

## 2025 Sectionals + State Meet – Mat Recommendations List

### 1) Vault

- i) 1 – 4” landing mat (in addition to the required 4” mat)
- ii) 1 – 4” soft landing mat/throw mat
- iii) 1 – Sting mat
- iv) additional 8” skill cushions or pit pillow to stack for timers

-These are necessary to do proper timers safely for flipping vaults

### 2) Uneven bars

- i) 2 – 4” landing mat (in addition to the required 4” mat)
- ii) 1 – 4” soft landing mat/throw mat
- iii) 1 – Sting mat
- iv) 1 – 8” skill cushion

### 3) Balance Beam

- i) 1 – 4” landing mat (in addition to the required 4” mat)
- ii) 1 – 4” soft landing mat/throw mat
- iii) 1 – Sting mat
- iv) 2 – 8” skill cushions (one landing on each side + under the beam)

### 4) Floor Exercise

- i) 1 or 2 – 4” soft landing mat/throw mat
- ii) 1 – Sting mat
- iii) 1 – 8” skill cushions