













Fédération

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Editorial

In its commitment to serve its partners and performers ever better at the international competition level, the International Federation of Gymnastics (FIG) is exceptionally pleased to introduce the new edition of the *Apparatus Norms* for gymnastics. This publication is based on the revision of the 2000 edition and has been in effect since 1/1/2006.

This document is the result of a team effort led by the members of the FIG Apparatus Commission in close cooperation with the concerned Technical Committees and both the Scientific and Medical Commissions. Mr. Ludwig Schweizer of the University of Freiburg im Breisgau, Director of the FIG Apparatus Testing Institute and Mr. Karl-Heinz Schwirtz have managed the editing process.

The new contents of this FIG Apparatus Manual offer a didactical approach, which allows the readers to learn about the particular functions of each apparatus and about the intricate process that surrounds certification and approval. This publication also serves as a source of official information for all National Federations and lays the foundation of the collaboration between the FIG and the apparatus manufacturers.

The new concept of these regulations' layout makes it possible to update the specific data pertaining to each apparatus used in the various gymnastic disciplines. It allows the technicians, the organizers, and above all the apparatus manufacturers to be kept abreast immediately on the latest developments in this important area. The drafting of these norms has taken into consideration our Technical Regulations, Codes of Points and Media Regulations.

With this publication, the FIG is renewing its commitment to the absolute necessity of providing standards for the apparatus used in official events and to guaranteeing that consistent testing and certification procedures are provided by fully neutral institutes delivering certificates in due form. In this respect, the FIG is pleased to further contribute to the improvement of our gymnasts' safety and to remain vigilant about fair play in competition.

We wish to thank everyone who has contributed to the publication of this document. The FIG wishes to all of them much success and a prosperous future at the service of the gymnasts and their managers.

With our compliments,

INTERNATIONAL FEDERATION OF GYMNASTICS

Bruno GRANDI President André Gueisbuhler Secretary General Nicolae Vieru, President *Apparatus Commission*

A. /:-

- Wiers

Division of chapters

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III Certificates and diplomas

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Impressum

IV Testing procedures





hle share the same passion!

Nastia Linkin

NASTIA LIUKIN

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1. Introduction / Layout

The last edition of the Apparatus Norms dates from 2000. Since then, Gymnastics has developed, many Norms have changed, testing procedures were introduced and detailed for most apparatus, and new disciplines have joined the FIG. It was therefore essential that the Apparatus Norms 2000 be completely revised.

The FIG Apparatus Commission has decided to present the new booklet in four parts.

- PART I. is the general part and contains the aim of these Rules, the introduction, the layout and general principles. Part I is aimed at all users.
- PART II. contains the actual Apparatus Norms with drawings, measurements, description of functional properties and testing norms. Part II is also aimed at all users.
- PART III. contains the procedures for how to obtain FIG Certificates and Diplomas.

Part III is mainly oriented to the apparatus manufacturers.

PART IV. contains the detailed description of the testing procedures and is directed to the apparatus manufacturers and the FIG recognised Testing Institutes.

2. Purpose and Principles

- The purpose of these Apparatus Norms is first, to have equivalent apparatus at all competitions. It is essential for the competitors to have the same, optimal conditions for the preparations for competitions and at competitions all over the World. This is necessary for practical reasons, for competition fairness and comparison and for safety.
- All apparatus used at official FIG events, the Olympic Games and the World Games must have a valid FIG Certificate. This Certificate will be issued by the FIG, provided the apparatus has been tested successfully.
- The controlled certification by the FIG and the testing procedures guarantee, that the Apparatus Norms are respected. With the Diplomas issued by the FIG, a partnership between the FIG and the apparatus manufacturers is created.

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- The choice of material and construction must be left to the manufacturers, to allow the apparatus to adapt to progress, development and new construction techniques. Therefore the FIG only prescribes measurements, functional properties, norms for testing and testing procedures.
- The FIG recognises neutral Testing Institutes, which have to follow the testing procedures decided by the FIG to test the functional properties, the norms and measurements of the apparatus.
- The testing procedures must be constantly developed with the purpose to have meaningful testing procedures for all apparatus and further develop existing procedures. It is important to develop testing procedures which guarantee, that the apparatus fulfil the norms also after intensive use.
- To enforce the Apparatus Norms and to guarantee the quality of apparatus after intensive use, the FIG may, before, during or after an event, control the apparatus and make re-tests at the Testing Institute.
- In case of contradictions between the Apparatus Norms and the Code of Points, the Apparatus Norms prevail.

3. Validity of the Apparatus Norms FIG Certificate compulsory for all Apparatus

These Apparatus Norms were decided by the FIG Executive Committee at its meeting 26th July 2006 and are valid as of 1st January 2006.

They replace all previous editions as well as all previous decisions and publications regarding apparatus norms from the Executive Committee, Technical Committees and the Apparatus Commission of the FIG.

They are compulsory for all FIG events, as well as at the Olympic Games,, World Games, Commonwealth Games, Asian Games, Pan-American Games, University Games and other multi-sport Games with International participation.. At all those events, no apparatus may be used which does not have a valid FIG Certificate.

The FIG strongly recommends that at all other national and international events, organised independently by its member federations or Unions, only apparatus be used which have a valid FIG Certificate.

At international events, apparatus without a valid FIG Certificate may only be used provided all participating member federations have agreed in writing and bear the full responsibility and liability for the use of such uncertified apparatus. The FIG waives all responsibility in the cases where apparatus without a valid FIG Certificate are used.

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4. Guarantee for quality

To guarantee equal quality and fairness for the competitors and to guarantee their safety and health, testing procedures for the quality of apparatus are necessary. Those testing procedures are defined in the Apparatus Norms part II and IV.

These apparatus norms as well as the requested norms and functional properties must not only be fulfilled at the time of the test at the Testing Institute. The apparatus manufacturers must guarantee to produce their apparatus in such a quality that the apparatus also fulfil the requested norms, functional properties and safety aspects after intensive use e.g. after a World Championship.

Fédération Internationale de Gymnastique
I Apparatus Norms

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1	Overview of the apparatus of the FIG disciplines

1 MENS' ARTISTIC GYMNASTICS MAG



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Number	Apparatus	Pictogram	Description	Test			
			Construction Material	Institute	Competition		
APPARATUS							
MAG1	Floor		ll MAG1	IV MAG1	yes		
MAG2	Pommel horse	\bigstar	li MAG2	IV MAG2	yes		
MAG3	Rings	7	li MAG3	IV MAG3	yes		
MAG4	Vaulting table	I	ll MAG4	IV MAG4	yes		
MAG5	Parallel bars	त न	li MAG5	IV MAG5	yes		
MAG6	Horizontal bar	<u>M</u>	ll MAG6	IV MAG6	yes		
SUPPLEI	MENTARY APPAR	RATUS					
MAG11	Landing mat 20cm	II MAG11	IV MAG11	yes			
MAG12	Landing mat 10cm	II MAG12	IV MAG12	yes			
MAG13	Supplementary mat 10cm		II MAG13		yes		
MAG14	Vaulting board		II MAG14	IV MAG14	yes		
MAG15	Mat for round off entry (vaulting board)		ll MAG15		yes		
MAG16	Mat for hands (vau	lt)	II MAG16		yes		

2 WOMENS'ARTISTIC GYMNASTICS WAG



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Number	Apparatus	Pictogram	Description	Test	
			Construction Material	Institute	Competition
A PPARA	ATUS				
WAG1	Vaulting table	Г	ll WAG1	IV WAG1	yes
WAG2	Uneven bars	ᠮᠮ	li WAG2	IV WAG2	yes
WAG3	Balance beam	$\overline{\mathbf{T}}$	II WAG3	IV WAG3	yes
WAG4	Floor		ll WAG4	IV WAG4	yes
SUPPLE	MENTARY APPAR	ATUS			
WAG11	Landing mat 20cm		II WAG11	IV WAG11	yes
WAG13	Supplementary mat 10cm		ll WAG13		yes
WAG14	Vaulting board		II WAG14	IV WAG14	yes
WAG15	Mat for round off entry (Vaulting board)		II WAG15		yes
WAG16	Mat for hands (vault)		ll WAG16		yes





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3 **RHYTHMIC GYMNASTICS RG**

Number	Apparatus	Pictogram	Description Construction Material	Test Institute	Competition
RG1	Floor		ll RG1	IV RG1	yes

Number Apparatus Pictogram Description- Tes	Number	Apparatus	Pictogram	Description-	Test *
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4 AEROBIC GYMNASTICS AER

Number	Apparatus	Pictogram	Description	Test	
			Construction Material	Institute	Competition
A PPAR	A <i>TUS</i>				
AER1	Floor		ll AER1	IV AER1	yes

5 TRAMPOLINE GYMNASTICS TRA



Number	Apparatus		Description-	Test	
			Construction Material	Institute	Competition
A PPAR	ATUS				
TRA1	Trampoline		ll TRA1	IV TRA1	yes
TRA2	Double Mini- Trampoline		ll TRA2		yes
TRA3	Tumbling track		ll TRA3	IV TRA3	yes
SUPPLE	MENTARY APPAR	RATUS			
TRA 11	Landing mat 30cm for Safety mat for TRA,	or DMT, TUM; DMT (20 cm)	II TRA11	IV TRA11	yes
TRA 12	Spotter mat Trampolin DMT	e Gymnastics	ll TRA12		yes
TRA 13	Supplementary mat and TUM	10cm for DMT	II TRA13		yes
TRA 14	Vaulting board Tumb	bling	ll TRA14	IV TRA14	yes

6 ACROBATIC GYMNASTICS ACRO



Number	Apparatus	Pictogram	Description	Test	
			Construction Material	Institute	Competition
A PPARA	ATUS				
ACRO1	Floor		II ACRO1	IV ACRO1	yes
SUPPLE	MENTARY APPAR	RATUS			
ACRO11	Landing mat 20 cm		II ACRO11	IV ACRO11	yes

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Floor



• Men's Artistic Gymnastics

Construction / Description of material, measurements

Form	Performance Area : Horizontal, even and without gaps		
	Border : Horizontal and even, at the same height as the Performance area		
	Border's variant : Width 50 cm, horizontal and even, at the same height as the Performance area, additional 50 cm inclination border, slope may not exceed 25 %.		
	Safety zone: The safety zone shall be kept totally free as a superformance area and the border. It shall be ho gaps.	urrounding zone around the rizontal, even and without	
Measurements	Performance area Border Border as a variant Horizontal Area, Width Slope max. 25 %, Width Height of outer border at the very end	1200 cm x 1200 cm Tolerance +/- 3 cm 100 cm, min. 50 cm, min. 50 cm, min. 3,5 cm, max.	
	border : Delimitation strip width The delimitation strip is part of the Performance	5 cm, Tolerance +/- 0,5 cm area.	
Functional Properties	 Performance area and border Equal elasticity on the surface as well as dampening. When in use it should not have any hindering motion energy Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must r restrict turns and slide movements. The surface cover of the Performance area must provide a balance between anti-skid and slippage. It must not cause skin burns. The floor must not produce disturbing sound during the execution of exercise. It must assure a low noise level. 		
Colours	Of plain colour which choice is left to the manuf certain events the FIG may stipulate the colours	acturer's discretion. For S.	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

oor			MAG 01.01.20 13
			100 200
			1200 1800
co	onfer le Texte / see text / siehe Te	ext	200 100
200 100 surface de cadre, et	1200 1800 e compétition, arena, Wettkan dge, Umrandung	npffläche	 +
zone de se variantes, profile - varian $200 \stackrel{\text{S}}{\stackrel{\text{E}}{\stackrel{\text{S}}}}}}}}}}$	écurité, safety zone, Sicherheit nts, Schnitt - Varianten 1200	tszone $50 \stackrel{\text{G}}{\stackrel{\text{E}}{\stackrel{\text{S}}}}}}}}}}$	↓
200 100	1200		→ 3,5 m



Use Men's Artistic Gymnastics

Construction / Description of material, measurements

Form	The apparatus consists of a prismoid body which is placed horizontally onto a base. On the upper surface of the body, two pommels are attached crossways.				zontally onto ached
	The Horse Body : Its sides - viewed from the two length and two front sides - slant in				
	In cross section the upper surface shows an arch, in length s horizontal, and even, and without gaps, except for the points				
	All corners and edges are rounded.				
	<u>The Pommels</u> : They are circula circular transition	ar in profile, rise from the on to the horizontal.	ir bases a	and then make	e a slight
	The base which horse body.	n serves as a support co	nforms to	arched upper	surface of the
	The Base :				
	Forms and conception do not have any prescriptions.				
	It must assure stability of the body and the horizontal position of its length and cross axis; all technical safety rules must be observed.				f its length
Measurements	Body :	Length at top Length at bottom Width at top Width at bottom	1 1	60 cm 55 cm 35 cm 30 cm	Tolerance: * 1 cm/ ¹ * 1 cm/ ² * 1 cm/ ¹ * 1 cm/ ²
		Height Height from upper surfa	ice 1	28 cm 15 cm	* 1 cm * 1 cm
	Pommels:	Inner vertical diameter Width at base	;	≥ 7 cm 31 cm	* 0,2 cm
		Height Profile diameter (at the		12 cm	* 0,5 cm
		nearly horizontal part)		3,4 cm	* 0,1 cm
		Span of the nearly Horizontal part		15 cm	* 0,2 cm
		Distance between Pom Minimum Maximum	mels: ≤ 40 cm ≥ 45 cm	1	
	* refers to the to	olerance, +/-,			



	$/^{1}$ and $/^{2}$ are measurements linked to each other. In case of variation, they must move in the same direction, e.g. if width at top is 355 mm, the width at the bottom must be 305 ±10 mm.		
	<u>Adjustments</u> :		
	Pommels The distance between the two pommels, inside measurement, must be continuously adjustable from 40 cm to 45 cm.		
Functional			
Properties	Body : Its support area must be elastic and absorbing.		
	The side surfaces, as well as corners and edges must have a dampening effect.		
	Indentations caused by support may not hinder turns of the palms.		
	The tear proof cover material, which tightly covers the body, may not slip or wrinkle.		
	The upper surface must offer the ability to glide, but not be slippery.		
	The cover material must be moisture absorbing and not cause skin burns.		
	The vertical and cross axis of the horse must be horizontal. During use, the horse must remain static.		
	Pommels : In principle, they are made of stiff materials.		
	A slight flexibility, which must not affect support stability, is provided by the padded upper surface of the body.		
	The anchoring to the body must assure immobility.		
	The upper surface is slip proof, but must allow the palms to turn and slide in support.		
	The pommels must be moisture absorbent and neutral to the use of magnesia.		
	Base : It must allow exact levelling of the body, and assure its immobility.		
	Floor anchoring for stabilization purposes is permitted, as well as anti-skid, dampening floor covering.		
	With exception of parts on the floor (feet) the base may not protrude from the body of the horse. The height of the feet must allow an even, horizontal mat covering.		



	No parts of the base ma	ay show sharp corners or edges, nor rough surfaces.				
	Since the body is attach depends on it as well. T for safety.	Since the body is attached to the base, the stability of the apparatus depends on it as well. This is also one of the most important requirements or safety.				
Colours	 Are left to the manufa For certain events the 	cturer's discretion FIG may choose the colour.				
	 Based on practical t For the body 	tests and considered allowed are : : The natural colour of leather, even when synthetic materials are used for the revetment				
	- For the pommel	: Natural wood colour, or a light neutral shade, if synthetic materials are used				
	- For the base	: Varnished colour				
Mats	- The mats used for pon	nmel horse must have a height of 10cm (MAG 11/12)				
	•					

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Rings

Use • Men's Artistic Gymnastics

Construction / Description of material, measurements

Form	The apparatus on a frame.	ne apparatus consists of two circular rings, attached to cables suspended n a frame.			
	The rings have a uniform, circular profile.				
	The cables have a pivoting mechanism at their suspension point on the frame. In the still position, the cables must hang in the vertical.				
	The frames consist of two supports and a horizontal beam which contains the attachment devices of the cables.				
	The frame is held upright by four tension cables, anchored to the floor. (Max. \emptyset 1 cm).				
	To distribute the pressure, the supports have widened floor plates.				
Measurements	Rings: Inner diameter Diameter of pro	ofile	18 cm 2,8 cm	* 0,1 cm * 0,1 cm	
	Pendulum leng Distance from Lower inner sic	th below suspension device: point of attachment to le of the rings	300 cm	* 1 cm	
	Distance of low	ver inner side of the rings : - to floor	280 cm	* 0,5 cm	
	Straps :	- Length - Width	70 cm 4 cm	* 1 cm * 1 cm	
	Distance betwee attachment on	een the 2 points of the frame	50 cm	* 0,5 cm	
	Frame: Height of attacl horizontal bear	hment point at n: - to the floor	580 cm	* 1 cm	
	Inner Distance At height of 3 Length of horiz Measured 30cr	of supports on the floor 320 cm (point of indentation) ontal beam m under the attachment point	260 cm 280 cm 120 cm	min min min	
	Distance of ten - in vertio - in cross	ision cables : cal direction of apparatus s section to apparatus	550 cm 400 cm	* 5 cm * 5 cm	
	* Tolerance, +/	-			

Rinas		ма <u>G</u> 3 01.01.2006 19			
Functional Properties	The suspension device and the rings must be able to swing directions. With the exception, of course, of the cable's directions	ole to swing out freely in all cable's direction.			
·	Even submitted to tension, the rings must rotate easily. For this purpose, the pivoting device exists.				
	Under load both rings shall have the same height above the	ground.			
	The rings must guarantee a sure grip and therefore must not The rings must absorb moisture.	be slippery.			
	The rings as such are made of a stiff material; in effect howe apparatus must have a certain elasticity, to protect the gymn is done partly through form and the method by which the fran can be helped by an elastic dampening device on the suspen	ver, the ast's joints. This ne is held, and nsion cables.			
	This device however may not produce springy or counter sw	ings.			
	Rings are either made of wood or synthetic material.				
	Except for sanding, the rings' upper surfaces receive no other material must remain natural in order to absorb magnesia an as to assure a sure grip.	er treatment. The d moisture so			
	The pivoting mechanism, the elastic dampening device and the height regulator are connected to the hanging points.	he stepless			
	The cables are protected by a smooth synthetic cover mater	al.			
	The straps, to which the rings are attached, are made of leat sturdy equivalent material.	her or of a			
	Aside from the required resistance of materials, the stability of must be assured.	of the apparatus			
	During the exercise, the frame and the suspension device m cause hindering sways or vibrations.	ust not move or			
	The required elasticity of the suspension device must not pro counter swings.	oduce springy or			
	Sharp corners and edges and rough surfaces are to be avoid	led.			
Colour	The rings retain the natural colour of the material.				

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Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Rings



cotes obligatoires;	dimensions: mandatory;	Maße bin den d;
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;
dessin en exemple	drawing: typical example	Zeichn un g als Beispiel
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Vaulting table

Use • Men's Artistic Gymnastics

Form	The apparatus consists of a slightly inclined table body which is mounted onto a "monostand" bottom frame. The table body consists of a front surface (A) which, seen from the direction of the vault, is inclined to 8° to the vertical and merges into two arched bends (B1 and B2) and then into a linear cover surface (C) which is inclined 3° to the horizontal. The table body is divided into a bounce area (A) and a push away area (B and C) with a clear colour contrast. The different surfaces merge into each other without any gaps in between. The push away area is slightly rounded in transversal direction (D). All corners and edges are rounded. The bottom frame must offer the table body a stable and secure supporting surface and must guarantee the abidance by the technical safety regulations. The bottom frame with cushioning may not present any parts that protrude from under the vaulting table's body except on the landing side. As a collision protection dangerous metal parts of the support must be cushioned. Recommendation: All levers and locking mechanisms should be incorporated into the under construction. The vaulting table including the cushioning of the bottom frame must represent a "monostand" - construction.				
Measurements	Table body:	length: width:	120 cm 95 cm	+/- 1 c +/- 1 c	m m
	Height at the given measurement point (see drawing)) ¹ : 135 cm +/- 1cm				ı
	Upper height at the bound	e area (see drawing	a)) ¹ :	122 cm +/- 1 cr	m
	Remark: For competitions the vaulting table must be positioned on a rigid board which has the same height as the run up area (see below)) ¹ : In competitions the apparatus height must correspond to the top level of the run up area. Maximal orthogonal deviations from the given profile lines in longitudinal and transversal directions: <1 cm				
	Protrusion of the leg construction below the table body on the landing side (only allowed with appropriate cut-outs in the landing mat): 15 cm maximal				
	Height of the leg frame		8 cm	maximal	
	Circumference of the (cushioned) bottom frame including all levers and fixation devices between the height of 50 cm up to 85 cm 1828mm maximal				
	Distance between the (cushioned) leg construction including all levers and fixation devices and the projection of the table body on all four sides between the height of 50 cm up to 85 cm 25 cm minimal			Ł	
	The adjusted height of the	e vaulting table must	be clearly si	igned at the side	€.
Measurements	body a stable and secure abidance by the technical cushioning may not prese table's body except on the metal parts of the support Recommendation: All level incorporated into the unde The vaulting table includir represent a "monostand" Table body: Height at the given measu Upper height at the bound Remark: For competitions board which has the same) ¹ : In competitions the app the run up area. Maximal orthogonal devia and transversal directions Protrusion of the leg cons (only allowed with approp Height of the leg frame Circumference of the (cus fixation devices and the p between the height of 50 of The adjusted height of the	supporting surface a safety regulations. T int any parts that pro- e landing side. As a d must be cushioned ers and locking mech er construction. Ing the cushioning of construction. length: width: urement point (see d ce area (see drawing the vaulting table m e height as the run u paratus height must tions from the given truction below the tar riate cut-outs in the l shioned) bottom fram- the height of 50 cm u shioned) leg constru- rojection of the table cm up to 85 cm	and must gua The bottom fination the bottom fination protection the bottom fination protection the bottom fination 120 cm 95 cm 120 cm 95 cm 120 cm 95 cm 120 cm 120 cm 95 cm 120 cm 95 cm 120 cm 120 cm 120 cm 95 cm 120 cm 120 cm 120 cm 95 cm 120 cm 120 cm 120 cm 120 cm 120 cm 120 cm 120 cm 120 cm 120 cm 95 cm 120 c	arantee the rame with inder the vaulting ection dangerou uld be rame must +/- 1 c +/- 1 c 35 cm +/- 1 cm 122 cm +/- 1 cm 122 cm +/- 1 cm 122 cm +/- 1 cm ioned on a rigid below) to the top level c in longitudinal < 1 cn the landing side : maximal maximal all levers and maximal igned at the side	g sis sin sin sin sin sin sin sin sin sin

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Vaulting table		22
	Additional Measurements see drawing. The profile lines tow and D are to be respected as indicated in the drawing. Maxi < 1 cm – measured at a right angle to the profile line.	ards A, B1, B2 mum deviations
Functional Properties	The push away area must be shock-absorbing so that shou are protected. The rebound properties must be guaranteed to be as homopossible for all the possible impact points on the table body. Extended time-shift for rebounding energy at the impact point extreme deflections is not acceptable. The table body must be evenly cushioned over the entire put The cover material must be non-slippery but not rough. It m burning sensation on sliding. The bounce area must be cushioned with a high-quality man provide a good collision protection. In order to avoid swaying, vibrations and shifting, the appara a device for fastening it to the floor.	Iders and wrists geneously as nts caused by ish away area. ay not cause a terial in order to atus must have
Colour	The colour of the surface material may be chosen according certain events the colour may be determined by the FIG.	to taste. For
Run up area	The run-up area is composed of a run-up mat and a rigid boat the vaulting board. length (measured from the vertical projection of the beginnin table – see "reference point" in the drawing) 250 The start of the run-up (2500 cm) shall be marked. width (run-up mat) width (rigid board underneath) height (same height for run-up mat and board underneath) length of the rigid board underneath the vaulting board The colour of the run-up area must have a clear contrast to t vaulting board.	ard underneath g of the vaulting 0 + 100 cm 100 +/- 1 cm 100cm min max 2,5 cm 320 +/- 1 cm he colour of the
Authorized Landing zone	 Marking on the supplementary mat above the landing mat (s Width of the landing corridor at the table site: Width of the landing corridor (end of 600 cm landing mat): When the authorized landing zone is marked out by stripes: Marking strip width on the supplementary mat: 5 The marking strip is part of the authorized landing zone. <i>Remarks concerning the drawings</i>: Bottom frame construction schematized. All dimensions in cm Tolerances for all dimensions: +/- 1cm Maximal Orthogonal Deviations from the given profile and transversal directions: <1 cm 	ee drawing). 95 cm 150 cm cm +/-0.5 cm es in longitudinal as example.

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Vaulting table



cotes obligatoires; construction selon le gré; dessin en exemple dimensions: mandatory; design: at your discretion; drawing: typical example Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

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Vaulting table





cotes obligatoires; construction selon le gré; dessin en exemple dimensions: mandatory; design: at your discretion; drawing: typical example Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

Vaulting table

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Parallel Bars

Use •	Men's Artistic Gymnastics			
Construction / Des	cription of material, measurements			
Form	The apparatus consists of two bars of equal dimensions, which run parallel and at the same height.			
	The position of the bars is parallel, pre-stressing is allowed.			
	Each bar is supported by two upright supports, which stand on a stable base frame.			
	The uprights consist of a static and mobile part, that allow the height and width adjustment of the bars.			
	In cross section, bars present a drop like profile, which remains unchanged for their entire length.			
Measurements				
	Bars :	350 cm	* 1 cm	
	Vertical axis of profile	5 cm	* 1 mm	
	Horizontal axis of profile	4 cm	* 1 mm	
	Height of upper edge measured			
	from the floor near to the supports	200 cm	* 1 cm	
	Distance between points of attachmer	nt 230 cm	* 1 cm	
	Distance between bars			
	from	42 cm		
	to	52 cm		
	Distance between the columns	10		
	at adjustment levels, min.	48 cm	* 4	
	Heights of mats	20 cm	" I CM	
	* Tolerance +/-			
Functional Properties	Width adjustment : continuous adjustment of the distance between bars from at least 42 cm to 52 cm must be possible.			
	The bars must have elasticity.			
	To assure the efficiency of this elasticity the fixing points of the bars on the uprights must be articulated.			
	No significant swaying of bars in the longitudinal and transversal sense must occur.			
	The entire apparatus must be stable. Incident vertical and transversal forces must not move the apparatus.			
	The upper surface of the bars must be hygros	copic, and not	be slippery.	

	The upper surface of the bars must be made of wood. Except for sanding, it receives no other treatment.
	The core may be made of wood or of another material.
	The rails must be secured against breaking through.
	The apparatus must not have sharp corners of edges or any protruding parts.
	Rough surfaces are to be avoided.
	The adjustment screws must be warranted against unintended adjustments.
	The adjustment devices must be double locked to assure that they do not cede during use.
	The base girders as well as the space between them must be covered by mats. They must be even and without gaps and of the same height as the surrounding mats, forming a uniform surface, from which only the uprights rise.
Colours	The rails retain the natural wood colour.

cotes obligatoires; construction selon le gré; dessin en exemple dimensions: mandatory; design: at your discretion; drawing: typical example

Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

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Horizontal bar

Use •	Men's Artistic Gymnastics		
Construction / Description of material, measurements			
Form	The High Bar consists of a round bar with a constant diameter, which is held horizontally by two supports.		
	The supports stand erect on the floor and have displacing force.	e additional floor	plates for
	They are held upright by tension cables (Ø ma floor anchors.	x. 1 cm), conne	cted to four
Measurements	High Bar : Diameter Length between attachment points	2,8 cm 240 cm	* 0,01 cm * 1 cm
	Distance between the sockets min	200 cm	* 1 cm
	Height of upper edge : - measured from floor	280 cm	* 1 cm
	Distance of floor anchors : - Lengthwise - Crosswise	550 cm 400 cm	* 5 cm * 5 cm
	* Tolerance +/-		
Functional Properties	Adjustments : The height adjustment must be possible to inc	rease the height	by 5 cm.
	The horizontal Bar must be elastic, and be see through.	ured against bre	eaking
	The elasticity is not just determined by the bar but also by the apparatus, acting as a whole. That is why the placement of the floor anchors, the supports and the tension cables, as well as the degree of tension must be strictly observed to insure uniform elasticity.		
	The bars attachment to the uprights must be articulated, to assure the effectiveness of its elasticity.		
	The bar must allow turn and glide movements	without slipping	
	The apparatus must be stable. The supports muse.	nust not move or	r sway during

Horizontal bar

	Neither the bar nor the tension cables should produce disturbing sounds during use.
	Preferably such materials should be used which guarantee a slim form and should not block the view.
Colours	The bar retains the colour of natural polished steel.
	Colours or designs of the remaining parts are left to the discretion of the manufacturer. The FIG may designate the colour for specific events.
Γ	
1	

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Horizontal bar

cotes obligatoires;	dimensions: mandatory;	Maße bin den d;	
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessin en exemple	drawing: typical example	Zeichn un g als Beispiel	

Π	
MAG 11/12	
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Use •	Men's Artistic Gymnastics
Construction / Des	cription of material, measurements
Form	Their upper surface must be horizontal, even and without gaps. Specially designed mats must be used to cover the basis of the apparatus evenly.
Measurements	Height of the landing mats (MAG 3, 4, 5, 6): 20 cm * 1 cm Height of the landing mats pommel horse (MAG 2): 10 cm * 1 cm * Tolerance +/- lengths and widths see drawing
Functional Properties	Absorbency : Mats must absorb motion energy in order to reduce the reaction transmitted to the body of the landing gymnast to a tolerable proportion. They must respond to increased penetration with an evenly increasing resistance. Stability and Freedom of Movement : Absorbency of the mats must be balanced in order to guarantee standing, walking stability and freedom of movement. Indentations caused by the incidence of compressive forces must not encase the body parts, thereby hindering freedom of movements. They may not be too deep or narrow. If a cover is used, such cover may not plaid and create hindering folds. The mats' upper surface material must offer a balance between anti-slip and slippage. It should be neither slippery nor possess inhibiting resistance. By no means should mats be dislocated during performances. An anti-skid cover on the mats' underside may provide this condition. The border zones of the mats which are pushed together should practically have the same functional properties as the remaining surface. Impacts on the border zones should not cause different indentations than on the remaining surface. For this purpose, and to bridge joints, continuous runners are permitted.

Colour	Preference should be given to uniform colours.
	The upper surface must not show optically disturbing patterns or insignia.
	The FIG may designate the colour for certain events.
Norms / Functional properties	

Π	
MAG 11/12	
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cotes minimales en cm, minimum dimensions in cm, minimale Maße in cm

Supplementary mats

Use •	Men's Artistic Gymnastics		
Construction / Description of material, measurements			
Usage	The usage of a supplementary mat is compuls vault and on high bar.	ory for the athletes	on the
Form	Their upper surface must be horizontal, even a The supplementary mats have to be laid on the the vault the supplementary mat shall be attac	and without gaps. e landing mats (MA(hed (i.e. using Velci	G11). At ro).
Measurements	Height of the supplementary mats:	10 cm	* 1 cm
	Vault (MAG4):	600 x 200 cm	* 1 cm
	High bar (MAG6, at both sides):	400 x 200 cm	* 1 cm
	* Tolerance +/-		
	For the marking of the landing zone see MAG	4.	
Functional Properties	FunctionalThe foam of the supplementary mats shall have a density of 25 kg/m³ (+/- 2 kg /m³). The tensile strength of the foam shall be ≥ 115 kPa, the compression stress value 40% shall be 4,0 (+/- 0.5) k) kPa
	By no means should mats be dislocated during the supplementary mat shall be attached to the	g performances. At t e landing mat	the vault
Colour	Preference should be given to uniform colours		
	The upper surface must not show optically dis	turbing patterns or in	nsignia.
	The FIG may designate the colour for certain e	events.	

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Vaulting board

Use	•	Men's Artistic Gymnastics - Vault (MAG4) – "hard" and "soft" - Parallel bars (MAG5) – "hard"
		- Parallel bars (MAG5) – "hard"

Form	The profile of the vaulting board must adhere exactly to the respective blue print.			
	Its upper surface rises in an arcl between 75 cm and 95 cm, mea reached at this point, may not be surface may continue horizontal	hed form, approaching the h Isured from the frontal angle e exceeded. After this point, Iy or slope downward.	orizontal . The height the upper	
	The rise of the arch is $3.5 \text{ cm} +/-0,5 \text{ cm}$.			
	For competitions a "soft" and a "hard" vaulting board shall be available. The "hard" board shall be marked with a dot on the surface.			
Measurements	 Length Width Height Height (run-up side) Cushion Cover Total height with cushi Free space between fluor of the vaulting board and and and and and and and and and an	120 cm 60 cm 20 cm max 3 cm 2 cm on cover 22 cm oor and the lower edge at the run-up side max.	* 1 cm * 1 cm * 1 cm * 0,5 cm * 1,5 cm 1 cm	
	*Tolerance +/-			
	The stipulated length and height plate, i.e. the take-off plate. The base may be larger, but car projection of the board.	t refers to the vertical project	tion of the upper beyond the	
	Labelling of the "hard" vaulting b contrast on the longitudinal midl	pard on the surface by a dot ine:	with clear	
	Distance to the side of run up Diameter		5 cm 8 cm	
Functional Properties	The functional properties of the vaulting board (hardness, damping, elasticity) shall not be adjustable (i.e. springs must be fixed so that they cannot be easily removed by hand). The elasticity of the vaulting board must be most effective in the area			
	between 75 cm and 95 cm, measured horizontally from the frontal angle.			
	 I he vaulting-board must dampen the counter pressure, i.e. reduce motion energy. Elasticity and absorbency must be evenly distributed, so that the effect of the vaulting board differs only slightly, regardless whether the force of the impact is at the middle axis, or away from it. 			
	The upper surface of the vaulting board must offer slip resistance.			

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Vaulting board

	The vaulting board must not produce disturbing sounds during its use.
	The board must not dislodge during use.
	The vaulting board and its base may not have any sharp corners, edges and no protruding parts.
	The choice of colour is left to the discretion of the manufacturer.
Colour	With exception of the dot for "hard" vaulting boards optically disturbing patterns, stripes or insignia on the upper surface are not permitted.
	The FIG may designate the colour for certain events.

cotes obligatoires; dimensions: mandatory; Maße bindend; construction selon le gré; design: at your discretion; Konstruktion freigestellt; dessin en example drawing: traving traving argumple Zaichoung als Beisniel				
construction selon le gré; design: at your discretion; Konstruktion freigestellt;	cotes obligatoires;	dimensions: mandatory;	Maße bindend;	
dessin en exemple drawing: typical example Zeichnung als Beisniel	construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessifient exemple drawing, typical example Zeleinung als beispier	dessin en exemple	drawing: typical example	Zeichnung als Beispiel	

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2.2 WAG Women's artistic gymnastics

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Vaulting table

Use • Women's Artistic Gymnastics

Form	The apparatus consists of onto a "monostand" bottor (A) which, seen from the o and merges into two arche surface (C) which is inclin into a bounce area (A) and contrast. The different sur between. The push away (D). All corners and edges are body a stable and secure abidance by the technical cushioning may not prese table's body except on the metal parts of the support Recommendation: All level incorporated into the under The vaulting table includir represent a "monostand".	a slightly inclined tal m frame. The table be direction of the vault, ed bends (B1 and B2 ed 3° to the horizonta d a push away area (faces merge into eac area is slightly round rounded. The bottom supporting surface a safety regulations. T nt any parts that prot e landing side. As a c must be cushioned. ers and locking mech er construction. ng the cushioning of t - construction.	ble body whi ody consists is inclined to 2) and then ir al. The table (B and C) with the other with led in transver in frame mus ind must gua the bottom fr crude from ur collision prote anisms shou the bottom fr	ch is mo of a fror o 8° to th hoto a line body is th a clea out any g ersal dire that offer th arantee th arantee th arantee the ection da uld be ame mu	ounted nt surface e vertical ear cover divided r colour gaps in ection e table ne vaulting ingerous
Measurements	Table body:	length: width:	120 cm 95 cm		+/- 1 cm +/- 1 cm
	Height at the given measu	urement point (see dr	rawing)) ¹ : 1	25 cm	+/-1 cm
	Upper height at the bound	e area (see drawing))) ¹ : 1 ⁻	12 cm	+/- 1 cm
	Remark: For competitions board which has the same In competitions the appara run up area. Maximal orthogonal devia and transversal directions	the vaulting table must be height as the run up atus height must corr tions from the given p ti	ust be positio o area (see b respond to th profile lines i	oned on pelow).) ¹ ne top lev n longitu	a rigid : vel of the idinal < 1 cm
	Protrusion of the leg cons (only allowed with approp	truction below the tak riate cut-outs in the la	ole body on t anding mat): 15 cm	the landi maxima	ng side al
	Height of the leg frame		8 cm	maxima	al
	Circumference of the (cus fixation devices between t	hioned) bottom frame he height of 50 cm u	e including a p to 85 cm 182,8cm	III levers maxima	and al
	Distance between the (cu fixation devices and the p between the height of 50 o	shioned) leg construc rojection of the table cm up to 85 cm	ction includin body on all f 25 cm	ng all lev our side minimal	ers and s
	The adjusted height of the	e vaulting table must	be clearly sig	gned at t	he side.

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Vaulting table		41	
	Additional Measurements see drawing. The profile lines towards A, B1, B2 and D are to be respected as indicated in the drawing. Maximum deviations < 1 cm – measured at a right angle to the profile line.		
Functional	Functional PropertiesThe push away area must be shock-absorbing so that shoulders an are protected.The rebound properties must be guaranteed to be as homogeneous possible for all the possible impact points on the table body.		
Fiopenies			
	Extended time-shift for rebounding energy at the impact points caused by extreme deflections is not acceptable. The table body must be evenly cushioned over the entire push away area. The cover material must be non-slippery but not rough. It may not cause a burning sensation on sliding. The bounce area must be cushioned with a high-quality material in order to provide a good collision protection.		
	In order to avoid swaying, vibrations and shifting, the apparatus must have a device for fastening it to the floor		
Colour	The colour of the surface material may be chosen according to taste. For certain events the colour may be determined by the FIG.		
Run up area	The run-up area is composed of a run-up mat and a rigid board. The start of the run-up (2500 cm) shall be marked. length (measured from the vertical projection of the beginnin table – see "reference point" in the drawing) 250 width (run-up mat) width (rigid board underneath) height (same height for run-up mat and board underneath) length of the rigid board underneath the vaulting board The colour of the run-up area must have a clear contrast to t vaulting board.	ard underneath g of the vaulting 00 + 100 cm 100 cm +/- 1 cm 100 cm min. max 2,5 cm 320 cm +/- 1 cm he colour of the	
Authorized Landing zone	Marking on the supplementary mat above the landing mat (s Width of the landing corridor at the table site: Width of the landing corridor (end of 600 cm landing mat): When the authorized landing zone is marked out by stripes: Marking strip width on the supplementary mat 5 The marking strip is part of the authorized landing zone.	ee drawing). 95 cm 150 cm cm +/-0.5 cm	
	 Remarks concerning the drawings: Bottom frame construction schematized. All dimensions in cm Tolerances for all dimensions: +/- 1cm Maximal Orthogonal Deviations from the given profil and transversal directions: <1 cm Dimensions binding; Construction may be different- drawing 	es in longitudinal as example.	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Vaulting table

cotes obligatoires; construction selon le gré; dessin en exemple dimensions: mandatory; design: at your discretion; drawing: typical example Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

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Vaulting table

Maße bindend; Konstruktion freigestellt; Zeichnung als Beispiel

Vaulting table

Uneven Bars

Use Women's Artistic Gymnastics • Construction / Description of material, measurements Form The apparatus consists of two bars, which run parallel, but at different heights, and are carried by a support base. The support base has four uprights, which are held by tension cables (Ø max 1 cm) anchored to the floor. Each bar is carried by 2 supports. One low and one high support are connected to a floor device and a width adjustment device. Measurements Bars : Diameter * 0,1 cm 4.0 cm 240 cm * 1.0 cm Length Distance between the sockets min 200 cm * 1,0 cm Height of the upper edge of the bars in inner diagonal position 180 cm: upper bar 250 cm * 1,0 cm * 1,0 cm lower bar 170 cm The height must be adjustable by 5 cm. Inner diagonal distance (see drawing) between the 2 bars adjustable from min 130 - 180 cm max * 1,0 cm The diagonal distance must be adjustable continuously or with increments of max 2 cm. The diagonal distance (expressed in cm) must be shown on a scale at the distance adjustment device. Distance of floor anchors : lengthwise 550 cm * 5 cm crosswise 400 cm * 5 cm Both bars must have the same, uniform elasticity. To assure this, their supports must be articulated. Functional Properties The bar surface must provide a good glide and turn capability but may not be slippery. To ensure grip stability, the bars' surface must absorb moisture. The bars must be secured (reinforced) against breaking through. A safeguard system must prevent an unintended release of the movable components of the apparatus. When the apparatus is used for performances, no hindering sways or vibrations and counter swings should occur. The bars retain the natural colour of wood. They are neither lacquered, nor Colour polished.

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Uneven Bars

tapis 200 550 mat Matte 400 1350 vue de dessus top view

Aufsicht

cotes obligatoires;	dimensions: mandatory;	Maße bin den d;	
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessin en exemple	drawing: typical example	Zeichn un g als Beispiel	

Balance Beam

Use • Women's Artistic Gymnastics

Form	The apparatus consists of a beam, which is held by a base consisting of 2 supports.			
	Lengthwise, the beam is straight and its upper surface and axis are even and horizontal.			
	Viewed in cross The base desig However, its leg longitudinal dire cushioned parts	s section, the sides of the n is not prescribed. gs may not protrude beyc ection. The supports of th s shall not protrude the ve	beam are arched. and the projection of the beam must be cush ertical projection of the	ne beam in its ioned. The e beam.
	The front parts padding. The pathe the rounding m that the padding drawing)	of the beam must be cus adding must reach the to ust begin immediately at g does not prolong the to	hioned by rounded, da p edge of the beam, b the end of the beam t tal length of the beam	amping out the radius of o guarantee I (examples see
Measurements				
Meddurements	Beam : Length Cross section:	 Upper surface Horizontal axis Vertical axis Bottom surface 	500 cm 10 cm 13 cm 16 cm 10 cm	* 1 cm * 0,5 cm * 0,5 cm * 0,5 cm * 0,5 cm
	Height of upper measured from	surface the floor	125 cm	* 1 cm
	Legs of base: Distance Width		max. 500 cm max. 125 cm	
	Cushioning of t Thickness Width of the su	he supports: pports incl. cushioning	min. 15 mm max. 13 cm	
	Cushioning of the Cushioning of the Cushioning of the Cushi	he front parts of the bean	n: min. 15 mm up to ma	x. 30 mm
	The Beam migh increments. Ho observed at cor	nt have a height adjustme wever, the prescribed he mpetition site.	ent. It can be continuo ight of 125 cm * 1cm :	us or in 5 cm shall be
	Continuous hei	ght adjustment is recomn	nended for levelling p	urposes.

Balance Beam

Т

Functional Properties	The surface must have impact absorbent characteristics to protect the gymnast's joints and limbs. It should also have elasticity to support the jumps.
	One of the most important properties of the beam is that it must be step safe. Elasticity must be equally distributed and must not disturb a sure step.
	The upper surface material of the beam must permit effortless gliding and turning, but not be slippery.
	The front parts of the beam must be padded.
	The cover material must not produce skin burns.
	The upper edge of the padding at the front parts of the beam shall not be harder than the surface of the beam.
	During an exercise, the beam may not move, topple or sway.
Colour	The colour of the beam must distinctly differ from the colour of the mats.

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Balance Beam

cotes obligatoires;	dimensions: mandatory;	Maße bindend;
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;
dessin en exemple	drawing: typical example	Zeichnung als Beispiel

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Floor

Use • Women's Artistic Gymnastics

Construction / Description of material, measurements

Form	Performance Area: Horizontal, even and without gaps			
	Border: Horizontal and even, at the same height as the surrounding performa area.			
Border, variation : Width 50 cm, horizontal and even, at the same height a area, additional 50 cm inclination border, slope may no			performance eed 25 %.	
	Safety zone: The safety zone shall be kept totally free as a surrounding zone around the performance area and the border. It shall be horizontal, even and without gaps.			
Measurements	Performance area	1200 cm x 1	200 cm	
	Border	Tolerance +/- 3 cm		
	Border as a variant	,		
	Horizontal part, width	50 cm, min	l.	
	Slope max. 25 %, width Height of outer border	35 cm min	l. Iax	
		0,0 011, 11		
	When there is an delimitation strip between the	e performance	area and the	
	Width of the delimitation strip The delimitation strip is part of the performance	5 cm e area.	+/- 0,5 cm	
Functional	Performance area and border : - Equal elasticity and absorbency.			
Properties	- While in use, no counter swings must be pro	duced.		
riopenies	- Elasticity and absorbency of the floor must be balanced in such a way,			
	They must not restrict turns and slide movements.			
	- The surface cover of the performance area must provide a balance			
	between anti-skid and slippage. It must not cause skin burns.			
	level.	5. It indot 0550		
Colour	Plain colour, left to the discretion of the manufa	acturer. For ce	ertain events the	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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variantes, profile - variants, Schnitt - Varianten

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Use • Women's Artistic Gymnastics

Form	Their upper surface must be horizontal, even and without gaps.		
	Specially designed mats must be used to cover the basis of the apparatus evenly.		
Measurements Functional Properties	Height of landing mats (WAG1, WAG2, WAG3): 20 cm +/- 1 cm Width and length see drawing		
	Absorbency: The mats must absorb motion energy, in order to reduce the reaction transmitted to the body of the landing gymnast, to a tolerable proportion.		
	They must respond to increased penetration with an evenly increasing resistance.		
	Stability and Freedom of Movement : Absorbency of the mats must be balanced in order to guarantee standing, walking stability and freedom of movement, there must be an equal balance between elasticity and absorbency properties.		
	Indentations caused by the incidence of compressive forces must not encase the body parts, thereby hindering freedom of movements mainly of rolling a part of the body.		
	If a cover is used, such cover may not cause hindering folds. The mats' upper surface material must offer a balance between anti-slip and slippage. It must be neither slippery nor possess inhibitory resistance.		
	By no means should mats be dislocated during performances. An anti-skid cover on the mats' underside may provide this condition.		
	The border zones of the mats which are pushed together should practically have the same functional properties as the remaining surface. Impacts on the border zones should not cause different indentations than on the remaining surface. For this purpose, and to bridge joints, continuous runners are permitted.		

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Colour Preference should be given to uniform colours. The upper surface must not show optically disturbing patterns or insignia. The FIG may designate the colour of certain events.

Landing mats

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

cotes minimales en cm, minimum dimensions in cm, minimale Maße in cm

Supplementary mats

Use • Women's Artistic Gymnastics

Usage	The usage is <u>not</u> compulsory for the athletes at Uneven Bars and Balance Beam. The usage is compulsory at the vault				
Form	Their upper surface must be horizontal, even and without gaps. The supplementary mats have to be laid on the landing mats (WAG11). At the vault the supplementary mat shall be attached (i.e. using Velcro).				
Measurements	Height of the supplementary mats:	10 cm	* 1 cm		
	Vault (WAG1):	600 x 200 cm	* 1 cm		
	Uneven bars, balance beam (WAG2, WAG 3):	400 x 200 cm	* 1 cm		
	* Tolerance +/-				
	For the marking of the landing zone see WAG1.				
Functional Properties	The foam of the supplementary mats shall have a density of 25 kg / m^3 (+/- 2 kg / m^3). The ultimate tensile strength of the foam shall be \ge 115 kPa, the compression stress value 40% shall be 4,0 (+/- 0.5) kPa				
	By no means should mats be dislocated during performances. At the vault the supplementary mat shall be attached to the landing mat				
Colour	Preference should be given to uniform colours				
	The upper surface must not show optically disturbing	patterns or insid	onia.		
	The FIG may designate the colour for certain events.				

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WAG 14			
01.01.2006			
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Vaulting board

Use	•	Women's Artistic Gymnastics - Vault (WAG1) – "hard" and "soft" - Uneven bars (WAG2) – "soft"
		- Balance beam (WAG3) – "soft"

Form	The profile of the vaulting board must adhere exactly to the respective blue print.			
	Its upper surface rises in an arched form, approaching the horizontal between 75 cm and 95 cm, measured from the frontal angle. The height reached at this point, may not be exceeded. After this point, the upper surface may continue horizontally or slope downward. The rise of the arch is 3.5 cm +/- 0,5 cm.			
	For competitions a "soft" and a "hard" vaulting board shall be available. The "hard" board shall be marked with a dot on the surface.			
Measurements	 Length Width Height Height (run-up side) Cushion Cover Total height with cushio Free space between floor of the vaulting board a 	120 cm 60 cm 20 cm max 3 cm 2 cm on cover 22 cm oor and the lower edge t the run-up side max.	* 1 cm * 1 cm * 1 cm * 0,5 cm * 1,5 cm 1 cm	
	*Tolerance +/-			
	The stipulated length and height refers to the vertical projection of the upper plate, i.e. the take-off plate. The base may be larger, but cannot extend more than 2 cm beyond the projection of the board.			
	Labelling of the "hard" vaulting bard on the surface by a dot with clear			
	Distance to the side of run up Diameter		5 cm 8 cm	
Functional Properties	The functional properties of the vaulting board (hardness, damping, elasticity) shall not be adjustable (i.e. springs must be fixed so that they cannot be easily removed by hand).			
	The elasticity of the vaulting board must be most effective in the area between 75 cm and 95 cm, measured horizontally from the frontal angle.			
	The vaulting-board must dampen the counter pressure, i.e. reduce motion energy.			
	Elasticity and absorbency must be evenly distributed, so that the effect of the vaulting board differs only slightly, regardless whether the force of the impact is at the middle axis, or away from it.			
II				

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Vaulting board

	The upper surface of the vaulting board must offer slip resistance.
	The vaulting board must not produce disturbing sounds during its use.
	The vaulting board must not dislodge during use.
	The vaulting board and its base may not have any sharp corners, edges and no protruding parts.
Colour	The choice of colour is left to the discretion of the manufacturer.
	With exception of the dot for "hard" vaulting boards optically disturbing patterns, stripes or insignia on the upper surface are not permitted.
	The FIG may designate the colour for certain events.





cotes obligatoires;	dimensions: mandatory;	Maße bindend;	
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessin en exemple	drawing: typical example	Zeichnung als Beispiel	

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2.3 RG Rhythmic gymnastics

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RG 1
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Performance Area

Use • Rhythmic Gymnastics

Construction / Description of material, measurements

Form	Performance area : Horizontal, even and without gaps.		
	Border : Horizontal, even, and at the same height as the performance area.		
	Safety zone: The safety zone shall be kept totally free as a surrounding zone around the performance area and the border. It shall be horizontal, even and without gaps.		
Measurements	Performance area	1300 x 1300 cm Tolerance +/- 3 cm	
	Border (25 + 25) Safety border	50 cm 200 cm	
	Border as a variant Horizontal Area, Width Slope max. 20 %, Width	25 cm 25 cm	
	When there is a delimitation strip between the p border:	performance area and the	
	The delimitation strip is part of the performance	5 cm +/- 0,5 cm area.	
Colour	 Performance area and border : Equal elasticity on the surface as well as da When in use it should not have any motion of Elasticity and dampening must be balanced guarantee the gymnast stability and freedor restrict turns and slide movements. The surface cover of the performance area between anti-skid and slippage. It must not The performance area must not produce dis execution of an exercise. It must assure a logo. 	Impening. energy. I in such a way that they m of movement. It must not must provide a balance cause skin burns. sturbing sound during the ow noise level.	
	Of plain colour which choice is left to the manuf certain events the FIG may stipulate the colours	acturer's discretion. For S.	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Performance Area





Rope, Hoop, Ball, Clubs, Ribbon

Use • Rhythmic Gymnastics

Construction / Description of material, measurements

RG 2 Rope	Material: Length: Thickness: Shape:	Hemp or similar suitable material Optional (according to the height of the gymnast). Uniform or reinforced in the centre. Both rope-ends, with or without knots. Without wooden- handle. May be wrapped with a thin non-slip material in a length corresponding to the width of a hand.	
	Colour:	Optional, provided it is of a visible colour.	
RG 3 Hoop	Material: Weight: Inner diam.: Shape: Colour:	Wood or synthetics 300 g. minimum 800 – 900 mm not prescribed Optional, can be wrapped in	
	Material:	Rubber or soft plastic, antistatic	
RG 4 Ball	RG 4Weight:400 g. minimumBallDiameter:180 – 200 mmColour:Optional		
RG 5 Clubs	Material: Length: Weight: Shape: Colour:	Wood or synthetics 400 – 500 mm 150 g. min. Bottle shape Optional, can be wrapped in	
RG 6 Gymnastic Ribbons	Ribbon: Material: Material: Weight: Width: Colour:	Satin or similar Total length 7 m in one piece. The end at which the ribbon is attached to the cane is folded and doubled in a length of 1 meter. The ready-made ribbon has a total length of 6 meters, min. 35 g. minimum, without the cane 40 – 60 mm Optional	
RG 6 Gymnastic Ribbons Cane	<i>Cane :</i> Material: Length: Diameter: Shape: Colour:	wood, bamboo, fibreglass or synthetics 500 – 600 mm maximum 10 mm at the thickest point. cylindric or conic. The handle may be wrapped in a thin anti-slip material with a length of 100 mm max. Optional, may be wrapped in	
	<i>Fixture :</i> Material: Length:	cord, nylon-thread or similar item, or moveable ring resp. a swivel attached to the cane. 70 mm maximum	





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Clubs, Ribbon



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Performance area

Use • Aerobic Gymnastics

Construction / Description of material, measurements

Т

Form	Performance area: horizontal, even and without gaps. Under load there shall not occur steps at the border of the plates.		
	Border : Horizontal and even, at the same height as the performance area		
	Safety zone: The safety zone shall be kept totally free as a surrounding zone around the performance area and the border. It shall be horizontal, even and without gaps.		
	Delimitation strip: The competition area shall be surrounded by a black delimitation strip. The delimitation strip is part of the performance area.		
Measurements	Performance area (Single, Duo, Trio):	700 cm x 700 cm Tolerance +/- 3 cm	
	Performance area (Groups):	1000 cm x 1000 cm Tolerance +/- 3 cm	
	Width of the black delimitation strip	5 cm, Tolerance +/- 0,5 cm	
	Border Safety border	100 cm 100 cm	
Material	Parquet flooring – laminate or synthetics.		
Functional Properties	 Performance area and border : Equal elasticity and dampening. When in use no unrequested counter movements shall occur. Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must not restrict turns and slide movements. The surface cover of the Performance area must provide a balance between anti-skid and slippage. It must not cause skin burns. The floor must not produce disturbing sound during the execution of an exercise. It must assure a low noise level. 		
Colour	Bright wooden colour. For certain events the Fl	G may stipulate the colours.	
	Norms / Functional properties		

Regarding tests carried out by FIG Tests Institutes : please see chapter IV

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Performance area







Eurotramp offers:

- Over 40 years experience
- Continuous product research and development using the latest technology to update the equipment
- Numerous custom made trampolines for movies, shows, circus, artistic groups, events and festivals
- Full product liability
- Low maintainance costs, high stable value
- Successful competitions guaranteed by the reliability and consistency of the equipment
- Worldwide network of highly gualified partners satisfying global demand
- Flexibility in logistics
- Short delivery times

- Apparts guaranteed

- Manufactured in Germany from the very best materials giving outstanding quality of all components and ensuring safety and reliability
- Excellent stability, without added weight ensuring ease of handling, from the use of special steel
- Consistent and well balance jumping characteristics in each zone of the bed to achieve the highest performance and stability

That's why Eurotramp...

... is the most experienced competition supplier and have supplied equipment to: The 2000 and 2004 Olympic Games; the majority of the World and European Championships over the last 30 years; most international competitions and festivals throughout the World.

... is the equipment on which all trampoline gymnastics FIG world records (status May 2006) were achieved.

> ... is the Choice of the Champions, the most sought after, high quality trampoline equipment worldwide.

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Trampoline



1. Frame

	e pads:
Length 505 cm +/-6 cm	
Width 291 cm +/-5 cm	
Height of bed (from floor) 115,5 cm +/-0,5 cm	

1.2. For safety reasons the profile of the frame must have rounded edges. The radius must be min 15mm. 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. Trampoline Bed

2.1. Dimensions of the bed under tension ready for use, incl. attachment straps:

Length	428 cm	+/-6 cm
Width	214 cm	+/-5 cm

2.2. The bed must be constructed from light coloured bands, webs, strings etc., which must be held together in such a way that they are not displaced during use.

2.2.1.	Web Construction: Width of web under tension Distance between any two webs	0,55 cm +/- 0,15 cm 1,6 cm (max.)
2.2.2.	String Construction: Width of strings under tension Distance between any two strings no	0,3 cm +/- 0,1 cm o greater than 1 cm

- 2.3. The bed must be strong enough to withstand wear, and not tear when in use.
- 2.4. The jumping zone must be marked out clearly in red on the middle of the bed. The lines belong to the jumping zone. Length 215 cm +/- 4 cm Width 108 cm +/- 4 cm

Widdin	100 011	17	1 0111
The centre of the bed must be indicated	d by a red cross.		
Dimensions	70 cm	+/-	3 cm

3. Suspension

The bed must be suspended with springs in such a way as to present no danger to users. The tension on the bed should be such that the bed stabilises within a second after contact.

4. Area free of obstruction beneath the bed

The trampoline must be constructed so that the competitor will not touch any part of the frame beneath the bed.

- 5. Safety Padding
 - 5.1. The frame and springs must be entirely covered by a shock absorbing padding, the thickness of which must 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).
 - 5.2. 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.
 - 5.3. 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.

Trampoline



6. Safety Platform

6.1. Platforms must be placed at both ends of the trampoline. The platform must be made of a framework which is firmly attached to the trampoline. The platforms must be constructed so that it is shock absorbent and the surface must be covered with a shock absorbing mat, firmly fixed to the platforms.

The mats must have the following dimer	nsions:	
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	+/-2,0 cm

The platforms dimensions must be such, that the mats are sufficiently supported to ensure, that on landing, it supports 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 \geq 130 kPa, the compression stress value 40% shall be 4,0 (+/- 0.4) kPa

- 6.2. The mat covering the platform must extend to the edge of the bed (covering the springs).
- 6.3. The base of any Wheel stands must also be covered with padding.

7. Spotter mats

- 7.1. 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 ≥ 90 kPa, the compression stress value 40% shall be 2,5 (+/- 0.5) kPa
- 7.2. The mats must be provided with at least two handles or one long handle on the two long sides of the mat.

imensions:		
ength	200 cm	- 50 cm
/idth	150 cm	- 50 cm
hickness	15 cm	- 5 cm
	imensions: ength /idth nickness	imensions: ength 200 cm /idth 150 cm hickness 15 cm

8. Safety mats on the ground: Mats shall rest on the ground around and between the trampolines for safety reasons (measures: Height: 20 cm, Width: 200cm, Tolerance: +/- 1 cm). They have to satisfy the specifications of MAG11/WAG11/TRA11.





1. Frame

- 1.1. For safety reasons no metal bars or other firm fixings are allowed across the ends of the Double Mini-Tramp other than at floor level.
- 1.2. For safety reasons the profile of the frame must have rounded edges. The radius must be minimum 15mm.
- 1.3. Safety Padding
 - 1.3.1. The frame and springs must be entirely covered by shock absorbing padding, the maximum Thickness of which must not be greater than 55mm. The padding must not cover any part of the bed.
 - 1.3.2. The padding should be firmly fixed to the frame without hindering the normal action of the bed and the springs. Nor should it cause noise through flapping.
 - 1.3.3. 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.
 - 1.3.4. The bars beneath the bed must be padded.
 - 1.3.5. The frame ends on the dismount end must be covered with at least 50mm pads firmly joined together with the other padding.

2. Bed

2.1. The bed must be constructed from light coloured bands, webs, strings etc., which must be held together in such a way that they are not displaced during use.

2.2.	Dimensions of the bed under tension:- Length Width	285 cm 92 cm	+/- 5 cm +/- 1 cm
2.3.	Height of bed from floor under tension: Mounting End Dismounting End	45 cm 70 cm	+/- 10 cm +/- 10 cm
2.4.	Width of web under tension: Width of strings under tension:	0,4 cm min. 0,3 cm	1,3 cm max +/- 0,1 cm

- 2.5. The strands of webbing (or string) must be sewn together, and the distance between any two strands must not be greater than 1, 8 cm (max: 1 cm with string-construction).
- 2.6. The bed must be strong enough to withstand wear, and not tear when in use.

2.7.	The Penalty Zones must be marked in re	d on the bed.	
	The dimensions of these zones are:		
	End markers	13 cm	+/- 2 cm
	Centre zone	39 cm	+/- 1 cm
	Distance of the Centre Zone	90 cm	+/- 2 cm
	(Measured from the mounting end)		

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D	ouble	e Mini - Trampoline		
3.	Landi	ng Area		
	3.1.	The landing area shall be covered with a landing mat (TRA1 and which allows a stable landing on the feet.	1) which is shoo	ck absorbent
		Dimensions of the landing area must be:		
		Length (landing mat, TRA11)	600 cm	+/- 1 cm
		Width (landing mat, TRA11)	300 cm	+/- 1 cm
		Thickness (landing mat, TRA 11)	30 cm	+/- 1 cm
	3.2.	3.2. Landing Zone A landing Zone must be marked out in the landing area, with either the whole zone in a contrasting colour or, with lines 50mm wide in a contrasting colour. The outer edge of the landing zone (or lines) marks the boundary of the landing zone, the dimensions of which must be:		
		Length Width	400 cm +/- 1 200 cm +/- 1	cm cm
		A non compulsory supplementary mat in the same dimension used (TRA13). In this case the supplementary mat must be a (i.e. using Velcro). The colour of the supplementary mat must mat or the mat must have lines according to the description a	n as the landing attachable to the st be in contrast above.	zone can be landing mat to the landing
4.	Run-u Floor Lengt	p mats shall be used on the run-up: า	2000 cm	+ 250 cm
	Minim Thickı	um Width ness	100 cm 2,5 cm	+/-0,5 cm

5. Spotter mats

- 5.1. 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 ≥ 90 kPa, the compression stress value 40% shall be 2,5 (+/- 0.5) kPa
- 5.2. The mats must be provided with at least two handles or one long handle on the two long sides of the mat.

Dimensions:-		
Length	200 cm	- 50 cm
Width	150 cm	- 50 cm
Thickness	15 cm	- 5 cm
	Dimensions:- Length Width Thickness	Dimensions:-Length200 cmWidth150 cmThickness15 cm

- 6. Safety mats on the ground: On the two sides of the DMT a mat shall rest on the ground for safety reasons (measures: Height: 20 cm, Width: 200cm, Tolerance: +/- 1 cm). They have to satisfy the specifications of MAG11/WAG11/TRA11.
- 7. No testing procedures for Double Mini-Trampolines are available at the moment. Procedures for Certification see Part III, 4.1. and 4.2.

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cotes obligatoires;	dimensions: mandatory;	Maße bindend;	
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessin en exemple	drawing typical example	Zeichnung als Beispiel	

Tumbling track



1. Tumbling Track

1.1. The tumbling track must be constructed with a sprung surface, which must be padded. If constructed of several units these must be firmly fixed together as so not to separate in use and showing no space between them. Dimension:

_ength	2500 cm	+ 100 cm
Height	30 cm max (from 1	1.1.2012: ± 1 cm)
Width of construction	200 cm	- 30 cm

1.2. Markings

Two lines, 50mm wide in a contrasting colour must mark the outer edge (boundary) of the track.

Distance (incl. lines): 150 cm +/- 1 cm A centre line, 5 cm wide, in a contrasting colour, must mark the centre line of the tumbling track.

2. Landing Area

2.1. The landing area shall be covered with a landing mat (TRA11) which is shock absorbent and which allows a stable landing on the feet. The height of the landing mat shall be equal to the height of the tumbling track.

Dimensions of the landing area must be:		
Length (landing mat TRA11)	600 cm	+/- 1 cm
Width (landing mat TRA11)	300 cm	+/- 1 cm
Thickness (landing mat TRA11)	30 cm	+/- 1 cm

2.2. Landing Zone

A landing Zone must be marked out in the landing area, with either the whole zone in a contrasting colour or, with lines 50mm wide in a contrasting colour. The outer edge of the landing zone (or lines) marks the boundary of the landing zone, the dimensions of which must be:

Length	400 cm +/- 1 cm
Width	200 cm +/- 1 cm

A non compulsory supplementary mat in the same dimension as the landing zone can be used (TRA13). In this case the supplementary mat must be attachable to the landing mat (i.e. using Velcro). The colour of the supplementary mat must be in contrast to the landing mat and the tumbling track or with lines according to the description above.

3. There must be a run up area (same level as tumbling track) prior to the tumbling track. Dimensions:

Length	1000 cm	+100 cm
Minimal width	100 cm	



Use •	Double Mini-Trampoline; Tumbling; Trampoline			
Construction / Desc	Construction / Description of material, measurements			
Form	The surface must be horizontal, even and without gaps. To arrange the whole area several mats can be composed.			
Measurements	Height safety mat Trampoline; DMT (TRA1, TRA2): 20 cm +/- 1 cm Height landing mat DMT; Tumbling (TRA2, TRA3): 30 cm +/- 1 cm			
Functional Properties	Absorbency: The mats must absorb motion energy, in order to reduce the reaction transmitted to the body of the landing gymnast, to a tolerable proportion.			
	They must respond to increased penetration with an evenly increasing resistance.			
	Stability and Freedom of Movement : Absorbency of the mats must be balanced in order to guarantee standing, walking stability and freedom of movement; there must be an equal balance between elasticity and absorbency properties.			
	Indentations caused by the incidence of compressive forces must not encase the body parts, thereby hindering freedom of movements mainly of rolling a part of the body.			
	If a cover is used, such cover may not cause any hindering folds. The mats' upper surface material must offer a balance between anti-slip and slippage. It must be neither slippery nor possess inhibitory resistance.			
	By no means should mats be dislocated during performances. An anti-ski cover on the mats' underside may provide this condition.			
	The border zones of the mats which are pushed together should practically have the same functional properties as the remaining surface. Impacts on the border zones should not cause different indentations than on the remaining surface. For this purpose, and to bridge joints, continuous runners are permitted.			
Colour	Preference should be given to uniform colours.			
	The upper surface must not show optically disturbing patterns or insignia.			
	The FIG may designate the colour for certain events.			

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes : please see chapter IV



Use •	Double Mini-Trampoline; Tumbling;			
Construction / Desc	Construction / Description of material, measurements			
Usage	The usage of a supplementary mat is not compulsory in Double Mini Trampoline and Tumbling.			
Form	Their upper surface must be horizontal, even and without gaps. It shall have the size of the landing zone. The supplementary mat can be laid on the landing mats (TRA11), if used it must be attachable to the landing mat (i.e. using Velcro).			
Measurements	Height of the supplementary mat:	10 cm	* 1 cm	
	Surface:	400 x 200 cm	* 1 cm	
	* Tolerance +/-			
Functional Properties	The foam of the supplementary mats shall have a de 25 kg / m^3 (+/- 2 kg / m^3). The ultimate tensile streng \ge 115 kPa, the compression stress value 40% shall b	nsity of gth of the foam s e 4,0 (+/- 0.5) kl	shall be Pa	
	Their upper surface must be horizontal, even and without gaps. The supplementary mats have to be laid on the landing mats. At the vault the supplementary mat shall be attached (i.e. using Velcro).			
Colour	The colour of the supplementary mat must be in cont and the tumbling track or with lines according to the o landing zone (see TRA2, TRA3).	rast to the landir description of the	ng mat e	
	The upper surface must not show optically disturbing patterns or insignia.			
	The FIG may designate the colour for certain events.			

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Vaulting Board Tumbling

Use • Tumbling "hard" and "soft"

Construction / Description of material, measurements

Form	The profile of the vaulting board must adhere exactly to the respective blue print.		
	Its upper surface rises in an arched form, approaching the horizontal between 75 cm and 95 cm, measured from the frontal angle. The height reached at this point, may not be exceeded. After this point, the upper surface may continue horizontally or slope downward.		
	The rise of the arch is $3.5 \text{ cm} + 7$	/- 0,5 cm.	
	For competitions a "soft" and a " "hard" board shall be marked wit	hard" vaulting board shall be th a dot on the surface.	e available. The
Measurements	 Length Width Height Height (run-up side) Cushion Cover Total height with cushid Free space between floor of the vaulting board a 	120 cm 60 cm 20 cm max 3 cm 2 cm on cover 22 cm oor and the lower edge tt the run-up side max.	* 1 cm * 1 cm * 1 cm * 0,5 cm * 1,5 cm 1 cm
	*Tolerance +/-		
	The stipulated length and height plate, i.e. the take-off plate. The base may be larger, but car projection of the board.	refers to the vertical projecti not extend more than 2 cm l	ion of the upper beyond the
	Labelling of the "hard" vaulting b contrast on the longitudinal midli Distance to the side of run up Diameter	ard on the surface by a dot vine:	with clear 5 cm 8 cm
Functional Properties	The functional properties of the elasticity) shall not be adjustable cannot be easily removed by ha	vaulting board (hardness, da (i.e. springs must be fixed s nd).	mping, so that they
	The elasticity of the vaulting boa between 75 cm and 95 cm, mea	rd must be most effective in sured horizontally from the f	the area rontal angle.
	The vaulting-board must dampe energy.	n the counter pressure, i.e. r	educe motion
	Elasticity and absorbency must l vaulting board differs only slightl is at the middle axis, or away fro	oe evenly distributed, so that y, regardless whether the for m it.	t the effect of the rce of the impact
	The upper surface of the vaulting	g board must offer slip resist	ance.



Vaulting Board Tumbling

	The board must not produce disturbing sounds during its use.
	The board must not dislodge during use.
	The vaulting board and its base may not have any sharp corners, edges and no protruding parts.
Colour	The choice of colour is left to the discretion of the manufacturer.
	With exception of the dot for "hard" vaulting boards optically disturbing patterns, stripes or insignia on the upper surface are not permitted.
	The FIG may designate the colour for certain events.

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cotes obligatoires;	dimensions: mandatory;	Maße bindend;	
construction selon le gré;	design: at your discretion;	Konstruktion freigestellt;	
dessin en exemple	drawing: typical example	Zeichnung als Beispiel	

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2.6 ACRO Acrobatic Gymnastics

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Floor

Use • Acrobatic Gymnastics

Construction / Description of material, measurements

Form	Performance area : Horizontal, even and without gaps	
	Border : Horizontal and even, at the same height of the performance area	
	Border's variant : Width 50 cm, horizontal and even, at the same height of the performance area. The next 50 cm are inclined; the slope may not exceed 25%, max Safety zone: The safety zone shall be kept totally free as a surrounding zone around performance area and the border. It shall be horizontal, even and withou gaps.	
Measurements	Performance area	1200 cm x 1200 cm
	Border	100 cm, min.
	Horizontal area, Width	50 cm, min.
	Slope max. 25 %, Width	50 cm, min.
	height of outer border at the very end	5,5 cm, max.
	When there is an delimitation strip between the	performance area and the
	Width of delimitation strip	5 cm, Tolerance +/- 0,5 cm
Functional Properties	 Performance area and border : Equal elasticity on the surface as well as dampening. When in use it should not have any disturbing motion energy. Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must not restrict turns and slide movements. The surface cover of the Performance area must provide a balance between anti-skid and slippage. It must not cause skin burns. The floor must not produce disturbing sound during the execution of an exercise. It must assure a low noise level. 	
Colour	Of plain colour which choice is left to the manufacturer's discretion. For certain events the FIG may stipulate the colours.	
Delimitation Strip	The delimitation strip is part of the performance area.	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes: please see chapter IV



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Landing mat

Use •	Acrobatic Gymnastics	
Construction / Description of material, measurements		
Use	For landing a mat shall be available. The use is not compulsory.	
Form and functional properties	The functional properties of the landing mat must be identical to those of the landing mats MAG 11 and WAG 11.	
Measurements	The minimum size of the landing mat is 200 cm x 150 cm x 20 cm	

Norms / Functional properties Regarding tests carried out by FIG Tests Institutes: please see chapter IV

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 Surfaces of apparatus, safety zones, total surfaces

Discipline	Apparatus	Area Meters	Height of hall (prescription) if so from Podium min. Meters	Height of hall International Arena (recommended) if so from Podium min. Meters
	MAG 1 Floor	18.00 x 18.00		
	MAG 2 Pommel Horse	4.00 x 4.00		
MAG Men's Artistic	MAG 3 Rings	6.00 x 6.00	7.00	8.00 – 10.00
Gymnastics	MAG 4 Vaulting Table	3.00 x 35.00		
	MAG 5 Uneven Bars	6.00 x 12.00		
	MAG 6 High Bars	6.00 x 12.00		
	WAG 1 Vaulting Table	3.00 x 35.00		
WAG	WAG 2 Uneven Bars	6.00 x 13,50	6.00	8.00 – 10.00
Women's Artistic Gymnastics	WAG 3 Balance Beam	6.00 x 17.00		
	WAG 4 Floor	18.00 x 18.00		
RG Rhythmic Gymnastics	RG 1 Performance area	18.00 x 18.00	8.00	10.00 – 12.00
AER Aerobic Gymnastics	AER 1 Performance area	18.00 x 18.00	6.00	8.00 – 10.00
TRA	TRA 1 Trampoline (synch.)	13.00 x 13.00	8.00	10.00 – 12.00
Trampoline Gymnastics	TRA 2 Double Mini Trampoline	3.00 x 35.00	6.00	8.00 – 10.00
	TRA 3 Tumbling Track	3.00 x 35.00		
ACRO Acrobatic Gymnastics	ACRO 1 Performance area	18.00 x 18.00	7.00	8.00 – 10.00

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4. Competition area
Recommended Standards. For FIG Events the Placement of the Apparatuses and Podiums has to be approved by the FIG.













trampoline, double mini-trampoline, tumbling trampoline, minidouble trampoline, tumbling Trampolin, Doppelminitramp, Tumbling


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5. Required Equipment for FIG - Competitions GAM/GAF/TRA

Competition Equipment for men's artistic gymnastics



1 set of equipment

For training halls see Technical Reglementations of the FIG.

Quantity			remarks
	Floor exercise		
1	Free exercise floor	MAG1	
1	Magnesia stand for feet (filled with magnesia)		
	Pommel Horse		
1	Pommel horse (incl. fixation devices to the floor)	MAG2	
1	Set landing mats 10 cm, surface according to Apparatus Norms	MAG12	
1	Magnesia stand (filled with magnesia)		
	Rings		
1	Ring Frame	MAG3	
1	Set landing mats 20 cm, surface according to Apparatus Norms	MAG11	
1	Ring Hook		
1	Magnesia stand (filled with magnesia)		
	Vault		
1	Vaulting table (inc. cushioning devices and fixation devices to the floor)	MAG4	
1	Runway		
1	Set landing mats 20 cm surface according to Apparatus Norms	MAG11	
-1	Supplementary mat 600x200x10 cm, with lines for landing	MAG13	Compulsony uso
1	Vaulting Board "hard"	MAG14	
1	Vaulting Board "soft"	MAG14	
1	Vaulting Board protection (Rondat Mat)	MAG15	obligatory use at round-off vaults
1	Mat for hands	MAG16	
1	Tape measure 25 mtrs.		
1	Magnesia stand (filled with magnesia)		
1	Limitation device runway		
	Parallel Bars		
1	Parallel bars (if necessary with fixation devices to the floor)	MAG5	
1	Set landing mats 20 cm, surface according to Apparatus Norms	MAG11	
1	Vaulting Board "hard"	MAG14	
1	Magnesia stand (filled with magnesia)		
	Horizontal Bar		
1	Horizontal bar	MAG6	
1	Set landing mats 20 cm, surface according to Apparatus Norms	MAG11	
2	Supplementary mats 400x200x10 cm	MAG13	Compulsory use
1	Magnesia stand (filled with magnesia)		

Recommended Auxiliary Equipment

High bar	Additional supplementary mat 400x200x10 cm (MAG13)	Competiton hall and training halls
High bar	Hard foam block (approx. 50*50*50cm) for preparation of rails) ¹	Competiton hall and training halls
Rings	Hard foam block for preparation at rings and trainer asistance) ¹ ,	Training halls
	recommended dimensions approx. 100x75x75 cm	
Floor		
Rings		
P.bars	Supplementary mat of minimum 200x200x10 cm) ²	Training halls
Spare parts as rails. Vaulting Boards at the discretion of the organisers		

)¹ At competitions and in training halls, coaches and gymnast are using any device for the preparation of rails, rings etc. (especially chairs). Besides the risk of damaging the landing mats, this does not look professional and may led into dangerous situations.

)² At the FX, PB and RR gymnasts often ask for additional soft mats in the <u>training halls</u>. If these are not available, mats will be taken from other apparatus in the neighbourhood. This leads to a lot of undesired shifting of equipment during training and disadvantages for gymnasts at the apparatus where the mats have been taken away.

Competition Equipment for women's artistic gymnastics



1 set of equipment

For training halls see Technical Reglementations of the FIG.

Quantity			remarks
	Vault		
1	Vaulting table (inc. cushioning devices and fixation devices to the floor)	WAG1	
1	Runway		
1	Set landing mats 20 cm surface according to Apparatus Norms	WAG11	
1	Supplementary mat 600x200x10 cm, with lines for landing and fixation (i.e.velcro) on the landing mat	WAG13	compulsory use
1	Vaulting Board "hard"	WAG14	
1	Vaulting Board "soft"	WAG14	
1	Vaulting Board protection (Rondat Mat)	WAG16	obligatory use at round-off vaults
1	Mat for hands		
1	Tape measure 25 mtrs.		
1	Magnesia stand (filled with magnesia)		
	Uneven Bars		
1	Uneven bars	WAG2	
1	Set landing mats 20 cm, surface according to Apparatus Norms	WAG11	
1	Supplementary mat 400x200x10 cm	WAG13	use of the mat not compulsory
1	Vaulting Board "soft"	WAG14	
1	Magnesia stand (filled with magnesia)		
	Balance Beam		
1	Balance beam	WAG3	
1	padding for the legs of the balance beam		
1	Set landing mats 20 cm, surface according to Apparatus Norms	WAG11	
1	Supplementary mat 400x200x10 cm	WAG13	use of the mat not compulsory
1	Vaulting Board "soft"	WAG14	
1	Magnesia stand (filled with magnesia)		
	Floor exercise		
1	Free exercise floor	WAG4	
1	Magnesia stand for feet (filled with magnesia)		

Recommended Auxiliary Equipment

 UB
 Hard foam block (approx. 50*50cm) for preparation of rails)¹
 Competiton hall and training halls

 Floor
 Supplementary mat of minimum 200x200x10 cm)²
 Training halls

Spare parts as rails, Vaulting Boards at the discretion of the organisers

)¹ At competitions and in training halls, coaches and gymnast are using any device for the preparation of rails. (especially chairs). Besides the risk of damaging the landing mats, this does not look professional and may led into dangerous situations.

)² At the FX gymnasts often ask for additional soft mats in the <u>training halls</u>. If these are not available, mats will be taken from other apparatus in the neighbourhood. This leads to a lot of undesired shifting of equipment during training and disadvantages for gymnasts at the apparatus where the mats have been taken away.

Trampoline - Double-Minitramp - Tumbling

Quantity			Remarks
	Tuesses alia		
4			
4	Trampolines	I RA1	
8	Safety platforms		
8	Platform mats with wedges		
16	Stability plates		optional
4	Spotter mats		
24 (min)	Safety mats (on the ground 300x200x20 cm)	TRA11	
2	Magnesia stand (filled with magnesia)		
	Dooble Minitramp		
1		TPV2	
1	Landing mats completely covered (600x300x30		
I	cm) with marking of landing zone (400x200 cm)	INATI	
1	Spotter mat		
1	Supplementary mat (400x200x10 cm)	TRA12	
2	Safety mats (300x200x20 cm, beside the DMT)	TRA11	
1	run-up 2000x100x2,5 cm		
1	Magnesia stand (filled with magnesia)		
	Tumbling		
1	Tumbling Track	TRA3	
1	Landing mats with marking of landing zone	TRA11	
1	Supplementary mat (400x200x10 cm)		
1	Run-up 1000x100 cm		
1	Vaulting board "hard"	TRA14	
1	Vaulting board "soft"	TRA14	
1	Magnesia stand (filled with magnesia)		

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 Training centres Auxiliary apparatus for training
The chapter II.6 will be available with the next edition.

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The chapter II.7 will be available with the next edition

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8.	Information regarding the
	apparatus used in Gymnastics for All

The chapter II.8 will be available with the next edition

Fédération Internationale de Gymnastique
III Certificates and diplomas

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Code of Autodiscipline

Intermediate Rules

Appendix 5

Appendix 6

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1. Each apparatus must have a valid FIG Certificate

The definition of «Apparatus» for these Apparatus Norms is: All apparatus used at FIG competitions and listed in these Apparatus Norms.

Each apparatus, including all hand apparatus used in Rhythmic Gymnastics, must have its own, valid Certificate, to be used at FIG events, Olympic Games, World Games and international events.

For Olympic Games, World Championships, World Games and other multi-sports games (e.g. Commonwealth Games, Asian Games, Panam Games, University Games), the apparatus must have a valid certificate at least 1 year prior to the competitions. For all other competitions, the certificates must be valid at the latest at the moment of the invitation. Example: World Cup / World Series competitions: 3 months prior to the competitions.

2. Validity of the Certificate

The Certificates have a validity of two years. The FIG may, at any time, prolong or shorten the validity of issued Certificates or withdraw a Certificate.

3. Rights of the Apparatus Manufacturer with a valid FIG Certificate

When receiving a FIG Certificate, the apparatus manufacturer obtains the following rights:

- The right that the respective apparatus may be used at all official events of the FIG, its Continental Unions and member federations, as well as at the Olympic Games and World Games.
- The right to use the designation and the logo «FIG Approved» together in the catalogue and other publicity material, as prescribed in the respective directives of the FIG. (see Appendix 1)
- The use of the sticker « FIG Approved » on the respective apparatus.
- The regular publication in the list of certified apparatus in the FIG Bulletin and on FIG's website.
- One free advertisement (1 x 1/2 page, black and white) in the FIG Bulletin during the period of validity of each Certificate.



4. Procedure to obtain an FIG Certificate

The procedure has four steps:

- Practical test
- Testing at one of the FIG recognised Testing Institutes
- Declaration to be bound by the FIG's Statutes, Rules and Regulations as well as the provisions concerning governing law and arbitration
- Issuing of the Certificate by the FIG

4.1 Practical Test

Apparatus manufacturers who wish a Certificate must first have their apparatus tested practically by gymnasts and coaches. For this purpose, the manufacturer contacts directly one of FIG's member federations, which can test the apparatus in a training centre by elite gymnasts. The apparatus must be tested under competition conditions. The manufacturer must provide a confirmation signed by a member federation containing the following:

«We confirm to have tested apparatus X under competition conditions at our training centre and/or at competitions. The apparatus is of the best quality, safe and suitable to be used at international competitions. We recommend that the FIG initiates the necessary procedures that this apparatus may be used at future international events. »

4.2 Testing by an FIG recognised Testing Institute

After the successful practical test by an FIG member federation, the apparatus must be announced at the FIG General Secretary to be tested by one of the FIG's recognised Testing Institutes. For contact persons and addresses see Appendix 2).

The Testing Institute informs the apparatus manufacturer and the FIG in writing, when the apparatus will be tested.

The Testing Institute tests the apparatus following the norms and testing procedures and prepares and submits a test report on behalf of the FIG and the apparatus manufacturer. All costs in connection with the testing (transport and testing fee) are the responsibility of the apparatus manufacturer and have to be paid prior to the tests. (Testing fees see Appendix 4).

For equipment with no existing test procedures the testing is done by the responsible Technical Committee after presentation of the confirmation according to 4.1. All costs are the responsibility of the apparatus manufacturer. The testing shall be announced to the FIG General Secretary.



4.3 Recognition of the FIG Statutes, Rules and Regulations Applicable law and arbitration Code of Auto discipline

Apparatus manufacturers who wish an FIG Certificate have to confirm in writing, that they recognise and strictly follow the FIG Statutes, Rules and Regulations. For their relationship with the FIG, the Testing Institutes, FIG's member federations, the Continental Unions and the organising committees, the apparatus manufacturer must accept to be governed by Swiss law and in case of disputes, to resolve such disputes to the exclusion of the ordinary courts by arbitration.

The following declaration must be made and signed:

«We herewith confirm unequivocally to respect and strictly follow the FIG Statutes, Technical Regulations, Code of Points, Apparatus Norms including the Code of Auto discipline and the Rules for Advertising and Publicity. This commitment is valid as long as we have a valid Certificate. »

«All disputes arising out of or in connection with the Apparatus Norms, the testing and/or certification of our apparatus and in the relationship with the FIG, or one of their recognised Testing Institutes, Member Federations or Organising Committees shall be resolved, to the exclusion of the ordinary courts by an Arbitration Tribunal constituted in accordance with the Statutes and Regulations of the Court of Arbitration of Sport in Lausanne, Switzerland. We hereby undertake to comply with the said Statutes and Regulation, and to enforce in good faith the award to be rendered. The decision of the Arbitration Tribunal shall be final and binding on the parties.»

4.4 Issuing of FIG Certificates

The FIG Certificate will be issued by the Secretary General, provided the following conditions are met:

- The confirmation/recommendation from a member federation concerning the practical test (see 4.1).
- A positive test report from one of the FIG recognised Testing Institutes.
- Payment of the test fee and the Certificate fee.
- Confirmation / declaration from the manufacturer to recognise the FIG Statutes, Rules and Regulations and confirmation concerning applicable law and arbitration



5. Testing fees of the FIG recognised Testing Institutes

The testing fees must be approved by the FIG and must be identical at all FIG recognised Testing Institutes. The testing fees valid at this time are published in Appendix 4.

The Testing Institutes invoice the Apparatus Manufacturer directly with the testing fees and taxes and must be prepaid.

6. Fee for the Certificate

The fee to be paid to the FIG to obtain a Certificate and the attached rights are listed in Part III, § 18 and § 3.

This fee is decided by the Executive Committee and may be adjusted every two years if necessary.

This fee must be paid by the Apparatus Manufactures in advance to the FIG.

7. FIG Diploma

Manufacturers, who are in possession of 12 or more valid Certificates, receive a FIG Diploma free of charge. The Diploma is valid as long as the manufacturer has 12 or more valid Certificates.

The FIG Diploma gives the apparatus manufacturer the following additional rights:

- The right to have two VIP accreditations to the official FIG Competitions
- The right to assist at the FIC Congress, Council, Gala and Symposium
- The right to be a member of the FIG Apparatus Commission (2 partners at the time, rotation system)
- The right to carry the designation «Official FIG Partner» and to use this on his letter head and promotional material.
- The right, to use the FIG Logo on his letter head and catalogue. The directives (Appendix 1) must be followed.
- A free advertisement (1 x 1/1 page, in colour) in World of Gymnastics every second year.
- A free advertisement in the FIG Bulletin (1 x 1/1 page, black and white) every second year.
- To be mentioned in the list of the Official FIG Partners and official Sponsors, this is published in every Bulletin, in the Directory and on the FIG website.
- The publication of the manufacturer's logo in a composite page together with the official FIG sponsors in every issue of World of Gymnastics.
- A free advertisement (1/1 page, black and white) in the respective Code of Points



8. Reward for the suppliers of World Championships and World Cup Finals

Apparatus manufacturers who have supplied the apparatus for the World Championships or the World Cup Final alone or with a maximum of one other manufacturer may request a confirmation from the FIG as «Official Supplier of the «World Championships X» or of the «World Cup Final X). This confirmation may be used for publicity purposes, following the respective Directives of the FIG, (see Appendix .1)

9. Renewal of Certificates

After the period of validity a Certificate may be prolonged for two years by paying the fee without testing, provided the norms and/or testing procedures for the respective apparatus have not changed in the meantime and that the apparatus has not lead to any complaints during the validity of the Certificate.

If the construction of the apparatus or the functional properties has changed, the apparatus has to undergo a practical test (see 4.1) as well as by a Testing Institute (see 4.2).

In case of small modifications which do not affect the functional properties or would not lead to a different test results, the FIG may dispense the apparatus manufacturer from testing. In cases of doubt, the President of the Apparatus Commission takes a final decision in cooperation with the concerned Technical President and the Secretary General.

To renew a certificate the apparatus manufacturer must send a request to the FIG – secretariat. This request must include the following three statements:

"We confirm that the construction of the apparatus and the functional properties have not changed since the last successful test!"

"We confirm that the materials used are the same and have the same functional properties as those used for the last successful test!"

"We confirm that our apparatus has been adapted to the apparatus norms valid today!"

The FIG may require a re-test or refuse the prolongation.

10. New Apparatus, Modified Apparatus, New Developments

Those are defined as follows:

- New apparatus which are not included in the Apparatus Norms

- Apparatus which are listed in the Apparatus Norms, but which have been significantly modified in their form, functional properties or development

Before the manufacturer constructs a prototype, the FIG recommends that the President of the Apparatus Commission and/or the respective TC President be contacted to find out if such a new apparatus is desired.

If this is confirmed, a prototype can be constructed and presented to the FIG. Upon recommendation of the respective TC and the Apparatus Commission, the Executive Committee may decide on a general practical test. For such a test, the EC invites manufacturers to produce prototypes and to have those tested at the same time in 4-5 training centres chosen by the FIG. The costs are the responsibility of the apparatus manufacturers interested in the project. After analyses of the test results the Apparatus Commission - in cooperation with the respective TC and the other FIG Commissions - makes the necessary proposals to the EC for the further procedure regarding the possible introduction of the new apparatus.



11. Publication of the FIG Certificates and Diplomas

The FIG regularly publishes a list of the valid Certificates and Diplomas including the period of validity.

12. FIG Sticker « FIG APPROVED»

Apparatus manufacturers who are in possession of a valid FIG Certificate have the right to stick or print the « FIG Approved » sticker on the respective apparatus. The sticker can be received from the FIG free of charge. «FIG Approved» is also available by electronic support. For colours and size see Appendix 1.

Upon written approval by the FG General Secretary, the Sticker "FIG-Approved" can also be used for apparatuses which have no certificate and where no test is required i.e. supplementary mats, spotter mats, measuring table for RG-Apparatus etc. The written approval of the Secretary General also allows the manufacturer to use the term "FIG-Approved" for the publicity and offers of the above mentioned kind of apparatuses.

Each written approval issued by the Secretary General is valid for two years and costs 25% of the current fees for FIG Certificates as per point III, p. 17 of these regulations per apparatus.

These written approvals cannot be considered as a "certificate" in the spirit of these rules.

It is not possible to issue such an approval for manufacturers who have no valid certificate.

13. Control of Apparatus at the competitions Re-testing of apparatus by the FIG at the Testing Institute

At the official events of the FIG, as well as at the Olympic Games and World Games, the apparatus are officially controlled on site. This control mainly consists of checking the measurements, making sure that the apparatus used at the competition is identical to the tested one, as well as a control of the layout, safety area and matting. The apparatus manufacturer is responsible that those delivered apparatus are 100% identical to the one tested in respect of the material used as well as the construction. The apparatus manufacturers are fully responsible that the norms are strictly respected; the correct setting up of the apparatus is the responsibility of the organising committee.

The FIG has and reserves the right to re-test apparatus before, during and after an event at the nearest recognised Testing Institute. In case the testing report is positive, all costs are at the charge of the FIG. In case the report is negative, the costs are at the charge of the apparatus manufacturer. Furthermore the validity of the Certificate is immediately withdrawn. The Executive Committee decides about the duration of a ban against the respective manufacturer. Afterwards, the manufacturer may apply Certificate to be issued by the FIG (following 4.4).



14. FIG recognised Testing Institutes

The following Testing Institutes are recognised by the FIG at this time :

- Albert Ludwigs' University of Freiburg (GER)
- Tokyo Institute of Technology (JPN)

For addresses, contact person, delivery addresses etc. see Appendix 1

All Testing Institutes charge the same testing fee. (See Appendix 4) The testing fees must be approved by the FIG.

The Testing Institutes are absolutely neutral and must strictly follow the FIG testing procedures. Testing equipment and conditions must be equal at all Testing Institutes.

It is the goal that all Testing Institutes are able to test all apparatus.

Appendix 3 lists which institute can test which apparatus.

Part IV of the Apparatus Norms also gives the necessary information about how many apparatus, m2 or m of the respective apparatus must be supplied for testing purposes.

15. Publicity and apparatus manufacturer's logo on the apparatus

See FIG Rules for Advertising and Publicity.

16. Waiver of Liability

With these Apparatus Norms, the FIG and its member federations, as well as the Testing Institutes are in no way responsible for the apparatus. The FIG, its member federations and the Testing Institutes waive all liability in connection with the use of apparatus described in these Apparatus Norms.

17. Current Fees for FIG Certificates

Until 31st December 2008, the following fees for Certificates will be applied:

The fee to be paid to issue a Certificate for the first time or to renew a Certificate depends on the number of valid Certificates a manufacturer already has

Fee in EURO per Certificate

1-4 20	
5 - 7 1'	500
8 - 10 1'ú	000
11 - 15	800
16 and over	600

18. Code of Auto discipline

A "Code of Auto discipline" has been elaborated by the Apparatus Commission and approved by the FIG Executive Committee in order to determine the rules, concerning the manufactures relations with the FIG and between themselves.

The rules envisaged in the Auto discipline Code are applied automatically to each infraction of the Apparatus Norms in force.

See Appendix 5



DIRECTIVES / REGULATIONS FOR THE USE OF OFFICIAL FIG DESIGNATIONS AND LOGOS

1. <u>GENERAL PRINCIPLES</u>

- 1.1. The designations and logotypes/logos which are presented in this document are property of the *Fédération Internationale de Gymnastique (FIG)*. Their use requires the FIG's authorization. Any illegal use or non-conformity with these directives will be prosecuted and results in the withdrawal of the certificate or diploma.
- 1.2. The **acquisition** conditions for these designations which are reserved for the FIG partners are included in the brochure "Apparatus Norms" published by the FIG.
- 1.3. The **use** of these designations and logotypes/logos which are reserved for the FIG partners is prescribed in this appendix.
- 1.4. The general graphic prescriptions are defined in the FIG Graphics Chart.
- **1.5.** The graphic prescriptions reserved for the use of the FIG apparatus manufacturers are included in this appendix.
- 1.6. The use of any designation or logotype/logos other than those mentioned in this appendix is strictly prohibited.
- 1.7. Any other reference to "FIG", use of the abbreviation "FIG" (or "Fédération Internationale de Gymnastique" in any language) as well as wordings such as "following FIG Norms", "in the process to be tested" etc. are strictly prohibited.

2. DEFINITIONS

These directives regulate the different rights of the three apparatus manufacturer categories as follows:

- 2.1 Holder of the "FIG-Certificate"
- 2.2. Holder of the "FIG-Diploma"
- 2.3. Holder of an FIG confirmation as "Official Supplier of the World Championships" or as "Official Supplier of the World Cup Final"

3. HOLDER OF THE FIG-CERTIFICATE

The holder of the" FIG Certificate" may use the logotype "*FIG* Approved" respecting the following conditions:

3.1 The logotype may only and exclusively be associated with only one element respectively one single article, apparatus or accessory duly certified by the FIG.

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- 3.2 It may be used on an article respectively an apparatus or an accessory itself or it may be integrated in any type of advertising or publicity but only **in direct connection or relation** with the respective certified apparatus. The logotype may also appear in a description of the certified apparatus (advertisement, publicity leaflet etc.)
- 3.3 It may not be used as an isolated element, separate from the apparatus.
- 3.4 Consequently it may not appear on letter heads, cover pages of catalogues, or in editorial articles with advertising purposes, nor in any other institutional documents containing general information.

3.5. Graphics

3.5.1. Logotype FIG Approved: (respect the size as per 3.6.1)



3.5.2. Colours According to the range defined by the FIG Graphics Chart.

- Black
- Blue Pantone 3005 U
- Red Warm red CV

3.6. Use and size / Maximum dimensions

3.6.1. On printed matters

Formats:	A5	14.8 x 21.0 cm	ø 08 mm max.
	A4	21.0 x 29.7 cm	ø 12 mm max.
	A3	29.7 x 42.0 cm	ø 18 mm max.
	A2	42.0 x 59.4 cm	ø 35 mm max.
	A1	59.4 x 84.1 cm	ø 60 mm max.

3.6.2. On the apparatus

The logotype "*FIG* Approved" may only be applied to the support surfaces (supports, legs of apparatus) of the apparatus. Maximum diameter is 35 mm.

On the floor and on the mats the logotype may appear in one of the four corners with a maximum distance of 5 cm to the corner or on the side of the floor/mat with the exception of the surfaces which are reserved for advertising purposes as defined in the "FIG Rules for Advertising and Publicity". Maximum diameter is 35 mm.

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On the apparatus for rhythmic gymnastics the logotype/sticker "*FIG Approved*" may appear in the following way:

- Only on the bottom side of the clubs;
- On the surface of the ball, Ø maximum 25 mm.;
- On the ribbon, maximum 5 cm from the point where the ribbon is fixed to the stick, Ø max. 25 mm.
- 4. HOLDER OF THE FIG DIPLOMA
- **4.1.** The right to use the designation "**Official FIG Partner**" subject to article 1.5 of the "FIG Rules for Advertising and Publicity".
- **4.2.** The right to use the **FIG Logo** for advertising purposes only, strictly respecting the FIG Graphics Chart.

In addition to the rights listed in chapter 3, the holder of a FIG Diploma obtains:

FIG Logo:



4.3. The title "Official FIG Partner" and the FIG logotype may by no means be used directly attached to or with a product but only with the **company name or identity** of the holder of the FIG Diploma. (e.g.: letter heads, envelopes, cover pages of catalogues, various kinds of printed material, newsletters, "give aways" etc.)

5. HOLDER OF AN FIG CONFIRMATION AS "OFFICIAL SUPPLIER FOR THE WORLD CHAMPIONSHIPS" OR AS "OFFICIAL SUPPLIER OF THE WORLD CUP FINAL"

5.1. The apparatus manufacturer who has been duly confirmed by the FIG may use the designation

"Official Supplier of the World Championships X" "Official Supplier of the World Cup Final Y"

- **5.2.** The use of the above-mentioned designation (for advertising purposes only) can only be associated with the supplied apparatus and also with the company name of the manufacturer. (e.g.: letter heads, envelopes, cover pages of catalogues, various kinds of printed material, newsletters, "give aways" etc.)
- **5.3.** The above-mentioned designation may be used together with the FIG logotype according to the regulations of the FIG Graphics Chart and within the following dimensions:

5.4.	Formats:	A5	14.8 x 21.0 cm	Ø 8 mm max.
		A4	21.0 x 29.7 cm	Ø 12 mm max.
		A3	29.7 x 42.0 cm	Ø 18 mm max.
		A2	42.0 x 59.4 cm	Ø 35 mm max.
		A1	59.4 x 84.1 cm	Ø 60 mm max.

RECOMMENDATION

We strongly recommend that the holder of a certificate or a diploma should send his drafts of all printed matters to the FIG to be proof-read prior to printing.

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FIG RECOGNISED TESTING INSTITUTES

ADDRESSES AND CONTACT PERSONS

Albert Ludwigs University Institute of Sport and Sport Science Schwarzwaldstrasse 175 D-79117 Freiburg i. Br. Germany

Fax Phone e-mail +49 761 203 4555 +49 761 203 4554 gymlab@sport.uni-freiburg.de

Contact Person

Ludwig Schweizer

Tokyo Institute of Technology

Faculty of Engineering Department of Architecture and Building Engineering FIG Norm Testing Laboratory (Ono Lab.) 2-12-1 O-okayama Meguro-ku Tokyo 152-8552 Japan

Fax Phone E-mail +81 3 5734 2849 +81 3 5734 3164 tmikami@o.cc.titech.ac.jp

Contact Person

Takamasa Mikami

Appendix 3

FIG RECOGNISED TESTING INSTITUTES

- What can be tested where ? -

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MAG	Apparatus	Code	Test Procedure	<u>Frbg</u>	Tokyo
	Floor	MAG1	AG1 Complete Test		\checkmark
	Pommel Horse	MAG2	Complete Test		
MAG2-1		MAG2-1	Shock Absorption		
MAG2-2 Top		Top Friction of Horse Body			
MAG2-3		Pos. Stability of Pommels			
		MAG2-4	Friction of Pommels		V
	Binas	MAG3	Complete Test	v V	v v
	Vaulting Table	MAG4	Complete Test	N	1
	Parallel Bars	MAG5	Complete Test	2	2
		MAG5-1	Static traction stress	2	2
		MAG5-2	Stress by pendulum swing	2	2
		MAG5-2		N	N
		MAG5 4		N	N
	Lligh Dor	IVIAG5-4	Complete Test	N	N
	nigri bar		Complete Test	N	N
		MAG6-1	Static traction stress	N	N
		<u>MAG6-2</u>	Stress by pendulum swing	N	N
		MAG6-3	Uscillation damping	N	N
	Landing Mat 20cm	MAG11	Complete Lest		√
	Landing Mat 10cm	MAG12	Complete Test		
	Vaulting Board	MAG14	Complete Test		
WAG	Apparatus	Code	Test Procedure	<u>Frbg</u>	Tokyo
	Vaulting Table	WAG1	Complete Test (see MAG4)		
	Uneven Bars	WAG2	Complete Test		\checkmark
		WAG2-1	Static traction stress		\checkmark
	WAG2-2 Stress by pendulum swi		Stress by pendulum swing		\checkmark
		WAG2-3	Oscillation damping		
	Balance Beam	WAG3	Complete Test		
		WAG3-1	Shock Absorption		
		WAG3-2	Top Friction		
	Floor	WAG4	Complete Test (see MAG1)		
	Landing Mat 20cm	WAG11	Complete Test (see MAG11)		V
	Vaulting Board	WAG14	Complete Test (see MAG14)	v V	v V
RG	Apparatus	Code	Test Procedure	Frba	Tokyo
	Floor	BG1	Complete Test		√
		RG1-1	Shock Absorption	v V	v V
		BG1-2	Static stiffness	N	N
		BG1-3	Top Friction	N	Y
AFR	Apparatus		Test Procedure	Frba	Tokyo
	Floor	AFR1	Complete Test	<u>1129</u> √	√
TRA				Frba	Tokyo
	Trampoline	TRA1	Complete Test	<u>√</u>	renye
	Tumbling Track	TRA3	Complete Test	2	
		TDA2 1	Shock Absorption	N	
		TDA0.0		N	
		<u>1KA3-2</u>	i op Friction	·N	
			Complete Test	1	1
	Landing Mat 20cm	J IVIAL ZUCIN I HATTI COMPLETE LEST		N	N
1070	vauiting Board	I KA14	Complete Test (see MAG14)	N	۷ •
ACRO	Apparatus			<u>Frbg</u>	Токуо
	FIOOR	ACRO1	Complete Test (see MAG1)	N	<u>ν</u>
	Landing Mat 20cm	ACRO11	Complete Test (see MAG11)		\checkmark

TESTING FEES OF THE FIG RECOGNISED TESTING INSTITUTES

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(valid until December 31st, 2008)

MAG	Apparatus	Code	Test Procedure	Charge
	Floor	MAG1	Complete Test	€ 1000
	Pommel Horse	MAG2	Complete Test	€ 1800
		MAG2-1	Shock Absorption	€ 1000
		MAG2-2	Top Friction of Horse Body	€ 300
		MAG2-3	Pos. Stability of Pommels	€ 200
		MAG2-4	Friction of Pommels	€ 300
	Rinas	MAG3	Complete Test	€ 1000
	Vaulting Table	MAG4	Complete Test	€ 1000
	Parallel Bars	MAG5	Complete Test	€ 2600
		MAG5-1	Static traction stress	€ 300
		MAG5-2	Stress by pendulum swing	€ 1000,-
		MAG5-3	Oscillation damping	€ 1000,-
		MAG5-4	Lateral stability	€ 300
	High Bar	MAG6	Complete Test	€ 2000
		MAG6-1	Static traction stress	€ 300
		MAG6-2	Stress by pendulum swina	€ 850
		MAG6-3	Oscillation damping	€ 850
	Landing Mat 20cm	MAG11	Complete Test	€ 1000
	Landing Mat 10cm	MAG12	Complete Test	€ 1000 -
	Vaulting Board	MAG14	Complete Test	€ 1500
WAG	Apparatus	Code	Test Procedure	Charge
	Vaulting Table	WAG1		See MAG4
	Uneven Bars	WAG2	Complete Test	€ 2400
		WAG2-1	Static traction stress	€ 400
		WAG2-2	Stress by pendulum swing	€ 1000,-
		WAG2-3	Oscillation damping	€ 1000,-
	Balance Beam	WAG3	Complete Test	€ 1300
		WAG3-1	Shock Absorption	€ 1000,-
		WAG3-2	Top Friction	€ 300
	Floor	WAG4		See MAG1
	Landing Mat 20cm	WAG11		See MAG11
	Vaulting Board	WAG14		See MAG14
RG	Apparatus	Code	Test Procedure	Charge
	Floor	RG1	Complete Test	€ 2000
		RG1-1	Shock Absorption	€ 1000
		RG1-2	Static stiffness	€ 200
		RG1-3	Top Friction	€ 800
AER	Apparatus	Code	Test Procedure	Charge
	Floor	AER1	Complete Test	€ 1000
TRA	Apparatus	Code	Test Procedure	Charge
	Trampoline	TRA1	Complete Test	€ 2000
	Tumbling Track	TRA3	Complete Test	€ 2500
		TRA3-1	Shock Absorption	€ 1200
		TRA3-2	Top Friction	€ 500
	Landing Mat 20cm	TRA11	Complete Test	€ 1000
	Vaulting Board	TRA14		See MAG14
ACRO	Apparatus	Code	Test Procedure	Charge
	Floor	ACRO1		See MAG1
	Landing Mat 20cm	ACRO11		See MAG11

Fees without additional Value added tax according to the Country of Test (actually: Germany 16%)

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I General

- The present code has been elaborated by the Apparatus Commission and approved by the FIG Executive Committee in order to determine the rules, concerning the manufactures relations with the FIG and between themselves. The following should also be taken into account: The Technical Regulations, the manual « FIG Apparatus Norm, Part I-IV », the Code of Ethics and the Advertising and Publicity Rules.
- The rules envisaged in the Auto discipline Code are applied automatically to each infraction of the rules in force. Modifications to the present code may only be made by the FIG Executive Committee, upon request of the TCs, the Apparatus Commission or the FIG Partners.

II Rules and Criteria for Partners

- Partners must have 12 different FIG Certificates.
- Supplied at least one official FIG World or Continental Championships.
- Elaborate a research program for the development and security of apparatus
- Contribute to the development of gymnastics in the world
- Ensure the financial health of company.

III The Rights of the FIG Partners

- The right to have two VIP accreditations to the official FIG Competitions.
- The right to assist at the FIG Congress, Council, Gala and Symposium
- The right to be a member of the FIG Apparatus Commission (2 partners at the time, rotation system)
- The right to carry the designation «Official FIG Partner» and to use this on his letter head and promotional material.
- The right, to use the FIG Logo on his letter head and catalogue. The directives (Appendix 1) must be followed.
- A free advertisement (1 x 1/1 page, in colour) in World of Gymnastics every second year.
- A free advertisement in the FIG Bulletin (1 x 1/1 page, black and white) every second year.
- To be mentioned in the list of the Official FIG Partners and official Sponsors, this is published in every Bulletin, in the Directory and on the FIG website.
- The publication of the manufacturer's logo in a composite page together with the official FIG sponsors in every issue of World of Gymnastics.
- A free advertisement (1/1 page, black and white) in the respective Code of Points

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IV List of possible infractions against the FIG Apparatus Norms and Other FIG Rules and Regulations and Sanctions applied by the FIG

General Infractions:

- Selling and/or offering certified apparatus without a valid certificate (certificate expired) (1st offence)
 Written warning +
 Rectify the offer (notification of the customer(s) by the manufacturer with copy to the FIG +
 Fine of Euro 2,000.-
- Same as above but 2nd offence. Rectify the offer (notification of the customer by FIG) + Fine of Euro 5,000.-
- Selling and/or offering certified apparatus without a valid certificate (certificate not yet or never issued)
 Written warning +
 Rectify his offer (notification of the customer(s) with copy to FIG)+
 FIG may inform client(s) +
 Fine of Euro 2,000. +
 Publication of the sanction
- Same as above, but 2nd offence.
 Written warning +
 Rectify his offer (notification of the customer(s)+
 FIG informs client(s) +
 Fine of Euro 5,000. +
 Publication of the sanction +
 If FIG Partner, loss of status for 1 year
- Testing an apparatus and selling and/or deliberately offering a different apparatus or construction or modified apparatus than the tested prototype. Withdrawal of the respective certificate for 1 year + New test required + Fine of Euro 5'000.- + Publication of the sanction.
- Same as above, but 2nd offence. Withdrawal of certificates for 2 years + New tests required + Fine of Euro 10,000.- + Publication of the sanction.

Appendix 5

Code of Auto discipline

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- Wrong statements to FIG concerning "unchanged" equipment Withdrawal of the respective certificate for one year + New test required + Fine of Euro 5,000.- + Publication of the sanction.
- Same as above, but 2nd offence. Withdrawal of certificates for 3 years + New tests required + Fine of Euro 10,000.- + Publication of the sanction.

Infractions committed at FIG events

- Selling, renting, sponsoring, offering, delivering, installing etc, not certified apparatus (not certified at all, expired certificate or different apparatus from the tested one) for use at an FIG event and events where FIG Certified equipment is requested.

Immediate rectification whenever possible + Withdrawal of the respective certificate for one year + New test required + Fine of Euro 3,000.- + Publication of the sanction.

- Same as above but 2nd offence. Immediate rectification whenever possible + Withdrawal of certificates for 2 years + New tests required + Fine of Euro 6,000.- + Publication of the sanction.
- Lack of quality of apparatus used at FIG events FIG may take the apparatus and send it for testing
- Lack of quality of apparatus used at FIG events (Apparatus does not pass the test after an event)
 Withdrawal of the respective certificate for one year +
 New test required +
 Fine of Euro 2,000.- +
 Publication of the sanction.
- Same as above but 2nd offence Withdrawal of the respective certificate for 2 years + New test required + Fine of Euro 5,000.- + Publication of the sanction.

Appendix 5 **Code of Auto discipline** (Updated 10.6.2006)

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- Infraction against size of Manufacturers Logo and/or Advertising on apparatus *Immediate rectification + Written warning*
- Same as above but 2nd offence Immediate rectification + Written warning + Fine of Euro 500.-
- Infraction against placement of Manufacturers Logo on apparatus Immediate rectification+ Written warning
- Same as above but 2nd offence Immediate rectification + Written warning + Fine of Euro 500.-
- Repeated infractions against size and / or placement of Manufacturers Logo (3rd and more cases)
 Immediate rectification + Fine of Euro 5,000.-
- Placement of Manufacturers Logo or anything else in the Advertising Area.
 Immediate rectification + Written warning
- Same as above but 2nd offence Immediate rectification + Written warning + Fine of Euro 1,000.-
- Distribution of presents, PR, or other advertising and publicity items to competitors and or officials (FIG or Member Federations) without written approval of FIG at FIG events.
 Immediate stop of action + Written warning

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- Same as above but 2nd offence Immediate stop of action + Written warning + Fine of Euro 2,000.-
- Placing of advertising and publicity in the competition hall other than the standard advertising boards as foreseen in the Rules for Advertising and Publicity without the written approval of FIG Immediate stop of action and rectification + Written warning
- Same as above but 2nd offence Immediate stop of action and rectification + Written warning + Fine of Euro 1,000.-
- Other infractions against the Rules for Advertising and Publicity Similar sanctions as mentioned above, depending on the severity of the infraction.

Catalogues / Publicity / Flyers / Printed Matters / Advertising etc.

- Using the abbreviation FIG in any way for not FIG certified apparatus, suggesting or giving the wrong impression of a relationship with FIG.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 FIG may notify customer(s) +
 Written warning
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers With copy to the FIG +
 Written warning +
 FIG to notify customers +
 Fine of Euro 5,000.-
- Using the FIG logo without being an FIG partner
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning +
 Fine of Euro 5,000.-

Appendix 5 Code of Auto discipline

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- Using the logo "FIG Approved" for not certified apparatus.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG + Written warning
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning +
 Fine of Euro 5,000.-
- Not respecting the size of the FIG logo or FIG Approved logo.
 Immediate stop of action and rectification + Written warning
- Same as above, but 2nd offence. Immediate stop of action and rectification+ Written warning+ Fine of Euro 500.-
- Repeated offence as mentioned above.
 (3 and more cases)
 Immediate stop of action and rectification+
 Written warning +
 Fine of Euro 2,000.--
- Not using the FIG Approved logo directly attached to the respective product, thus giving the impression that other not certified products could also be FIG Approved.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG + Written warning
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning +
 Fine of Euro 5,000.-
- Infractions of clients (retailers) of an FIG Manufacturer or FIG Partner misusing the word FIG, the FIG Logo or the logo FIG Approved Immediate stop of action, rectification and notification of the customers with copy to the FIG + Written warning + FIG informs the FIG Manufacturer

Appendix 5	III
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- Same as above, but 2nd offence or not following FIG's requests at the time of the 1st Offence,
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning+
 Fine of Euro 1,000.- +
 FIG requests FIG Manufacturer to no longer sell their products to the respective client. Manufacturer's Certificate will be withdrawn by FIG if the problem remains.
- Giving the impression of FIG approval or certification by using misleading wording such as e.g. "meets FIG specs", or "following FIG rules" or similar. *Immediate stop of action, rectification and notification of the customers with copy to the FIG + Written warning*
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning +
 Fine of Euro 1,000.-
- Reference to "old" and/or no longer valid certificates or former Diplomas Immediate stop of action, rectification and notification of the customers with copy to the FIG + Written warning
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 Written warning +
 Fine of Euro 5'000.- +
 Possible withdrawal of other certificates
- Using falsified certificates
 Immediate stop of action, rectification and notification of the customers with copy to the FIG +
 FIG may inform customer(s)
 Fine of Euro 10,000. Publication of the sanction
- Same as above, but 2nd offence.
 Immediate stop of action, rectification and notification of the customers + Fine of Euro 20,000.- +
 Withdrawal of all Certificates for a time to be defined by FIG.
 Publication of the sanction

Appendix 5 Code of Auto discipline

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- NOT FOLLOWING OR RESPECTING SANCTIONS Action and further sanctions to be taken at the discretion of FIG.

- Infractions not listed above The FIG will take action and sanctions as deemed necessary at its discretion, following in principle similar cases listed above

In addition to all the fines and sanctions listed above, the FIG reserves the right to take additional action as deemed necessary.

V. Procedure in case of Infractions and Sanctions

Infractions may be observed by all concerned (Apparatus Manufacturers, FIG Officials and third parties). Such observations must be given in writing to the FIG Secretary General.

The Secretary General will then take the necessary actions.

Written warnings and sanctions with fines up to and including Euro 3,000.- are treated and decided by the Secretary General.

He will report all warnings and sanctions to the Apparatus Commission.

Offences with fines over Euro 3,000.- up to and including Euro 5,000.- are treated and decided by the Secretary General in agreement with the President of the Apparatus Commission.

They will report all sanctions to the Apparatus Commission and the Executive Committee.

Offences with fines over Euro 5,000.- are treated by the Secretary General in cooperation with the President of the Apparatus Commission and decided by the Executive Committee upon proposal of the Secretary General and the President of the Apparatus Commission.

The FIG Secretary General will keep a list of all offences and sanctions. This list will include the date of the offence.

- The 1st offences will be considered as deleted after the following time period:
- Written warnings and offences with up to and including Euro 1,000.after 1 Olympic Cycle.
- Offences with fines up to and including Euro 5,000.- after 2 Olympic cycles
- Offences with fines over Euro 5,000.- after 3 Olympic cycles

All fines will be credited to the FIG Development Fund.
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VI. Appeal against Sanctions

The Apparatus Manufacturers may make an appeal against the decision taken by the FIG as follows:

1st instance of appeal: FIG Disciplinary Commission

2nd instance of appeal: FIG Appeal Tribunal

3rd and last instance of appeal: Court of Arbitration for Sport in Lausanne (CAS) with the exception of written warnings and sanctions including fines of up to and including Euro 1,000.-. Appeals against these decisions are limited to the Disciplinary Commission and may not be taken further. The FIG Disciplinary Commission's decision is final.

Appeals must be made in writing within 21 days and sent to the President of the instance concerned with a copy to the FIG Secretary General. The President of the Disciplinary Commission, the Appeal Tribunal and the CAS may request a prepayment for the costs of the procedure from the appellant. Depending on the outcome of the appeal, the Disciplinary Commission, the Appeal Tribunal and the CAS will decide who has to bear the costs.

VII. Rules for the distribution of the Letter of Recognition

- FIG Letter of Recognition to be given to the official manufactures for the excellence of their work.
- A special FIG diploma will be given to the official supplier of 3 World Championships or World Cup Finals in 2 Olympic cycles.
- A special recognition FIG plate is to be attributed for service rendered to the development of gymnastics in the capacity of FIG partner and for the good relations with the other manufactures.

Appendix 6 Intermediate Rules (updated 31.7.2006)

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Intermediate Rules re. The validity of new norms and renewal of certificates for the following apparatus:

Floors for Artistic Gymnastics (MAG 1 and WAG 4) and Acrobatic Gymnastics (ACRO 1)

All changes as published in these FIG Apparatus Norms are valid as per 1st January 2006.

Please note that as per our circular letter in November 2003, the following new norms (Part IV of the Apparatus Norms) were decided:

Deflection	Fmax
(mm)	(N)
69.5 ≤ x ≤ 75	x ≤ 4500

These norms became valid immediately for new floors, a transition period was granted until 31.12.2005.

Please be reminded that for floor testing 4 parts out of 4 complete plates (including connections) with a minimum overall size of: 2000 x 3000 mm must be sent to the testing Institute. (see picture below)



Appendix 6 Intermediate Rules

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Vaulting Table (MAG 4 and WAG 1)

All changes as published in these FIG Apparatus Norms are valid as per 1st January 2006. The changes re. "Extension of the Base", "Monopod only" and padding were already announced in our circular letter in November 2003, a transition period was granted at that time until 31.12.2005.

Spring Boards (MAG and WAG 14, TRA 15)

All changes as published in these FIG Apparatus Norms are valid as per 1st January 2006.

Please note that as per our circular letter in November 2003, the following new norms (Part IV of the Apparatus Norms) were decided:

Norms for "hard" Springboards:

Deflection (mm)	F _{max} (N))	Height of rebound (mm)	Difference between highest and lowest mean value on impact sites 1 to 5 Height of rebound (mm)
$55 \le x \le 68$	x ≤ 4000	$340 \le x \le 400$	≤ 100

The "hard" boards must be identified with a round point of 8 cm diameter in a colour which is in contrast to the surface colour of the board. This point must be placed on surface of the board, centred and 5 cm from the edge of the low side of the board.

Norms for "soft" Springboards:

Deflection (mm)	F _{max} (N))	Height of rebound (mm)	Difference between highest and lowest mean value on impact sites 1 to 5 Height of rebound (mm)
$62 \le x \le 80$	x ≤ 4000	$340 \le x \le 400$	≤ 1 00

Adjustable boards are no longer valid at competitions as of 1st January 2006.

Certificates for adjustable boards will not be prolonged.

Appendix 6 Intermediate Rules (updated 31.7.2006)

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Uneven Bars (WAG 2)

The two following new norms published in these Apparatus Norms whereas:

"The diagonal distance must be adjustable continuously or with increments of 2 cm."

And,

"The diagonal distance (expressed in cm) must be shown on a scale at the distance adjustment device."

The rule is valid immediately for new Uneven Bars.

A transition period until 31st December 2009 is granted for Uneven Bars which have a valid certificate at this time (26th July 2006).

Existing Certificates may therefore be prolonged until max. 31st December 2009, but all Uneven Bars received for testing after 26th July 2006 must fulfil the above mentioned two norms.

Tumbling Track (TRA 3)

The new norm published in these Apparatus Norms whereas the height of the Tumbling Track may be max 30 cm is valid immediately for new Tumbling Tracks. A transition period until 31st December 2011 is granted for Tumbling Tracks which have a valid certificate at this time (26th July 2006).

Existing Certificates may therefore be prolonged until max. 31st December 2011, but all Tumbling Tracks received for testing after 26th July 2006 must fulfil the above mentioned norm.

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