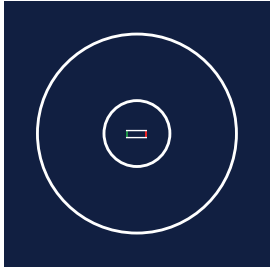
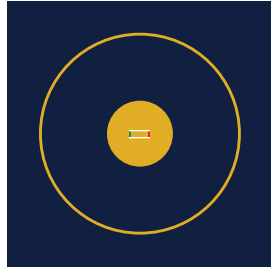


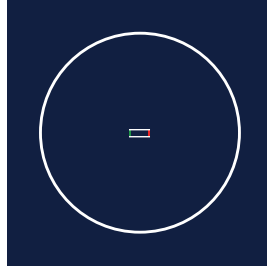
Basic Layouts



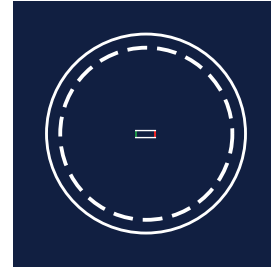
NFHS / NCAA Layout



Solid 10' Circle



NCAA Layout

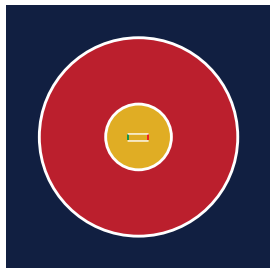


Broken Passivity Line

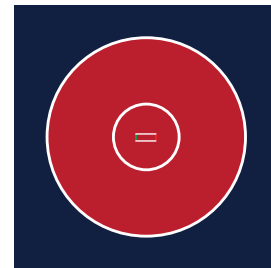


Gym Border

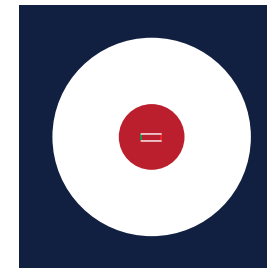
Color Tone Options



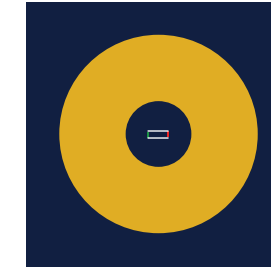
Tri-Tone#1



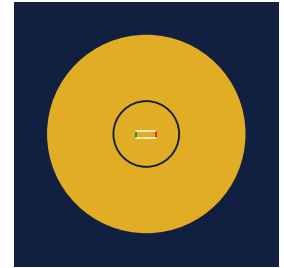
Tri-Tone#2



Tri-Tone#3

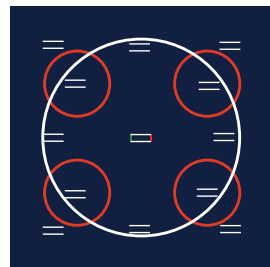


Two-Tone#1

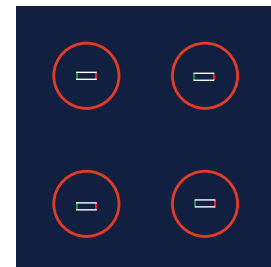


Two-Tone#2

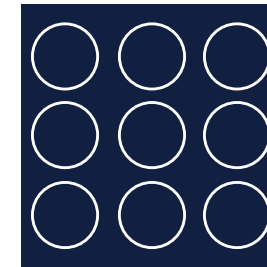
Practice Options



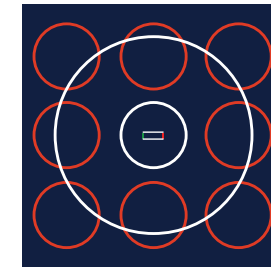
Instructional Technique



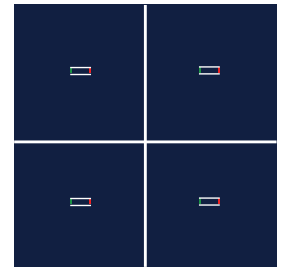
Progressive Drilling Circles



Traditional Practice Circles

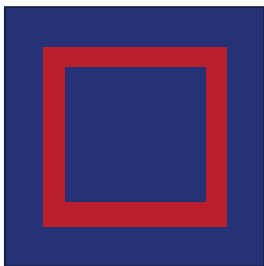


Practice Circles w/ Competition

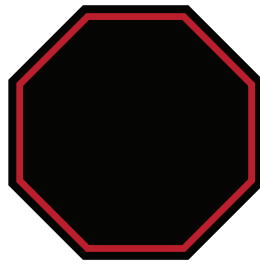


Quadrants

Other Layouts

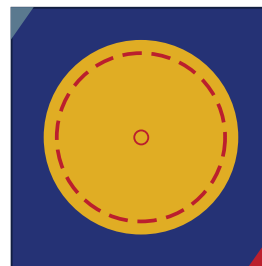


Box layout

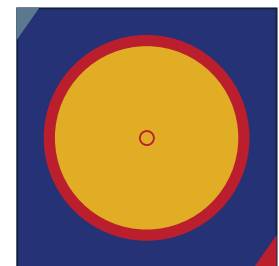


Octagon

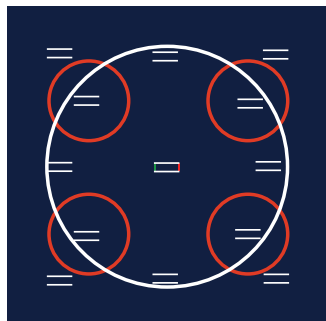
International / Freestyle



International Broken Passivity Line



International FILA

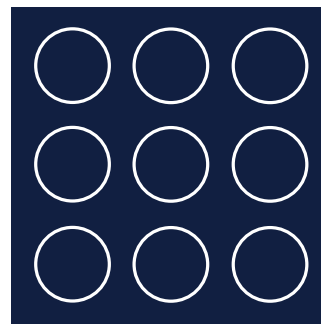


Instructional Technique

INSTRUCTIONAL TECHNIQUE:

DESIGN FEATURES:

- Nine (9) starting lines for passive drills and warm-up
- Four (4) Progressive Drilling Circle lines with starting lines
- One (1) Wrestling Area circle line



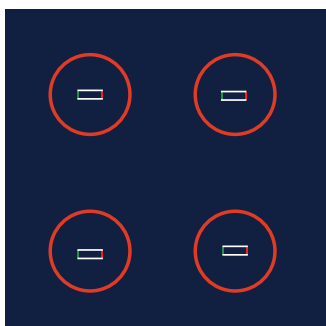
Traditional Practice Circles

TRADITIONAL PRACTICE CIRCLES:

DESIGN FEATURES:

- Nine (9) *10-ft Practice Circle Lines for passive drills and warm-up

* 8-ft Circles on 38' x 38' mats

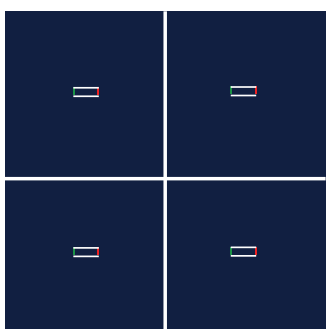


Progressive Drilling Circles

PROGRESSIVE DRILLING CIRCLES:

DESIGN FEATURES:

- Four (4) Progressive Drilling Circle lines with Red/Green starting marks

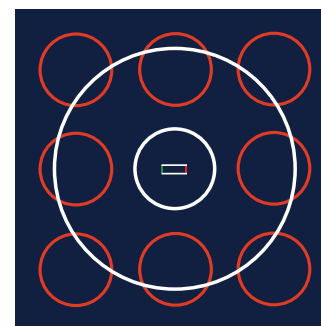


Quadrants

QUADRANTS:

DESIGN FEATURES:

- Four (4) wrestling quadrants with Red/Green starting marks



Practice Circles w/ Competition Line

PRACTICE PLUS:

DESIGN FEATURES:

- Eight (8) *10-ft Practice Circle Lines for passive drills and warm-up
- One (1) 10-ft center circle line with Red/Green starting marks
- One (1) Wrestling Area circle line

* 8-ft Circles on 38' x 38' mats

⚠ WARNING ⚠

Use your practice mat ONLY under the supervision of trained and qualified instructors / coaches. It is important that the instructor /coach warn the athlete of the dangers associated with each physical activity being performed while using this mat.

1. This practice layout is designed for minimal physical contact, instructional teaching, passive maneuvers and demonstration purposes only. Practice circles or other similar markings are not to be used for live wrestling, full speed drills, takedown maneuvers or competition.
2. Before performing maneuvers using this mat, always make sure that there is enough space to properly and safely perform the chosen maneuver, so as to avoid contact with instructors, bystanders or other athletes or users, and to avoid going outside the perimeter of this mat.
3. When performing some maneuvers on this mat, it may require fewer athletes being placed on the mat together. The number of circles or other markings do not and should not be used as a determining factor when placing athletes or participants to perform a maneuver.