

## USAG (NCAA) - MAT SPECIFICATIONS

LANDING MAT - ALLOWANCE				MOUNTING MAT - ALLOWANCE									
CM	INCHES			CM	INCHES								
45.7	18"	2.5" Sting Mat	6 cm	45.7	18"	Mount <b>without</b> Board	Mount <b>with</b> Board						
43.2	17"	8" Skill Cushion	20 cm	43.2	17"	8" Skill Cushion	20 cm						
40.6	16"			4" Throw Mat	10 cm			40.6	16"	2.5" Sting Mat	6 cm		
38.1	15"			4" Throw Mat	10 cm			38.1	15"			<b>NCAA (allows one sting mat)</b>	
35.6	14"							35.6	14"	4" Throw Mat	10 cm	Mount <b>with</b> Board	
33.0	13"							33.0	13"				2.5" Sting Mat
30.5	12"							30.5	12"	4" Landing Mat	10 cm	8" Landing Mat	
27.9	11"							27.9	11"				4" Landing Mat
25.4	10"							25.4	10"	4" Landing Mat	10 cm		
22.9	9"	22.9	9"	8" Landing Mat	20 cm	4" Landing Mat	10 cm						
20.3	8"	20.3	8"					8" Landing Mat	20 cm	4" Landing Mat	10 cm		
17.8	7"	17.8	7"	8" Landing Mat	20 cm	4" Landing Mat	10 cm						
15.2	6"	15.2	6"					8" Landing Mat	20 cm	4" Landing Mat	10 cm		
12.7	5"	12.7	5"	8" Landing Mat	20 cm	4" Landing Mat	10 cm						
10.2	4"	10.2	4"					8" Landing Mat	20 cm	4" Landing Mat	10 cm		
7.6	3"	7.6	3"	8" Landing Mat	20 cm	4" Landing Mat	10 cm						
5.1	2"	5.1	2"					8" Landing Mat	20 cm	4" Landing Mat	10 cm		
2.5	1"	2.5	1"	1" Base Mat	2.5 cm	1" Base Mat	2.5 cm					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