

General Specifications

The leading sportsmen and women use ACROMAT mats at major training venues, such as the Australian Institute of Sport.

ACROMAT selects the very best foams available for our wide range of gymnastic and sporting mats. Our policy of continual development ensures you receive the very best mats available.

Mats with vinyl covers are double stitched for years of trouble free use. The material is a durable fire retarded vinyl, treated against mildew and rot and is stabilised against ultra violet rays. Carpeted mats have needle punched polyolefin fibre carpet adhered to a foam base. Various types can be grouped according to the intended use.

Landing Mats 1 to 3

These are vinyl covered or carpeted. Foam core consists of a top layer of Acrolite 30mm or 20mm thick on high density polyurethane foam I.D.F. 300-350, density 30kg/m³. The 200mm thick mats have a layer of shock absorbing foam on the underside. ACROMAT has a range of F.I.G. mats and 120mm and 100mm thick mats.

The Federation of International Gymnastics (F.I.G.) specifies the exact requirements for International Championships and Olympic Games. ACROMAT mats have been tested and approved by the F.I.G. The thickness specified is 200mm for all apparatus, except 100mm for pommels.

Supersoft, Hard-Soft and Soft Landing Mats 4 to 8

For improved safety on landing when learning new skills. Generally the thicker the mat, the greater the safety. Vinyl covers have heavy duty zips and webbing handles. Supersoft mat foam core is polyurethane I.D.F. 70-90, density 15-18kg/m³. Soft landing mat foam core is polyurethane I.D.F. 185-350, density 29-31kg/m³.

General Purpose Mats 9 to 13

Used for general exercises, kindergym and gym fun activities, tumbling, aerobics or judo and wrestling training. General purpose mats have vinyl covers and a core of reconstituted polyurethane of 100kg/m³ density or Acrolite 30kg/m³. Acrolite mats are one third the weight, are light to handle and offer similar impact protection. The weight of the heavier mats reduces the movement of mats during use.

Joinable Mats 2 & 9

Mats are secured with touch tape, 50mm wide minimum, to make larger areas. Touch tape on the top surface covers the joins.

- JAS - joining all sides
- JEO - joining ends only
- JSO - joining sides only

Care and Cleaning of Mats

Carpeted Mats with Acrolite Foam - Vacuum regularly and steam or dry clean as required.



Mat - Landing, Carpeted

Designed for competition and for areas where the mats are permanently in place and cut around equipment.

A x B Size (mm)	C 100mm	C 120mm	C 200mm
3000 x 2000	A8-169	A8-171	A8-172
2000 x 2000	A8-300	A8-342	A8-360
3000 x 1000	-	A8-340	A8-364
2000 x 1000	-	A8-341	A8-365

Mat - Landing, Carpeted, Olympic/ F.I.G. International

Landing area for each apparatus is made up of carpeted mats, cover mats and carpeted touch tape joining strips.

- A8-250 **Mat - Pommel, 4000 x 4000 x 100mm**
- A8-251 **Mat - Rings, 6000 x 2000 x 200mm**
- A8-252 **Mat - Parallel Bars, 12200 x 6850 x 200mm**
- A8-253 **Mat - Horizontal Bar, 12000 x 2000 x 200mm**
- A8-254 **Mat - Vault - Men's, 6000 x 3000 x 200mm**
- A8-258 **Mat - Vault - Women's, 6000 x 3000 x 200mm**
- A8-259 **Mat - Uneven Bars, 13500 x 2000 x 200mm**
- A8-260 **Mat - Beam, 17000 x 6000 x 200mm**
- A8-363 **Parallel Bar Fill In Mat - Carpeted, 200mm Thick**
Suits carpeted mat system. Size: 2400 x 850 x 200mm.
- A8-343 **Parallel Bar Fill In Mat - Carpeted, 120mm Thick**
Suits carpeted mat system.

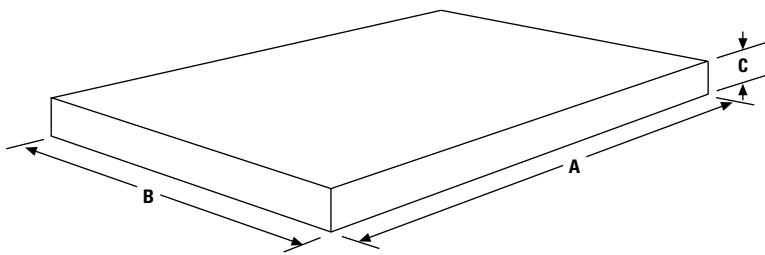
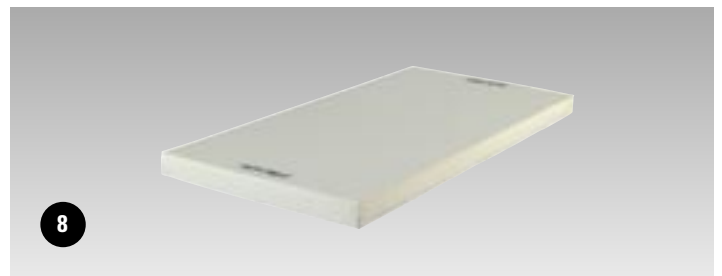


Diagram relates to tables in 1 & 2

2
Mat - Landing, Vinyl Covered
Used where mats have to be moved or stored regularly.

A x B Size (mm)	C 100mm	C 120mm	C 200mm
3000 x 2000		A8-180 JEO	A8-149 JEO
		A8-142 JSO	A8-134 JSO
		A8-136 JSO	A8-138 JSO
2000 x 2000	A8-143 JSO	A8-136 JSO	A8-138 JSO
3000 x 1000	A8-144 JSO	A8-135 JSO	A8-147 JSO
2000 x 1000	A8-145 JSO	A8-148 JSO	-

JAS - joining all sides JEO - joining ends only
JSO - joining sides only

3
A8-130 Mat - Landing, Folding, 3600 x 2000 x 100mm
Mats fold to allow larger areas without joints. Easy to move and store. Used as a landing area for vault or beam.

A8-133 Mat - Landing, Folding, 4900 x 2000 x 100mm
Fits neatly under A1-1 Balance beam.

A8-131 Mat - Landing, Folding, 5400 x 2000 x 100mm

4
A8-49 Mat - Supersoft, 3660 x 1830 x 450mm
One side is covered in breather fabric, vinyl coated mesh, to allow mat to expel air when impact occurs. Used for gymnastics training or high jump for primary schools.

A8-48 Mat - Supersoft, 3660 x 1830 x 610mm
Used for high jump or for gymnastics training.

A8-25 Mat - Supersoft, 3660 x 1830 x 305mm
Used for gymnastics training or for school and recreation activities where a soft landing area is required.

A8-26 Mat - Supersoft, 1830 x 1830 x 305mm
For where a smaller soft landing area is required.

A8-51 Mat - Supersoft, 2750 x 1370 x 305mm
For recreation gymnastics and kindergym activities or where a smaller soft landing area is required.

5
A8-64 Mat - Hard-Soft, 3660 x 1830 x 300mm
This dual purpose mat is useful in any gymnasium. Supersoft mat on one side plus a 30mm Acrolite foam layer on the other side to give a firmer surface for landing training.

A8-65 Mat - Hard-Soft, 3660 x 1830 x 200mm
Similar in construction to A8-64 mats. Designed to be used on top of landing mats. Useful for high repetition landing training for gymnastics or judo.

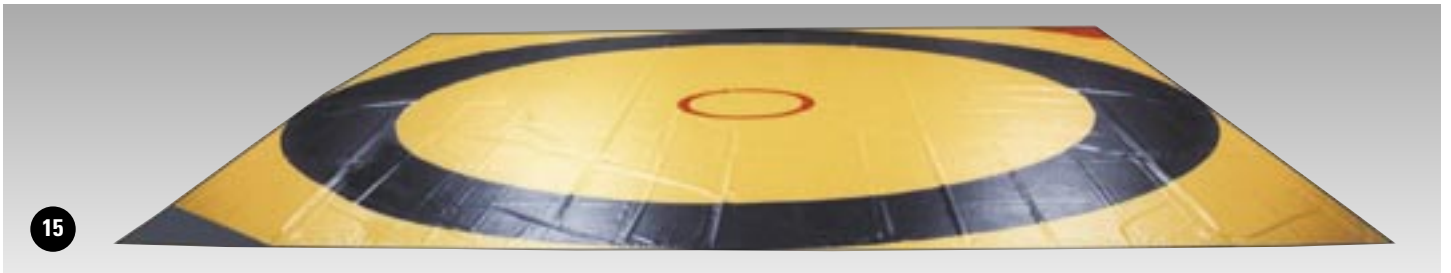
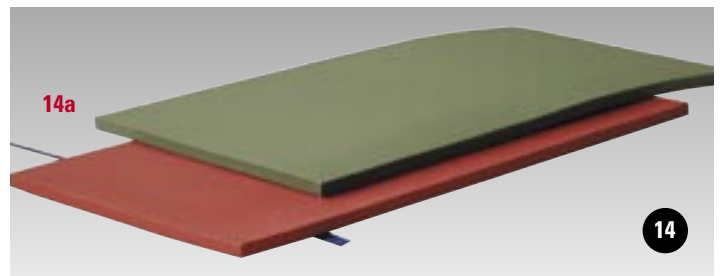
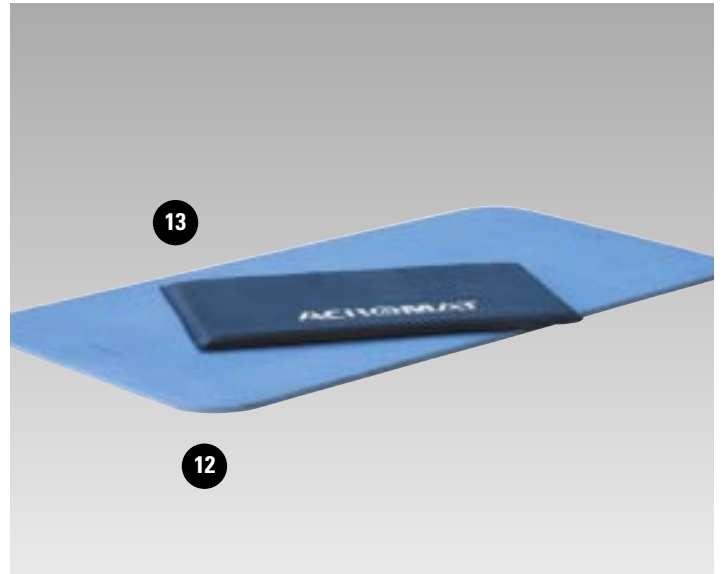
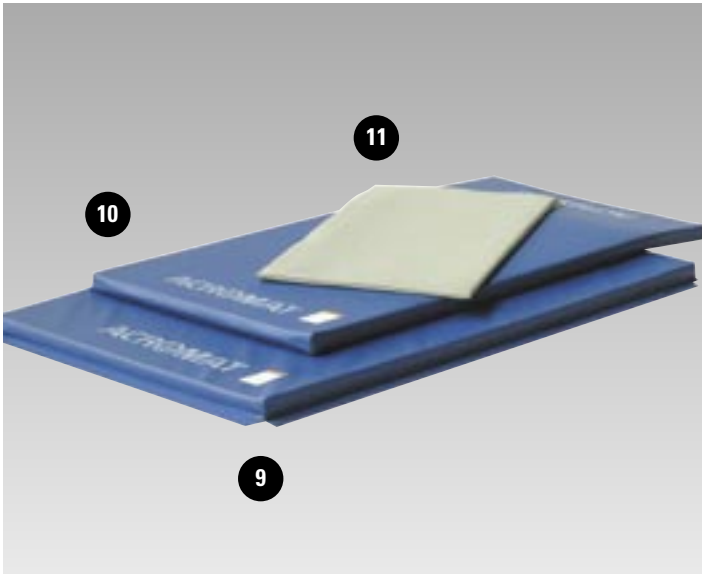
6
A8-243 Mat - Soft Landing, 4000 x 2000 x 100mm
Designed to be used on top of landing mats for training or competition as allowed by F.I.G. regulations. Touch tape on underside helps prevent mat from moving.

A8-173 Mat - Soft Landing, 3000 x 2000 x 100mm
Same construction as A8-243. To be used on top of landing mats.

A8-244 Mat - Soft Landing, 3000 x 2000 x 200mm
Similar to A8-243 but thicker for a softer landing surface. To be used on top of landing mats.

7
A8-168 Mat - Coaches Helper, 3000 x 2000 x 50mm
Designed to be used on top of landing mats or floorstrips. Soften the impact for high repetition landing training. For competitions as allowed by F.I.G. regulations.

8
A8-245 Mat - Soft, Canvas, 2000 x 1000 x 100mm
Used on top of landing mats or floorstrips. Softens the impact for high repetition landing training. Canvas cover provides a soft non-slip surface.



9
A8-6 Mat - General Purpose JAS, 1830 x 1140 x 50mm
 For general recreation use, aerobics and stretching exercises. Touch tape 50mm wide allows mats to be joined together. The weight of this mat helps reduce movement during use.

A8-415 Mat - General Purpose JAS, Acrolite, 2000 x 1000 x 40mm
 Light and easy to handle for general recreation use, aerobics. Touch tape 50mm wide allows mats to be joined together.

10
A8-18 Mat - General Purpose, 1830 x 915 x 50mm
 For general recreation use, aerobics and stretching exercises. Used where mats do not need to be joined together.

A8-20 Mat - General Purpose, 1830 x 1140 x 50mm
 Same as A8-18 but wider.

A8-410 Mat - General Purpose, Acrolite, 2000 x 1000 x 40mm
 Light and easy to handle for general recreation use, gym fun and kindergym or aerobics and stretching exercises.

11
A8-21 Mat - Individual, 1220 x 610 x 20mm
 Used for stretching exercises. Soft vinyl cover.

A8-11 Mat - Individual, Acrolite, 1220 x 610 x 30mm
 Same as A8-21 only thicker and stronger vinyl cover.

12
A8-287 Mat - Stretching, 2000 x 1000 x 40mm
 Low cost mat. Acrolite foam with embossed surface and radiused corners.

A8-286 Mat - Stretching, 2000 x 1000 x 20mm
 Low cost mat. Acrolite foam with embossed surface and radiused corners.

13
A8-401 Mat - Pool, 1000 x 500 x 30mm
 This poolside exercise mat is suitable for use in the water to assist children with flotation. Acrolite closed cell foam covered with breather fabric.

A8-406 Mat - Pool, 2000 x 1000 x 30mm
 Similar to A8-401. Used for adults and children.

14
A8-210 Mat - Judo, Acrolite, Red, 2000 x 1000 x 40mm
 Textured vinyl cover is adhered to lightweight shock absorbing Acrolite foam 45 kg/m³. Used for competition and training for judo or martial arts activities.

A8-211 Mat - Judo, Acrolite, Green, 2000 x 1000 x 40mm
 Similar to A8-210.

A8-215 Mat - Judo, Junior, Red, 2000 x 1000 x 40mm
 Textured vinyl cover is adhered to resilient reconstituted foam 140 - 160 kg/m³. Foam is slightly softer for training or high repetition landings.

A8-216 Mat - Judo, Junior, Green, 2000 x 1000 x 40mm
 Similar to A8-215.

A8-214 Floor Area - Judo, 16000 x 16000 x 40mm
 Competition floor area consisting of green mats A8-211 Qty 110 and red mats A8-210 Qty 18.

14a
A8-219 Floor Area - Judo, Joining System, 10000 x 10000mm
 Touch tape systems designed to hold floor areas together. No floor fixings required. Various size areas available.

15
A8-174 Floor Area - Wrestling, 10000 x 10000 x 40mm
 Acrolite shock absorbing foam has touch tape around the edges to hold the vinyl cover in place. Painted markings for competition wrestling are included. For permanent areas the vinyl can be fixed to the floor.



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 A8-31 **Mat Trolley - Castor Wheels, 1800 x 1200mm**
 For handling and storing mats indoors. Plywood top, 10mm thick, is fixed to 25 NB pipe frame. Rubber wheels - 100mmD. Castors with ball bearing swivels at handle end.

A8-33 **Mat Trolley - Castor Wheels, 2400 x 1200mm**
 For larger mats. Similar design to A8-31.

17
 A8-32 **Mat Trolley - 255mmD Wheels, 1800 x 1200mm**
 Used for handling and storing mats, outdoor and indoor use. Plywood top, 10mm thick, is fixed to 25 NB pipe frame. Rubber tyred wheels - 255mmD. Handle and swing axle at front, fixed wheels at rear.

18
 A8-221 **Padding Block - Red, 1800 x 1200 x 450mm**
 Used extensively for special training purposes, padding platforms and lots of fun activities. Brightly coloured fire retarded vinyl sides with handles, breather fabric top and bottom. Foam core of high density polyurethane foam 31kg/m³.

19
 A8-220 **Padding Block - Yellow, 1200 x 900 x 450mm**
 Similar to A8-221. Used extensively for special training purposes, padding platforms and lots of fun activities.

20
 A8-223 **Padding Block - Red, 900 x 600 x 300mm**
 Similar to A8-221. Used to mount beams or bars as well as fun and training activities.

21
 A8-222 **Padding Block - Yellow, 900 x 600 x 150mm**
 Similar to A8-221. Used for stretching exercises, special training purposes and gym fun activities.

Mats Safety Tips

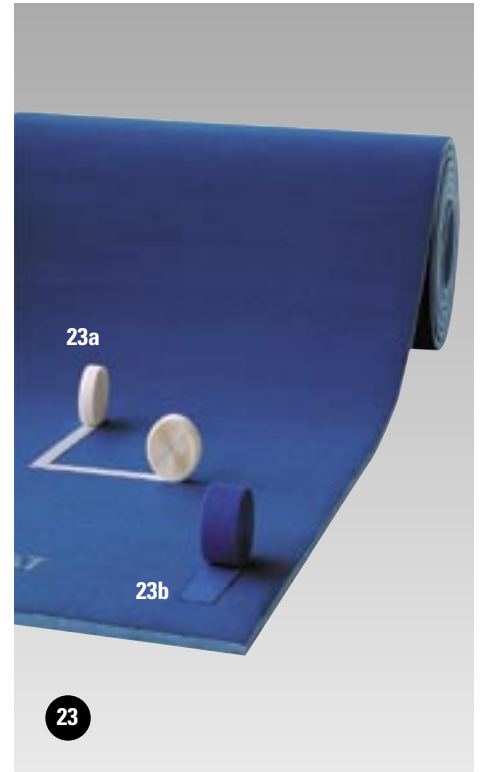
- > Mats and protective equipment are not the complete answer to eliminating or reducing injuries. It is more important that falls be prevented rather than to assume that mats will make the fall safe.
- > Additional mats cannot safeguard against careless progression or escalated learning at the expense of control and ability.
- > Landing on the head or landing in an out-of-control position can result in serious injuries regardless of extra mats.
- > Some good common sense and logic needs to be exercised in determining the size and number of mats needed for a particular activity.
- > It would be most difficult to establish absolute mat requirements for every situation.
- > In a gymnasium, mats should never be idle. There is always a place for additional mats.
- > Mats are not fail-safe. There is no substitute for proper instruction, spotting and good common sense in the teaching of gymnastics.



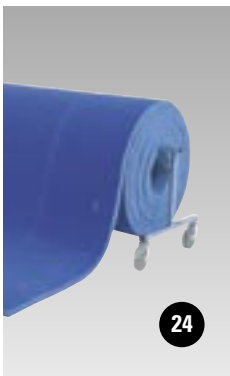
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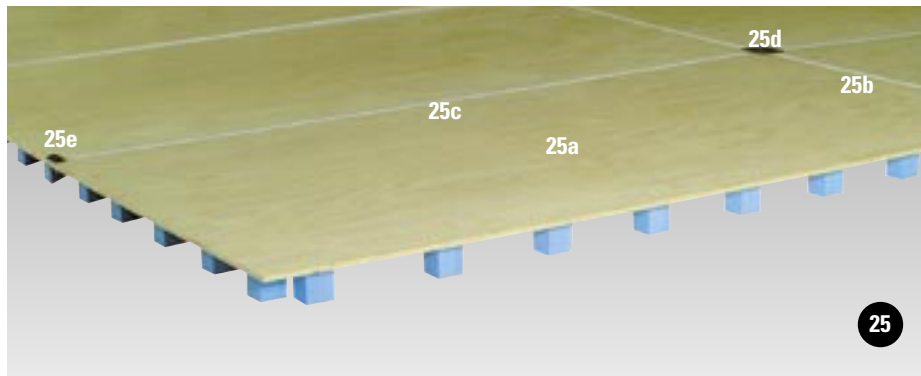
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25c

Floor Areas and Floor Strips

General Specification

Used for all tumbling activities or in a multi-purpose area for kindergym, aerobics, general exercise, and martial arts.

The Acrolite foam has excellent rebound characteristics. Acrolite base of closed cell resilient foam is covered with needle punched polyolefin fibre carpet. An additional Acrolite underlay can be added to improve performance.

Care of Floorstrips

Mats must be rolled up with the carpet on the outside of the roll. This prevents creases forming in the carpet and allows the carpet to be flat when used.

Tumbling Runs

Floor components may be ordered separately to make up the required area.

21
A8-565 **Floor - Olympic/F.I.G., 14000 x 14000mm**
Complete international floor. Carpeted floor area A8-102 with touch tape under carpet, underlay, touch tape border, spring floor, tapered surround and skirting.

A8-566 **Floor - Competition, 14000 x 14000mm**
Complete competition floor similar to A8-565 but floor area A8-101 with touch tape on top of carpet.

22
A8-567 **Floor - Club, 13000 x 13000mm**
Complete club floor, similar to A8-566 but smaller floor area A8-128 and smaller tapered surround.

23
A8-100 **Floor Strip, Carpeted, 14000 x 2000 x 30mm**
Carpeted Acrolite foam used for tumbling and aerobics or as a general activities area for kindergym and recreation gymnastics.

A8-127 **Floor Strip, Carpeted, 13000 x 2000 x 30mm**

A8-103 **Junior Floor Strip - Carpeted, 6500 x 2000 x 30mm**

23a
A8-125 **Touch Tape, White, 4 @ 12000 x 50mm**
Defines the performance area.

23b
A8-118 **Touch Tape, Blue, 14000 x 100mm**
For joining floor strips together to form a continuous carpeted mat.

A8-237 **Floor Area Underlay - Olympic, 14000 x 14000 x 30mm**
Acrolite foam with integrated touch tape joining system.

A8-233 **Floor Area Underlay, 14000 x 14000 x 30mm**
Acrolite foam without touch tape.

A8-235 **Floor Area Underlay, 13000 x 13000 x 30mm**

24
A8-46 **Floor Strip Trolley**
For transporting rolled mats. Two trolleys with 100mm D wheels with cross bar.

Spring Floors

Used with carpeted floor areas and underlay to make up high performance tumbling areas. Two types of spring systems are available. Either resilient foam blocks or tapered springs are fixed under the timber panels. Joining strips and connectors hold the floor sections together.

25
A8-571 **Spring Floor - Resilient Foam Block, 12000 x 12000mm**
Floor sections, floor joining strips, floor corner connector and floor edge connector.

25a
A8-572 **Spring Floor Section - Resilient Foam Block, 2400 x 1200mm**
Timber panel with foam blocks and holes drilled for corner connectors. Joining strips A8-573 or A8-574 and connectors A8-575 or A8-576 ordered separately.

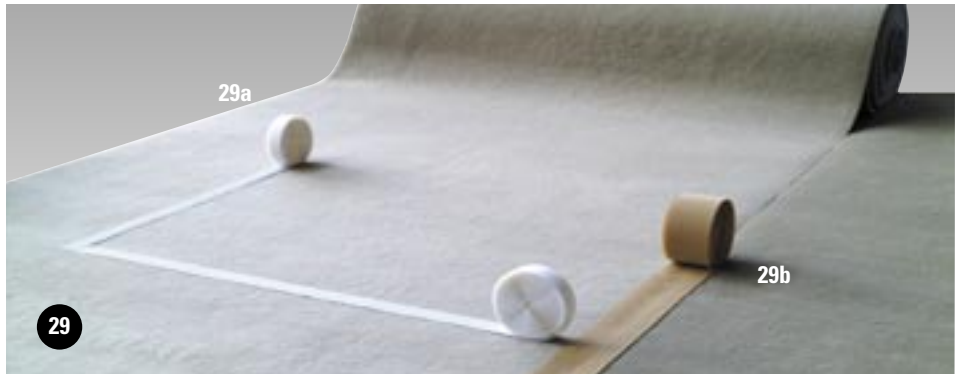
25b
A8-573 **Spring Floor Joining Strip, 1060mm**
'H' section supports the joints between the short side of floor sections.



27



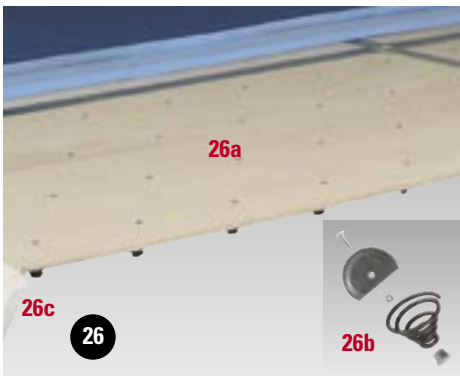
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29a

29b

29



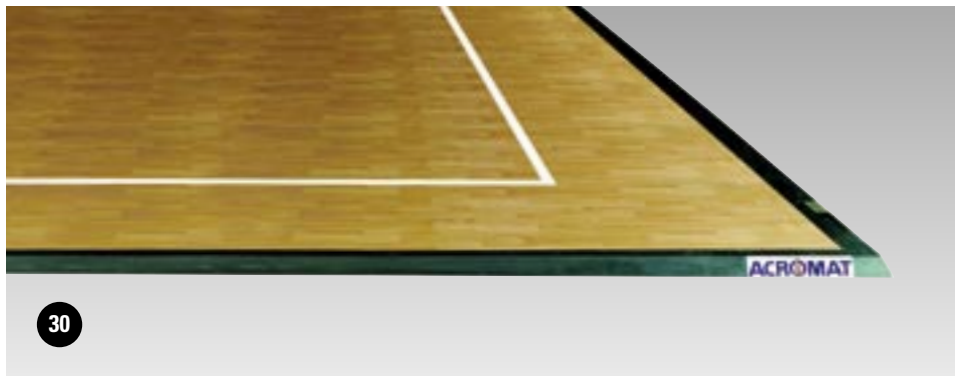
26a

26c

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26b



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25c
A8-574 **Spring Floor Joining Strip, 2260mm**
‘H’ section supports the joints between the long sides of floor sections.

25d
A8-575 **Spring Floor Section Corner Connector**

25e
A8-576 **Spring Floor Section Connector**
A8-577 **Spring Floor Section Resilient Foam Base - Conversion Kit**
Resilient foam blocks used to convert existing spring floor sections 2400 x 1200mm to foam base system. Adhesive for fitting foam blocks is included. Joining strips and connectors ordered separately.

26
A8-114 **Spring Floor, 12000 X 12000mm**
Consists of spring floor sections, floor joining strips, floor corner connector and floor connector.

26a
A8-57 **Spring Floor Section, 2400 x 1200mm. (Unassembled)**
Includes springs A8-71 Qty 32. Joining strips A8-573 or A8-574 and connectors A8-575 or A8-576 ordered separately.

26b
A8-71 **Spring, Rubber, Holding Plate and Bolt - Replacement**
Tapered spring 6mm D wire. Rubber tip X6-10 protects the floor. Pressed metal plate and bolt fix spring onto floor sections.

26c
A8-117 **Floor Area Tapered Surround, 14000 x 14000 x 1000mm**
Foam surround fits the spring floor A8-114 to provide a safety area 1000mm wide.

A8-562 **Floor Area Tapered Surround, 14000 x 14000 x 1000mm**
For spring floor A8-571.

A8-72 **Floor Area Tapered Surround, 13000 x 13000 x 500mm**
For spring floor A8-114.

A8-563 **Floor Area Tapered Surround, 13000 x 13000 x 500mm**
For spring floor A8-571.

Rhythmic Gymnastic Floors

27
A8-310 **Floor - Rhythmic, Spring Timber Floor and Carpet, Olympic/F.I.G. Specification**
13000 x 13000mm tape border defines the performance area.

28
A8-568 **Floor - Rhythmic, 14000 x 14000 x 10mm**
Floor consisting of: Floor strips A8-122, touch tape and touch tape border.

29
A8-122 **Floor Strip - Rhythmic, 14000 x 2000 x 10mm**
Acrolite base 10mm thick lightweight resilient foam and reinforcing layer covered with beige coloured needle punched polyolefin fibre carpet.

29a
A8-570 **Touch Tape, White, 4 @ 13000 x 50mm**
Defines the performance area.

29b
A8-124 **Touch Tape, Beige, 14000 x 100mm**
Used for joining R.G floor strips together to make a continuous carpeted area.

Aerobic Floors

30
A8-569 **Aerobic Floor - Competition, 9800 x 9400mm**
Timber panels with resilient foam blocks and touch tape interlocking system. Top surface consists of interlocking laminate parquet flooring panels and provides an ideal surface for aerobics. Floor marking tape, 50mm wide, defines the competition area 7000 x 7000mm.