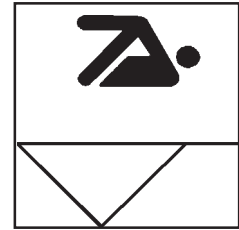




# Trampolining



Dimensions for sport playing areas

Trampolining is an individual acrobatic activity consisting of various manoeuvres in the air performed with the aid of an apparatus called a trampoline.

### Dimensions of Trampoline

Interior measurements of the frame, with bed under tension but without frame pads are: 5.05m x 2.91m x 1.155m above floor.

For synchronized competition the trampolines must be parallel and 2m apart.

### Space above Trampoline

Recommended clear floor to ceiling height of 8m.

Trampolines are fitted with safety platforms on each end of size 3.025m x 2.025m.

