



# PRE-SCHOOL

MANUAL 2026

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# INTRODUCTION

## Pre-School routines include Benchnastix and a Floor Routine (Tumblenastix)

<p><b>WHAT IS BENCHNAZTIX?</b></p> <p><i>BENCHNAZTIX</i> is characterised by balancing on a bench, hands to feet and feet to feet, rotational jumping, rolling elements, without hesitation and falling.</p> <p>A <i>BENCHNAZTIX</i> 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.</p>	<p><b>WHAT IS TUMBLENAZTIX?</b></p> <p><i>TUMBLENAZTIX</i> is characterised by continuous, speedy, rhythmic, hands to feet and feet to feet, rotational jumping elements, without hesitation or intermediate steps.</p> <p>A <i>TUMBLENAZTIX</i> pass should be planned to demonstrate a variety of forward, backward and sideways elements. That should show good control, form, execution and maintenance of tempo.</p>
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# 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.

## 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).
- his decision if a judge failed to show simultaneously is made by the Head Judge.

## GENERAL:

- Girls' hair is to be tied up in a bun or French plait. It may NOT touch the bench when doing cartwheels, etc. (This is a safety precaution)
- No jewellery allowed.
- No nail polish allowed on fingernails or toenails.

## 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:

1x Head Judge  
2x Exec 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.

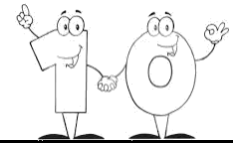
## DUTIES OF THE EXECUTION JUDGES

- Evaluate the execution per element
  - in the range 0.0 – 1.0 points for Entry Level and Levels 1 - 5;
  - in the range 0.0 - 0.5 points for all other Levels from 6 and up
- 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.



## EXECUTION DEDUCTIONS

### BENCHNAZTIX



FAULT	0.1	0.2	0.3
• Pausing during and in between elements for more than 3 seconds	X		
• Unnecessary steps and movements	X		
• Shoulder and arm positions - angle of arms	<i>(depending on severity)</i>	X	X
• Vertical not achieved in skills	<i>(depending on severity)</i>	X	X
• Balance loss per skill	<i>(depending on severity)</i>	X	X
• Insufficient use of entire length of bench	X		
• Precision - clear start and finish of elements	<i>(depending on severity)</i>	X	X
• Insufficient height of elements	<i>(depending on severity)</i>	X	X
• Bending of legs when walking between elements	X		

### TUMBLERNAZTIX

FAULT	0.1	0.2	0.3
• Legs/ Arms bent- open - wrong body position	X	X	X
• Hand placement too close to feet or no amplitude	X	X	X
• Uncontrolled movement in elements.	X	X	X
• No push where necessary.	X	X	X
• Incorrect body position in cartwheels.	X	X	X
• Not standing still for approximately 3 seconds.	X	X	X
• Lack of form, control, height and rhythm in each element	X	X	X
• Landing on both feet but lacking stability and/or not standing still for approximately 3 (three) seconds	X	X	X

## HEAD JUDGE DEDUCTIONS

### GENERAL DEDUCTIONS

FAULT	DEDUCTION
• Not starting within 20 sec	0.1 pts
• <b>Missing skill</b>	<b>1.0 pts</b>
• <b>Additional skill</b>	<b>1.0 pts</b>
• Spotting from coach	1.0 pts
• Failing to comply with the special requirements for a pass, for each occurrence	1.0 pts

## BENCHNAZTIX SPECIFIC DEDUCTIONS

FAULT	DEDUCTION
• After landing a skill, falling off the bench	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
• Pause longer than 5 seconds (hesitation)	0.1 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

## TUMBLENAZTIX SPECIFIC DEDUCTIONS

FAULT	DEDUCTION
• Intermediate steps / extra step	0.5 pts per element
• Incorrect Skills	1.0 pts each time
• Participant moves outside outer lines of track	Sequence stops

## LANDING DEDUCTIONS

FAULT	DEDUCTION
• After landing, touching the mat or landing zone/area 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 or landing area	1.0 pts
• Assistance from a spotter after landing	1.0 pts
• After landing in the landing area or on the mat, leaving the landing area or the mat, or touching outside the landing area or touching the floor with any part of the body	1.0 pts
• Participant lands in the landing area (instead of the zone)	0.5 pts
• Any part of the Participants' body lands outside the boundary	0.5 pts
• After landing any part of the body touches outside the outer lines	0.1 pts
• Touching the back mat with any part of the body	1.0 pts
• Any number of steps taken after landing (deduction of each step)	0.1 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 on Bench.
- Hair touches the bench / floor when standing on hands (except in rolls – forward / backward). This is a safety measure.



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

**The Head Judge will decide the maximum mark.**

## 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, floor or landing area
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Landing on both feet means the sole of the feet.
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<b>The Head Judge will decide the maximum mark.</b>
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## GENERAL INFO:

- No additional mats/boards can be used to mounting.
- 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.
- If participant falls more than 3 times there will be no extra execution deductions

# PRE-SCHOOL FLOOR ROUTINE

Routine starts and finishes in opposite directions

*Age groups: 3-4yrs & 5-6yrs*

## EXECUTION & HEAD JUDGE DEDUCTIONS

Bench rules will apply in respect of all deductions

**THERE ARE ONLY 5 ELEMENTS BEING JUDGED:**

### LEVEL 1

*Age groups: 3-4yrs*

1. Bunny-hop
2. Forward-roll
3. Forward-roll
4. Jump, Half-turn
5. Tuck roll

### LEVEL 2

*Age groups: 5-6yrs*

1. Bunny-hop
2. Forward-roll
3. Forward-roll
4. Jump, Half-turn
5. Full backward-roll

## IMPORTANT TECHNIQUES TO FOCUS ON

### LEVEL 1

#### TUCK ROLL

- Must roll **only onto back**.
- Legs must be bent and, on the chest (as in a tuck position).
- Roll to the nape of the neck
- Return both feet back to the floor in order to stand up.
- Thus, only **HALF** the skill is performed (not a full backward-roll).

### LEVEL 2

#### BACKWARD-ROLL

- Must roll over completely, onto feet.
- End skill (and subsequently the pass) onto both feet.
- End by standing up, straight, with arms above the head.

## SPECIAL REQUIREMENTS:

- ❖ No helping participant with movements
- ❖ Coach is allowed to tell participant their next move
- ❖ Element missing - 1.0 mark deduction
- ❖ Additional elements - 1.0 mark deduction

# PRE-SCHOOL BENCH ROUTINE

Routine starts and finishes in opposite directions

*Age groups: 3-4yrs & 5-6yrs*

## EXECUTION & HEAD JUDGE DEDUCTIONS

Bench rules will apply in respect of all deductions

**THERE ARE ONLY 3 ELEMENTS BEING JUDGED:**

## LEVEL 1 & LEVEL 2

*Age groups: 3-4yrs & 5-6yrs*

1. Stand up from crouched position, - walk to middle of bench
2. Tuck-jump - walk to end of bench
3. Forward-roll

## IMPORTANT TECHNIQUES TO FOCUS ON

### LEVEL 1 & LEVEL 2

- Start upright on bench to greet judges
- Go down into crouched position holding with both hands onto bench
- To start the pass: Bring arms up, balance and get up into standing position
- Must walk to middle of bench before
- tuck-jump
- Must walk on toes between elements
- Forward-roll, with hands on landing mat and get up onto feet

### SPECIAL REQUIREMENTS:

- ❖ No helping participant with movements
- ❖ Coach is allowed to tell participant their next move
- ❖ Element missing - 1.0 mark deduction
- ❖ Additional elements - 1.0 mark deduction

# 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	Revision in 2026 – Change date on cover page	Marli & Reinhardt	10 / 01 / 2026