



EQUIPMENT SPECIFICATIONS AND MEASUREMENTS PROCEDURES

WOMEN'S ARTISTIC GYMNASTICS

VERSION FINAL — SEPTEMBER 2026

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1 INTRODUCTION

This document provides information on the equipment specifications and the measurements procedures only.

For more information, please consult the [WGYM Apparatus Norms](#) on the World Gymnastics (WGYM) website.

Please reference each program manual (CDS, HP, CCP, etc.) for detailed equipment specifications for each program / category.

All Canadian modifications to the equipment regulations are identified in italics throughout this document. These modifications are Valid in Canada Only (VICO).

2 EQUIPMENT SET UP AND VERIFICATION

It is the responsibility of the Local Organizing Committee (LOC) to set-up the equipment according to the equipment specifications.

At Canadian Championships, Elite Canada, and Canada Winter Games, the WAG Program Director, and the Canadian Head Judge (or designates) will ensure that the equipment is correctly set up and will define the boundaries of the FOP if needed.

The Canadian Head Judge or Assistants will check the equipment at the beginning of each training and competition day, including the lines on mats for vault.

The D1 is responsible for ensuring the correct equipment specifications prior to the warm-up for each competition session.

3 VAULT

3.1 VAULT TABLE:

- The vaulting table must be positioned on a rigid board which has the same height as the runway. The support structure of the table (all steel) must be covered with cushioning front and back. The frame cushioning at the back must be at the same height as the landing mat as per WGYM specification.
- Table Height: 125 cm to the rigid board (± 1 cm). If the vault is not on a rigid board that is the same height as the vaulting runway (i.e. on the floor surface), the height of the vault is measured to the top of the vault runway.



3.2 RUNWAY:

- 25 meters
- The run up area is composed of a run up mat and a rigid board underneath the vaulting board. The start of the run up shall be marked for training and competition. The length (25 m) is measured from the vertical projection of the beginning of the vaulting table to the inner side of the 25m mark. The runway must be weighted and secured to the floor to avoid movement of the runway during use.

3.3 LANDING MATS:

- 600 cm x 250 cm x 20 cm (± 1 cm)

3.4 SUPPLEMENTARY MAT:

- 600 cm x 200 cm x 10 cm (± 1 cm)
- The supplementary mat must be attached to the landing mat. Its use is mandatory.
- *VICO - In Canada, an additional 5 cm mat may be used on top of the 10 cm supplementary landing mat.*

3.5 TRAINING PIT MODULE:

- If possible, Spieth will provide one training pit module per table. The pit module will be available for training.
- When the WG warm-up is used, the training pit will be available during the long warm-up period (2 min), but it will NOT be available during the timed warm-up (30 sec).
- When a Capitol Cup warm-up is used (warm-up and immediate competition), the training pit will be available during the warm-up.

3.6 SPRINGBOARD (WGYM):

- 2 boards available: Hard and Soft (WGYM)

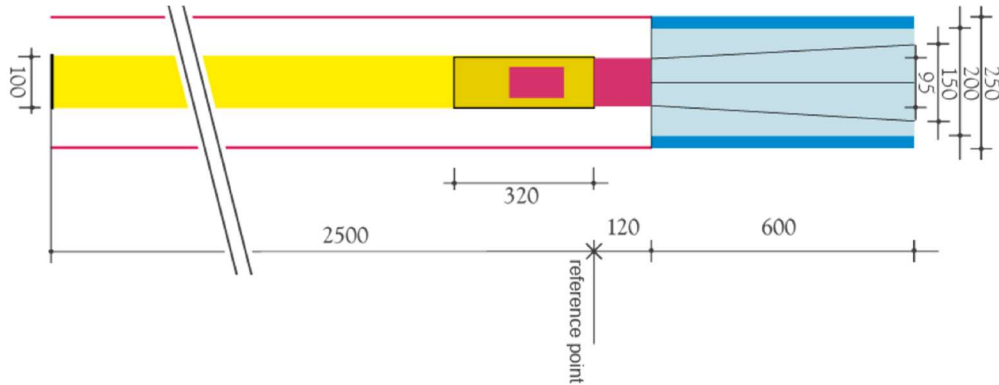
3.7 LANDING CORRIDOR:

The supplementary mat will be marked as follows to set the landing corridor:

- The stripes are 5 cm ± 0.5 cm
- Width of the landing corridor at the table side 95 cm
- Width of the landing corridor at the end of the 600 cm landing mat 150 cm

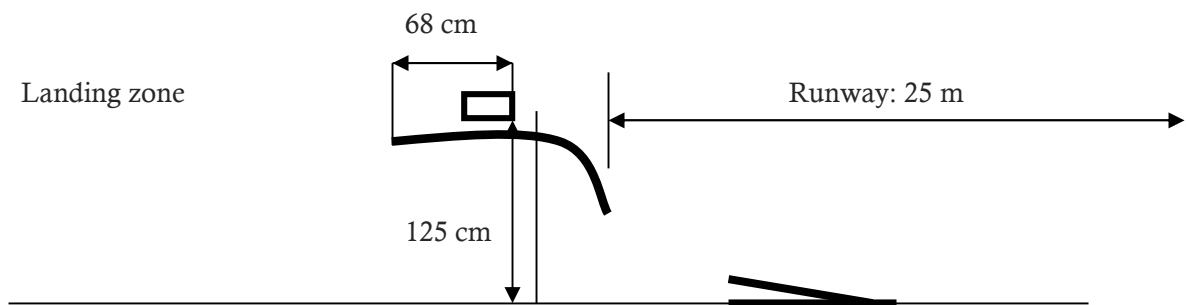


- A center line (5 cm) will be placed on the landing mat in the center of the corridor.



3.8 MEASURING THE HEIGHT OF THE TABLE

- From the landing end of the table, measure 68 cm and draw a line on top of the table in the centre towards the side of the table. Place a wooden board across the table, lining it up with the line drawn on the vault and measure from bottom of board overhanging on the side of the table to the rigid board (125 cm).



3.9 JUDGES' TABLES:

- There must be a minimum distance of 3 metres, and preferably 4 metres, between the edge of the judges' tables and the edge of the mat.

3.10 LINE JUDGES:

- The line judge at Vault must sit at the far corner of the landing side.

3.11 REFERENCE CAMERA:

- The reference camera should be set up 2 m behind the position of the D panel. The camera must be on a fluid tripod and set such that the entire landing surface (from closest edge of mat to the

opposite) visible without obstruction and framed such that the camera does not need to be panned up or down (up to 4 m visible above table surface).

4 UNEVEN BARS

4.1 APPARATUS:

- High bar: 255 cm to the floor (± 3 cm in Canada; ± 1 cm WG/FIG)
- Low bar: 175 cm to the floor (± 3 cm in Canada; ± 1 cm WG/FIG)
- Diagonal: Inner diagonal distance between the 2 bars adjustable from min 130 - 181 cm max ± 1 cm

Raising the bars: Height increases of 5 cm or 10 cm shall be allowed in competition for gymnasts who touch the mat with feet during their exercise. The athlete must make the request in advanced by completing the appropriate form.

- If raising both rails by 5 cm, max inner diagonal is 182 ± 1 cm
- If raising both rails by 10 cm, max inner diagonal is 183 ± 1 cm

4.2 LANDING MATS:

- 1400 cm x 200 cm x 20 cm (± 1 cm)
- Mats are **centered** under the **middle** of the bars

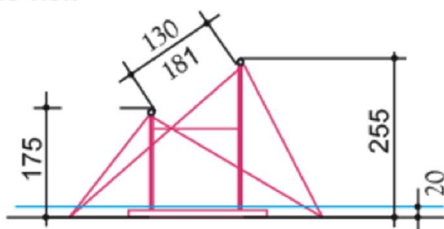
4.3 SUPPLEMENTARY MAT:

- 400 cm x 200 cm x 10 cm (± 1 cm). Its use is mandatory.
- *VICO* - In Canada, if available, an additional 200 cm x 200 cm x 10 cm mat (half mat) is permitted to extend the landing zone. The supplementary mat(s) may not extend beyond LB.

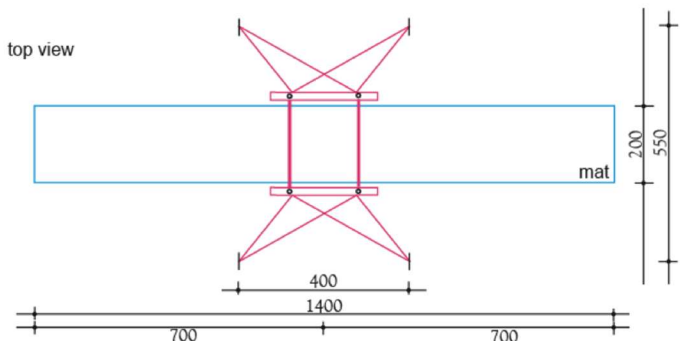
4.4 SPOTTER MAT:

- A 10 or 20 cm mat may be slid in/out for D+ release skills per the program manual.

side view



top view



4.5 SPRINGBOARD:

- A soft springboard (WG/FIG) must be available.
- *VICO – In Canada, a small plank may be available to place under the springboard.*

4.6 MEASUREMENT AND SET UP INSTRUCTIONS:

The setting for the standard WG diagonal distance should be marked on the adjuster. Reference marks to identify the chain links will be used once the UB are set at WG. The reference marks may not be removed. If links must be added to raise the UB, coaches will be required to set the chains back to the original setting (links identified by the reference marks) once their gymnast has completed her warm-up or competition.

Height is measured from the upper edge of the rail while diagonal is at 181 cm. Measure the rails from “wood to floor” for height.

4.7 MEASURE THE DIAGONAL:

Measure the rails from the inside of both rails, in diagonal, from “wood to “wood”. For more accuracy, measurements should be taken where the wooden part of the rail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails

4.8 JUDGES’ TABLES:

There must be a minimum distance of 3 metres, and preferably 4 metres, between the edge of the judges’ tables and the metal frame of the bars.

4.9 REFERENCE CAMERA:

The reference camera should be set up 2 m behind the position of the D panel. The camera must be on a fluid tripod that can pan left to right and set such that the entire landing surface (from closest edge of mat to the opposite) is visible without obstruction and framed such that the camera does not need to be panned up or down (up to 2.5 m visible above high bar).

5 BALANCE BEAM

5.1 HEIGHT:

- 125 cm to the floor (± 1 cm)



5.2 LANDING MATS:

- 20 cm (± 1 cm)

5.3 MOUNT AND DISMOUNT:

Dismount end: 400 cm – Gymnasts must dismount on the end of the beam with the short landing mat.

5.3.1 MOUNT RUN-UP AREA:

- 500 cm at the other end of the beam. An extension mat 200 cm x 100 cm x 20 cm may be placed on the side of the 500 cm mat. The extension mat may also be same width as the landing mat.

5.4 SUPPLEMENTARY MAT:

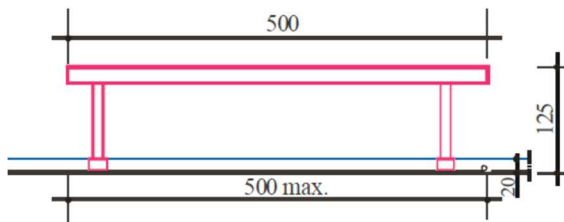
- 400 cm x 200 cm x 10 cm (± 1 cm). Its use is mandatory, and it cannot be moved to the other end of the beam.

5.5 SPRINGBOARD:

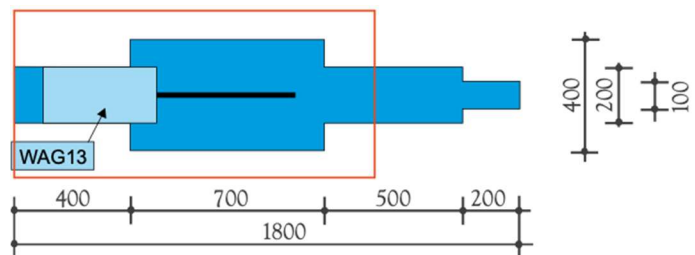
- A soft springboard (WG/FIG) must be available.
- *VICO – In Canada, a small plank may be available to place under the springboard.*

5.6 MEASUREMENT AND SET UP INSTRUCTIONS:

Measurement is taken from the top of the beam to the floor. For more accuracy, measure each side of the beam. If there is a need to measure the height of the beam to the top of the mats (125 cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the measurement for height of the beam may not be accurate.



Note: WAG13 = (200 x 200 x 10 cm)



5.7 JUDGES' TABLES:

There must be a minimum distance of 3 metres, and preferably 4 metres, between the edge of the judges' tables and the edge of the mat.



5.8 REFERENCE CAMERA:

The reference camera should be set up 2 m behind the position of the D panel. The camera should be mounted on a fluid tripod that can pan side to side and up and down. The routine should be recorded with space visible below the level of the beam. The framing should ensure that the entire landing area is visible without obstruction when the camera is panned down on dismount.

6 FLOOR EXERCISE

6.1 APPARATUS:

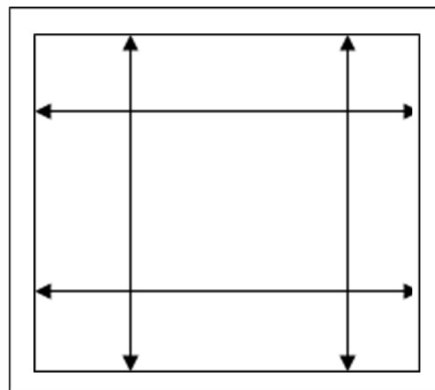
- 12 m x 12 m (± 3 cm)

6.2 SUPPLEMENTARY MAT:

- 5 cm or 10 cm supplementary mats permitted.

6.3 MEASUREMENT INSTRUCTIONS:

The White line is considered in bounds. Measurements should be taken along four points approximately 1.5 m from each corner on each side. Measurement will be taken from the outside of the white line to the outside of the opposing white line.



6.4 JUDGES' TABLE:

There must be a minimum distance of 3 metres, and preferably 4 metres, between the edge of the judges' tables and the edge of the mat.



6.5 LINE JUDGES:

Two line judges will be set at opposing sides of the floor, with one at the corner to the right of the judging table and the second on the far side of the floor to the left of the judging table.

6.6 REFERENCE CAMERA:

The reference camera should be set up 2 m behind the position of the D panel. The camera should be on a fluid tripod and set such that the corners of the floor are visible without obstruction.

7 DOCUMENT TIMELINES

Version	Date	Change(s)
Draft 1.0	September 8	Revised.
Final 1.0	September 18, 2026	Complete, formatted for final distribution

