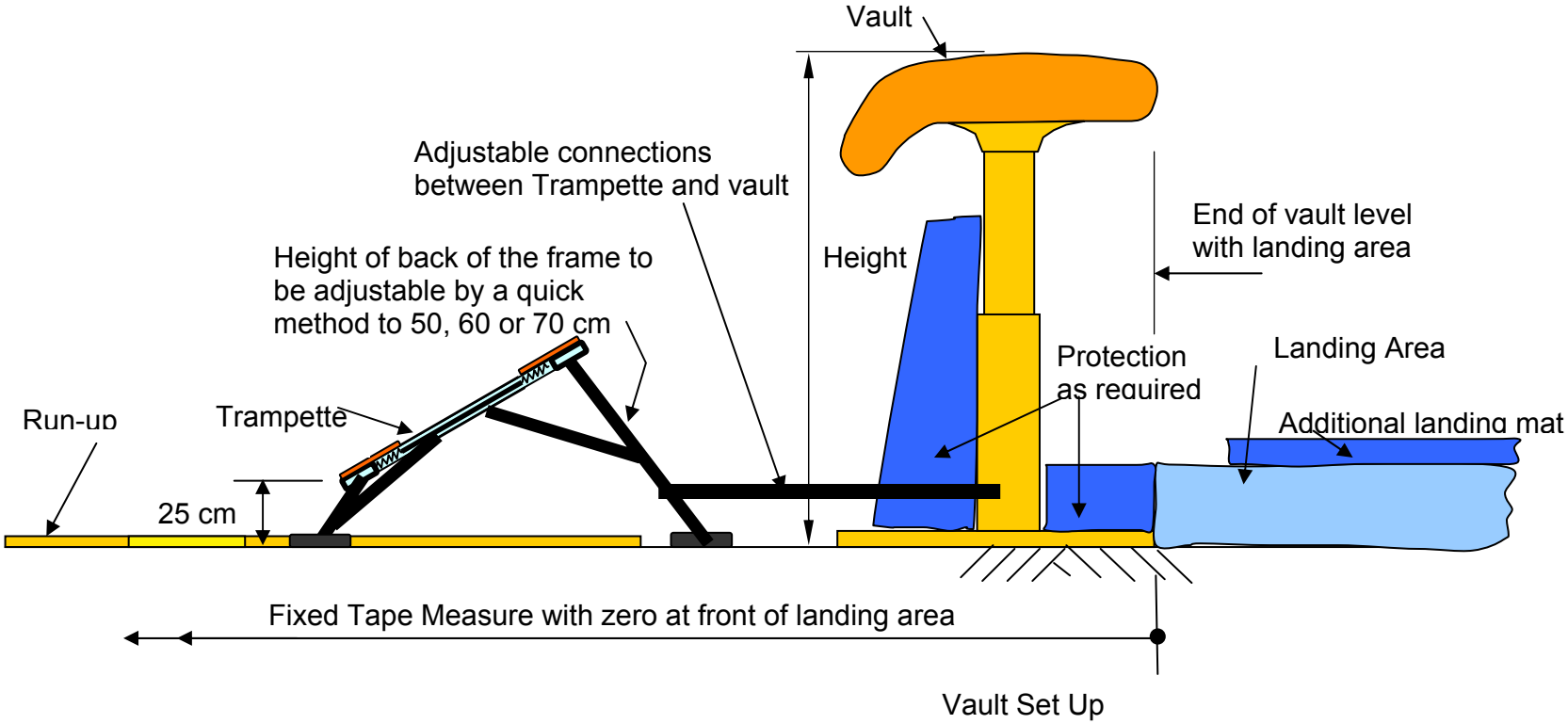
A2 Trampette Details

A3 Competition Hall Layout

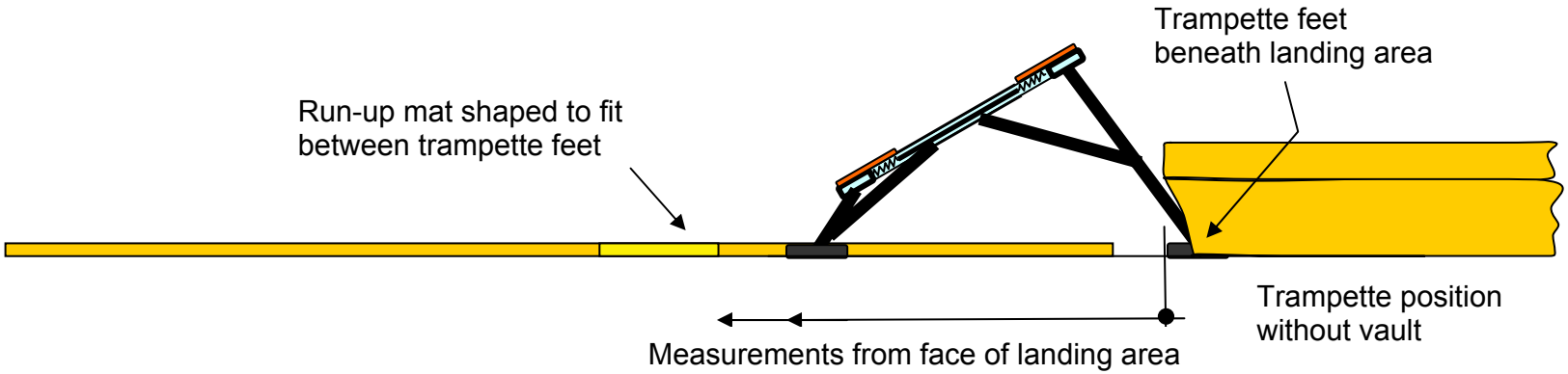
A1 Equipment Dimensions



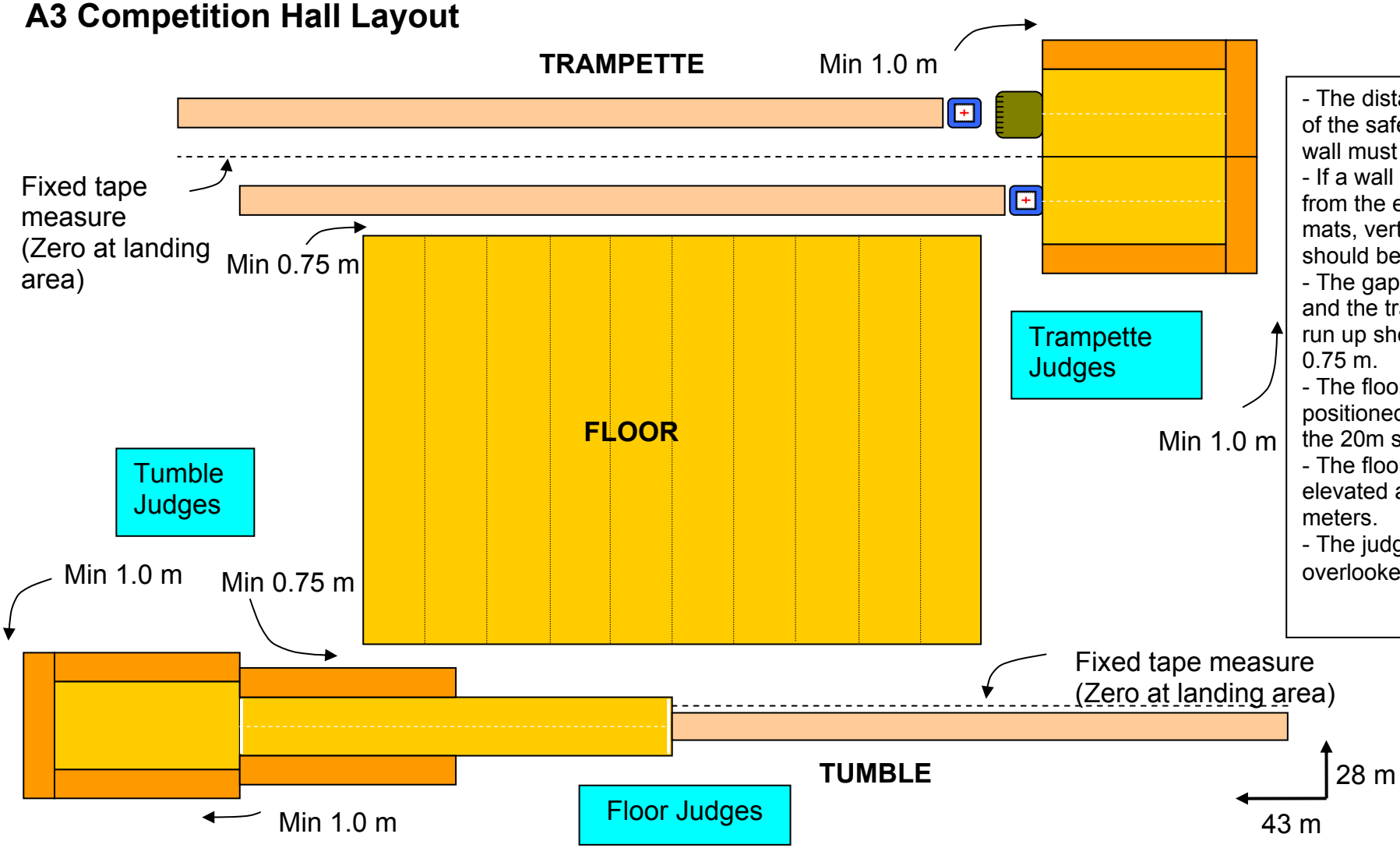
A2 Trampette Details



Vault Set Up



A3 Competition Hall Layout



- The distance from the end of the safety mats and the wall must be at least 1.0m.
- If a wall is less than 5 m from the end of the safety mats, vertical safety mats should be provided.
- The gap between the floor and the track or trampette run up should be at least 0.75 m.
- The floor judges should be positioned at the mid point of the 20m side of the floor.
- The floor judges should be elevated approximately 3 to 5 meters.
- The judges should not be overlooked.