



# GYMNASTICS SHORTHAND

One of the keys to objective judging of gymnastics routines is the ability to constantly observe the routine while noting it on a judge's scoresheet. To accomplish this, a method of shorthand notation is a necessity. Mastery of a shorthand system allows the judge to quickly evaluate the entire performance from his/her notes to arrive at a score. A judge must be able to record a routine to be able to justify a score in the event a conference is necessary, or later in response to a legal inquiry.

It is very important to learn and perfect symbols. Execution is important as well, but if the elements are written down it is possible to remember that element and add execution if necessary. If only execution is recorded, it is very difficult to remember and recreate a routine from numbers only.

Try to use a symbol for every element even if it isn't the official one. It's not crucial that the symbol match the official symbol exactly as long as you can read what you use. Official symbols will come with more practice.

It is important that you try never to look down while judging a routine.

Not only can you miss something important, but.....

Coaches think you missed something.

Other judges think you missed something.

Spectators think you missed something.

Gymnasts think you don't like them.

## Helpful Hints:

1. If you don't know a symbol, draw a big O and come back to it or you will miss what happens next.
2. Sometimes symbols resemble the body shape or action that they represent. This can make it easier to remember the symbol.
3. Simple symbols can combine to represent other elements.
4. Symbols are usually connected when writing an acro pass.
5. For casts and clear hips, a line can be drawn from the symbol to indicate the angle achieved.
6. For dance turns, the circle is divided in half for a 1/2 turn. For more than a full turn, an additional line is added through the circle for each 1/2 turn.
7. For twists, a loop represents each full twist, a line through the last loop takes away a 1/2 twist.
8. For saltos without twists, a tuck position is assumed unless specified in the symbol.
9. In twisting saltos, only the twist is indicated and a stretched body position is assumed.

*The many symbols in the Code can be very daunting. Start with the following much shorter list of elements that are most common to each event, ones that you will see most often. Start with these and learn additional ones as they appear in routines.*

*After becoming proficient at recording elements and deductions, the next task is notating the reason for each deduction. A list of ideas follows.*

# GYMNASTICS SHORTHAND

## Body Shapes

Tuck	Pike	Stretched	Straddle	Cross Split	Side Split	Wolf	Cat	Ring

## Misc Symbols

<b>BB / FX</b>	on toe	to 2 feet	on (touching)	gainer takeoff	leg > horiz	w/o hands	scale
						f or f	
<b>UB - Releases</b>	to LB	to HB	over LB	to hdst on LB	over same bar	hop	
						—	

## Rotation

<b>Turns</b>	1/4	1/2	3/4	1/1	1 1/2	2/1	
<b>Twists</b>		1/2		1/1	1 1/2	2/1	

## Commonly Used Uneven Bar Elements

Pullover	Long Pullover	Back Hip	Front Hip	Squat-on	Squat Circle	Kip	Long Hang Kip	Uprise
Underswing	Clr Undrswg	Cast	Cast Hdst	Hdst 1/2	Clear Hip	Clr Hip Hdst		
Bk Giant Swg	Bk Giant-Hdst	Giant 1/2	Giant 1/1	Fwd Giant Swg	Fwd Giant-Hdst	Tuck Flyaway	Pike Flyaway	Layout Fly
Toe Shoot	1/2 over LB	1/2 to Hdst	Str Back	Str Back-Hdst	Hdst-Str Bk			

## Acro Shorthand

Handstand	Fwd Roll	Dive Roll	Hdst Roll	Bwd Roll	Bwd Ext Roll	Cartwheel	Fwd Walkover	Bwd Walkover
!						X		
Fwd Hdspring	Flyspring	Roundoff	Bk Hdsp	Aerial CW	Aerial WO			
Bk Salto-Tk	Bk Salto-Pk	Bk Salto-Str	Whip Back	Back 1/2	Back 1/1	Back 1 1/2	Back 2/1	Double Back
Fwd Salto-Tk	Fwd Salto-Pk	Fwd Salto-Str	Front 1/2	Front 1/2 - Str	Front 1/1	Front 1/1 - Str	Front 1 1/2	Arabian

## Leaps/Jumps - Balance Beam / Floor Exercise

Tuck	Tuck 1/2	Tuck 3/4	Tuck 1/1	Sheep	Ring			
Cat	Cat 1/1	Wolf	Wolf 1/2	Wolf 3/4	Wolf 1/1	Switch Wolf		
Stretched	Changement	Stretched 3/4	Stretched 1/1	Hop 1/1	Hitchkick	Pike		
Split	Split 3/4	Split 1/1	Side Split	Side Split 1/2	Side Split 3/4	Side Split 1/1		
Straddle	Straddle 1/2	Straddle 3/4	Straddle 1/1	Schuschunova				
Switch Leg	Switch 1/4	Switch 1/4	Sissone	Tour Jete	Strug			

## Shorthand Ideas for Execution Errors

lg or la	legs apart/bent	ht or a	height or amplitude
kn	knees bent	v	not vertical
ft	feet / footwork	h	hold
fl	flat footed	ov	overturned
un	legs uneven	inc or nc	incomplete/not complete
lg lo	leg low	tw	twist
sp	insufficient split	lt	late turn/twist
stg	stag	x	extension on kip
am or ba	bent arms	c	cast
alt	alternate hands	<	angle of cast
ar	arch	3x	extra swing
pk or <	pike or pike down	sh	short
op or o	opening	ch	cheated
ex or x	extension / opening	st	step
al	alignment	jp	jump
bp	body position	↙	squat on landing
flx or fx	flexibility	dy	dynamics
hd	head	⤿	connected
cr	crooked	/	not connected
j	jerky	- sc	scooch of feet
r	rocking horse leap	- pl	plie between elements
R	rhythm	- st	step between
gr	grab on beam	- R	pause
bal	balance error		
w	wobble		
c	control on landing		