



BENCHNAZTIX

MANUAL 2026



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INTRODUCTION

WHAT IS BENCHNAZTIX?

BENCHNAZTIX is characterised by balancing on a bench, hands to feet and feet to feet, rotational jumping, rolling elements, without hesitation and falling.

A **BENCHNAZTIX** pass should be planned to demonstrate a variety of forward, backward and sideways elements. It should show good control, form, execution and maintenance of tempo.

JUDGES', COACHES & PARTICIPANTS PLEDGE

I promise that I shall participate / officiate in any SAAERIALNAZTIX sporting event with complete impartiality, respecting and abiding by the rules which govern them in the true spirit of sportsmanship

MISSION

This manual indicates the standard of behaviour expected of a member of this association.

- It is a formal statement of the values and ethical standards that guide individuals in SAAERIALNAZTIX.
- It is a set of principles, and norms to which SAAERIALNAZTIX Judges can be held accountable when judging at any sporting event.
- This can also be used as a point of reference when dealing with disciplinary procedures against members.

VALUES

- To outline incorrect and unacceptable actions or behaviours within the sport and to encourage ethical behaviour within the sport, so that when the rule is contravened, the appropriate disciplinary actions can be taken - thus responding to offences and preventing re-occurrences.
- To help resolve conflict.
- To make ethical behaviour infringement easy to identify.
- To enhance the ethical reputation of SAAERIALNAZTIX persons.
- To promote respect for human dignity, rights and social justice.
- To provide a framework for all SAAERIALNAZTIX persons to conduct their sport activities according to the following ethical principles:
 - Embrace the spirit of fair play.
 - Respect the rights, dignity and worth of every human being.
 - Being fair, considerate, honest and respect for the rules and regulations.
 - Being trustworthy and professional, accepting responsibilities for their action.
 - Refraining from any racial, gender, verbal, physical or emotional abuse or harassment.
 - Always making a positive contribution and refraining from destructive criticism.
 - Always acting in the interest of SAAERIALNAZTIX.
 - Respect all religions as equal.

ETHICAL BEHAVIOUR

We will:

- Make sure that the sport is practiced in the spirit of fair play.
- Ensure that all equipment and facilities comply with the specified Association Standards.
- Not tolerate unacceptable conduct towards officials, participants, spectators or ourselves.
- Disclose personal interest by all participants and/or officials at all levels.
- Handle all conflicts firmly and with dignity.
- Display exemplary behaviour in and on the floor, promoting fair play in sport.
- Develop ourselves to meet the high standard of Judging.
- Make ourselves available to discuss issues before and after the event.
- Commit to the fight against banned substances in sport.
- As Technical officials, discourage the promotion of tobacco and alcoholic products in sport.
- Dress in official attire, to abstain from any forbidden substances, e.g., alcohol, tobacco, drugs etc.
- Resist all forms of corruption, pressures and other compelling circumstances.
- Respect other officials, Participants and their parents.
- Commit and co-operate with all medical and testing protocols of the WADA.
- Ensure that no participant be advantaged by any favouritism.
- At all competitions, the decision of the head of Judges, IS FINAL!

GENERAL BEHAVIOUR DURING COMPETITIONS

- Always follow the manual as well as the rules and regulations.
- Always act professionally.
- Always respect the Coaches / Participants / Officials and other Judges.
- Always make sure you attend the meeting before the competition.
- Avoid arguments in view of spectators.

EQUIPMENT

- One long wooden bench, with metal legs

DIMENSION:

Length 4.5 meters

Width 320 millimetres

MARKINGS A yellow centre line in a contrasting colour must mark the centre line of this track

- 1x thin landing mat
- 1x thick landing zone mat (same height as the bench)
- 1 x springboard





A **shorter** bench (Dimensions: 3m x 320 mm) will be acceptable for training and warm-up purposes if available.

The **'long'** bench is to be used as a standard competition bench.

DRESS CODE:

JUDGES

The impression we want to bring forward is: **PROFESSIONAL – NEAT – COMFORTABLE**

Always adhere to the following rules:

FEMALE DRESS:

- Black pants (NO JEANS AND NO SKIRTS ALLOWED)
- White blouse
- Black Judges' jacket
- SAAERIALNAZTIX Scarf
- Dark shoes (*"Plakkies"*, *tekkies "slopps"* or *Slippers* are NOT ALLOWED).

MALE DRESS:

- Black trousers
- White shirt
- Black Judges' jacket
- SAAERIALNAZTIX Tie
- Dark shoes (*"Plakkies"*, *tekkies "slopps"* or *Slippers* are NOT ALLOWED).

In special cases you may get permission from the Competition Organizers to dress differently, e.g. when you had a foot operation and need to wear special shoes. **Always look neat and professional**

PARTICIPANTS AND COACHES

MALE PARTICIPANTS:

- Sleeveless or short sleeve club leotards
- Gym shorts
- White shoes and / or white foot covering may be worn.
- No jewellery allowed at all.
- Short and Top allowed
- Bandages or support pieces must **NOT** be in contrasting colours

FEMALE PARTICIPANTS:

- Club leotard with or without sleeves. Ski-pants or unitards will also be allowed. (Halfway down thigh or 1 hand above knee)
- White shoes and / or white foot covering may be worn.
- NO JEWELLERY ALLOWED AT ANY TIME.
- Minima make-up and nail polish allowed.
- All hair should be secured close to the head. Loose hair is at the Participant's own risk. It can cause safety problems and may result in an interruption
- Bandages or support pieces must **NOT** be in contrasting colours
- Short and Top allowed

COACHES:

- Track suit and Gym shoes, that is “Tekkies” NO SLIP-ON or other open shoes

Any violation of these dress code rules may result in disqualification from the pass in which the offence occurs. This decision is made by the respective head judge.

GENERAL COMPETITION



COMPETITION STARTING ORDER

The scoring system used will randomly place the participants in a starting order after all the entries have been loaded.

TIES

No ties will be broken, if participants achieve an equal score, they will be awarded the place. In this situation the preceding place will be removed.

E.g. If 2 participants are tied in second place, third place will be removed, and the next placing will be fourth place.

WINNERS

The winner is the Participant with the highest overall number of points. If the winner is the only Participant in the group, the medal awarded will be determined on the average of the execution scores:

- 8.5 and above = **Gold**
- 8.4 to 8.0 = **Silver**
- 7.9 and below = **Bronze**

SCORING MARKS TO BE USED

- Where there are 5 x Execution Judges the highest and lowest marks fall away and the three remaining execution marks are added together as the “counting marks”
- In the case where there are only 3 x Execution Judges, the three execution marks are added together as the “counting marks”
- The total score for a pass is based on three counting execution marks.
- All scores will be rounded to 2 (two) decimal places. Such rounding will only be made in respect of the participants total score for a pass.
- The Chief Recorder must verify the total score on the list of results. The Head Judge is responsible for determining the validity of the final scores
- Where an electronic scoring system is adopted, the scoring will be in accordance any system SAAERIALNAZTIX may see fit to use.

METHOD OF SCORING

- The total deductions per element is deducted from the number of elements in the pass to get a score out of 10
- Judges must write their deductions independently of one another. (Total deduction for each element).
- When signaled by the Head Judge, the marks of the Execution Judges must be shown simultaneously.
- If any of the Execution Judges fail to show their marks when signaled by the Head Judge, the average of the other marks will be taken for the missing mark(s).
- This decision if a Judge failed to show simultaneously is made by the Head Judge.

QUALIFYING FOR SAAERIALNAZTIX CHAMPIONSHIPS

The following minimum average must be required by a participant, each year, in order to qualify for the SAAERIALNAZTIX SA Championships in the Benchnastix discipline:

- All levels 8.5 (no rounding up of mark allowed to qualify)

GENERAL

- The age group you compete in will be determined by your age as at 31st December.

QUALIFYING FOR ANNUAL AWARDS

In order to qualify for the Annual awards, participants must have received the minimum score to qualify for the SAAERIALNAZTIX SA Championship. If a participant received an award for the same level, previously, he/she will NOT be eligible for an award in that level again.

The male and female with the highest qualifying mark in each level, will receive the award.

COMPETITION – APPEALS PROCESS

A registered coach may raise an appeal against a difficulty value that has been awarded by the difficulty judges on any participant.

The appeal must be raised at the end of the round, but prior to the start of the next round. If the appeal is successful, the difficulty mark will be corrected prior to the release of the results.

COMPETITION REGULATIONS

WARMING UP:

Time will be allocated on the competition programme to allow the participants an adequate warm up, **there will be one touch warm-up for each apparatus.**

Special arrangements should be made between the organisers and the coaches of the participants coming from far, to be able to warm-up on the competition apparatus, to enable the participants to adjust to the competition equipment.



START OF A PASS

- Each Participant will start on the signal given by the Head Judge.
- After the signal has been given, the Participant must initiate the first element within 20 seconds, otherwise a penalty deduction of 0.1 point will be made by each of the execution judges on the instruction of the Head Judge.
- If this time limit is exceeded as a result of faulty equipment or other substantial cause, no deduction will be applied. This decision is made by the Head Judge.

JUDGES

Minimum for a Judges panel:

1 x Head Judge

2 x Execution Judges

- Judges must sit separately, at least 1 (one) meter apart.
- If a Judge fails to carry out his duties in a satisfactory manner he must be replaced. This decision will be made by the Head Judge.
- If an Execution Judge is replaced, the Head Judge may decide whether his previous marks will be replaced by the average of the remaining marks.
- Judges should always dress and behave in a professional manner so as to be respected by participants, Coaches and spectators.
- Nobody has the right to influence a Judge before or during the competition.
- When in doubt, give the benefit to the participant
- ALWAYS KEEP YOUR JUDGES MANUAL AND NOTES ON HAND.

DUTIES OF THE HEAD JUDGE

- Controls the facilities.
- Organises the Judges' Conference and the trial scoring.
- Places and supervises all Judges, Spotters and Recorders.
- Directs the competition.
- Convenes the competition jury.
- Decides if a second attempt should be allowed, **ONLY IF EQUIPMENT IS FAULTY.**
- Decides about the Participant's dress.
- Informs the Execution Judges of deductions for the voluntary passes.
- Decides whether any assistance given by a spotter was necessary.
- Declares the maximum mark in the case of an interrupted pass.
- Informs the Execution Judges of additional deductions.
- Decides if a Judge fails to show his score immediately.
- Supervises and controls all scores, calculations and the final results.
- Decides before the end of the round, when approached by an official representative of a
 - Federation or a Judge, about obvious errors in the calculation of difficulty or numerical
 - Errors concerning Execution scores.
- Decides about penalties and informs the chief recorder.
- The ruling of the Head Judge is always final.



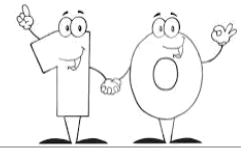
At all competitions, where newly qualified Judges are judging the first time, the Head of Judging/Facilitator/Education official, will act as mentor to those judges and when possible, include those judges in the panel, but without a counting mark.

DUTIES OF THE EXECUTION JUDGES:

- Evaluate the execution per element
- In the range of 0.1 – 1.0 per element
- Write down the deductions independently of each other. (A total deduction for each element).
- Subtract the given Head Judge deductions and your own deductions from the given maximum mark indicated by the Head Judge.
- Show your mark simultaneously (IMMEDIATELY) on the indication of the Head judge.
- Should there only be 3 Judges, the marks may not differ with more than 0.5. Should this be the case, the Head Judge may suggest for the mark in question to be changed.



EXECUTION DEDUCTIONS



FAULT		0.1	0.2	0.3
• Unnecessary steps and movements		X		
• Shoulder and arm positions - angle of arms	<i>(depending on severity)</i>	X	X	X
• Vertical not achieved in skills	<i>(depending on severity)</i>	X	X	X
• Balance loss per skill	<i>(depending on severity)</i>	X	X	X
• Insufficient use of entire length of bench		X		
• Precision - clear start and finish of elements	<i>(depending on severity)</i>	X	X	X
• Insufficient height of elements	<i>(depending on severity)</i>	X	X	X
• Bending of legs when walking between elements		X		
• Stops/pauses for a period longer than 3 seconds between elements		X		
• Any number of steps taken after landing (deduction for each step)		X		

HEAD JUDGE DEDUCTIONS

FAULT	DEDUCTION
• Not starting within 20 sec	0.1 pts
• After landing a skill, falling off the bench	0.5 pts
• After mounting the bench, stepping back off the bench or onto the mounting apparatus	0.5 pts
• Not landing on feet, on the bench, after a skill	0.2 pts
• Failing to land on the bench after a skill, thus falling off and not landing on feet (0.5 for falling PLUS 0.2 for not landing on feet)	0.7 pts
• Not adhering to special requirements	1.0 pts
• Grab or brush on apparatus to avoid a fall (depending on severity)	0.1-0.3 pts
• Grab apparatus in order to aid getting up	0.5 pts
• Spotter counts or talks (per occurrence)	0.3 pts

LANDING DEDUCTIONS

DEDUCTIONS MADE BY THE HEAD JUDGE:

FAULT	DEDUCTION
• After landing, touching the landing mat with one or both hands	0.5 pts
• After landing, touching or falling to the knees, hands & knees, front, back, or seat on the mat	1.0 pts
• Assistance from a spotter after landing	1.0 pts
• After landing on the landing mat, leaving the landing area or the mat and touching the floor with any part of the body	1.0 pts
• Touching the back mat with any part of the body	1.0 pts
• No dismount	0.5 pts

INTERRUPTION OF A PASS

A pass will be considered interrupted if the participant:

- Is touched by a spotter.
- Stops / pauses for a period longer than 5 seconds between elements.
- Hair touches the bench when standing on hands (except in rolls – forward / backward). This is a safety measure.
- **MAKES CHANGES TO A SET PASS. THE PASS GETS “STOPPED / INTERRUPTED” WHERE THE CHANGE OCCURS.**
- Falls more than 3 times (the pass will stop after the 3rd fall)



No credit will be given for the element in which the interruption occurs.

The Head Judge will decide the maximum mark.

If the wrong skill is performed on the first skill of the pass, ONLY bonus marks will be given. As NO ZERO's can be scored, and there are no skills to deduct from, bonus marks still apply.

TERMINATION OF A PASS (At the end of the pass):

At the end of a pass, it will be considered terminated (completed) as follows:

- Each pass must end on both feet.
- After the last element, the participants must stand upright for approximately 3 (three) seconds otherwise they will receive a deduction for lack of stability.
- A pass is deemed to have ended after the 3 (three) seconds have elapsed.



A participant will be judged only on the number of elements completed on the feet on the bench or landing area

Landing on both feet means the sole of the feet.

Any element with a take-off initiated from the landing zone/area will not be counted.

There will be a 0.5 deduction for falling off the bench, however, the competitor must get back on the bench and continue the routine.

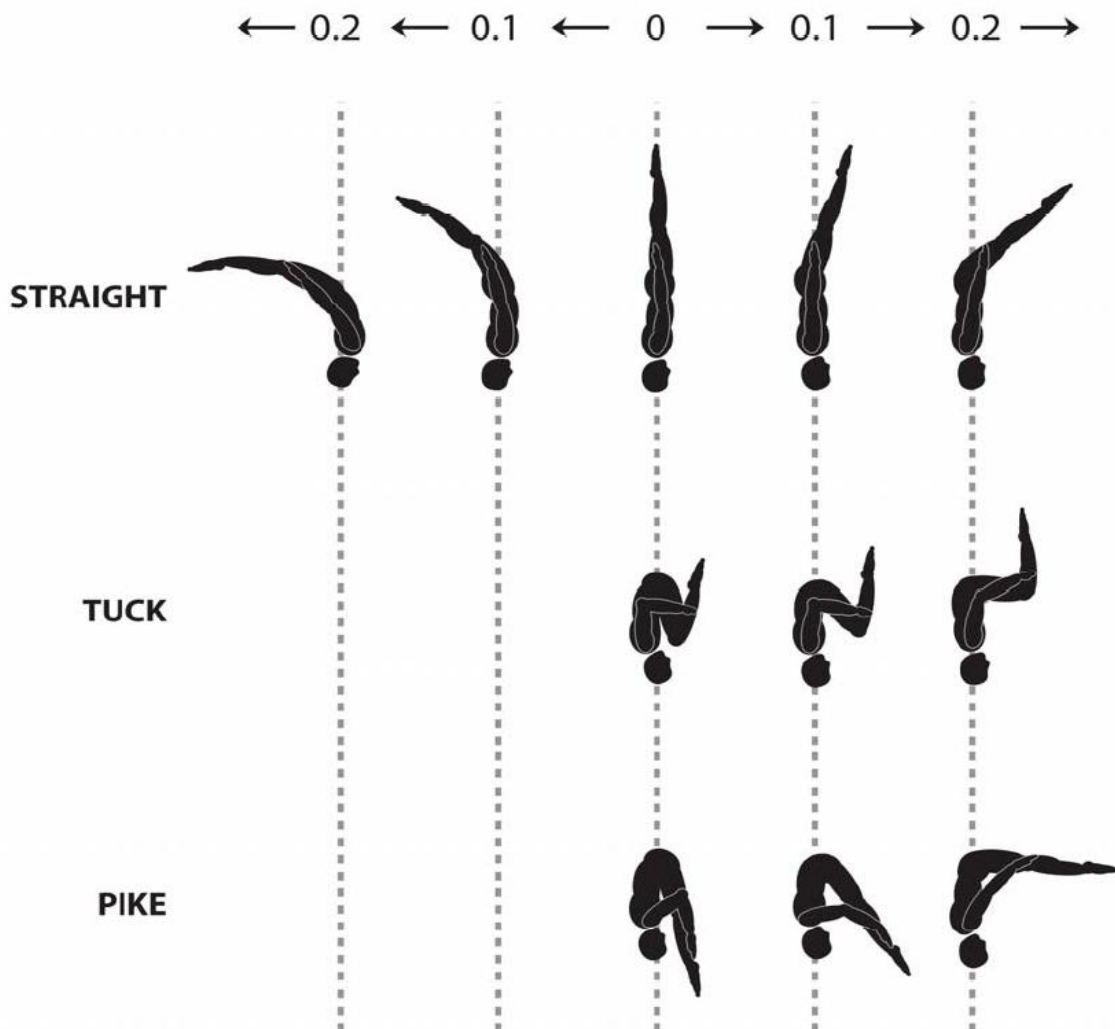
The Head Judge will decide the maximum mark.

GENERAL INFO:

- No additional mats/boards can be used to mount the bench other than stipulated in the routine manual.
- Failing to land on bench & feet after an element will result in a 0.7 deduction
- For interruption in exercise due to a fall from the apparatus an intermediate time period of 10 seconds is allowed. The timing of the fall period begins when the participant is on his/her feet following the fall.

BODY POSITIONS

REQUIRED POSITION DURING AN ELEMENT



JUDGING FOR ENTRY LEVEL SECTION

Age groups: 6/under, 7-8yrs

This Entry Level routine starts and finishes on the same end of the bench

EXECUTION DEDUCTIONS

THERE ARE 6 ELEMENTS BEING JUDGED:

1. Bunny-hop onto the bench
2. Forward-roll onto back - flat
3. Lift toes to touch overhead
4. Roll – stand up
5. Pivot-turn
6. Tuck-jump off (for dismounting the bench)

Special requirements:

FOR ENTRY LEVEL ONLY:

- * Element missing - 1.0 deduction
- * Additional elements - 1.0 deduction

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. BUNNY-HOP

- If bottom is not lifted to vertical (90°) 0.1 - 0.3 deduction
- Moving of hands 0.1 - 0.3 deduction
- Feet not touching bottom 0.1 - 0.3 deduction

2. FORWARD-ROLL

- No crouch with arms in front 0.1 - 0.3 deduction
- Not rolling with straight legs 0.1 - 0.3 deduction

3. LIFT TOES TO TOUCH OVERHEAD

- Legs not straight 0.1 - 0.3 deduction
- Toes not pointed 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction
- Toes not touching 0.1 - 0.3 deduction

4. ROLL – STAND UP

- Legs not together 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction
- Arms not above shoulder height 0.1 - 0.3 deduction

5. PIVOT-TURN

- Not turning on toes 0.1 deduction
- Legs not straight 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction

6. TUCK-JUMP

- No elevation in tuck-jump 0.1 - 0.3 deduction
- Incorrect arm position 0.1 - 0.3 deduction
- Wrong body position while in tuck 0.1 - 0.3 deduction

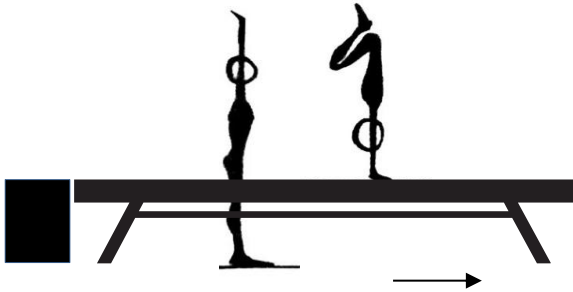
Special requirements:

Arms must be above shoulder height on initiating and on landing

1.0 deduction by HD

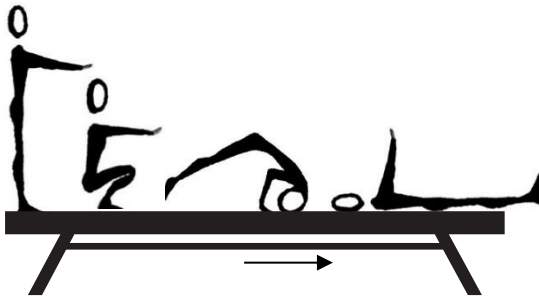
ENTRY LEVEL EXPLANATION

(Routine and Judging allocations)



1. BUNNY-HOP ONTO BENCH

- Stand up straight - feet together
- Put hands either flat on the bench or grip the side of the bench.
- Jump with 2 feet and lift bottom to a vertical 90°. Keep legs together. Feet must touch bum.
- Keep hands still.



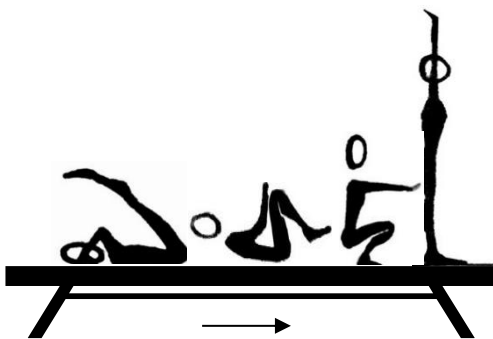
2. FORWARD-ROLL ONTO BACK

- Crouch, arms stretched out in front, feet and knees together.
- Place hands on the bench (competitor may grip the side of the bench), arms stretched out in front.
- Roll, keeping knees and feet together and legs straight.
- Stand up onto feet
- Do **NOT** use hands to push up to stand.



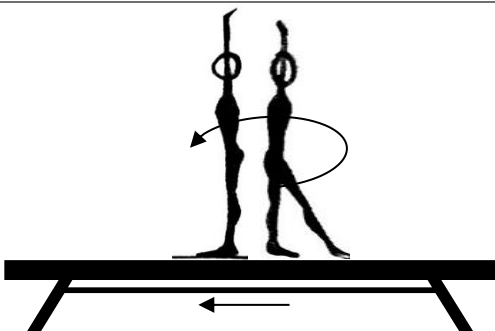
3. LIFT TOES AND TOUCH OVERHEAD

- Keep legs closed and straight
- Hands may hold onto bench
- Bring legs straight overhead
- Touch the bench with toes



4. ROLL – STAND UP

- Keep legs closed
- Bend legs to roll forward.
- Stand up with arms above shoulder height



5. PIVOT-TURN

- Keep legs straight
- On toes, with arms above head, step forward and turn around
- **Turn must take place on both feet**



6. TUCK-JUMP

- Arms must be in the vertical position, stretched up next to the ears.
- Jump, bending knees. Tuck position is essential.
- There **MUST** be elevation.
- Land with straight legs (soft bend for landing) and arms above shoulder height.
- Arms to remain above shoulder height at all times

JUDGING FOR LEVEL 1 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This Novice routine starts on a springboard and finishes on the opposite end of the bench

EXECUTION DEDUCTIONS

THERE ARE 5 ELEMENTS BEING JUDGED: - SPRINGBOARD IN FRONT OF BENCH

1. Run, stretch-jump onto bench
2. Bunny-hop
3. Forward-Roll
4. Tuck-Jump
5. Forward-roll off of bench (hands on landing mat)

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. RUN, STRETCH-JUMP ONTO BENCH

- Arms not above shoulder height 0.1 - 0.3 deduction
- Legs not straight during jump 0.1 - 0.3 deduction
- Arms not straight 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction
- Insufficient height 0.1 - 0.3 deduction

Special requirements:

Must jump from 2 feet off of springboard

(special requirement does not apply to Under 10's)

1.0 deduction by HD

Arms must be above shoulder height on landing after jumping onto bench

1.0 deduction by HD

2. BUNNY-HOP

- If bottom is not lifted to vertical (90°) 0.1 - 0.3 deduction
- Moving of hands 0.1 - 0.3 deduction
- Feet not touching bottom 0.1 - 0.3 deduction

3. FORWARD-ROLL

- No crouch with arms in front 0.1 - 0.3 deduction
- Not rolling with straight legs 0.1 - 0.3 deduction
- Not rolling to stand position 0.1 - 0.3 deduction

4. TUCK-JUMP

- No elevation in tuck-jump 0.1 - 0.3 deduction
- Incorrect arm position 0.1 - 0.3 deduction
- Wrong body position while in tuck 0.1 - 0.3 deduction

Special requirements:

Arms must be above shoulder height on initiating and on landing

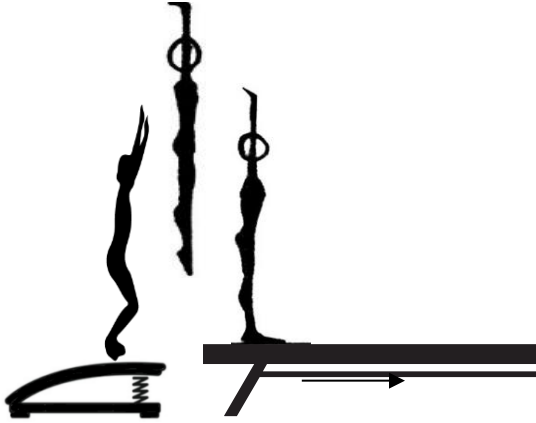
1.0 deduction by HD

5. FORWARD-ROLL DISMOUNT

- | | |
|----------------------------------|---------------------|
| • No crouch with arms in front | 0.1 - 0.3 deduction |
| • Not rolling with straight legs | 0.1 - 0.3 deduction |
| • Not rolling to stand position | 0.1 - 0.3 deduction |

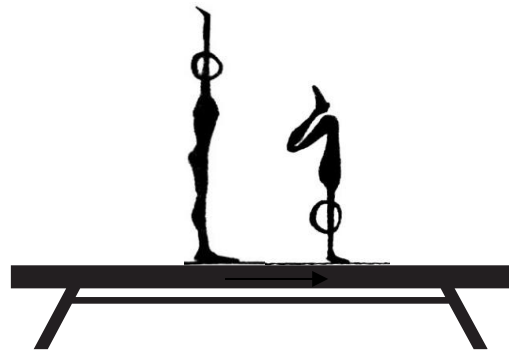
LEVEL 1 EXPLANATION

(Routine and Judging allocations)



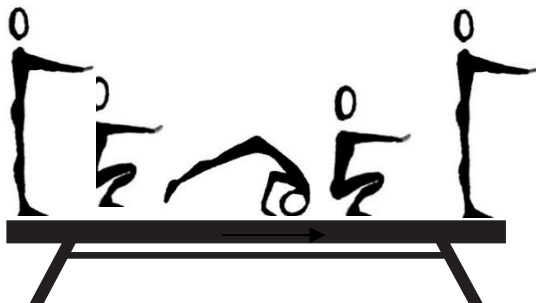
1. RUN, STRETCH-JUMP ONTO BENCH

- Take a run-up and jump onto the springboard with two feet together. *(this special requirement does not apply to Under 10's)*
- Jump up with arms above the head, legs straight and toes pointed
- Land onto bench with straight legs (soft bend for landing) and arms above shoulder height.



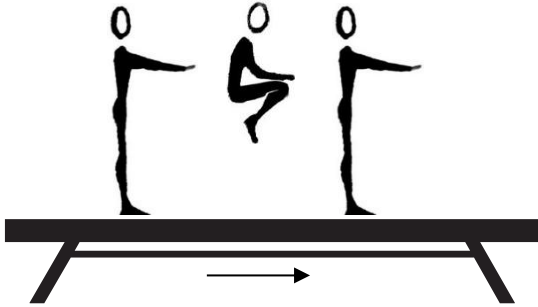
2. BUNNY-HOP

- Stand up straight - feet together
- Put hands either flat on the bench or grip the side of the bench.
- Jump with 2 feet and lift bottom to a vertical 90°. Keep legs together. Feet must touch bum.
- Keep hands still.



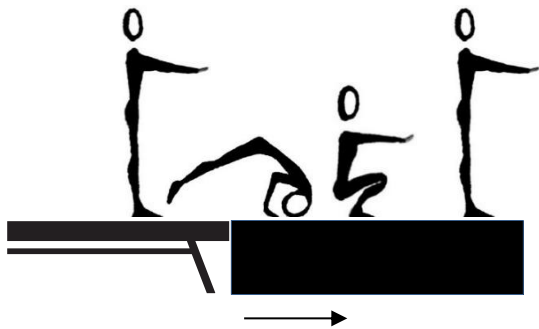
3. FORWARD-ROLL

- Crouch, arms stretched out in front, feet and knees together.
- Place hands on the bench (competitor may grip the side of the bench), arms stretched out in front.
- Roll, keeping knees and feet together and legs straight.
- Stand up onto feet
- Do NOT use hands to push up to stand.



4. **TUCK-JUMP**

- Arms must be in the vertical position, stretched up next to the ears.
- Jump, bending knees. Tuck position is essential.
- There **MUST** be elevation.
- Land with straight legs (soft bend for landing) and arms above shoulder height.
- Arms to remain above shoulder height at all times



5. **FORWARD-ROLL DISMOUNT**

- Crouch, arms stretched out in front, feet and knees together.
- Place hands on the mat, arms stretched out in front.
- Roll, keeping knees and feet together and legs straight.
- Stand up onto feet
- Do **NOT** use hands to push up to stand.

JUDGING FOR LEVEL 2 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This routine starts on a springboard and finishes on the opposite end of the bench

EXECUTION DEDUCTIONS

THERE ARE 5 ELEMENTS BEING JUDGED: - SPRINGBOARD IN FRONT OF BENCH

1. Run, Tuck-jump onto bench
2. Cartwheel
3. Handstand
4. Jump, Half-Turn
5. Cartwheel, closed feet onto landing mat

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. RUN, TUCK-JUMP ONTO BENCH

- Arms not above shoulder height 0.1 - 0.3 deduction
- Legs not straight during jump 0.1 - 0.3 deduction
- Arms not straight 0.1 - 0.3 deduction
- No elevation in tuck-jump 0.1 - 0.3 deduction
- Wrong body position while in tuck 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction

Special requirements:

Must jump from 2 feet off of springboard

(special requirement does not apply to Under 10's)

1.0 deduction by HD

Arms must be above shoulder height on landing after jumping onto bench

1.0 deduction by HD

2. CARTWHEEL

- Legs kicking to the side and not crossing through the vertical 0.1 - 0.3 deduction
- Sideways landing not forward facing 0.1 - 0.3 deduction
- Wobble or step from cartwheel 0.1 - 0.3 deduction

3. HANDSTAND

- Not reaching a vertical position 0.1 - 0.3 deduction
- Legs open 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction

4. JUMP, HALF-TURN

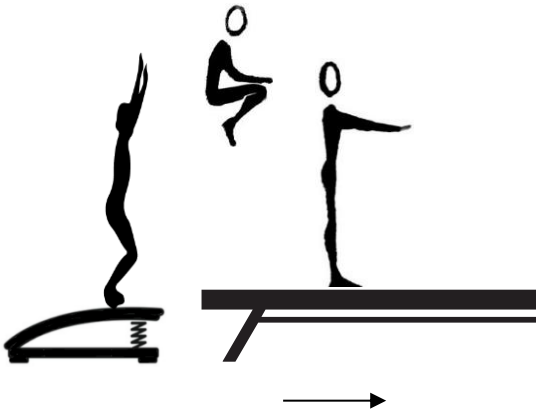
- No elevation in half-turn 0.1 - 0.3 deduction
- Half-turn not completed with hips 0.1 - 0.3 deduction

5. CARTWHEEL, CLOSED FEET ONTO LANDING MAT

- Legs kicking to the side and not crossing through the vertical 0.1 - 0.3 deduction
- Sideways landing not forward facing 0.1 - 0.3 deduction
- Wobble or step from cartwheel 0.1 - 0.3 deduction
- Legs not closed 0.1 - 0.3 deduction

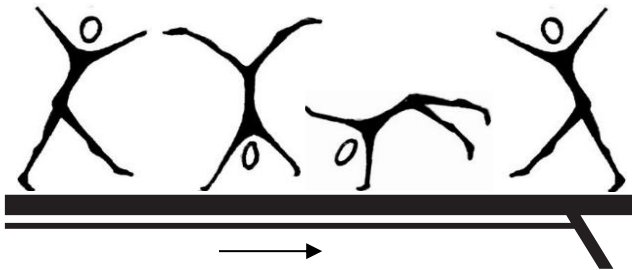
LEVEL 2 EXPLANATION

(Routine and Judging allocations)



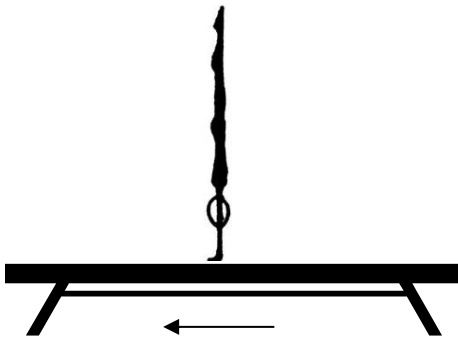
1. RUN, TUCK-JUMP ONTO BENCH

- Take a run-up and jump onto the springboard with two feet together (*this special requirement does not apply to Under 10's*)
- Jump up with arms above the head, legs straight and toes pointed
- After jump, bend knees, tuck position is essential
- Return to a vertical position, arms above shoulder height
- There **MUST** be elevation.
- Arms to remain above shoulder height at all times



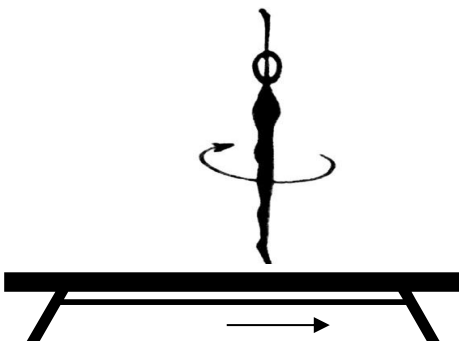
2. STEP, CARTWHEEL

- Go through a straddle handstand, legs split as wide as possible.
- Legs must pass through the vertical position with toes pointed.
- Cartwheel must **NOT** land sideways as in tumbling.
- Cart-wheel must land facing forwards.



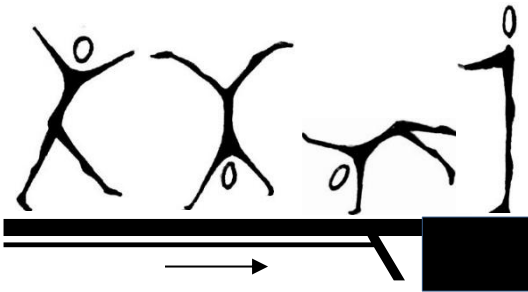
3. HANDSTAND

- Hands must be placed flat on the bench in front of you, or grip the sides of the bench.
- Handstand must be in a vertical position, with legs straight and toes pointed.
- You **DO NOT** have to hold the position for any required length of time.



4. JUMP, HALF-TURN

- Number of steps is irrelevant.
- Must take off with 2 feet and land on 2 feet for the half-turn.
- Must complete the half-turn with your hips.
- Half-turn must show elevation.



5. CARTWHEEL WITH CLOSED LEGS ONTO MAT

- Go through a straddle handstand, legs split as wide as possible.
- Legs must pass through the vertical position with toes pointed.
- Cartwheel must NOT land sideways as in tumbling.
- Cart-wheel must land facing forwards (towards the bench), on the landing mat.
- FEET MUST BE TOGETHER.

JUDGING FOR LEVEL 3 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This Advanced routine starts and finishes on opposite ends of the bench

EXECUTION DEDUCTIONS

THERE ARE ONLY 5 ELEMENTS BEING JUDGED:

1. Forward-roll onto bench
2. Cartwheel
3. Cartwheel (in opposite direction)
4. Handstand, forward-roll
5. Round-off dismount

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. FORWARD-ROLL (MOUNT ONTO BENCH)

- Not rolling with straight legs 0.1 - 0.3 deduction
- Not rolling to stand position 0.1 - 0.3 deduction

2. CARTWHEEL

- Legs kicking to the side and NOT crossing through the vertical 0.1 - 0.3 deduction
- Sideways landing not forward facing 0.1 - 0.3 deduction
- Wobble or step from cartwheel 0.1 - 0.3 deduction

3. CARTWHEEL (IN OPPOSITE DIRECTION)

- Legs kicking to the side and NOT crossing through the vertical 0.1 - 0.3 deduction
- Sideways landing not forward facing 0.1 - 0.3 deduction
- Wobble or step from cartwheel 0.1 - 0.3 deduction

Special requirements:

Second cartwheel must flow directly out of first. Any steps taken in between cartwheels will be seen as intermediate steps

0.5 deduction by HD

Last foot touching behind first cartwheel, causing no fluency between cartwheels

1.0 deduction by HD

Falling off of bench between cartwheels

0.5 deduction by HD

Hesitation between cartwheels will be penalized

0.5 deduction by HD

4. HANDSTAD, FORWARD-ROLL

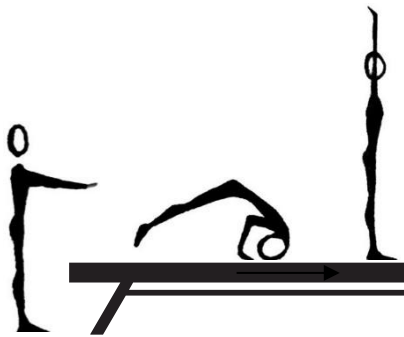
- Not reaching a vertical position for handstand 0.1 - 0.3 deduction
- Legs open 0.1 - 0.3 deduction
- Not rolling with straight legs 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction
- Not rolling to stand position 0.1 - 0.3 deduction

5. ROUND-OFF DISMOUNT

- | | |
|---|---------------------|
| • Legs not kicking to vertical position | 0.1 - 0.3 deduction |
| • Legs not closing at the top | 0.1 - 0.3 deduction |
| • Arms bent | 0.1 - 0.3 deduction |
| • Legs Bent | 0.1 - 0.3 deduction |
| • Lack of balance | 0.1 - 0.3 deduction |

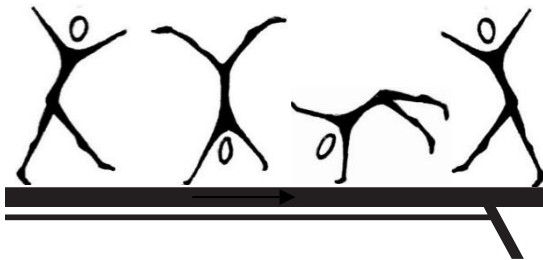
LEVEL 3 EXPLANATION

(Routine and Judging allocations)



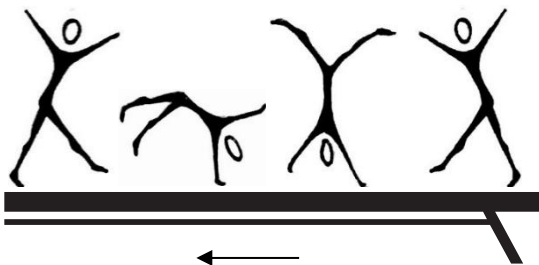
1. FORWARD-ROLL ONTO THE BENCH

- Start standing up with feet together at the end of the bench, arms stretched out in front.
- Bend and either place hands on the bench in front grip the side of the bench.
- Roll ONTO the bench, keeping knees and feet together and legs straight.
- Stand up onto feet.



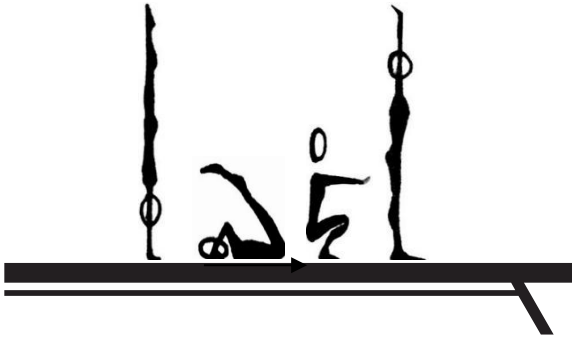
2. CARTWHEEL

- Go through a straddle handstand, legs split as wide as possible. Legs must pass through the vertical position with toes pointed.
- Cartwheel must NOT land sideways as in tumbling.
- Cartwheel must land facing forwards
- Bring the correct (back) foot in front immediately in order to continue straight into the next cartwheel in the opposite direction
- Do not put back foot down behind first cartwheel
- Tapping foot in front will be seen as an intermediate step
- Stopping the fluency between cartwheels will be seen as hesitation



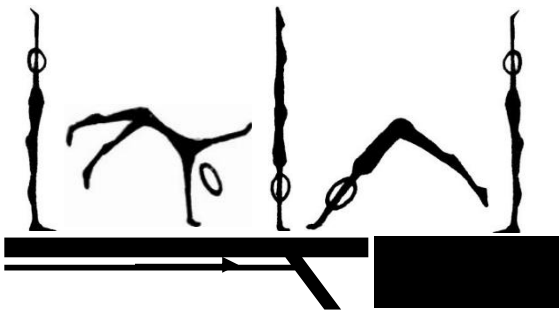
3. CARTWHEEL (IN OPPOSITE DIRECTION)

- Again, go through a straddle handstand, legs split as wide as possible. Legs must pass through the vertical position with toes pointed.
- Cartwheel must NOT land sideways as in tumbling.
- Cartwheel must again land facing forwards.



4. HANDSTAND, FORWARD-ROLL

- Hands must be placed flat on the bench in front of you or grip the sides of the bench.
- Handstand must be in a vertical position, with legs straight, feet and toes pointed.
- You DO NOT have to hold the position for any required length of time.
- Now roll ONTO the bench, keeping knees and feet together and legs straight.
- Stand up onto feet.



5. ROUND-OFF OFF OF BENCH

- Round-off is done from the bench and lands on the landing mat
- Kick to vertical position and legs must close at the vertical body position.
- No rebound is necessary and you may land with slightly bent legs, but legs must be together with feet together on the mat.

JUDGING FOR LEVEL 4 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This routine starts and finishes on the same end of the bench

EXECUTION DEDUCTIONS

THERE ARE ONLY 5 ELEMENTS BEING JUDGED:

1. Handstand, forward-roll onto the bench
2. Tuck-jump, half-turn
3. Backward-roll
4. One handed cartwheel
5. Standing flic-flac off of the bench onto the mat

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. HANDSTAND, FORWARD-ROLL

- Not reaching a vertical position 0.1 - 0.3 deduction
- Legs open 0.1 - 0.3 deduction
- Not rolling with straight legs 0.1 - 0.3 deduction
- Not rolling to standing position 0.1 - 0.3 deduction

2. TUCK-JUMP, HALF-TURN

- Arms not above shoulder height 0.1 - 0.3 deduction
- Wrong body position while in tuck 0.1 - 0.3 deduction
- No elevation in tuck-jump while turning 0.1 - 0.3 deduction
- Half-turn not completed with hips 0.1 - 0.3 deduction

3. BACKWARD-ROLL

- Not rolling back with straight legs 0.1 - 0.3 deduction
- No fluidity of movement 0.1 - 0.3 deduction
- Landing on knees 0.1- 0.3 deduction

4. ONE HANDED CARTWHEEL

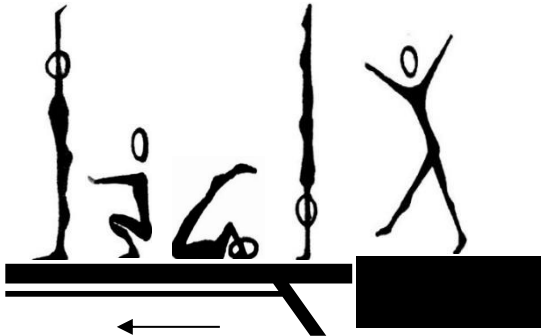
- Legs kicking to the side and not crossing through the vertical 0.1 - 0.3 deduction
- 'Tucked in hand' touching the bench 0.1 - 0.3 deduction
- Sideways landing not facing forward 0.1 - 0.3 deduction
- Wobble or step from cartwheel 0.1 - 0.3 deduction

5. FLIC-FLAC DISMOUNT OFF OF BENCH

- Arms bent 0.1 - 0.3 deduction
- Legs bent 0.1 - 0.3 deduction
- Head touching 0.5 deduction

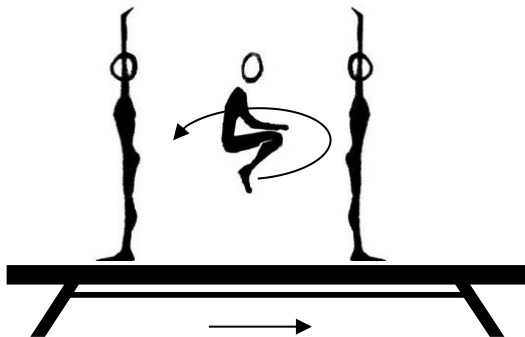
LEVEL 4 EXPLANATION

(Routine and Judging allocation)



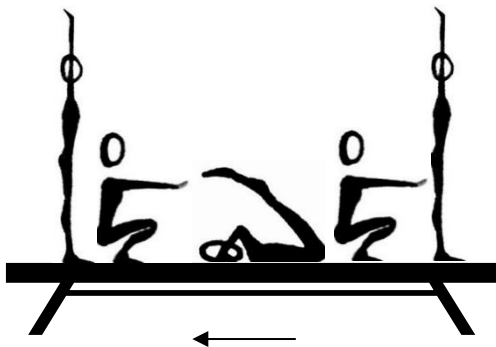
1. HANDSTAND, FORWARD-ROLL FROM MAT ONTO BENCH

- Hands must be placed flat on the bench in front of you, or grip the sides of the bench.
- Handstand must be in a vertical position, with legs straight and toes pointed.
- You DO NOT have to hold the position for any required length of time
- Bend arms slightly, put back of head on bench
- Roll, keeping knees and feet together and legs straight.
- Stand up onto feet
- Do NOT use hands to push up to stand



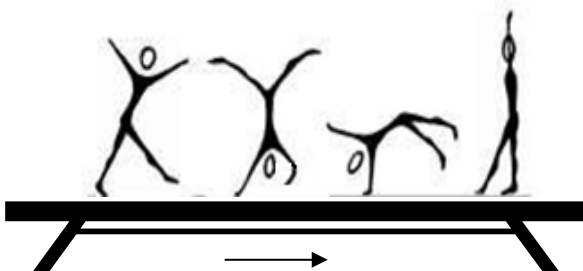
2. TUCK-JUMP, HALF-TURN

- Arms must be in the vertical position, stretched up next to the ears.
- Jump, bending knees. There MUST be elevation.
- Make a half turn in the air, landing on 2 feet and facing the opposite direction
- Hands to touch top of knees and return to vertical position, next to the ears



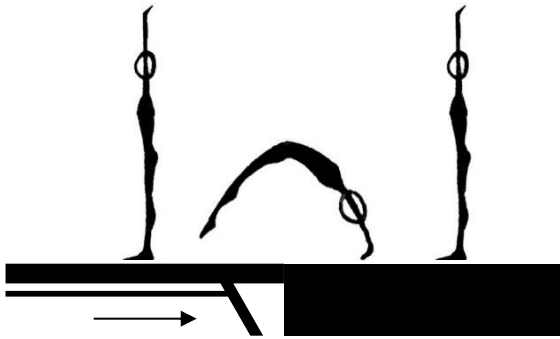
3. BACKWARD-ROLL

- Start from crouching (feet together), arms stretched out in front
- Roll backward and place hands either behind you on the bench or gripping the sides of the bench.
- Roll must be done with straight legs.
- Continue rotation until toes are placed on the bench
- Stand up



4. ONE HANDED CARTWHEEL

- Go through a straddle handstand, with only one hand on the bench. Legs split as wide as possible when passing through the vertical position, with toes pointed.
- Cartwheel must NOT land sideways as in tumbling.
- Cartwheel must land facing forwards (facing towards the direction where the element was initiated from).



5. FLIC-FLIC OFF BENCH

- Flic-flac (Onto mat that is same level as the bench)
- Begin with feet together on the bench.
- Hands to land on dismount mat. Arms straight.
- No rebound is necessary but must land with straight legs.

JUDGING FOR LEVEL 5 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This routine starts on a springboard and finishes on the opposite end of the bench

EXECUTION DEDUCTIONS

THERE ARE ONLY 5 ELEMENTS BEING JUDGED: - SPRINGBOARD IN FRONT OF BENCH

1. Run, Stretch-jump, half-turn onto bench
2. Flic-flac
3. Straddle-jump, half-turn
4. Round-off
5. Standing tuck-back off of the bench onto the mat

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. RUN, STRETCH-JUMP, HALF-TURN ONTO BENCH

- | | |
|-------------------------------------|---------------------|
| • Arms not above shoulder height | 0.1 - 0.3 deduction |
| • Legs not straight during jump | 0.1 - 0.3 deduction |
| • Arms not straight | 0.1 - 0.3 deduction |
| • No elevation | 0.1 - 0.3 deduction |
| • Half-turn not completed with hips | 0.1 - 0.3 deduction |
| • Lack of balance | 0.1 - 0.3 deduction |

Special requirements:

Must jump from 2 feet off of springboard (special req. – not for Under 10's)

1.0 deduction by HD

Arms must be above shoulder height on landing after jumping onto bench

1.0 deduction by HD

2. FLIC-FLAC

- | | |
|-------------|---------------------|
| • Arms bent | 0.1 - 0.3 deduction |
| • Legs Bent | 0.1 - 0.3 deduction |

3. STRADDLE-JUMP, HALF-TURN

- | | |
|--------------------------------------|---------------------|
| • No elevation in jump while turning | 0.1 - 0.3 deduction |
| • Half-turn not completed with hips | 0.1 - 0.3 deduction |
| • Insufficient straddle | 0.1 - 0.3 deduction |
| • Legs not parallel to bench | 0.1 - 0.3 deduction |
| • Toes not pointed | 0.1 - 0.3 deduction |
| • Arms not in correct position | 0.1 - 0.3 deduction |

4. ROUND-OFF

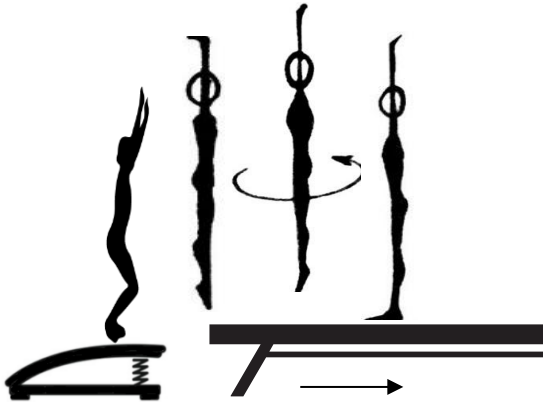
- | | |
|---|---------------------|
| • Legs not kicking to vertical position | 0.1 - 0.3 deduction |
| • Legs not closing at the top | 0.1 - 0.3 deduction |
| • Arms bent | 0.1 - 0.3 deduction |
| • Legs Bent | 0.1 - 0.3 deduction |
| • Lack of balance | 0.1 - 0.3 deduction |

5. STANDING TUCK-BACK OFF OF THE BENCH

- Insufficient height 0.1 - 0.3 deduction
- Incorrect tuck position 0.1 - 0.3 deduction

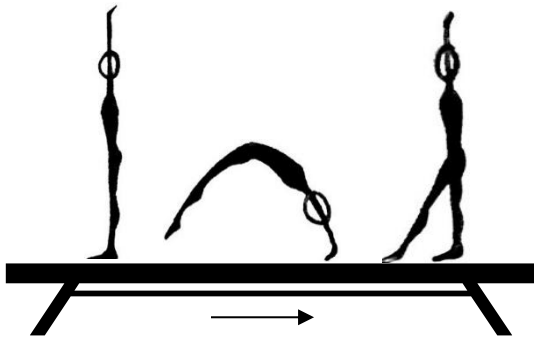
LEVEL 5 EXPLANATION

(Routine and Judging allocations)



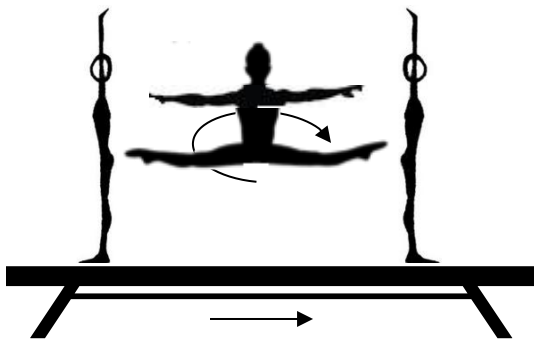
1. RUN, STRETCH-JUMP, HALF-TURN ONTO BENCH

- Take a run-up and jump onto the springboard with two feet together.
- Jump up with arms above the head, legs straight and toes pointed
- After jumping, make a half turn in the air with straight legs and hands above the head
- Land on the bench with hands next to the ears
- There MUST be elevation



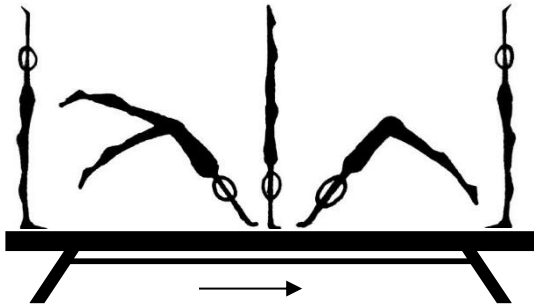
2. FLIC-FLAC

- Begin with feet together on the bench.
- Hands to land on bench, arms straight.
- No rebound is necessary
- Land with open legs, facing forward.



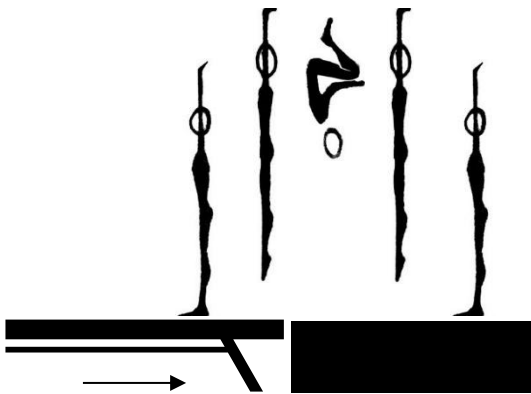
3. STRADDLE-JUMP, HALF-TURN

- Arms must be in the vertical position, stretched up next to the ears.
- Jump, straddle in the air, hands stretching towards the feet. There MUST be elevation.
- Legs must be parallel (90°) to the bench
- Make a half turn in the air, landing on 2 feet and facing the opposite direction



4. ROUND-OFF

- Begin with feet together on the bench.
- Hands to land on bench.
- Arms straight.
- Keeping legs straight, land on one leg and then on the other, facing forwards



5. STANDING TUCK-BACK OFF BENCH ONTO MAT

- Arms must be in the vertical position, stretched up next to the ears.
- Jump upwards
- The body should be as upright as possible, and there should be a good leg extension through the knee and ankle, to get good height.
- The tuck position should be tight with knees together.
- A good stretch position before landing.

JUDGING FOR LEVEL 6 SECTION

Age groups: 6/under, 7yrs, 8yrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over

This Advanced routine starts and finishes on opposite ends of the bench

EXECUTION DEDUCTIONS

THERE ARE ONLY 5 ELEMENTS BEING JUDGED:

1. Barani onto the bench
2. Tuck-back
3. Round-off
4. Full-turn
5. Tuck-front dismount

The number of steps taken in between elements are irrelevant, but legs should be straight and will be judged while taking these steps.

1. BARANI ONTO BENCH

- Arms not at shoulder height 0.1 - 0.3 deduction
- No height 0.1 - 0.3 deduction
- Legs open 0.1 - 0.3 deduction
- Legs bent 0.1 - 0.3 deduction
- Loss of balance on landing 0.1 - 0.3 deduction

2. TUCK-BACK

- Insufficient height 0.1 - 0.3 deduction
- Incorrect tuck position 0.1 - 0.3 deduction
- Loss of balance 0.1 - 0.3 deduction

3. ROUND-OFF

- Legs not kicking to vertical position 0.1 - 0.3 deduction
- Legs not closing at the top 0.1 - 0.3 deduction
- Arms bent 0.1 - 0.3 deduction
- Legs Bent 0.1 - 0.3 deduction
- Lack of balance 0.1 - 0.3 deduction

4. JUMP, FULL-TURN

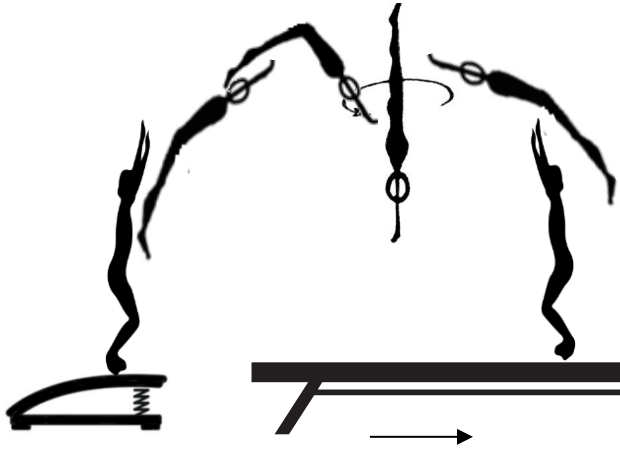
- Arms not above shoulder height 0.1 - 0.3 deduction
- No elevation in jump while turning 0.1 - 0.3 deduction
- Full-turn not completed with hips or feet 0.1 - 0.3 deduction

5. TUCK-FRONT DISMOUNT

- Insufficient height 0.1 - 0.3 deduction
- Incorrect tuck position 0.1 - 0.3 deduction

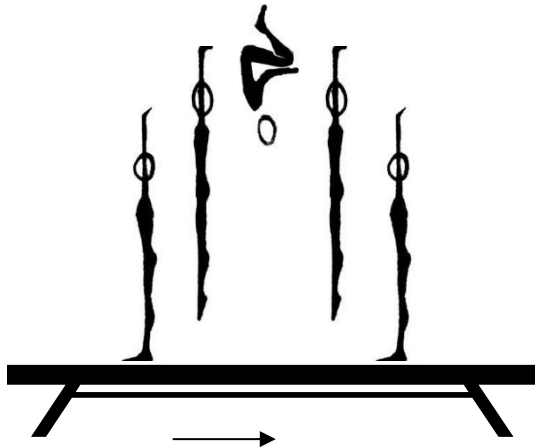
LEVEL 6 EXPLANATION

(Routine and Judging allocations)



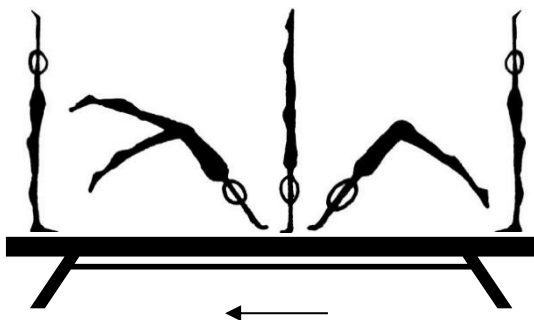
1. BARANI ONTO BENCH

- Take a run-up and jump onto the springboard with two feet together.
- On take-off, the body must go into a concave body position
- Both arms are to be at shoulder height
- Heels to be driven very hard at the top so that the twist action can start
- When the twist action is done, upon landing, the body should be looking in the opposite direction
- Elevation is essential



2. TUCK-BACK

- Arms must be in the vertical position, stretched up next to the ears.
- Jump upwards
- The body should be as upright as possible and there should be a good leg extension through the knee and ankle to get good height
- The tuck position should be tight with knees together
- A good stretch position before landing.

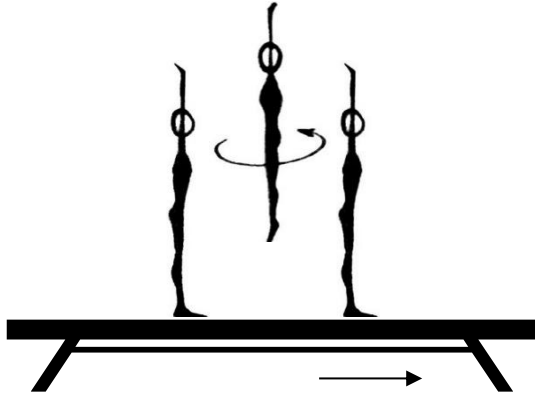


3. ROUND-OFF

- A run-up or skip may be given
- Hands to land on bench
- Arms straight
- Keep legs straight, land on both feet at the same time, facing forward

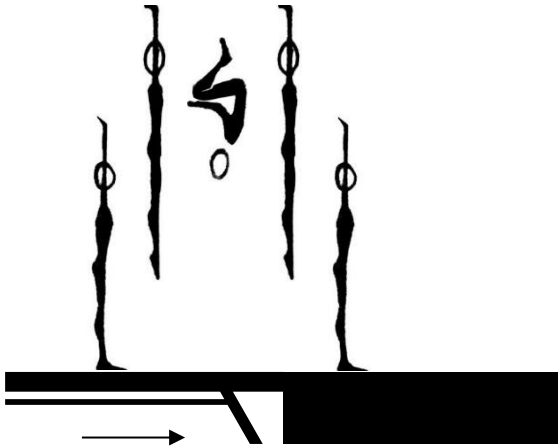
4.FULL-TURN

- Arms must be in the vertical position, stretched up next to the ears
- Jump in the air, hands stretching up, turning a full 360°, looking back into the same direction
- There must be elevation
- Legs together in the turn
- Hips and feet must do the full rotation



5.TUCK-FRONT DISMOUNT

- Arms must be in the vertical position, stretched up next to the ears.
- Jump upwards
- The body should be as upright as possible and there should be a good leg extension through the knee and ankle to get good height
- The tuck position should be tight with knees together
- A good stretch position before landing.



THE END

EDITION	DESCRIPTION OF CHANGES	MODERATOR/S	EFFECTIVE DATE
1	New layout and changes as discussed at Judges workshop (23 / 11 / 2024)	Marli & Reinhardt	16 / 02 / 2025
2	Layout and spelling corrections as well as edition list to keep track of changes	Marli & Reinhardt	19 / 02 / 2025
3	Editorial changes as discussed by committee	Marli & Reinhardt	04 / 04 / 2025
4	Changes confirmed after Judges Course (leg positions while stepping between elements, and bonus marks vs Zero's)	Marli	05 / 06 / 2025
5	Revision in 2026: - Change age-group on springboard special requirements - Qualification for awards - Change date on manual cover page	Marli & Reinhard	10 / 01 / 2026