

USAG - MAT SPECIFICATIONS

LANDING MAT - ALLOWANCE

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

MOUNTING MAT - ALLOWANCE

CM	INCHES		
45.7	18"	Mount without Board	
43.2	17"	8" Skill Cushion	20 cm
40.6	16"		
38.1	15"		
35.6	14"		
33.0	13"		
30.5	12"		
27.9	11"	Mount with Board	
25.4	10"	4" Throw Mat	10 cm
22.9	9"	Mount with Board	
20.3	8"	8" Landing Mat	20 cm
17.8	7"		
15.2	6"		
12.7	5"		
10.2	4"		
7.6	3"		
5.1	2"	4" Landing Mat	10 cm
2.5	1"	1 " Base Mat	2.5 cm

0.3 CJ = Unauthorized Mats or Plywood Board

Mounts - no plywood allowed under board (NCAA OK)

24 cm	9.4"	Competition Landing Mat
24 cm	9.4"	Supplemental Mats Allowed

Mounts - **without** board 9" landing mats + "up to 8 inch" skill cushion
 Mounts - **with** board 9" landing mats + 4" throw mat **OR** sting mat