

## GYMNASTICS JUDGING SHORTHAND

### BASIC POSITIONS

∩ Tuck	∩ Tuck (squat) on	∩ squat on	∩ squat thru
∨ Pike	∨ Pike (stoop) on	∨ stoop on	∨ stoop thru
^ Straddle	^ Straddle on	^ Straddle on	^ Straddle thru
/ Layout			

### DANCE SKILLS

— Leap	∩ Body wave	○ Full turn	⊙ 1/4 turn
∩ Tour-jete	∩ Scale	⊙ 1 1/2 turn	∩ 1/2 turn
^ Straddle Leap		⊙ 2/1 turn	∩ 3/4 turn
∩ Cat leap		⊙ 2 1/2 turn	
z Scissors leap		⊙ 3/1 turn	
∩ Split Leap			

### TUMBLING SKILLS

Handstand	∩ Press Handstand	
X Cartwheel	∩ Roundoff	
∩ Front Walkover	∩ Back Walkover	
∩ Aerial Walkover	∩ Aerial Cartwheel	
∩ Front Limber	∩ Front Handspring to two feet	
∩ Front Handspring		
∩ Back Handspring	∩ 1 arm Back Handspring	
∩ Whip Back		
∩ Back Roll	∩ Back Extension Roll	
∩ Back Salto Tuck	∩ Back Salto Pike	
∩ Back Salto Layout		
Twists: ∩ Half Twist	∩ Full	∩ 1 1/2 Twist
∩ Double Twist	∩ 2 1/2 Twist	∩ 3/1 Twist
∩ Forward Roll	∩ Front Salto	∩ Front Salto Pike
∩ Front Salto Layout	∩ Front Full	∩ Front 1 1/2
∩ Double Back Tuck	∩ Double Back Pike	
∩ Double Back Layout		
∩ Arabian		

## UNEVEN BAR SYMBOLS

Hang	⊥ Stand	— Front Lying Hang
∩ Cast	∩ Back Hip Pullover	∩ Underswing
∩ Glide Kip	∩ Long Hang Kip	
○ Back Hip Circle	○ Front Hip Circle	
∩ Clear Hip Circle	∩ Stalder	
∩ Handstand	∩ Cast to Handstand	
∩ Clear Hip Handstand	∩ Stalder to Handstand	
∩ Counterswing	∩ Uprise	∩ Uprise to Handstand
∩ Giant	∩ Front Giant	
∩ Seat Circle		
∩ Flight from HB to LB		
∩ Flight from HB over LB		
∩ Flyaway Dismount Tuck		
∩ Flyaway Dismount Pike		
∩ Flyaway Dismount Layout		
∩ Double Back Dismount		