Golf Simulator Hitting Mat Comparison and Buying Checklist

> **Companion Reference Sheet for:** Golf Simulator Hitting Mats: Pick Turf, Pad, and Size
> Save this PDF to your phone or print a copy for field reference. Verify room measurements and manufacturer specs before buying or mounting equipment.

Key Takeaways

- **Turf:** Nylon is typically more resilient to abrasion, while polypropylene resists moisture and is often used in more budget focused turf. Pile, density, and construction also affect feel.
- **Padding:** Compare the feel of the whole mat, not just its softness. A stable base and level floor transition matter for balance and repeatable contact.
- **Size:** Allow room for both the hitting surface and stance area. Check full swing clearance and whether left and right handed golfers need different positions.
- **Monitor setup:** Keep the ball in the monitor's hitting zone and use consistent ball and mat positions.
- **Tee compatibility:** A standard tee does not work with every surface. Match the tee to the mat's holes, insert, or tee holder.
- **Wear:** Inspect the hitting area for flattened turf, exposed backing, loose seams, or a strip that no longer sits level.

Choose Turf for Feel, Feedback, and Use

Launch monitor	Relevant setup fact	Mat planning point
Garmin Approach R10	The Garmin Approach R10 setup calls for 6 to 8 feet behind the ball and at least 8 feet from the ball to the net. Read the radar spacing guide.	Keep the tee position and mat location consistent relative to the unit and target.
Rapsodo MLM2PRO	Keep the ball in the intended capture area and the hitting position stable. Compare the Garmin R10 and MLM2PRO.	Set the ball in the intended capture area and keep the hitting position stable.
FlightScope Mevo+	The ball should travel through at least about 10 feet of early flight while remaining in the monitor's consistent capture window. Read the Mevo+ and R10 indoor guide.	Plan the mat and ball location with the monitor's required flight space in mind.
SkyTrak+	Use the same ball position from session to session.	Keep the hitting area and ball position consistent within the camera view.
Uneekor EYE MINI	Keep the strip or full mat aligned with the intended hitting area.	Align the strip or full mat with the designated hitting area.

Reference Table

Setup check	What to keep consistent	Why it matters
Ball position	Place the ball within the monitor's capture area and the golfer's normal stance. Indoor ball position guide	Stance position and the sensor's capture zone are related, but they are not the same measurement.
Raised mat	Account for the height difference between the mat and device. Home simulator setup guide	Device setup can change when the mat raises the golfer and ball above the surrounding floor.
Radar spacing	Measure unit to ball separately from ball to screen. Radar distance guidance	The mat's position should not be used as a substitute for measuring the sensor's required distances.

Golf Simulator Mat Measuring Checklist

Measure the clear room, including the space taken by the screen, monitor, mat, and golfer. Our room dimensions guide also covers swing clearance and room obstacles.

- ☐ **Mat footprint:** Mark the full length and width of the mat, not only the hitting strip.
- ☐ **Stance area:** Stand in your normal position and confirm there is enough room for your feet and a natural swing.
- ☐ **Ball position:** Mark where the ball will sit and verify that the launch monitor can capture it.
- ☐ **Club clearance:** Test full swings with the longest club and every golfer who will use the setup.
- ☐ **Floor fit:** Check that the mat lies flat, does not rock, and meets surrounding flooring without a troublesome step or gap.
- ☐ **Access:** Leave space to enter, exit, and reposition equipment without moving the tee between shots.
- ☐ **Sensor and screen:** Position the mat only after accounting for the monitor's location and the ball to screen distance.

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