

TRAMPOLINE EQUIPMENT SPECIFICATIONS

1. Levels 1-8
 - 1.1. A 6' x 12' trampoline with a 1"-2" string bed is permitted. It must have proper frame pads and safety platforms (end decks).
2. Levels 9,10, Junior Elite and Senior Elite:
 - 2.1 Frame
 - 2.1.1 Interior measurements of the frame, with bed under tension, but without frame pads:

Length	505 cm	+/-6 cm
Width	291 cm	+/-5 cm
Height of bed from floor	115.5 cm	+/-0.5 cm

An in-ground trampoline may be used provided the trampoline meets all of the requirements in equipment specifications
 - 2.1.2 For safety reasons the profile of the frame must have rounded edges. The radius must be 15 mm. The profile of the frame may also be oval or round, but in these cases, it must be guaranteed, that coaches are able to stand on the frame safely in order to give the necessary support to the athletes. Special attention must be given to the padding of the frame.
 - 2.2 Trampoline Bed
 - 2.2.1 Dimensions of the bed under tension, ready for use, including attachment straps:

Length	428 cm	+/-6 cm
Width	214 cm	+/-5 cm
 - 2.2.2 The bed must be constructed from light colored bands, webs, strings, etc., which must be held together in such a way that they are not displaced during use.

Web construction:

Width of web under tension	0.55 cm	+/-0.15 cm
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Distance between any two webs

	1.6 cm (maximum)	
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String construction:

Width of strings under tension	0.3 cm	+/-0.1 cm
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Distance between any two strings no greater than

	1 cm	
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 - 2.2.3 The bed must be strong enough to withstand wear and not tear when in use.
 - 2.2.4 The jumping zone must be marked out clearly in red on the middle of the trampoline bed. The lines belong to the jumping zone.

Length	215 cm	+/-4 cm
Width	108 cm	+/-4 cm

The center of the bed is indicated by a red cross.

Dimensions	70 cm	+/-3 cm
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3. Suspension
 - 3.1 The bed must be suspended with springs in such a way as to present no danger to users.
 - 3.2 The tension of the bed should be such that the bed stabilizes within one second after contact.
 - 3.3 The area beneath the bed must be free of obstruction.
 - 3.3.1 The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

4. Safety Padding
 - 4.1 The frame and springs must be entirely covered by a shock absorbent padding. The thickness of which must not be between 2.5 cm and 5.5 cm. The padding must not touch any part of the bed. The padding may extend over the bed by up to 3 cm, but the available unobstructed jumping area may not be smaller than the minimum bed size (422 cm x 209 cm).
 - 4.2 The padding should be firmly fixed to the frame without hindering the normal action of the bed and springs, nor should it cause noise through flapping.
 - 4.3 The bottom of the padding at the side of the bed should not protrude above the level of the bed by more than 6 cm.

5. Safety Platform (End Decks)
 - 5.1 Platforms must be placed at both ends of the trampoline. The platforms must be made of a framework that is firmly attached to the trampoline. The platforms must be constructed so that they are shock absorbent. The surfaces must be covered with a shock absorbent mat, firmly fixed to the platforms.
 - 5.2 Safety Platform (end decks) mats must have the following dimensions:

Width	300 cm	+/-2.5 cm
Length (including wedge, 40 cm)	240 cm	+/-2.5 cm
Thickness at the bedside	7.5 cm	+/-0.5 cm
Thickness at the end	20 cm	+/-2 cm
 - 5.3 The platform dimensions must be such that the mats are sufficiently supported to ensure that on landing they support the weight of the competitor without collapsing or folding. The foam of the mats shall have a density of 25 kg/m³ (+/- 2.5 kg/m³). The ultimate tensile strength of the foam shall be ≥ 130 kPa, the compression stress value 40% shall be 4.0 (+/- 0.4) kPa.
 - 5.4 The mats covering the platforms must extend to the edge of the bed (covering the springs).
 - 5.5 The base of any wheel stands must also be covered with padding.

6. Spotter Mats
 - 6.1 Spotter mats must be covered with a material which will slide easily. The foam of the spotter mats shall have a density of 20 kg/m³ (+/- 2 kg/m³). The ultimate tensile strength of the foam shall be ≥ or equal to 90 kPa, the compression stress value 40% shall be 2.5 (+/- 0.5) kPa.
 - 6.2 The mats must be provided with at least two handles or one long handle on the two long sides of the mat.
 - 6.3 Dimensions

Length	200 cm	- 50 cm
Width	150 cm	- 50 cm
Thickness	15 cm	- 5 cm
 - 6.4 It is recommended that the athlete's personal coach hold the spotter mat. This mat may be held on either side of the trampoline.

7. Safety Mats on the Ground: Junior and Senior Elite: Mats shall rest on the ground around and between the trampolines for safety reasons (measurements: height: 20 cm, width: 200 cm, tolerance: +/- 1 cm). They have to satisfy the specifications of MAG11/WAG11/TRA11. One additional mat (5'x10'x8") is required beyond the mat on the floor at the end of the safety platform (end deck). Mats should be attached to each other and tethered to the end deck frame. Levels 1-10: Carpet bonded foam or equal thickness matting is required to cover the entire length of the trampoline sides to the back of each end deck. Side mats are required to be a minimum of 6' wide. Two 5'x10'x8" mats are required on the floor beyond the back of the end decks. Mats should be attached to each other and tethered to the end deck frame.

8. Spotters
 - 8.1 One capable spotter at each corner of the trampoline is required. Spotter should be "physical size appropriate".

9. Synchronized Trampoline Competition
 - 9.1 During synchronized competitions, the trampolines must be parallel and not staggered. The distance between them, measured from the outer edges of the frames, must be two meters (6.5').