

Prohibited vaults in artistic gymnastics

Artistic gymnastics is a sport that requires a combination of strength, flexibility, balance, and precision. Among all the events, the vault is one of the most spectacular. Gymnasts sprint toward a springboard, launch themselves into the air, and perform flips or twists before landing. However, not every vault is allowed in official competitions. Some are considered prohibited because they exceed the limits of safety or violate the regulations established by the International Gymnastics Federation (FIG). These forbidden vaults can put gymnasts at serious risk of injury, ranging from sprains to fractures or concussions, and they can compromise the **fairness** and integrity of competitions.

■ Famous vaults and restrictions

Prohibited vaults typically involve extreme rotations, unusual grips, or uncontrolled landings. Any variation that deviates dangerously from the FIG guidelines would be considered prohibited. For example, Simone Biles, the American gymnast, has made history with her Yurchenko double twist vault, which requires impeccable technique and precision. Similarly, Ri Se-gwang from North Korea, known for his Tsukahara double twist, performs extremely difficult vaults. Anyway, any attempts that compromise control or safety – such as landing on hands first or rolling over the vault table – are forbidden. Coaches carefully monitor these high-difficulty vaults to ensure athletes remain within legal limits while pushing the **boundaries** of the sport. Judges also play a critical role in identifying prohibited techniques during competitions, ensuring that only safe and properly executed vaults are scored.



Biles's Yurchenko double pike vault

■ Consequences and safety measures

Performing a prohibited vault can have serious consequences. In competitions, a gymnast attempting a forbidden move may receive a score of zero, which can dramatically affect their overall ranking. Beyond scoring, the physical dangers are significant, emphasizing the importance of safety in training. **Padded** mats, foam pits, and careful monitoring by coaches are standard safety measures that allow gymnasts to practice difficult vaults without **undue** risk. Understanding and respecting prohibited vaults not only protects athletes but also maintains the sport's integrity. By adhering to FIG rules, gymnasts can perform spectacular and technically demanding routines while minimising the risk of injury, ensuring that artistic gymnastics remains both thrilling and safe for competitors and audiences.


fairness: *correttezza*

boundary: *confine, limite*

padded: *imbottito*

undue: *eccessivo*

round-off: *avvitamento*

1  **Complete the text with the missing words.**

1. Some vaults are considered prohibited because they violate established by the International Gymnastics Federation.
2. Sprains, fractures or other serious injuries can be direct consequences of
3. Simone Biles, the American gymnast, became famous for her vault, a move that demands exceptional skill and perfect execution.
4. Vaults that endanger a gymnast's control or safety, like landing on or flipping over the vault table, are not allowed.
5. Judges are essential in spotting forbidden vaults during competitions, making sure that only vaults performed safely receive
6. If a gymnast performs a prohibited vault, they may get a, which can greatly lower their overall ranking.
7. Padded mats and foam pits are common that let gymnasts train challenging vaults safely.
8. By following FIG rules, gymnasts are able to execute impressive and difficult routines while reducing the

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The Banned Club: Prohibited Skills in Gymnastics
posted by Gymnastics Masterclass



Watch the video, take notes of the features of each vault, then say if the sentences are true or false. Correct the false ones.

- | | T | F | | T | F |
|---|--------------------------|--------------------------|--|--------------------------|--------------------------|
| 1. The Federation of International Gymnastics is responsible for ensuring the safety of all athletes. | <input type="checkbox"/> | <input type="checkbox"/> | 5. Standing dismounts on the high bar were prohibited due to safety concerns. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Some vaults and high bar skills have been banned because they are dangerous or disrupt the flow of routines. | <input type="checkbox"/> | <input type="checkbox"/> | 6. Roll-out skills in women's gymnastics have been banned for almost 30 years. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. The Korbut Flip was banned immediately after the 1972 Olympics. | <input type="checkbox"/> | <input type="checkbox"/> | 7. The Thomas Salto is considered a safe and low-risk skill. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The Mukhina Flip is allowed in competitions today. | <input type="checkbox"/> | <input type="checkbox"/> | 8. Elena Mukhina was left permanently quadriplegic after under-rotating a landing during training. | <input type="checkbox"/> | <input type="checkbox"/> |

3  **Use the internet to look for additional vaults or techniques that have been banned in artistic gymnastics and explain why they are prohibited.**

Instructions:

1. Use reliable sources such as:
 - The International Gymnastics Federation (FIG) website
 - Sports or gymnastics news sites
 - Official gymnastics rulebooks
2. Answer the following questions for each prohibited vault or skill you find:
 - What is the name of the vault or skill?
 - Which gymnast, if any, first performed it?
 - What makes it prohibited (e.g. safety risk, landing position, extreme rotation)?
 - When was it banned?
3. Write a short paragraph about the vault or technique you have found.

