

## VAULT


26-JAN-2001: The International Gymnastics Federation FIG informed the companies "Janssen&Fritsen", Netherlands ("**PEGASES**") and "SPIETH", Germany ("Ergojet"), that their two versions of new vault apparatuses are correspond to the official FIG norms and are permitted as official apparatuses, from now on.

The Pegases from Janssen&Fritsen/Netherlands will be the new vault apparatus to the 35th World Championships in Ghent, Oc / Nov 2001.




## II. Technical directions for the use of PEGASES by men and women

( -from Dieter Hofmann, Liestal / Switzerland)

 ▶ The technical execution of gymnastic elements is always subject to evolution. Trainers and gymnasts prove themselves as innovators of the art of gymnastics. The decision of the Executive Committee of the FIG to introduce the new vaulting table in 2001 is an expression of an advanced evolution. ("It is good to see that gymnastics is trying to take a giant leap forward." Terry Gray, USA Junior Programm Director)



 ▶ Why? It serves the preservation and development of artistic gymnastics for male and female gymnasts to the same extend. In the continuation, some first technical characteristics will be given for the new vaulting apparatus. We will limit ourselves for the time being to the actual vaulting repertoire. Maybe this will lead to some first thoughts on technical innovations.

### Vault group I (direct vaults, see Code of Points 2001)

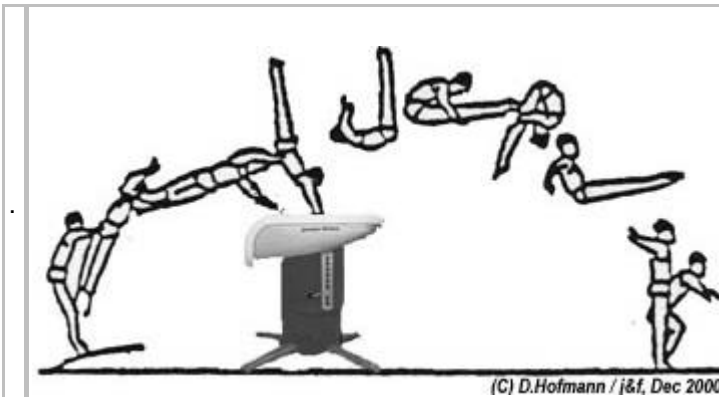
- ▶ Years ago, a high angle of approach ( 30 degrees) was appreciated. A high amplitude and distance of the second flight phase is however only possible in combination with a rather flat angle of entry.
- ▶ The entry should be aimed at the centre of the apparatus. A fast support at an angle of 15-20 degrees allows for the opening of the arm-body angle before passing the vertical by the shoulders. With the push-off the body makes a slight wave movement (not angled!) into a stand.
- ▶ With an attractive rating of this vault group in the Code of Points (men and women) , this exercise could become interesting again and expand the vaulting repertoire.



(C) D.Hofmann / j&f, Dec 2000

## **VF** Vault group II (vaults with a turn in the first flight phase)

- ▶ When observing the Code of Points 2001 (men) the repertoire will limit itself to: pre-flight – 1/1 turn – handspring forward in the near future. Looking ahead and without taking unjustified risks, it will also lead to lateral turns after the pre-flight and before the support phase.

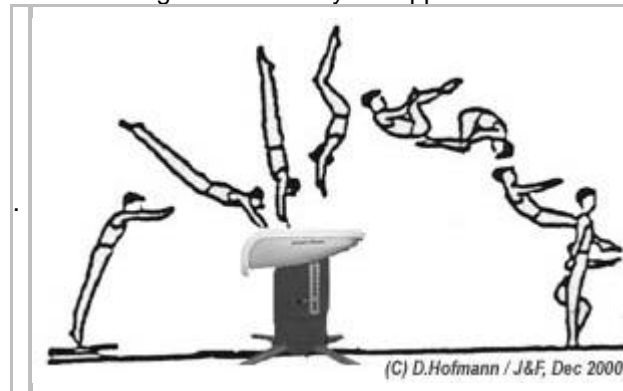


(C) D.Hofmann / j&f, Dec 2000

(These vaults were already practised 20 years ago with good acceptable training results. The small support area of 35 cm blocked a support without risk. The height and distance of the second flight phase were limited and were not rewarded by the judges and therefore not interesting for the gymnasts in view of the related training effort.)

## **VF** Vault group III (handspring –support salto – vaults)

- ▶ At a hip angle of approx. 125-130 degrees on the springboard, the gymnast makes an effort for a fast support in the centre of the vaulting table.
- ▶ In support, the arm-body angle should be at approx. 110-115 degrees, the angle of entry at approx. 35 degrees.
- ▶ Gymnasts try to achieve an immediate explosive opening of the arm-body angle. An overstretching of the full body is supported with the feet. (forceful leg swing) .



(C) D.Hofmann / J&F, Dec 2000

- ▶ The push-off should follow shortly before reaching the vertical. For men, a shoulder wide support is now possible. The advantage is that the loads will go into the body and not, at high stress on the shoulders, outside the body.
- ▶ This way of support will in the future allow for a higher amplitude in the second flight phase without a trampoline effect.

- ▶ The variable availability for the second flight phase allows for all vaults to be demonstrated

with a better technical execution.

- ▶ A further development of the technique seems possible.

## Vault group IV ( tsukahara / kasamatsu techniques)

- ▶ The preflight is made with a  $\frac{1}{4}$  turn, similar to the handspring forward vaults.
- ▶ With the vaulting horse in a lengthwise position, male gymnasts had the possibility to place the second support hand on the front of the horse in order to reach a higher vertical transmission of energy. This often practised support behaviour, also with extreme spreading, will not be possible in the future (length of the support area 120 cm). On the other hand, these dimensions will offer significantly better conditions for women, if they will adopt a similar support technique as the men.



(C) D.Hofmann / j&f, Dec 2000

- ▶ It could seem possible that through a change of the support behaviour more transmission of energy similar to the handspring forward can be reached. However if this support behaviour can be accepted by the Technical Committees of the FIG should be questioned.

## Vault group V ( round-off vaults)

- ▶ From a high - but optimal transferrable - horizontal velocity, a backward pre-flight from the run-up into the round-off. This energetic basis will be enhanced through the push-off with the hands and a technically good kurbet movement in a backwards position of the body on the springboard.
- ▶ A too high vertical rise during the transfer in the first flight phase should be prevented, meaning a short and fast support. ( the short flight time serves the preservation of the transmission energy).



(C) D.Hofmann / j&f, Dec 2000

- ▶ An overstretching of the arm-body angle in the preflight enhances the turning velocity and allows for a fast support. This should be effected on approximate second half of the support area.
- ▶ A flat angle of entry of approx. 40 degrees is necessary.
- ▶ During support, a kurbet movement should be effected – meaning closing the arm-body angle immediately after beginning of the support. The push-off should be effected at an angle of approx. 70-75 degrees at the latest in order to achieve a high rise.

- ▶ The shoulder wide support allows – similar to the handspring forward exercises – a more effective use of energy from the support.
- ▶ The technique of the nemov-variant is a solution variant on round-off vaults and handspring forward vaults.

*(D.Hofmann / Janssen & Fritsen, December 2000)*

*This is a service of Janssen&Fritsen in Internet: <http://www.gymmedia.com>*

