**FIG SYMBOLS**

The shape of the element is described by using:

* ‘o’ - for tucked
* ‘<’ - for pike
* ‘/’ - for straight
* For Trampoline and DMT, the first digit describes the number of quarter somersaults. Subsequent digits describe the distribution and quantity of half twist in each somersault. The shape of the element comes at the end.
* For Tumbling, the number depicting the quarter somersaults is **NOT** used. If there is no twist in the somersault, indicate the somersault by a dash “-“.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Trampoline & DMT** | |  | **Tumbling** | |
| Tuck jump | - - o |  | Roundoff | ( |
| Pike jump | - - < |  | Backhand spring | F |
| Straddle jump | - - V |  | Whip | ^ |
| **Single Saltos** | |  | **Single Saltos** | |
| Non-twisting salto | 4 - o  4 - <  4 - / |  | Non-twisting salto | - o  - <  - / |
| Twisting salto | 4 1, 4 2, 4 3, 4 4, … (number of ½ twists; no position required other than for 4 1) |  | Twisting salto | 1, 2, 3, 4, … (number of ½ twist with no number preceding indicating the quarter somersaults; no position required other than for 4 1) |
| **Double Saltos or more** | |  | **Double Saltos or more** | |
| Non-twisting multiple saltos | 8 - - o  8 - - <  12 - - - o  and so on |  | Non-twisting multiple saltos | - - o  - - <  - - - o  and so on |
| Twisting multiple saltos | 8 1 1 <  8 2 2 /  12 - - 1 o |  | Twisting multiple saltos | - 2 /  2 - <  2 - - o |

**Symbols for non-inverted elements to be used in Canada**:

Seat drop – – L ½ twist to seat – 1 L

Front drop 1 – F ½ twist to feet – 1 ↑

Back drop 1 – B ½ twist to front 1 1 F

To feet 1 – ↑ ½ twist to back 1 1 B