

GYMNASTICS APPARATUS:

FOR MEN

(a) Floor : 12 Metres x 12 Metres

(b) Pommel Horse : Length = 1600 mm, Width = 350 mm, Height = 1100 mm,

Handles Apart = 400 to 450 mm

(c) Parallel Bars : Length = 3500 mm, Height = $1700 \text{ mm} \pm 50 \text{ mm}$ in steps

(d) Horizontal Bar : Diameter = 28 mm, Length = 2400 mm, Height 2550 to 2700 mm

(e) Roman Rings : Height of Rings = 2500 mm, Rings Apart = 180 mm, Thickness = 28 mm

Inside Diameter = 180 mm, Height from Top =5500 mm

grad navasid (2)

(f) Vaulting Table : Length = 1200 mm, Width = 950 mm, Height = 1350 mm

Run-up Area length = 2500 cm

FOR WOMEN:

(a) Floor : 12 Metres x 12 Metres

(b) Vaulting Table : Length = 1200 mm, Width = 950 mm, Height = 1250 mm

(c) Balancing Beam : Length = 5000 mm, Width = 100 mm, Height = 1200 mm

(d) Uneven Bars : Length = 2400 mm, Height = 2300-1500 mm