



**SLOVENSKI STANDARD**  
**SIST ISO 5907:1995**

**01-december-1995**

---

**Gimnastična oprema - Podlage za parterni podij - Odrivne deske**

Gymnastic equipment -- Surfaces for floor exercises -- Boards

Engins de gymnastique -- Surfaces pour exercices au sol -- Plateaux

**Ta slovenski standard je istoveten z: ISO 5907:1980**

[SIST ISO 5907:1995](https://standards.iteh.ai/catalog/standards/sist/d4242de3-7b6c-4316-b466-d4add08a5d0b/sist-iso-5907-1995)

<https://standards.iteh.ai/catalog/standards/sist/d4242de3-7b6c-4316-b466-d4add08a5d0b/sist-iso-5907-1995>

**ICS:**

97.220.30 Oprema za dvoranske športe Indoor sports equipment

**SIST ISO 5907:1995**

**en**

**iTeh STANDARD PREVIEW**  
**(standards.iteh.ai)**

SIST ISO 5907:1995

<https://standards.iteh.ai/catalog/standards/sist/d4242de3-7b6c-4316-b466-d4add08a5d0b/sist-iso-5907-1995>

---

# International Standard



# 5907

---

INTERNATIONAL ORGANIZATION FOR STANDARDIZATION • МЕЖДУНАРОДНАЯ ОРГАНИЗАЦИЯ ПО СТАНДАРТИЗАЦИИ • ORGANISATION INTERNATIONALE DE NORMALISATION

---

## Gymnastic equipment — Surfaces for floor exercises — Boards

*Engins de gymnastique — Surfaces pour exercices au sol — Plateaux*

First edition — 1980-12-01

**iTeh STANDARD PREVIEW**  
**(standards.iteh.ai)**

[SIST ISO 5907:1995](#)

<https://standards.iteh.ai/catalog/standards/sist/d4242de3-7b6c-4316-b466-d4add08a5d0b/sist-iso-5907-1995>

---

UDC 685.643.6

Ref. No. ISO 5907-1980 (E)

Descriptors : sport equipment, gymnastic equipment, boards.

## Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards institutes (ISO member bodies). The work of developing International Standards is carried out through ISO technical committees. Every member body interested in a subject for which a technical committee has been set up has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work.

Draft International Standards adopted by the technical committees are circulated to the member bodies for approval before their acceptance as International Standards by the ISO Council.

International Standard ISO 5907 was developed by Technical Committee ISO/TC 83, *Sports and recreational equipment*, and was circulated to the member bodies in November 1979.

It has been approved by the member bodies of the following countries:

Austria	Netherlands	Switzerland
Egypt, Arab Rep. of	Poland	USSR
Germany, F. R.	South Africa, Rep. of	Yugoslavia
India	Spain	

The member body of the following country expressed disapproval of the document on technical grounds :

France

This International Standard was drawn up by Sub-committee ISO/TC 83/SC 1, *Gymnastic equipment*, in co-operation with the International Gymnastic Federation (IGF).

# Gymnastic equipment — Surfaces for floor exercises — Boards

## 1 Scope and field of application

This International Standard specifies the characteristics of boards for floor exercises for use in competitions and training. The determination of these characteristics shall ensure that

- a) for competitions and training, boards for floor exercises of the same hardness and shock absorption are used, the surface of which presents in all directions the same resistance to slipping, depending on their use;
- b) the risk of injury to the gymnast, by slipping, is reduced.

## 2 References

ISO 5903, *Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of hardness and shock absorption.*

ISO 5904, *Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance to slipping.*

ISO 5906, *Gymnastic equipment — Surfaces for floor exercises — Mats.*

## 3 Dimensions

The total surface of the board for floor exercises shall be  $(12\ 000 \pm 50\ \text{mm}) \times (12\ 000 \pm 50\ \text{mm})$ .

Dimensions of one plate-part are indicated in table 1.

Table 1

Dimensions in millimetres

Length	Width	Height
2 000	1 200	*

\* At the option of the manufacturer.

## 4 Material

The manufacturer is free to choose the material for the board for floor exercises, observing, however, the requirements on the hardness and shock absorption and the degree of resistance to slipping as given in this International Standard.

## 5 Design

The manufacturer is free to choose the design of the plate-parts and their assembly observing, however, the requirements given in this International Standard.

The board for floor exercises can consist of several plate-parts placed side-by-side with practically no gap. Cross joints shall be avoided as far as possible. During use, any displacement of the individual plate-parts shall be excluded. The surface available for the floor exercises having a size of  $12\ 000\ \text{mm} \times 12\ 000\ \text{mm}$  shall be clearly marked with another colour for identification.

NOTE — The International Gymnastic Federation (IGF) prescribes a surface of  $12\ 000\ \text{mm} \times 12\ 000\ \text{mm}$  for floor exercises at international competitions. This surface can be a board for floor exercises as given in this International Standard or a mat for floor exercises, in accordance with ISO 5906, which is placed on the gymnasium floor.

A safety zone of  $500\ \text{mm}$  shall be provided around the board for floor exercises. It shall have the same material characteristics and shall slope up from the ground to the level of the board and shall be clearly marked in a distinct colour.

If the board for floor exercises is placed on a raised platform, a surface of at least  $14\ 000\ \text{mm} \times 14\ 000\ \text{mm}$  shall be provided for this platform.

## 6 Requirements and tests

### 6.1 Hardness and shock absorption

The determination of hardness and shock absorption shall be carried out in accordance with ISO 5903.

Table 2

Characteristic	Total mean value	Field of fluctuation of the mean values of the individual measuring points max.
Depth of penetration, $P$ , mm	15 to 20	5
Height of rebound, $R$ , mm	over 140	40

The measurements shall be carried out at nine measuring points distributed symmetrically over the landing surface.

## ISO 5907-1980 (E)

Some measuring points shall be placed in the area of cross points or T-shaped joints.

If indications concerning the number  $N$  of rebounds of the test piece and concerning the coefficient of shock absorption  $\epsilon$  are required, see ISO 5903.

## 6.2 Resistance to slipping of the landing surface

The determination of resistance to slipping shall be carried out in accordance with ISO 5904.

**Table 3**

Characteristic	Total mean value	Field of fluctuation of the mean values of the individual measuring points max.
Average tensile force, $F$ , N	30 to 70	15

The measurements shall be carried out from one side to the other in a longitudinal and transverse direction at any point of the board for floor exercises.

## 7 Note

At present, boards for floor exercises consist of an elastic layer of rubber or similar material fixed by tenons onto a box-frame construction made of plywood or similar material. It was decided not to give a more detailed description of the design in order to not violate existing patent rights and restrict development. It is possible that boards for floor exercises will be made of a single material in the near future.

# iTeh STANDARD PREVIEW (standards.iteh.ai)

SIST ISO 5907:1995

<https://standards.iteh.ai/catalog/standards/sist/d4242de3-7b6c-4316-b466-d4add08a5d0b/sist-iso-5907-1995>