



Introduction to FIG Symbols

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In this Presentation

- Purpose & Goals of Symbols
- Symbol basics
- Apparatus specific symbols
- Practice Videos
- Introduction to Execution Symbols
- Introduction to Element Group Symbols







Goals of Symbol System

- Easy and Fast to record
- Intuitive to read
- Universal language for each other to read







Principles of the Symbol System

- Reflect the essence of movement
- Where possible, common across apparatus
- Simplify symbols for common elements (e.g. named elements)




Saltos






	Single	Double	Triple
Forward			
Backward			

Saltos on the apparatus









	Rings	Pbars	HBar
Double Front	Yamawaki 		Gaylord 
Double Back	Guczoghy 	Morisue 	Kovacs 

Body Positions







Position	Pike	Straddle	Stretched
Symbol / Salto			

	Pike	Straddle	Stretched
Forward Double Front		N/A	
Backward Double Back			




Body Positions cont.

	Rings	Pbars	HBar
Double Front Pike	Jonasson 		Gaylord 
Double Back Pike	Guczoghy 		Kovacs 
Double Back Stretched	O'Neill 	NA	Kovacs 






Twisting

	180°	360°	540°	720°	900°	1080°
Current Symbol						

Twisting with saltos

Backward salto	Stretched salto + 540° turn	Double stretched + 360°	Stretched 900° + front 360°
Current Symbol			


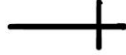
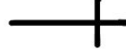


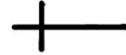
Basic Elements - Giants

	Rings	PBars	HBar
Forward Giant swing			
Backward Giant swing			







Tick marks on the right means Forward or Front

Tick marks on the left mean Backward or Back






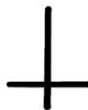
Uprises

	Rings	PBars	HBar
Front Uprise			
Back Uprise			







Kips

	Rings	PBars	HBar
Forward Kip to support			
Back Kip to support			

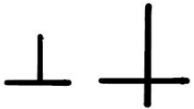



Basic Hold Elements

Element	Handstand	L-sit	Support Scale	Straddle scale	Swallow	Inverted Cross
Symbol						







Body Movements

Press up		Jump Forwards		Flight/Hop	
Lower		Jump Backward		Roll forwards	

Some movements between elements can be assumed



Splits press to Japanese handstand	L-sit press to handstand	Straddle support scale press to handstand	Swallow press to inverted cross
			

Hand Positions

	Overgrip	Undergrip	Mixed	El-grip
Symbol				
1/1 turn to				

Named Elements

Using Originator's initials can simplify symbols

Element	Pure Symbol	Originator Symbol
Stutzkehr		S
Rybalko		R

Named Elements cont.

Stalder	Endo	Diamidov	Healy	Tippelt
S	<i>e</i>	d	h	T



Floor Exercise



Russians

Russian 720

Russian 1080

Russian 900

S1

rr

S2

rrr

S3

rrf

Flairs & Spindles

Flair to HS

Flair to HS lower to Flair

Flair to HS lower to Flair 2X

S1

f | b

S2

f | b f

S3

f | b f f ↑ | b f

S4

f φ

S5

f φ | b

S6

f φ | b f

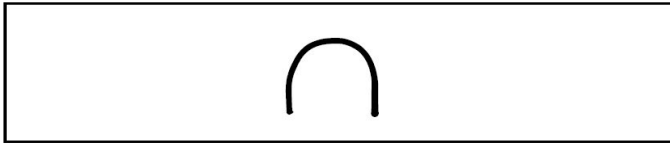
Flair with Spindle

Flair with Spindle to HS

Flair with Spindle to HS
lower to flair

Basic Floor Elements

Front Handspring



Back Handspring



Practice Reading

Back
Hand
spring

Salto Fwd
Stretched
with 1/1 turn

Double
Salto bwd
tucked

Salto bwd
stretched w
3/2 turns

Split Press to
Japanese
Handstand



Double
Salto bwd
Stretched
with 2 turns

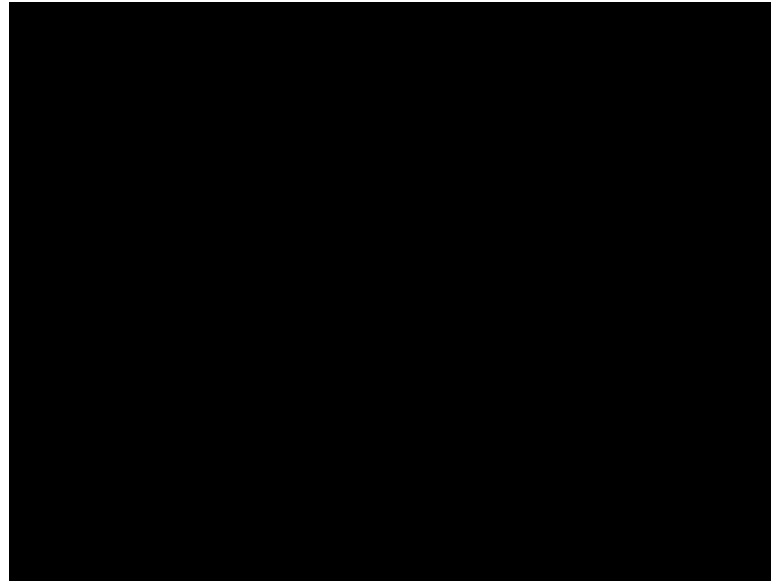
Double
Salto fwd
tucked

Salto bwd
Stretched

Salto fwd w
3/2 turns

Double
Salto fwd
piked

Practice









Floor

e e b v P d r r e b









Pommel Horse







Scissors

	No Turn	½ Turn	¼ turn fwd. & ¼ turn bwd. "Full Turn"
Forward Scissor			
Backward Scissor			

Scissors cont.





	Old	Simplified		
Scissor Forward to Handstand			Scissor Forward to 3/3 hop travel	
Scissor Backward to Handstand			Scissor Forward with hop sideways	

Circles

	On One pommel	Outside pommels	Between pommels
Any Circle			
Flair			

Many people use  for a regular circle











Spindles

Half Spindle	Full Spindle	¼ Spindle	1/1 between pommels
			

Handstands

Flair to Handstand	Flair to Hdstd back to flair	Flair hop travel to hdstd	Busnari
f p	f p f	f p →	<u>Sap</u> ε f Bu

Cross support travels

Step up to Pommel	2/3 Travel	3/3 Travel	Step up, step down	Magyar, Sivado
Forward 				
Backward 				

Russians & Stocklis

	180 Russian	360 Russian	720 Russian	1080 Russian
Russian on leather				
Russian on one pommel				
	Stöckli B	Stöckli A		
Stöcklis				

Names Elements

Urzica	Moguilny	Belenki	Tong Fei	Wu Guonian	Roth
Ur	Mo	Be	Tf	Wu	Ro

Flops










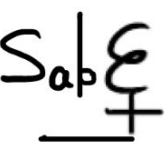
	D	E	F	G
Flop	ssl	ssll		
Combined	llr	ssr	ssrr	llrrr

Handstand Dismounts

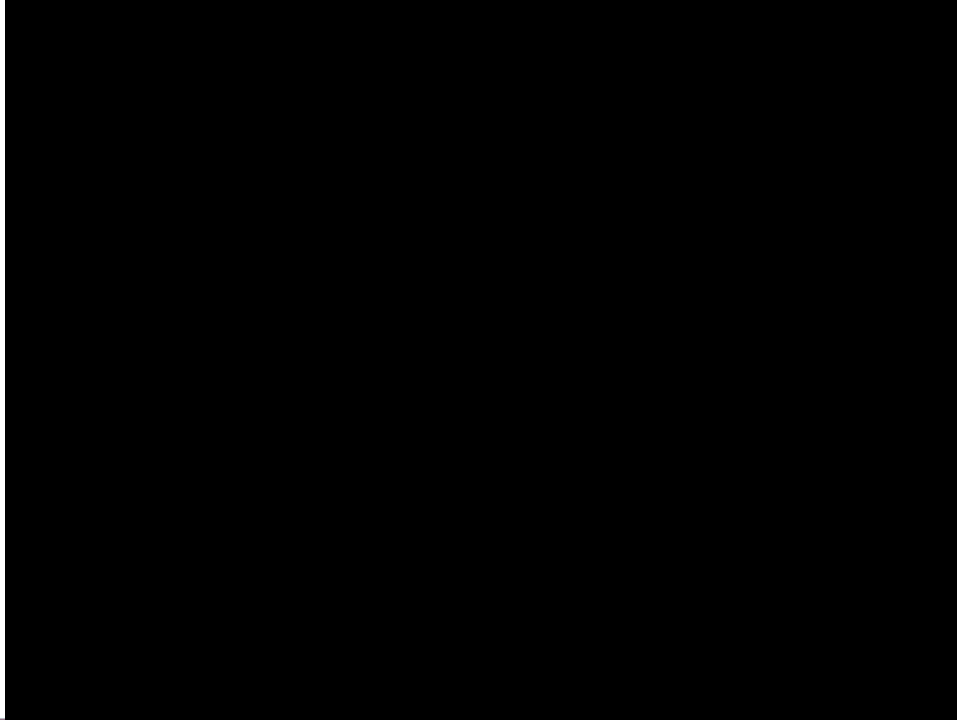
Flair Hdstd	Flair hop Hdstd	DSA Hdstd	DSA Hdstd with 3/3 travel	DSA Hdstd with 450 turn	DSA Hdstd 3/3 travel, 450 turn
f p	f↑ p →	S _a p	<u>S</u> _a p	S _a pE ₊	<u>S</u> _a pE ₊

Underline means Travel

Practice Reading

Forward Scissor HS		Stockli Stockli Loop Loop		3/3 travel with 720 turn		Magyar		Step to Pommel Loop	
									
Reverse Scissor HS			Stockli Russian 720 on one pomel		Russian 1080		Sivado		Stockli HS 3/3 travel with 450 turn

Practice



Pommels










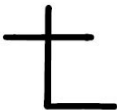
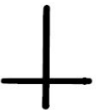

X6 0 5 pls K R₀ 0 a No ! C lTe



Rings

3

Hold Positions

S1				
S2				
S3				

Two Hold elements in a row

No need to draw arrow

Cross pull to L-sit

Cross press to planche

Cross press to Maltese


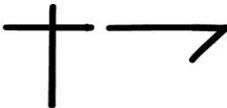

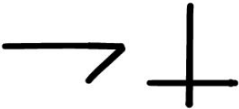


S1			
S2			

Planche press to inverted cross

Maltese press to inverted cross


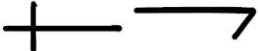
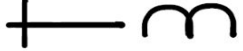
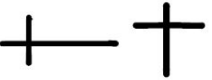
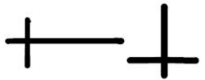
Maltese press to planche

Swing to strength

Back uprise Straddle Planche

Back uprise Planche

Back uprise Maltese

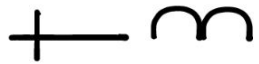
S1			
S2			

Back uprise cross

Back uprise inverted cross

Example Routine

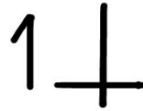
B uprise maltese



Azarian Cross



Press to Inverted



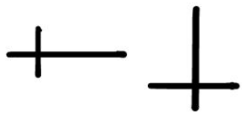
Yamawaki



Jonasson



B uprise Inverted



Forward Giant to HS



Bwd Giant to HS

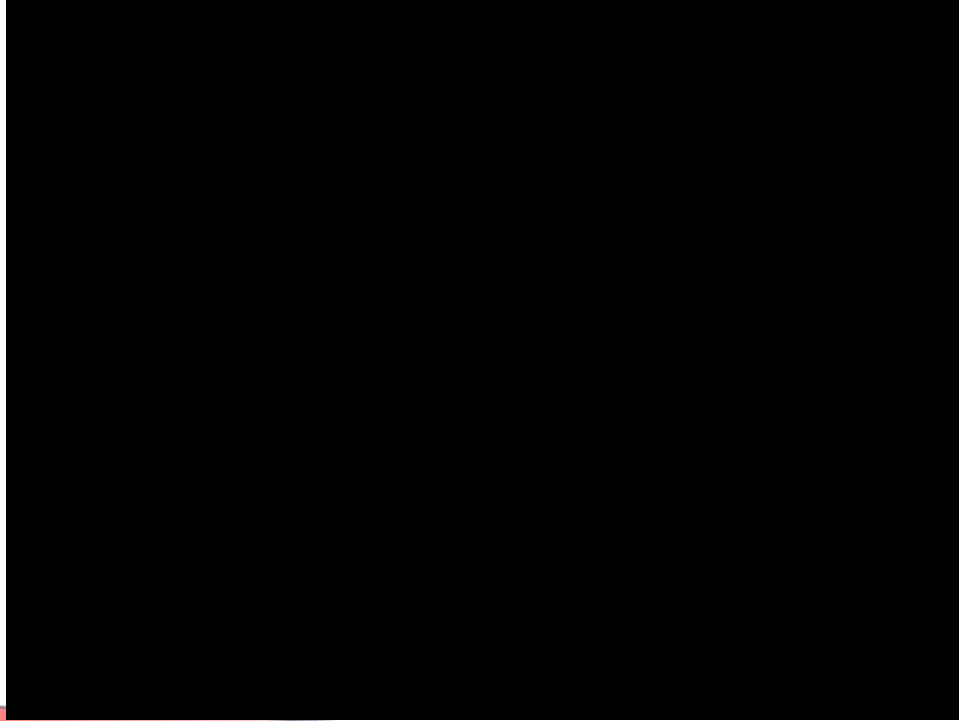


Bwd Giant through HS



Double salto stretched
w 1/1 turn

Practice



Rings

$\mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z} \rightarrow \mathbb{Z}$



Parallel Bars



Straddle Cuts

Forward Straddle Cut to L-sit

S1


Reverse Straddle Cut

S2


Reverse Straddle Cut to HS

S3


Named Elements

Stutz

Tippelt

Healy

þ ↘ ε þ s

þ 0 + > þ T

þ ε ! h

Diamidov

d

Makuts

M k

Zonderland

Z

Saltos


Double Salto fwd piked to
upper arm

S1



5/4 Straddle Salto fwd to
bent arm support

S2



5/4 Straddle Salto fwd to
hang

S3

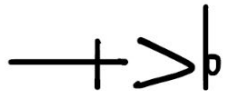
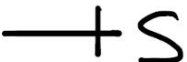


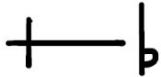
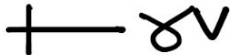


Uprises

Front uprise to reverse cut to HS

Front uprise Stutz

Front uprise double back piked to upper arm









S1		S2		S3	
S4		S5		S6	

Back uprise straddle cut

Back uprise to HS

Back uprise pike front salto to support (Honma)

Hang Elements

Giant to one rail		Giant diamidov		Giant Double Back to upper arm		Tanaka	
S1		S2		S3		S4	
S5		S6		S7		S8	
Moy		Tippelt		Bhavsar		Tippelt forward salto	





Kips

Kip to support

Kip reverse cut to HS

Kip swing to HS

Side bar kip to HS

S1 	S2 	S3 	S4 
---	---	---	---

Felge

Felge

S1

f

Felge to Hang

S2

fi

Felge with 1/1 turn

S3

fε

Felge to salto bwd

S4

f_e

Practice Routine

Kip Rev
Straddle
to HS

Felge w/
1/1

Felge

Giant

Tippelt

Healy

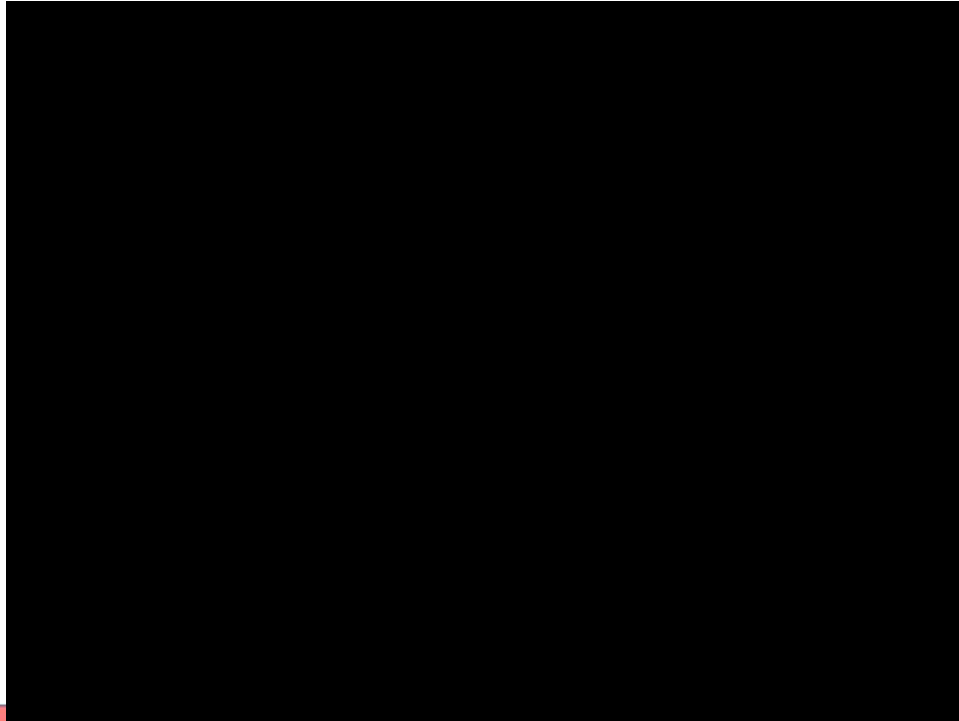
Front
Uprise
Rev
Straddle
to HS

Stutz

Back
Toss

Pike
Double
back

Practice



Symbols

+ > 0 Fe O Fe! L ↑ ee



High Bar

Giants

Forward Giant

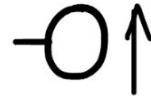
Forward one arm
Giant

Forward Giant w 1/1
turn

Forward



Backward



Back Giant

Flying back giant

Quast

Named Elements

Rybalko to Elgrip

Rybalko to Mixed Grip







S1

$-O \uparrow \cancel{\mathcal{E}}_e \quad R$

S2

$-O \uparrow \cancel{\mathcal{E}}_m \quad R_m$

Flight Elements

Gaylord 	Pegan 	Double front piked 
Kovacs 	Cassina 	Shaham 





Flight Elements cont.

Tkatchev

Tkatchev Stretched

Tkatchev 1/1 turn

Mosnik

S1		S2		S3		S4	
----	---	----	---	----	---	----	---

Stalders & Endos

Stalder

Stalder Quast

Stalder Rybalko to Elgrip

S1	S	S2	SE	S3	SR
S4	e	S5	eEm	S6	eE

Endo

Endo 1/1 turn to mixed grip

Endo 1/1 to Elgrip

Adlers

Adler

Adler with $\frac{1}{2}$ turn

Adler with 1/1 turn

Adler with hop

S1



S2



S3



S4



Practice Reading

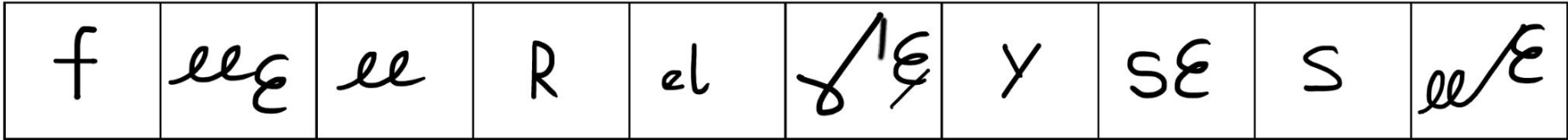
Felge

Kovacs

Elgrip
Giant

Yamawaki

Stalder



Kolmann

Rybalko
to Elgrip

Adler 1/2
turn

Stalder
Quast



Double Salto
Stretched with
1/1 turn

Practice



Symbols

→ 0 S T S O r r/ æk



Introduction to Execution Deduction Symbols

DEVELOPING E SCORE ACCOUNTABILITY

Execution Deduction Symbols

What are they?

- Small symbols placed next to your deduction notation to specify why you took that deduction.

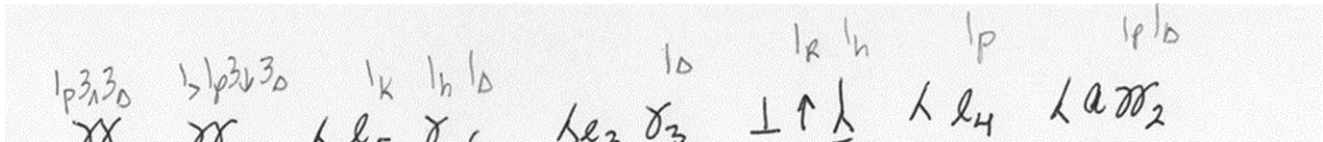


FIG Symbols

Simplified Drawing



Action



Abbreviations

• *P Di S R*



Bent Legs



Bent Arms



Legs Apart



Pike/Hip Bend



Execution Deduction Symbols

Basic symbols

>	Bent legs
<	Bent arms, Closed shoulders
V	Pike/lack of extension
^	Legs apart
)	Arch
Δ	Hop, Step, or step of hands
X	Crossed legs
T	Poor foot form
h	Insufficient height/lack of amplitude
/	Brush, touch or hit apparatus or floor

Execution Deduction Symbols

Angles &
landings

↯ Angular deviations (**Circles or from HS**)

A Off-axis

K Skew/Incomplete turn

P Lack of preparation for landing

↓ Low/deep landing

△ Hop, Step, or step of hands



Change of direction/lowering of legs



Rhythm error



Loss of balance



Short hold/Pause too long



Extra full swing



Empty 1/2 swing Bwd/Fwd



Other technical/aesthetic error

Use symbol for alternate position

Imprecise position

Execution Deduction Symbols

Balance

Holds

Extra Swings

Other Errors

Execution Deduction Symbols

- About 20 Symbols represent almost all deductions
- One handy dandy sheet

Execution Deduction Symbols

Kathi-Sue Rupp USA


		Notes and Other uses
>	Bent legs	
<	Bent arms, Closed shoulders	
V	Pike/lack of extension	
^	Legs apart	
)	Arch	
Δ	Hop, Step, or step of hands	
X	Crossed legs	
T	Poor foot form	"Toes"
h	Insufficient height/lack of amplitude	Rings: High Entry to hold position
/	Brush, touch or hit apparatus or floor	Rings turned in or arms against cables
⊗	Angular deviations (Circles or from HS)	Rings: Shoulder 4 in hold
A	Off-axis	
K	Skew/Incomplete turn	"skew"
P	Lack of preparation for landing	
↓	Low/deep landing	
↷	Change of direction/lowering of legs	Also lack of turn-over
~ / R	Rhythm error	Also swing with strength or strength on swing
W	Loss of balance	"Wobble"
3 / 1	Short hold/Pause too long	Or 1 Pause too long on FX/Rings
S	Extra full swing	
∩	Empty 1/2 swing Bwd/Fwd	
e	Other technical/aesthetic error	error/fault
	Imprecise position	


Use symbol for alternate position




Introduction to Element Group Symbols

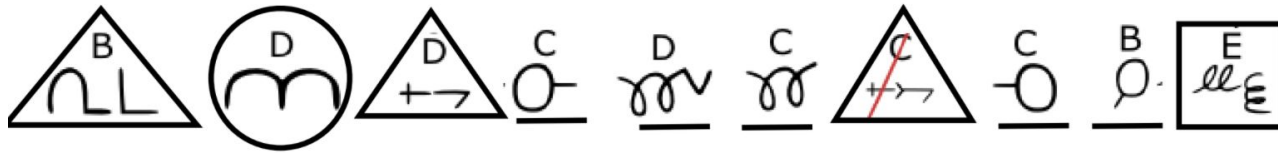
Group I - 

Group II - 

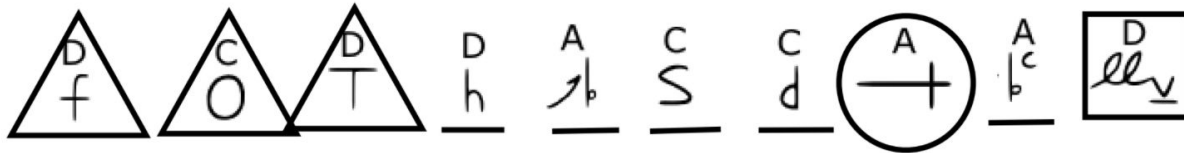
Group III - 

Group IV - 

Ring Routine:



Parallel Bar Routine:



Summary

- Purpose & Goals of Symbols
- Symbol basics
- Apparatus specific symbols
- Practice Videos
- Introduction to Execution Symbols
- Introduction to Element Group Symbols

Acknowledgements & Thanks

Andrew Tombs - Author of FIG Symbols Document

https://www.gymnastics.sport/publicdir/rules/files/en_MAG%20Element%20Symbols%20Booklet.pdf

Kathi-Sue Rupp - Execution Symbols

Lynn Boman - Element Group Symbols