

THE IMPORTANCE OF SAFETY RULES IN MASTERING COMPLEX ELEMENTS OF SPORTS GYMNASTICS

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Abstract. This article examines the theoretical and practical importance of observing safety rules during the process of mastering complex elements in artistic gymnastics. Artistic gymnastics is a sport that requires a high level of coordination, strength, flexibility, balance, and technical preparation; therefore, the risk of injury is relatively high when learning rotations, jumps, support positions, and acrobatic elements. For this reason, it is important to organize training sessions on a scientific and methodological basis, teach complex elements progressively, and use spotting and safety-assistance techniques correctly. The purpose of the article is to determine the significance of safety rules in mastering complex gymnastic elements and to develop recommendations for organizing a safe training process for young gymnasts. The findings indicate that consistent compliance with safety rules contributes to the technically correct mastery of complex elements, reduces the risk of injury, increases athletes' psychological confidence, and improves training effectiveness.

Keywords: artistic gymnastics, complex elements, safety rules, injury prevention, spotting, coach supervision, preparatory exercises, auxiliary equipment, technical preparation, young gymnasts.

Аннотация. В данной статье рассматривается теоретическое и практическое значение соблюдения правил безопасности в процессе освоения сложных элементов спортивной гимнастики. Спортивная гимнастика является видом спорта, требующим высокого уровня координации, силы, гибкости, равновесия и технической подготовленности; поэтому при изучении вращений, прыжков, опорных положений и акробатических элементов риск получения травм является относительно высоким. В связи с этим важное значение имеют организация тренировочных занятий на научно-методической основе, поэтапное обучение сложным элементам, а также правильное применение приёмов страховки и обеспечения безопасности. Цель статьи заключается в определении значения правил безопасности при освоении сложных гимнастических элементов и разработке рекомендаций по организации безопасного тренировочного процесса для юных гимнастов. Результаты исследования показывают, что систематическое соблюдение правил безопасности способствует технически правильному освоению сложных элементов, снижению риска травматизма, повышению психологической уверенности спортсменов и улучшению эффективности тренировочного процесса.

Ключевые слова: спортивная гимнастика, сложные элементы, правила безопасности, профилактика травматизма, страховка, контроль тренера, подготовительные упражнения, вспомогательное оборудование, техническая подготовленность, юные гимнасты.

Introduction. Artistic gymnastics is one of the sports that requires complex coordinated movements, a high level of physical fitness, and technical mastery. In this sport, rotations, jumps, support positions, and acrobatic elements performed in vault, horizontal bar, parallel bars, rings,

balance beam, and floor exercises require athletes to possess strength, flexibility, balance, speed-strength abilities, and spatial orientation. During the process of mastering complex elements, the execution of movements at high speed and in various support positions may increase the risk of injury.

Teaching complex elements to young gymnasts should not be limited to demonstrating and repeating technical movements. Important factors include the athlete's physical, functional, and psychological preparedness; the safety of the training environment; the proper condition of gymnastic equipment; the availability of soft landing equipment; and the correct organization of spotting by the coach. Failure to comply with safety requirements may lead to incorrect landings, joint strain, injuries to the musculoskeletal system, and an increased sense of fear.

The principle of gradual progression is particularly important when teaching complex gymnastic elements. Initially, athletes should master simplified versions of an element, preparatory exercises, and imitation drills. Subsequently, they should progress to more complex variations under the supervision of a coach and with the use of auxiliary equipment and spotting.

This approach helps establish the technical foundations of movement correctly, increases athletes' self-confidence, and reduces the risk of injury.

Therefore, the role of safety rules in mastering complex elements in artistic gymnastics and their systematic implementation in the training process have significant scientific and practical importance. This article discusses the influence of safety rules on the effectiveness of learning complex elements and outlines ways to create a safe training environment for young gymnasts.

Purpose of the Study: To examine the importance of safety rules in the process of mastering complex elements in artistic gymnastics, describe progressive teaching methods aimed at reducing the risk of injury, and develop practical recommendations for organizing a safe training process for young gymnasts.

Objectives of the Study: To analyze the specific features of teaching complex elements in artistic gymnastics; identify the main factors leading to injuries; explain the role of safety rules and spotting techniques; substantiate the procedure for teaching complex elements progressively; and develop recommendations for the effective use of auxiliary equipment during training sessions.

Scientific Novelty of the Study: This study proposes a progressive methodological model aimed at ensuring safety during the mastery of complex gymnastic elements. The model includes a sequence of assessing the athlete's initial level of preparedness, performing preparatory exercises, mastering simplified elements, practicing with auxiliary equipment and coach spotting, and progressing to the independent performance of the element.

In this study, safety rules are considered not only as a means of preventing injuries but also as a pedagogical factor that contributes to the correct formation of technical movements, reduces athletes' fear, and helps them perform complex elements with confidence. In addition, the study recommends the integrated application of coach supervision, proper equipment maintenance, soft landing equipment, and consideration of the athlete's individual level of preparedness within a unified safety system.

Mastering complex elements in artistic gymnastics requires a high level of technical, physical, and psychological preparation. Rotations, saltos, vaults, and complex movements performed on the horizontal bar and parallel bars depend on the athlete's spatial orientation, ability to control body position, maintain balance, and make quick decisions.

Performing these elements without sufficient preparation may lead to various injuries, technical errors, and the development of fear in the athlete.

When teaching complex elements, the athlete's general and special physical preparedness should first be assessed. Strength, flexibility, coordination, balance, and speed-strength abilities must be developed sufficiently to perform complex movements. For example, before learning salto or vault elements, explosive leg strength, core stability, and correct landing technique should be developed.

A key principle of safe instruction is progressing from simple to complex movements.

Initially, individual parts of the element and simplified variations are learned. Then, the athlete performs the element with coach spotting, soft mats, foam pits, additional supports, or other auxiliary equipment. Only after the technical movement has become stable should the athlete be allowed to perform the complex element independently.

Coach spotting is one of the primary means of ensuring safety in artistic gymnastics.

Spotting protects the athlete from incorrect landings, helps control the direction of movement, and increases the athlete's self-confidence. The coach should select spotting techniques according to the technical structure of the element, anticipate the athlete's movement, and provide prompt assistance when necessary.

The condition of the training area and equipment is also an important component of safety. Gymnastic mats must be placed evenly, equipment must be securely installed, and the landing area must be sufficiently soft and safe. Before training, the condition of the horizontal bar, parallel bars, balance beam, vaulting equipment, and safety equipment should be checked. Equipment malfunctions or improperly prepared landing areas significantly increase the risk of injury.

When working with young gymnasts, psychological safety should not be overlooked. If an athlete is afraid of performing a complex element, tension and hesitation may occur, leading to technical errors. The coach should explain the element clearly, encourage successful performances, and prepare the athlete for complex exercises progressively.

Thus, strict compliance with safety rules in mastering complex elements in artistic gymnastics is an integral part of technical preparation. Ensuring safety reduces the risk of injury, increases the athlete's self-confidence, and expands the ability to perform complex gymnastic elements consistently and effectively.

Conclusion. The process of mastering complex elements in artistic gymnastics requires a high level of physical, technical, and psychological preparedness. In this process, strict compliance with safety rules not only prevents injuries but also creates the necessary conditions for developing correct movement skills and performing complex elements consistently.

The study proposes a progressive model for teaching complex elements. This model is based on a sequence that includes assessing the athlete's initial level of preparedness, performing preparatory exercises, mastering simplified variations of the element, practicing with auxiliary equipment and coach spotting, and progressing to independent performance. Such an approach contributes to the technically correct development of movements, improves the athlete's spatial orientation, and reduces the risk of incorrect landings.

Important factors in ensuring safety include the proper condition of the training area and gymnastic equipment, the availability of soft landing equipment, the correct organization of coach spotting, and consideration of the athlete's individual physical capabilities.

At the same time, the athlete's psychological state, fear management, and the development of self-confidence are integral components of the safe teaching process.

In conclusion, the systematic implementation of safety rules in the training process of artistic gymnastics increases the effectiveness of mastering complex elements, reduces the risk of injury, and provides a strong methodological foundation for the long-term athletic development of young gymnasts.

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