



## 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.



### Vaulting techniques for men and women on the vaulting table Pegases

The FIG has decided to introduce a new vaulting apparatus:

- ▶ Offering more safety through improved support conditions and view on the apparatus, creating the possibility to perform the present vaulting repertoire on a technically higher level, through which a higher level of execution and stability can be demonstrated.
- ▶ One identical apparatus for men and women and suitable for the next generation of gymnasts.



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- ▶ Accommodating the present vaulting repertoire and simultaneously allowing a further development in variation of vaulting exercises (e.g. take-off – turn – support) without a trampoline effect.
- ▶ Allowing an expansion of variations in exercises through fast changes of the body angle at the take-off and at the push-off phase, especially for women.

### Some first thoughts and directions for the use of the vault Pegases

#### 1. Approach

- The vaulting table is slightly tilted, offering the gymnasts a better view on the support area during the approach, and allowing a better anticipation for the push-off.
- The sloping upholstered front protects the gymnast in case of a miss at take-off. The coloured bottom part of the front is not dynamic and therefore and for reasons of limitations of stress not intended to be a push-off area.
- The sloping shape of the front offers a good view of the landing area and allows the gymnast to run passed the apparatus, reducing the risk of a collision.

#### 2. Support area

- The dynamic characteristics are similar to those of the present vaulting horse, preventing a trampoline effect.
- The width and length offer optimal safety conditions for a technically perfect execution of the present vaulting repertoire.
- When adopting a similar technical approach for kasamatsu and tsukahara techniques as in men's gymnastics, this could result in a technically important development impulse for women and young gymnasts.
- The exercise: take-off and turn (axial and vertical) before the support phase, ( already been

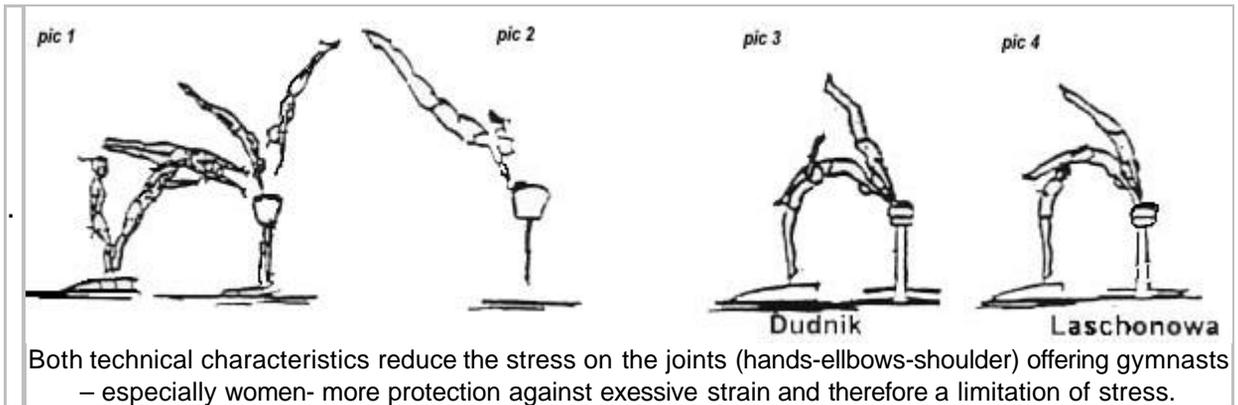
practised about 20 years ago. Resulted in a low valuation for reasons of insufficient support area and therefore lack of amplitude in the second flight phase) could be introduced again as vault group. ( see code of points 2001).

- The dimensions of push-off area allow for a shoulder wide support. This guarantees that the forces occurring at push-off will go into the body versus the present situation where the forces partially leave the body above the shoulder, resulting in excessive strain.
- It should be recommended to female gymnasts to abandon their present techniques for forward and backward handspring vaults, kasamatsu and tsukahara vaults.

**No support against the front part of the vaulting apparatus**

(as practised with the present vaulting horse)

**Support position of the hands: slightly turned inward**



**3.The use of the vaulting table Pegases for young gymnasts**

The introduction of the new vaulting apparatus raised objections from some junior female trainers: “the table is too long” . These objections as a thought should be justified, but cannot be held upright in training practice.

**Why ?**

1.	In relation with the long term preparation of gymnasts in the age from 6-9 years, other assignments in the development of pre-requisites than vaulting on the new apparatus are more essential. (run-up, pre-flight, turning techniques)
2.	Untill now, children (male and female) did not use the competition vaulting horse. They used amongst others vaulting boxes and stacks of mats as competition apparatus.
3.	Opposed to the present vaulting horse, which has a minimum height of 110 cm, the new vaulting table offers a height of 95 cm.
4.	Its is however necessary to aim for the approximate centre of the new vaulting table and not push-off against the front edge.
5.	The video shows that 9 year old male and female gymnasts of an average level are using the vaulting table without any problem after only 15 minutes of training.