



NORMES DES ENGINS



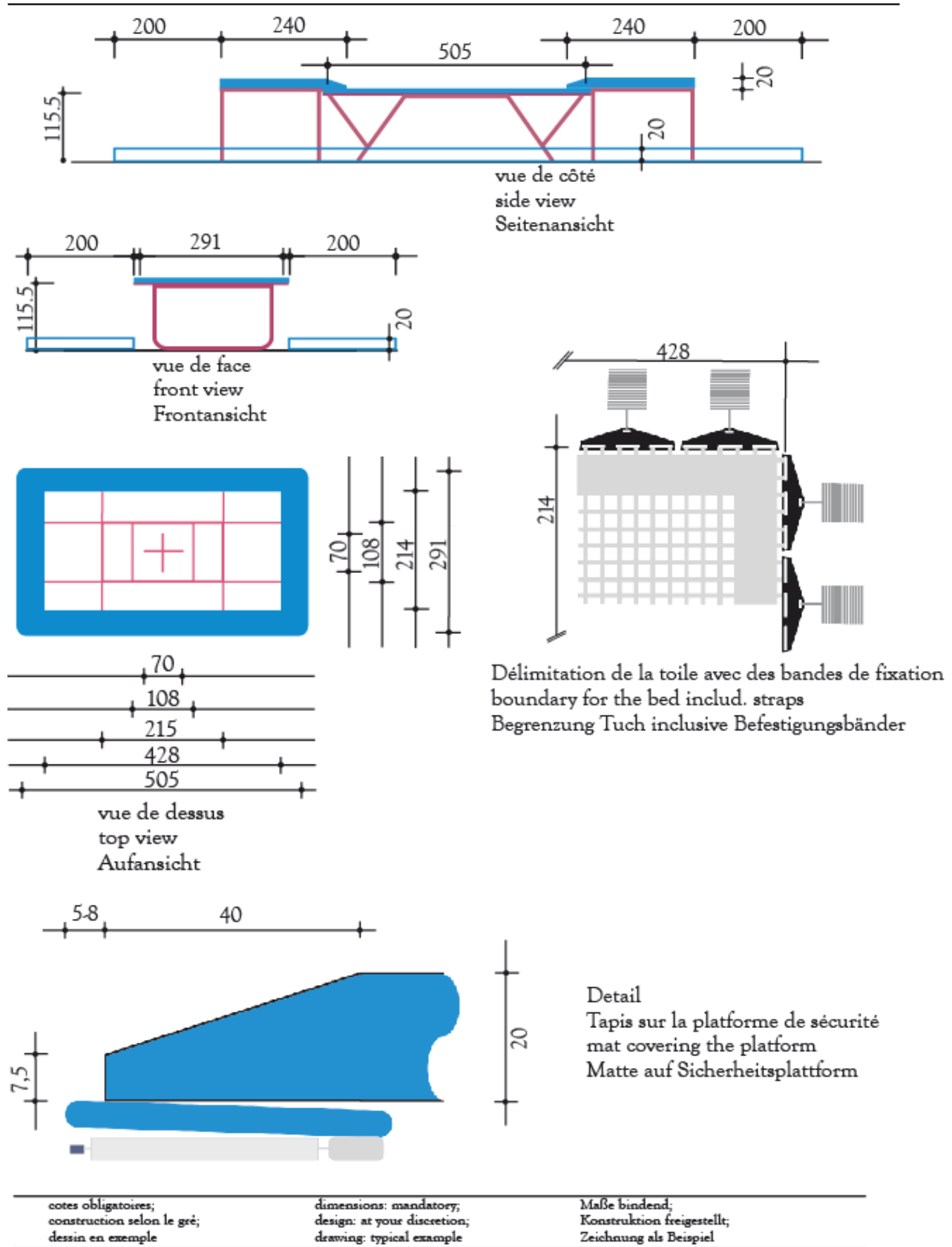


TRAMPOLINE



TUMBLING

Trampoline



cotes obligatoires;
construction selon le gré;
dessin en exemple

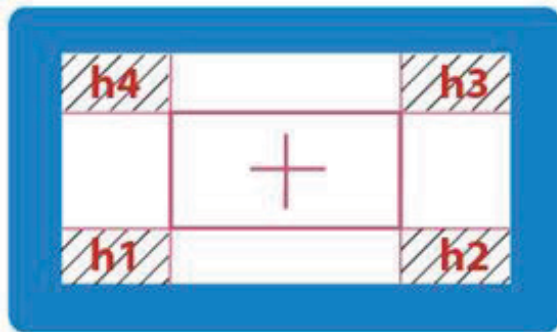
dimensions: mandatory;
design: at your discretion;
drawing: typical example

Maße bindend;
Konstruktion freigestellt;
Zeichnung als Beispiel

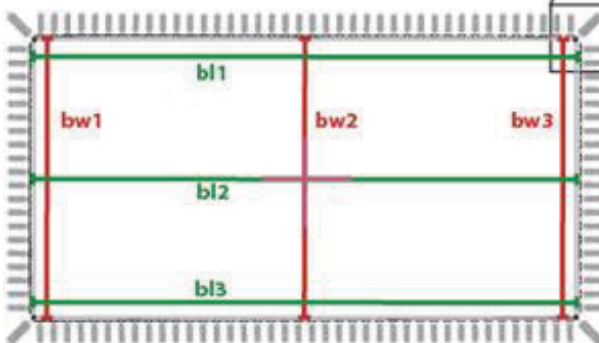
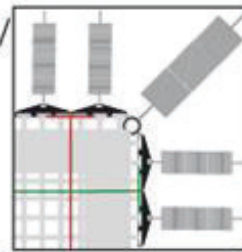
Trampoline

Specifications:

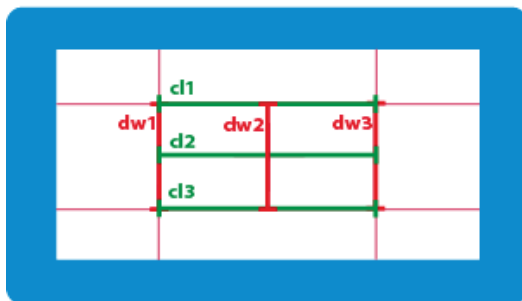
Hauteur, longueur et largeur de la toile
 height, length and width measurements of the bed
 Höhe, Länge- und Breitenmessung



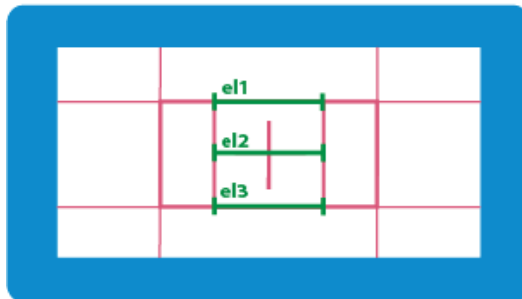
zones des mesures de la hauteur
 areas for height measurement
 Messbereiche für Höhenmessung



toile: Mesures de la longueur et de la largeur
 bed: Length and width measurements
 Tuch: Längen und Breitenmessungen



secteur A: Mesures de la longueur et de la largeur
 area A: Length and width measurements
 Fläche A: Längen und Breitenmessungen



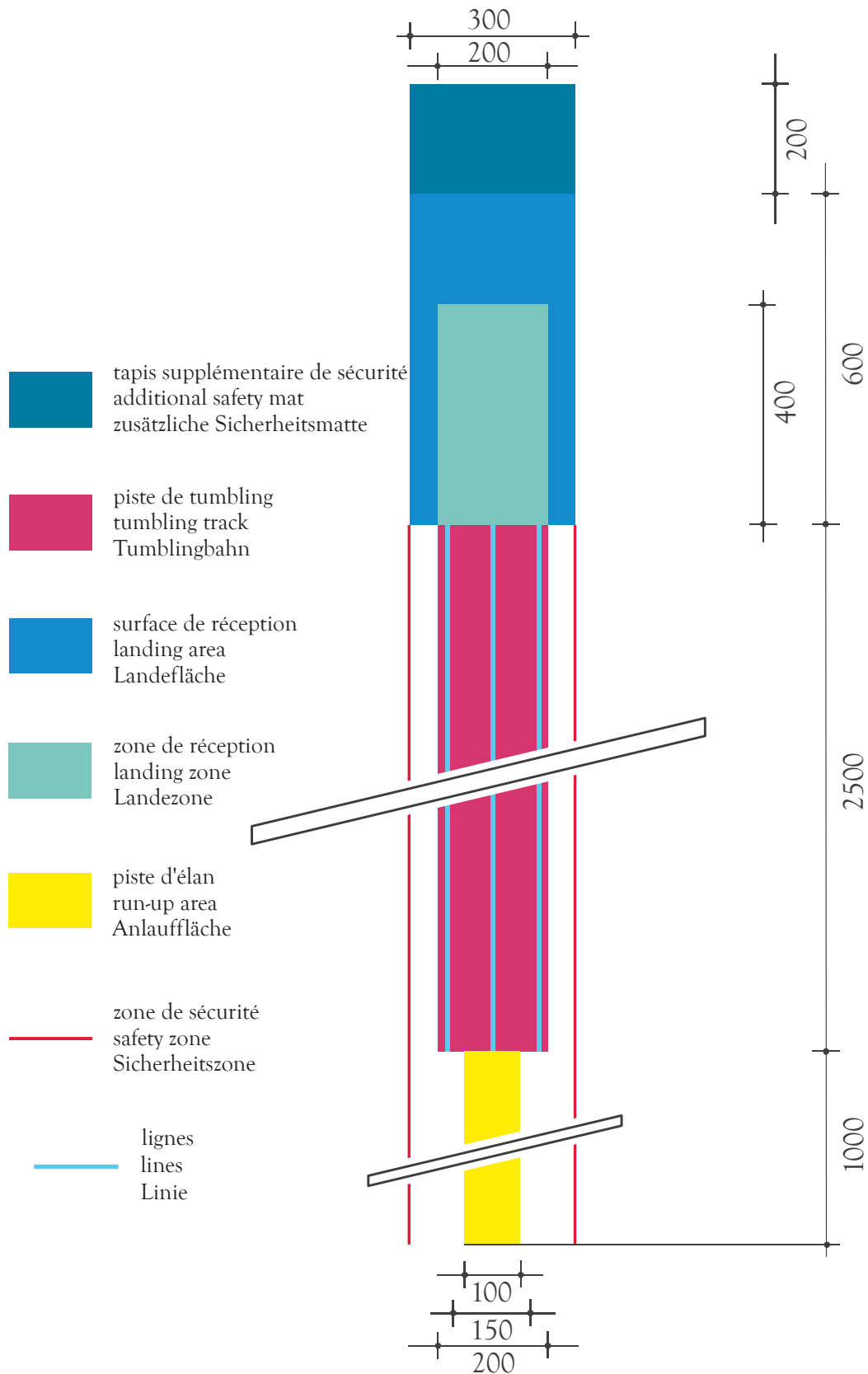
secteur B: Mesures de la longueur
 area B: Length measurements
 Fläche B: Längenmessungen

cotes obligatoires;
 construction selon le gré;
 dessin en exemple

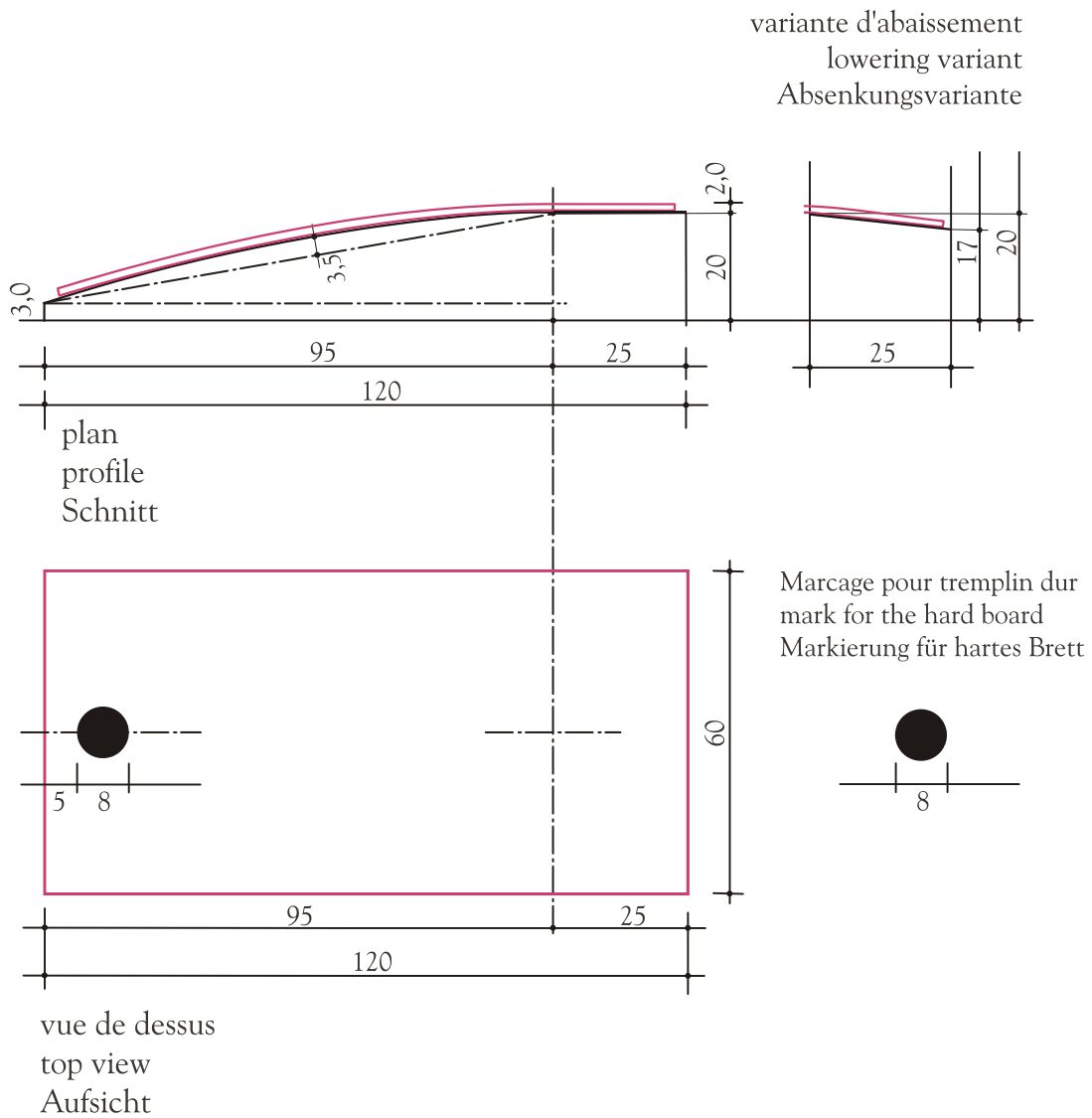
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Maße bindend;
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 Zeichnung als Beispiel

Piste de tumbling



Tremplin

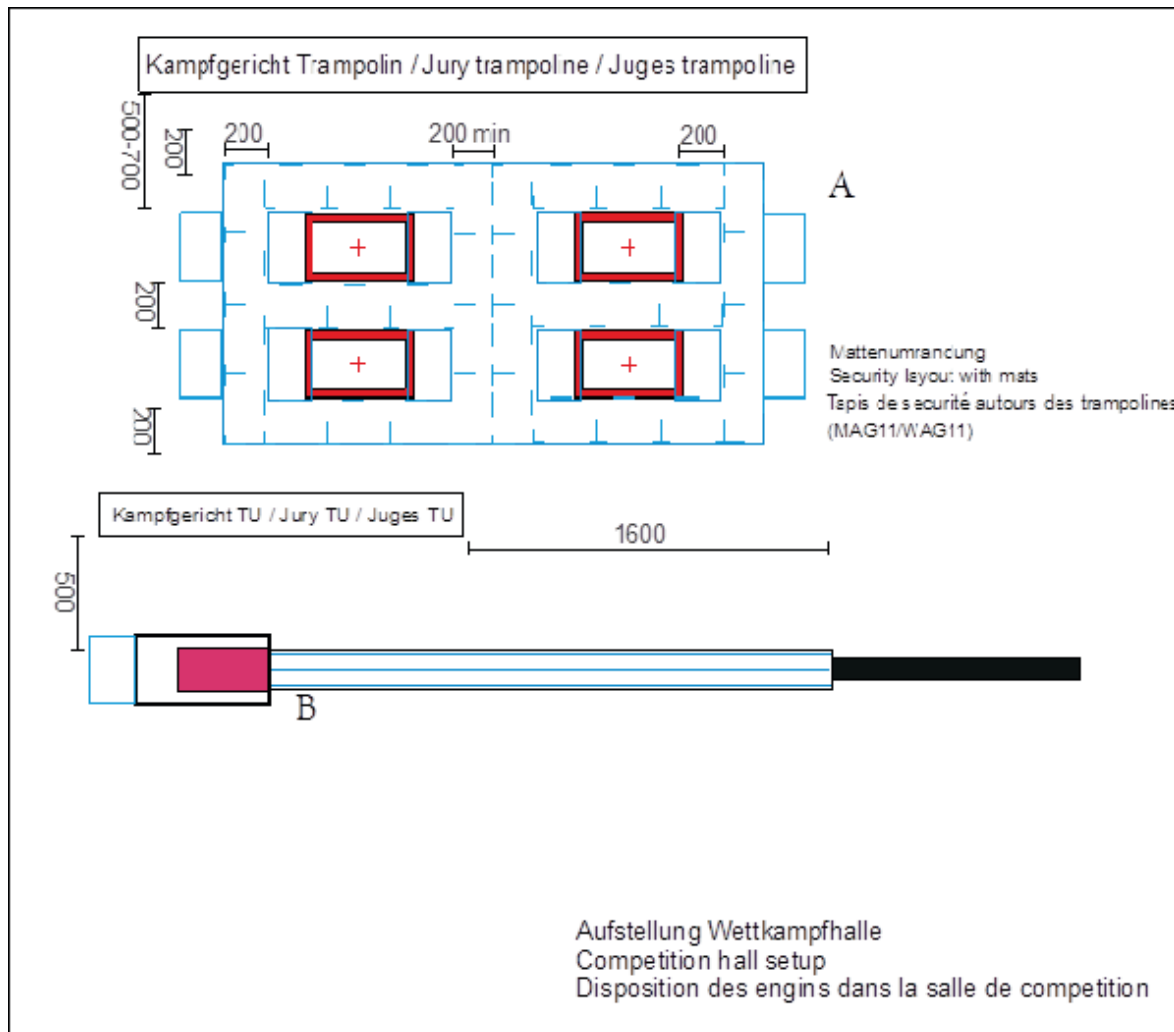


cotes obligatoires;
construction selon le gré;
dessin en exemple

dimensions: mandatory;
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Maße bindend;
Konstruktion freigestellt;
Zeichnung als Beispiel

Arena - Trampoline et tumbling



- A trampoline
trampoline
Trampolin
- B tumbling
tumbling
Tumbling

TR - Formulaire A de contrôle des agrès

(Forms B: see FIG Apparatus Norms Part IV)



APPARATUS CONTROL A - TRA GYMNASTICS

Competition
Logo

Competition: *Name of the Competition*

Apparatus: **Trampoline** Individual Synchro

Trampoline	Stipulation	Result - Action
Height of the bed	115,5 cm +/-0,5 cm (from the floor)	
Length of the bed	428 cm +/- 6 cm (under tension)	
Width of the bed	214 cm +/- 5 cm (under tension)	
Jumping zone	215 (+/- 4) x 108 (+/-4) cm; cross: 70 (+/-3) cm	
Bed construction	Web: 0,55 cm +/- 0,15 cm; max distance 1.6 cm Strings: 0,3 cm +/- 0,1 cm; max distance 1 cm	
Safety padding	Shock absorbing padding; thickness: 3,0-5,0 cm The padding may not touch any part of the bed The padding may extend over the bed by up to 3 cm The bottom of the padding not to protrude above the level of the bed by more than 6 cm Padding firmly fixed to the frame without hindering the normal action of the bed and springs	
Level	The frame and bed must be level	
Springs	Safely attached	
Area beneath	Construction: the competitor will not touch any part of the frame beneath the bed	
Safety platform mats	Stipulation	Result - Action
Width	300 cm +/-2,5 cm	
Length	240 cm +/-2,5 cm (including wedge, 40 cm)	
Thickness at bedside	7,5 cm +/-0,5 cm	
Thickness at the end	20 cm +/-2,0 cm	
Density		
Safety mats (on the floor)	Stipulation	Result - Action
Width	200 cm +/- 1 cm	
Height	Type a): 20 cm Type b): min. 20 cm	
Type	All mats must be of the same height and type	
Density		
Spotter mats	Stipulation	Result - Action
Material	Must be covered with a material which will slide easily	
Handles	Must be provided with at least 2 handles or one long handle on the two long sides of the mat	
Length	200 cm - 50 cm	
Width	150 cm - 50 cm	
Thickness	15 cm - 5 cm	
Density		

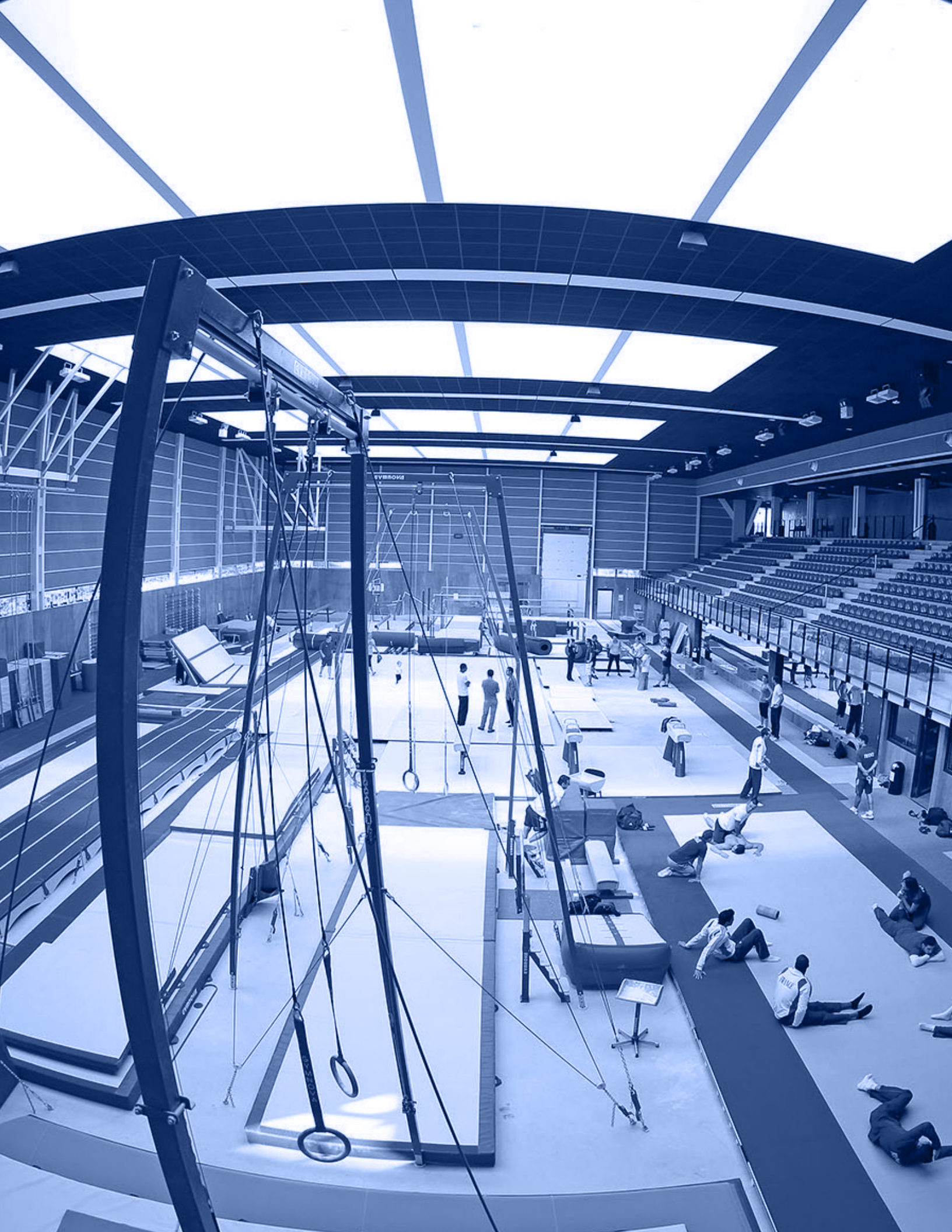
Podium training

Qualification round

Team Final

Signature

Time & date



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)
TRA Trampoline Gymnastics	TRA 1 Trampoline (synch.)	15.00 x 15.00	8.00	10.00 – 12.00
	TRA 3 Tumbling Track	5.00 x 45.00	5.00	8.00 – 10.00

FÉDÉRATION
FRANÇAISE
Gym

