



# TUMBLERNAZTIX

MANUAL 2026



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## INTRODUCTION

### WHAT IS TUMBLENAZTIX?

**TUMBLENAZTIX** is characterised by continuous, speedy, rhythmic, hands to feet and feet to feet, rotational jumping elements, without hesitation or intermediate steps.

A **TUMBLENAZTIX** 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.

## 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!

## BASIC TERMINOLOGY

NAME:	DESCRIPTION:
<b>Back</b>	Backward Somersault
<b>Front</b>	Front somersault
<b>Full In</b>	Indicates the number of twists performed in the first part of the element.
<b>Full Out</b>	Indicates the number of twists performed in the last part of the element.
<b>Barani</b>	Forward somersault with ½ twist
<b>Half in (Arabian)</b>	½ twist performed in a single somersault.
<b>Double Arabian</b>	½ twist performed in a double somersault
<b>Back Full</b>	Back somersault with a full (1/1) twist.
<b>Front Full</b>	Front somersault with a full (1/1) twist.
<b>Double Full</b>	A back or front somersault with (2/1) twists
<b>Triple Full</b>	A back or front somersault with (3/1) twists
<b>Miller</b>	A double twist in or out with a single twist in or out. (Double somersault)
<b>Rudi</b>	A front or back somersault with 1 ½ twists

## 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.

## TUMBLENAZTIX TRACK:

### TWO TYPES OF TUMBLENAZTIX TRACKS ARE USED

#### Type 1: Air track

An inflatable air track, with no run up or landing area

##### **DIMENSION:**

Length 16 meters

Width 2 meters

MARKINGS A centre line 50mm wide in a contrasting colour must mark the centre line of this track

#### Type 2: Rod floor

This track must be constructed with a sprung surface, which must be padded. If constructed of several units, these must be firmly attached together so as not to separate in use and showing no space between them.

##### **DIMENSION:**

Length 26 meters

Width 2 meters

MARKINGS Two lines, 50mm, wide in a contrasting colour must mark the outer edge of the track. A centre line 50mm wide in a contrasting colour must mark the centre line of this track

### RUN-UP AREA:

There must be a run-up area, no longer than 11 meters (same level as the track) attached to the track.

### LANDING AREA:

A shock absorbent mat must be placed in the landing area and it must allow for a stable landing on the feet.

If two or more mats are joined together to form the landing area:

- They must be the same height and density.
- They must be held firmly together so as not to separate in use.
- The whole landing area must be covered with a single covering mat.

##### **DIMENSION:**

Length 6 meters

Width 3 meters

THICKNESS: The thickness and density of the foam must be sufficient so as to absorb shock.

The upper surface of the landing mat must be level and held firmly together with the upper surface of the track

## LANDING ZONE:

A landing zone must be marked out in the landing area, with either the whole zone in a contrasting colour, or with lines 50 mm wide in a contrasting colour.

The outer edge of the landing zone (or lines) marks the boundary of the landing zone, the dimension of which must be:

### DIMENSION:

Length 4.0 METER

Width 2.0 METER

THICKNESS: AS ABOVE

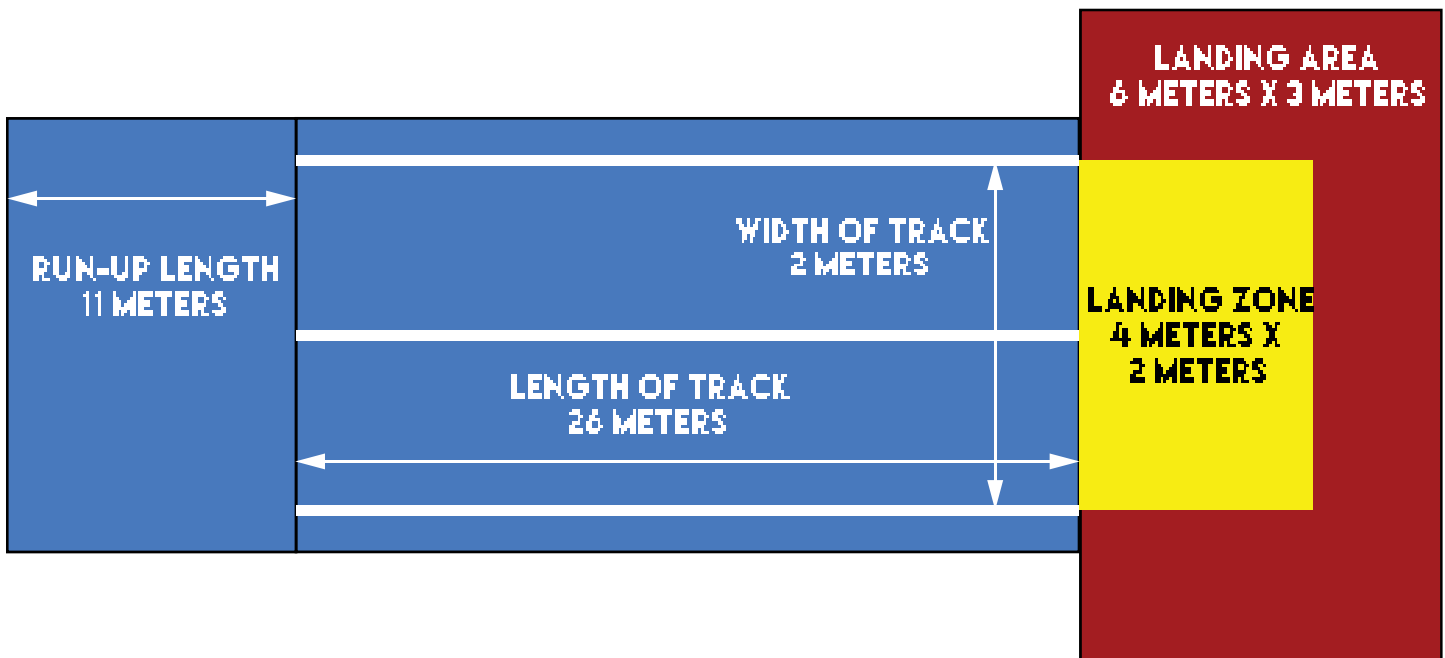
### SAFETY REQUIREMENTS:



The interior height of the hall must be at least 5 (five) meters.  
 A Participant may have 1 (one) spotter (coach).



## EXAMPLE OF A TUMBLINAZTIX TRACK



## 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
- SAARIALNAZTIX Scarf
- Dark shoes (*"Plakkies", tekkies "slops" or Slippers* are NOT ALLOWED).

#### MALE DRESS:

- Black trousers
- White shirt
- Black Judges' jacket
- SAAERIALNAZTIX Tie
- Dark shoes (*"Plakkies", tekkies "slops" 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.
- Minimal 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:

“D” type mark – the total of the degree of difficulty in one pass.

“E” type mark – the total given by the Execution Judges in one pass.

- 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 set pass is based on three counting “E” marks only.
- The total score for a pass is based on three counting execution marks PLUS one Difficulty mark (Voluntary passes).
- 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

## DEGREE OF DIFFICULTY

The difficulty of each element is calculated as illustrated later in this manual

**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
- The evaluation of execution and difficulty is done in 10th of a point.
- Judges must write their deductions independently of one another. (Total deduction for each element).
- When signalled 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 signalled 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.

**EVALUATION OF THE SCORE FOR EXECUTION**

The deduction for poor execution is subtracted from the maximum mark, except where the pass consists of less than 3 elements. In LEVELS 6 & upward, when less than 3 elements are executed, a score of zero will be given. In the lower Levels, NO ZERO's can be scored. Deductions are subtracted from the amount of skills performed, PLUS BONUS MARKS.

**EVALUATION OF THE SCORE FOR DIFFICULTY**

The Difficulty Judges calculate the difficulty of the voluntary passes and enter it on the competition card.

**EVALUATION OF PARTICIPANTS TOTAL SCORE FOR A PASS**

- Each pass is scored separately and a total of execution plus difficulty is calculated for each voluntary pass.
- The recorders will calculate the total score by adding together the three E marks (execution) plus the D mark (difficulty).
- 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.

**GENERAL**

- Girls' hair is to be tied up in a bun or French plait. It may NOT touch the floor when doing elements. (This is a safety precaution)
- No jewellery allowed.
- The age group you compete in will be determined by your age as at 31<sup>st</sup> December.

**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 Tumblenaztix discipline:

• Entry level: 8.3	• Level 6: 8.3
• Level 1: 8.5	• Level 7: A Total competition mark of above 51.4 (which includes difficulty)
• Level 2: 8.3	• Level 8 +: A Total competition mark of above 52.0 (which includes difficulty) (no rounding up of marks allowed to qualify)
• Level 3: 8.5	
• Level 4: 8.5	
• Level 5: 8.5	

## 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 DIFFICULTY CARDS

### Example of Difficulty Card

FIRST NAME:			SURNAME/LAST NAME:		
CLUB:			DATE OF BIRTH		PROVINCE:
			SEX		
			MALE	FEMALE	
NATIONAL AGE GROUP		WORLD AGE GROUP		OPEN	
12/U	13-14	15-16	17/O	MEN	WOMEN
<b>PASS 1</b>					
NO	ELEMENT/SKILL	POS	DIFF	ELEMENT/SKILL	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
	<b>TOTAL</b>				
<b>PASS 2</b>					
NO	ELEMENT/SKILL	POS	DIFF	ELEMENT/SKILL	DIFF
1					
2					
3					
4					
5					
6					
7					
8					
	<b>TOTAL</b>				

DIFFICULTY JUDGES: .....

**VOLUNTARY PASSES** for advanced section, must be written down on the competition difficulty cards. The competition cards must be handed in at least 30 minutes prior to the scheduled start time of the event. Changes to cards submitted will be accepted until the competition has started. The Chief Recorder is responsible to ensure that they are given to the Difficulty Judges.



**ONLY RECOGNISED TERMINOLOGY MAY BE USED TO DESCRIBE THE ELEMENTS, OTHERWISE THE CARDS WILL NOT BE ACCEPTED.**

**(NO CARD, NO PARTICIPATION)**

## 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.
- A springboard may be used only to initiate the first element. It may be placed anywhere on the track or the run-up.
- Whether using a springboard or not, the first element must land on the TUMBLENAZTIX track, though it may be initiated on the run-up.

## REPETITION OF ELEMENTS

With the exception of flic-flacs, whip backs and round-offs, no element may be repeated during the 2 (two) voluntary passes, otherwise the difficulty of the repeated element will not be counted.

- Elements from a SET pass **CAN** be repeated in the Voluntary pass.
- Elements having the same amount of rotation but performed in the tucked, piked and straight positions or with change of body position, are considered to be different elements and not repetitions.
- The tucked and pucked positions are considered to be the same position.
- Multiple somersaults (720° or more of rotation) having the same number of twists and somersaults will not be considered a repetition if the twist is located in different phases.
- Somersaults will not be considered repetitions if they are preceded by a different element.
- In the OPEN section, in the Final passes the same element may not be repeated, with the exception of flic-flacs, whip backs and round-offs, otherwise the difficulty of the repeated element will not be counted.



## AVAILABILITY

Each entered club is requested to provide judges as per the Code of Conduct:

- 0 – 10 Participants = 1 judge
- 11 – 20 Participants = 2 judges
- 20 – more = 3 judges or more

If this requirement is not met or if a person who indicated his availability but does not show up, without a valid reason, a penalty of R500 per judge per club will be payable to the competition manager before the start of the competition, in order to avoid disqualification of the club at the competition in question.

State the following very clear, when you agree to judge:

- The days and times you are available to judge.
- Be punctual for competitions and meetings.
- If you do not specify, the organizers will assume that you are available for the whole duration of the competition.
- Do not leave the competition without the Director of Judging's knowledge and wait for your replacement.
- Never agree to judge and not pitch up. This behaviour will be met with severe penalties.

## JUDGES' LICENSES

- At all the competitions, the Judging Manager at the event will complete an attendance register per round, which must be submitted to SAAERIALNAZTIX management after the competition.
- An attendance register for each course which judges attend must be submitted to SAAERIALNAZTIX management after the competition.
- To keep the license valid the Judge must judge at least FOUR SESSIONS at different club / Provincial / National and International competitions.
  - A session means a full morning (from the time the competition starts till lunch time) or a full afternoon (from lunch till after the last competition of the day).
- If a judge is not active for 2 years, he will have to do the Judges course and exam over to be able to judge again.
- If a Judge loses the validity of their license they will still keep the coach's accreditation. They have to take part in and pass the exam of the highest level they were on prior to losing the validity in order to become a validated Judge again.

- To be able to do the next (higher) level of the Judges' ladder, you must have judged a minimum of 8 sessions on your existing level.
- A Level 2 judges may be the Head Judge of any competition that requires Level 1 judges
- A Level 3 judge may be the Head Judge of any competition that requires Level 1 & 2 judges
- A Level 4 judge may be the Head Judge of all competition levels
- The Head Judge for the advanced section must have a level 4 qualification

## JUDGES' LADDER

- |                         |   |
|-------------------------|---|
| • <b>Level 1 Judge:</b> | • <b>Maximum of LEVEL 5 (yellow)</b>                              |
| • <b>Level 2 Judge:</b> | • <b>Maximum of LEVEL 8 (Green)</b>                               |
| • <b>Level 3 Judge:</b> | • <b>All categories &amp; advanced section (Red)</b>              |
| • <b>Level 4 Judge:</b> | • <b>5 years' experience as a Red judge (Black)</b>               |
| • <b>Level 5 Judge:</b> | • <b>Minimum of 5 years' experience as a Black Judge (Silver)</b> |



## JUDGES' PANEL

At any competition, the Judges' panel should be composed of,

- Head Judge - the highest qualified judge on the panel.
- Execution Judges following the qualified ranks.

For training purposes only, the panel can be composed differently.



**SEQUENCE TOTAL SCORE** = 1<sup>ST</sup> PASS ADD 3 Execution marks  
 2<sup>ND</sup> PASS ADD 3 Execution marks

Both added together gives total for the Participant.

1.	Head Judge	1
2.	Judges for Execution	5
3.	Judges for Difficulty	2 (Only for Level 6 upwards)
	<b>TOTAL</b>	<b>8</b>

- Judges must sit separately, at least 1 (one) meter apart.
- Judges' tables positioned and starting from meter 16 of the TUMBLENAZTIX track.
- 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.

## 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.



**For Entry Levels & Levels 1 - 5 the maximum DEDUCTION per ELEMENT is 1.0 mark and from Level 6 onwards it is 0.5 marks**

## JUDGES DISCIPLINARY CODE

- Verbal warnings may be given by:
  - The Head Judge of the specific round.
  - Judging official of the Project Management.
- A warning can be given for:
  - Repeated deviations below or above the deductions for errors, as stated in the Code of Points.
  - Showing favouritism or disfavour towards a Participant.
  - Taking part in obvious discussions and / or agreements with other Judges with the intent to collaborate.
  - Speaking to other judges and / or given signs whilst judging.
  - Using other means of communication not permitted whilst judging (e.g.: cell phones).
  - Proved corruption behaviours.
  - Lack of attending the official activities and instructions (in accordance with the code and technical regulations) for the duration of the competition.

- The excluding of a Judge, during the competition, can be followed by further sanctions by the SAAERIALNAZTIX Management, depending on the severity of the offence.

## GENERAL POINTS

### ALWAYS KEEP YOUR JUDGES MANUAL AND NOTES ON HAND.

- 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

## EXECUTION DEDUCTIONS

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

## HEAD JUDGE DEDUCTIONS

FAULT	ENTRY LEVEL	LEVEL 1-5	LEVEL 6 and up
• Element missing	1.0 per element	Sequence stops (only in set passes)	Sequence stops (only in set passes)
• Element added in the middle of a pass	1.0 per element	Sequence stops (only in set passes)	Sequence stops (only in set passes)
• Skills added – at end of pass	1.0 only	1.0 only	1.0 only
• Spotter counts or talks	0.3 for each occurrence	0.3 for each occurrence	0.3 for each occurrence
• Intermediate steps / extra step	0.5 per element	0.5 per element	Sequence stops
• Assistance from coach	Sequence stops	Sequence stops	Sequence stops
• Incorrect Skills	1.0 per element	Sequence stops	Sequence stops
• Participant moves outside outer lines of track	Sequence stops	Sequence stops	Sequence stops
• Use more than the 11 meter run-up	-	-	Disqualification
• Failure to hand in difficulty cards at the appropriate time	-	-	Disqualification

## LANDING DEDUCTIONS.

### DEDUCTIONS MADE BY THE HEAD JUDGE:

FAULT	DEDUCTION
• After landing, touching the track 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 track or landing area.	1.0 pts
• Assistance from a spotter after landing.	1.0 pts
• After landing in the landing area or on the track, then leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body (this can be interpreted as a crash or uncontrolled landing)	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
• Landing outside the outer lines of the track or landing zone	0.5 pts
• After landing, stepping out of the landing zone to the landing area	0.1 pts

*\*In no case should the landing deductions exceed 1.0 pts*

## ADDITIONAL DEDUCTIONS ON THE INSTRUCTION OF THE HEAD JUDGE.

FAULT	DEDUCTION
• Not initiating the first element within 20 Seconds after the signal given by the head judge.	0.1 pts
• Talking to or giving any form of signal to a Participant by their own coach, for each occurrence.	0.3 pts
• Additional elements (only at the end of a pass)	1.0 pts only
• Failing to comply with the special requirements for a pass, for each occurrence.	1.0 pts
• Failing to end a completed pass in the correct area. (level 6 onwards)	0.2 pts
• Should a Participant land on the track and then fall. (level 6 onwards)	0.2 + 1.0 pts

## PENALTY DEDUCTIONS

### DEDUCTIONS MADE BY THE HEAD JUDGE:

FAULT	DEDUCTION
• Participant abusing the warm-up (From the total mark)	0.3 pts
• Failure to wear the correct clothing (Major violations may lead to disqualification)	0.1 pts
• At FIG events where the correct emblem is not worn according to the rules (from the total score of any event in which the violation occurred)	0.2 pts

## INTERRUPTION OF A PASS

A pass will be considered interrupted if the Participant:

- Is touched by a spotter.
- Takes intermediate steps (except ENTRY LEVEL & LEVELS 1-5).
- Stops
  
- Falls to the track/zone/area during a pass.
- Touches any part outside the outer lines of the track with any part of the body.

- Touches the track with any part of the body other than hands or feet.
- Hair constitutes “any part of the body other than hands or feet” thus it will result in an interruption of the pass if a participant’s hair touches the mat during the course of the pass.
- Performs movements without somersault rotation.
- Changes of a SET pass. The pass gets “stopped / interrupted” where change occurs.



A Participant will be judged only on the number of elements completed on the feet on the track or landing area. <b>Note:</b> any element with a take-off initiated from the landing zone/area will not be counted
Landing on both feet means the sole of the feet
If a Participant touches the track / zone / area with his feet during landing, but <b>never shows a recognizable landing preparation</b> and <b>falls</b> to face, knees, hands and knees, front or back <b>in the same movement</b> , the element will not be counted. There will be no extra deduction for the fall.
No additional landing deductions will be counted for interrupted routines/passes.
No credit will be given for the element in which the interruption occurs.
No element will be counted if the Take-off is initiated from the landing area. e.g.: elements executed from landing mat to landing mat.

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

## TERMINATION OF A PASS (END OF THE PASS)

- Each pass must end on both feet on the track or the landing area, otherwise the last element will not be counted.
- 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.
- The last element must be performed from the TUMBLNAZTIX track to the landing area except in the case of an element in the reverse direction. A failure to observe this rule will result in a deduction of 0.2 points by each Execution Judges. (**LEVEL 6 & upwards**).
- All voluntary passes from LEVEL 6 upwards must end with a somersault, otherwise there will be a deduction of 1.0 points by each of the Execution Judges. (Completed passes only).

## DUTIES OF THE DIFFICULTY JUDGE

- Collect the competition cards 30 minutes prior to the start of the competition.
- Check the elements and difficulty values of voluntary passes entered on the competition card.
- DETERMINE AND RECORD, ON THE COMPETITION CARD, ALL THE ELEMENTS (IN THE ACKNOWLEDGED SHORTHAND) AS THE PARTICIPANT DOES THEM AND ITS DIFFICULTY VALUE AND ANY CHANGES or REPETITIONS WHICH OCCUR.
  - Indicate, in public, if a Participant executed other element/-s than indicated on the competition card and write down any changes in the pass and record any repetitions
- Check all set pass elements and inform the Head Judge of any changes.
- Display the difficulty score.
- Advise the Head Judge of additional and or missing elements.
- Advise the Head Judge of any violations of the special requirements in the voluntary passes.
- Supervise the completion of the FINAL passes on the competition cards by the Participants.33. CALC

## DIFFICULTY CALCULATION METHOD *TUMBL*NAZTIX

Only elements terminated on the feet will be evaluated.	
Cartwheels have no difficulty value.	0 pts
Aerials (Danilova), flic-flacs, round-offs, front handspring have no difficulty value.	0 pts
Whip backs	0.3 pts
Single somersaults: Each somersault (360°)	0.5 pts
Single somersaults done in the piked or Straight position, without twist, bonus	0.1 pts
Twisting in somersaults: Each ½ twist (180°)	0.1 pts
Each ½ twist more than 1(one) twist (360°)	0.2 pts
Each ½ twist more than 2(two) twist (720°)	0.3 pts
Each ½ twist more than 3(third) twist (1080°)	0.4 pts
In triple somersault, each ½ twist (up to 360°).	0.3 pts
In triple somersault, each ½ twist more than 1 (one) twist (360°)	0.4 pts

## MULTIPLE SOMERSUALTS, WITH OR WITHOUT TWIST

Double somersaults performed in the piked position receives a bonus of	0.1 pts
Triple somersaults in the piked position receives a bonus of	0.2 pts
Double somersaults performed in the Straight position, receives bonus of	0.2 pts
Triple somersaults performed in the Straight position, receives a bonus of	0.4 pts

In double somersaults, the value of the element, including any twist, will be doubled. The bonus for pike or straight position is then added to give the total value of the element.

In triple somersaults, the value of the element, including any twist, will be tripled. The bonus for pike or straight position is then added to give the total value of the element.

<b><u>DOUBLE SOMERSAULTS</u></b>	
Full in double-full out (lay)	
<b><u>FIRST SOMERSAULT</u></b>	
Somersault value	0.5
Twist value (First twist)	0.2
	<b>0.7</b>
<b><u>SECOND SOMERSAULT</u></b>	
Somersault value	0.5
Twist value (second and third twist)	1.0
	<b>1.5</b>
Position (Straight)	0.2
<b>TOTAL ELEMENT VALUE</b>	<b>2.4</b>
Multiply by <b>2</b> (2 x 2.4)	<b>4.8</b>

<b><u>TRIPLE SOMERSAULTS</u></b>	
Triple back (pike)	
<b><u>FIRST SOMERSAULT</u></b>	
Somersault value	0.5
<b><u>SECOND SOMERSAULT</u></b>	
Somersault value	0.5
<b><u>THIRD SOMERSAULT</u></b>	
Somersault value	0.5
Position (Pike in triple)	0.2
<b>TOTAL ELEMENT VALUE</b>	<b>1.7</b>
Multiply by <b>3</b> (3 x 1.7)	<b>5.1</b>

## DIFFICULTY POSITIONS AND SYMBOLS

Element	Symbol	Diff	Element	Symbol	Diff
Round-off	(	0.0	Half in ("Arabian") tuck	<b>1 - o</b>	2.2
Handspring	.f	0.0	Half in ("Arabian") pike	<b>1 - &lt;</b>	2.4
Flic-flac	f	0.0	Half out (backwards) tuck	<b>-- o1</b>	2.2
Whip back (tempo salto)	^	0.3	Half out (backwards) pike	<b>-- &lt;1</b>	2.4
Back somersault tuck	- o	0.5	Half out (backwards) straight	<b>-- /1</b>	2.6
Back somersault pike	- <	0.6	Half out (forward) tuck	<b>. - 1 o</b>	2.2
Back somersault straight	- /	0.6	Half out (forward) pike	<b>. - 1 &lt;</b>	2.4
Front somersault tuck	. - o	0.5	Full in tuck	<b>2 - o</b>	2.4
Front somersault pike	. - <	0.6	Full in pike	<b>2 - &lt;</b>	2.6
Side somersault tuck	x - o	0.5	Full in straight	<b>2 - /</b>	2.8
Side somersault pike	X - <	0.6	Full in half out	<b>2 1 - /</b>	3.2
Back ss with ½ twist	<b>1</b>	0.6	Full in Full out tuck	<b>2 2 o</b>	3.2
Barani	.1	0.6	Full in Full out straight	<b>2 2 /</b>	3.6
Back ss with 1/1 twist	<b>2</b>	0.7	Full in Double-full out tuck	<b>2 4 o</b>	4.4
Front ss with 1½ twist	. <b>3</b>	0.9	Full in Double-full out straight	<b>2 4 /</b>	4.8
Back ss with 2/1 twist	<b>4</b>	1.1	Double-full in Double-full out	<b>4 4 /</b>	6.4
Back ss with 2 ½ twist	<b>5</b>	1.4	Triple back tuck	<b>--- o</b>	4.5
Back ss with 3/1 twist	<b>6</b>	1.7	Triple back pike	<b>--- &lt;</b>	5.1
Back ss with 3 ½ twists	<b>7</b>	2.1	Triple back straight	<b>--- /</b>	5.7
Back ss with 4 twists	<b>8</b>	2.5	Half in Triple ("Arabian") tuck	<b>1 -- o</b>	5.4
Double back ss tuck	-- o	2.0	Half in Triple ("Arabian") pike	<b>1 -- &lt;</b>	6.0
Double back ss pike	-- <	2.2	Full in Triple tuck	<b>2 -- o</b>	6.3
Double back ss straight	-- /	2.4	Full in Triple pike	<b>2 -- &lt;</b>	6.9
Double front ss tuck	. -- o	2.0	Quadruple back tuck	<b>---- o</b>	8.0
Double front ss pike	. -- <	2.2			
Double side ss tuck	x -- o	2.0			
Double side ss pike	x -- <	2.2			

## TABLE OF MULTIPLE SOMERSAULTS

Number of Twists	0	<	/
0	2.0	2.2	2.4
1	2.4	2.6	2.8
2	3.2	-	3.6
3	4.4	-	4.8
4	-	-	6.4
<b>Triples SS</b>	<b>4.5</b>	<b>5.1</b>	<b>5.7</b>

## DIFFICULTY CALCULATION – POSITION BONUS

Difficulty calculation TUMBLNAZTIX – position bonuses

Body position	Single	Double	Triple
Tuck	0.0	0.0	0.0
Pike	0.1	0.1	0.2
Straight	0.1	0.2	0.4

## DIFFICULTY CALCULATION TUMBLNAZTIX – TWIST VALUE

Twists	Single	Double	Triple
Half twist	0.1	0.1	0.3
First twist	0.2	0.2	0.6
Second twist	0.4	0.4	0.8
Third twist	0.6	0.6	0.8
Fourth twist	0.8	0.8	0.8

Each twist must be added. For example, one somersault with triple twists (only straight position):

○ Somersault	0.5
○ First twist	0.2
○ Second twist	0.4
○ Third twist	0.6
<b>TOTAL</b>	<b>1.7</b>

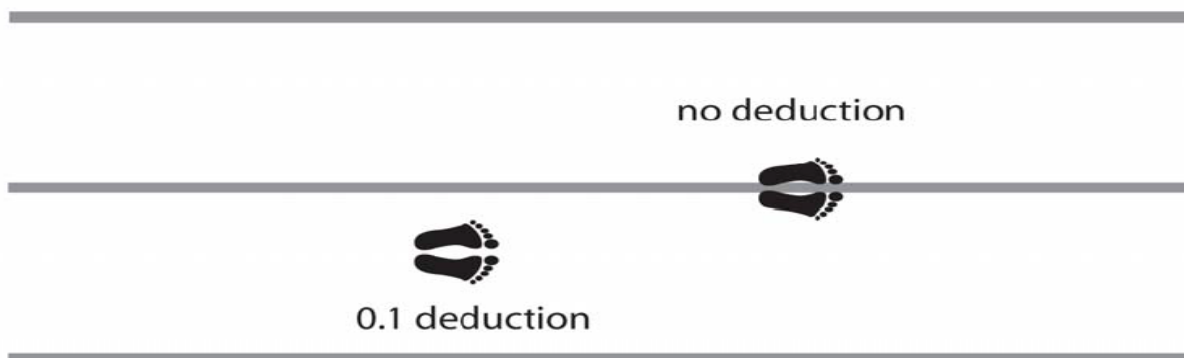
## EXAMPLES OF REPEATS IN DIFFICULTY

<b>1<sup>st</sup> pass</b>	Round-off	Flic-flac	Flic-flac	Double back (s)	Whip back	Flic-flac	Whip back	Double back (s)
<i>Value:</i>	0.0	0.0	0.0	2.4	0.3	0.0	0.3	2.4
<b>2<sup>nd</sup> pass</b>	Barani	Back Full	Flic-flac	Flic-Flac	Double back (s)	Whip back	Flic-flac	Full in full out (s)
<i>Value:</i>	0.6	0.7	0.0	0.0	<b>0.0</b> (rep.)	0.3	0.2	3.6

If a skill is repeated, it is only the difficulty of that skill that does not count, the execution judges still evaluate the skill as “normal”.

## DISPLACEMENT ON THE TRACK

### Displacement from the center (tumbling)



## BODY POSITIONS

### REQUIRED POSITION DURING AN ELEMENT

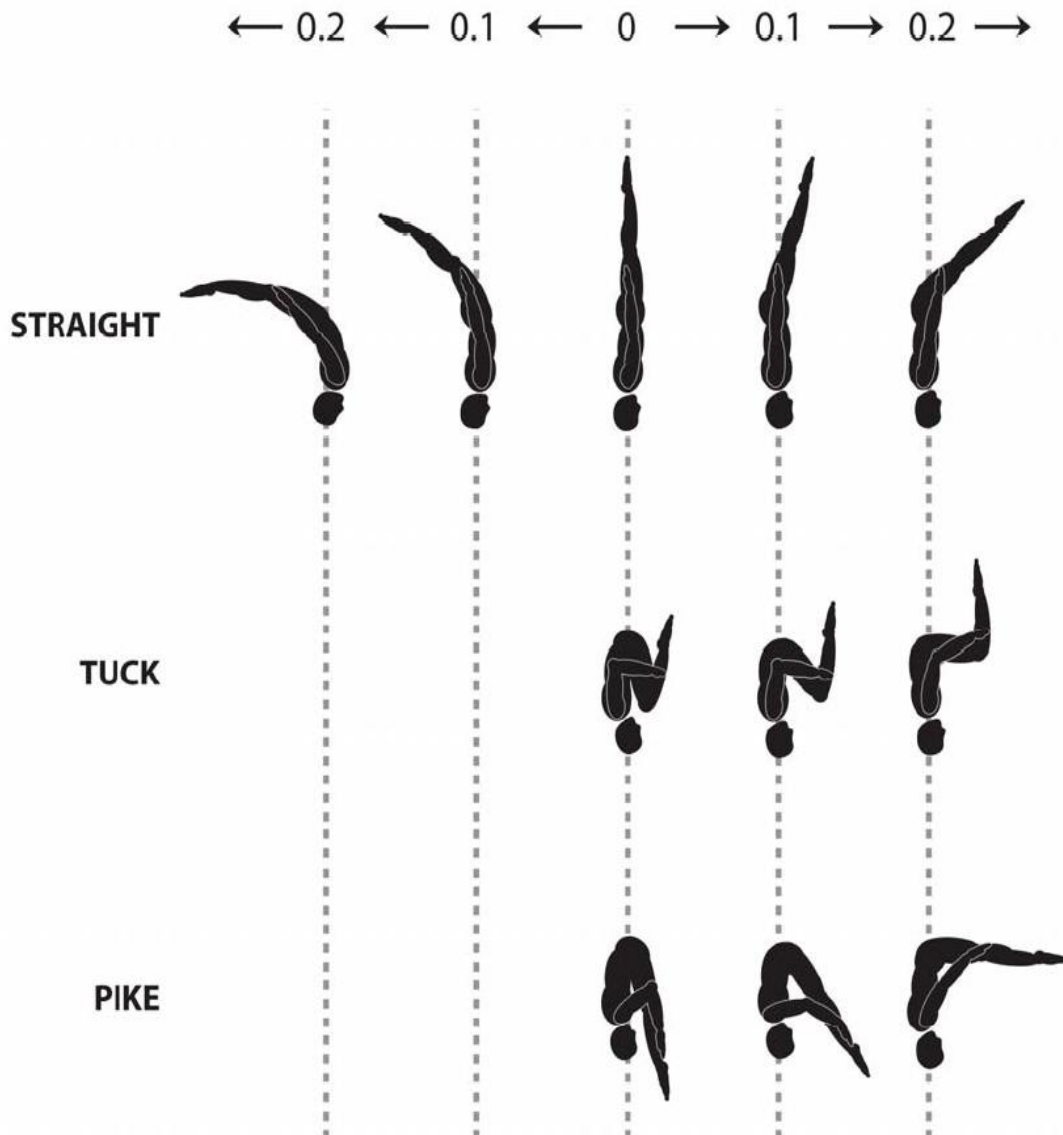
In all positions, the feet and legs should be kept together and the feet and toes pointed.

- Depending on the requirements of the movement, the body should be either tucked, piked or straight.
- In the tucked and piked positions the thighs should be close to the upper body except in the twisting phase of multiple somersaults.
- In the tucked position the hands should touch the legs below the knees, except in the twisting phase of multiple somersaults.
- The arms should be straight and held close to the body whenever possible.
- The following defines the min. requirements for a particular body shape:
  - STRAIGHT position, the angle between the upper body and thighs must be greater than 135°.
  - PIKE position, the angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be greater than 135°.
  - TUCK position, the angle between the upper body and thighs must be equal to or less than 135° and the angle between the thighs and the lower legs must be equal to or less than 135°.

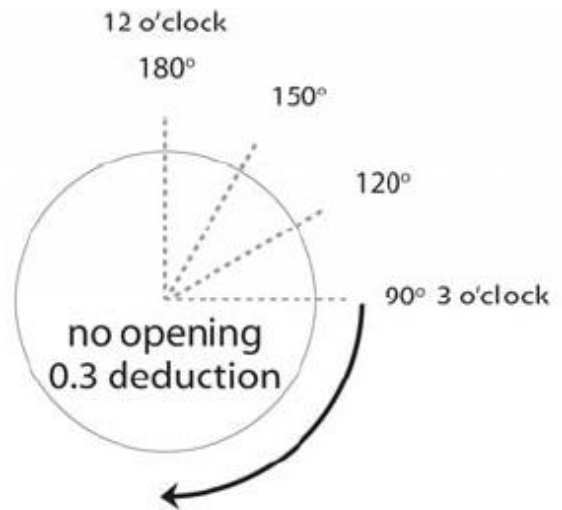
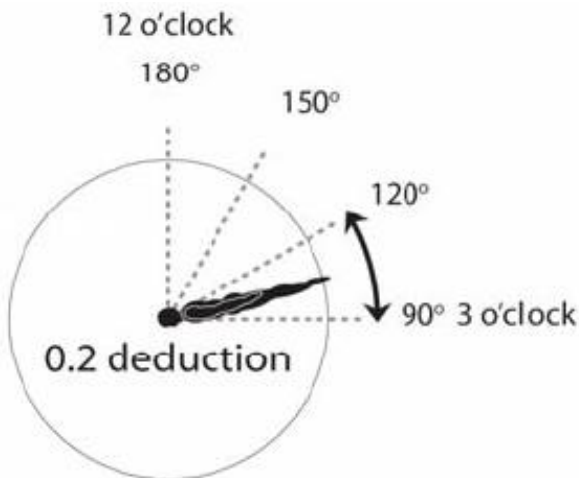
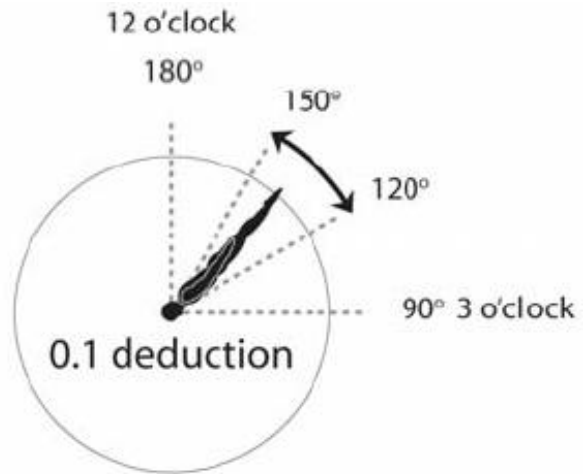
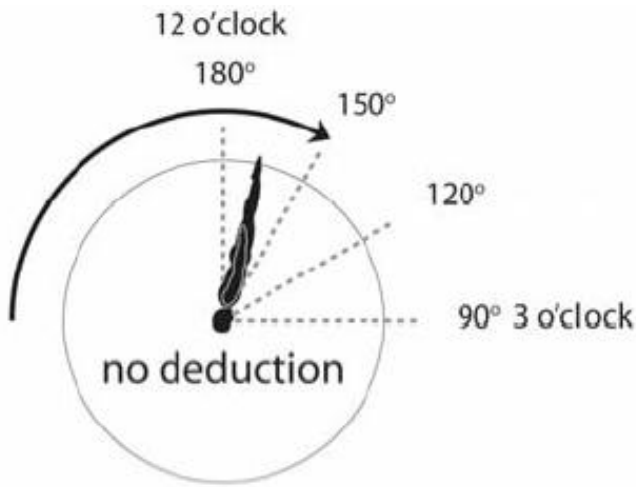
- In multiple somersaults, the Participant may claim only one body position per element: tucked, piked, or straight. The Difficulty Judges will assess the element based on the least difficult body position adopted by the performer
- Any backward, non-twisting, single somersault, executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered and evaluated as a whip back. (Difficulty Judge).
- Any backward single somersault in the tuck, pike or straight position, executed at the end of a pass must be above shoulder height. (If below shoulder height the execution Judges have to deduct for poor execution).

**General considerations:**

- To determine the body shape (tuck, pike or straight) during an element, the Difficulty Judges will, in general terms, assess the shape based on the least difficult shape adopted during the middle phase of the element (straight is considered the most difficult position and tuck the least difficult position).
- (The 0. to 0.1 range will still be treated as 0 if the element is in the middle of the pass)

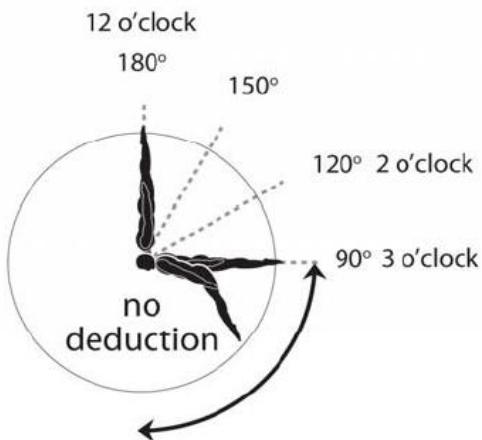
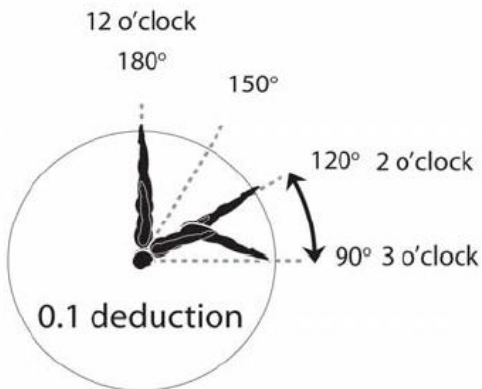
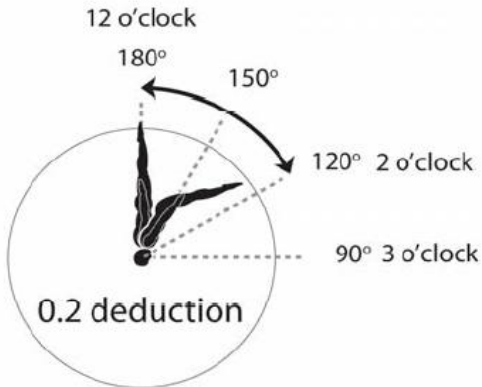


The following deductions will be applicable to the **"OPENING PHASE"** (The kick out) of single rotational elements at the end of the pass only, this does not apply to multiple rotations

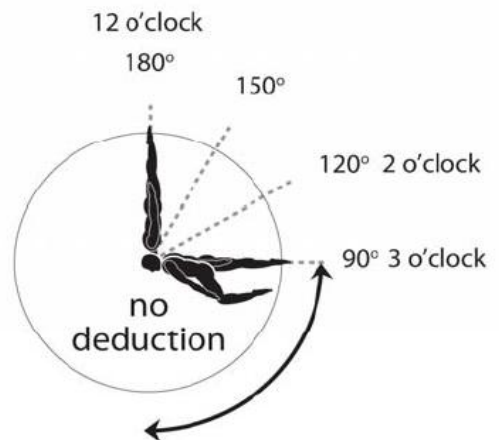
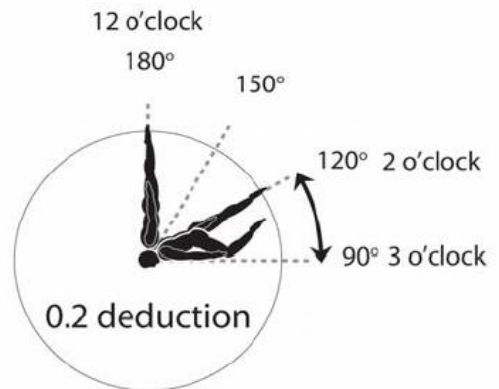
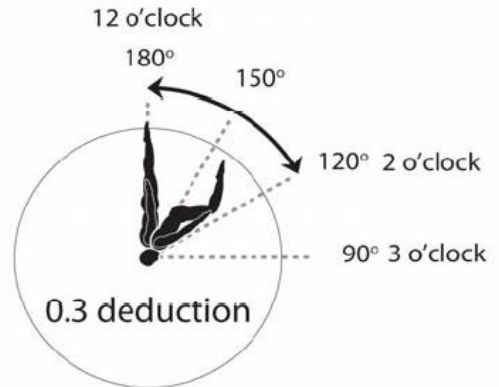


# AFTER OPENING

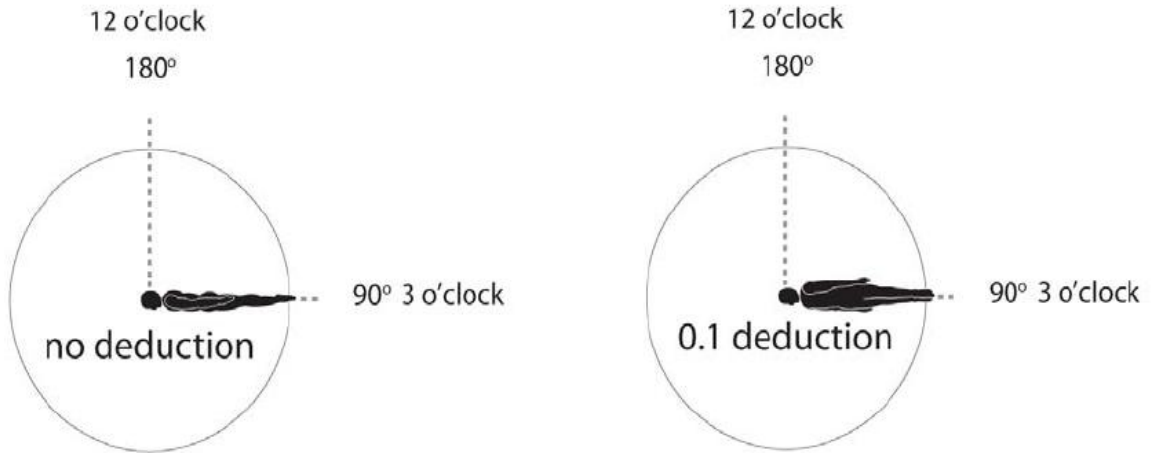
## PIKE DOWN



## TUCK DOWN

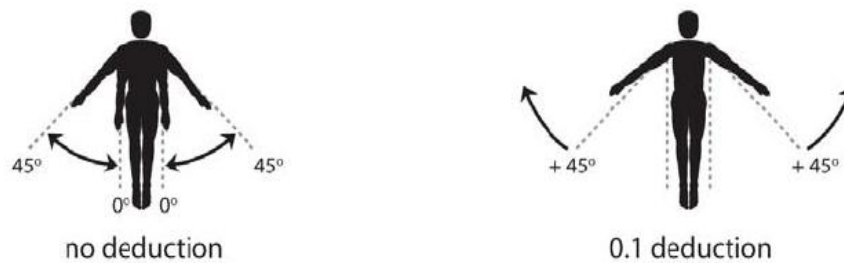


## END OF TWIST

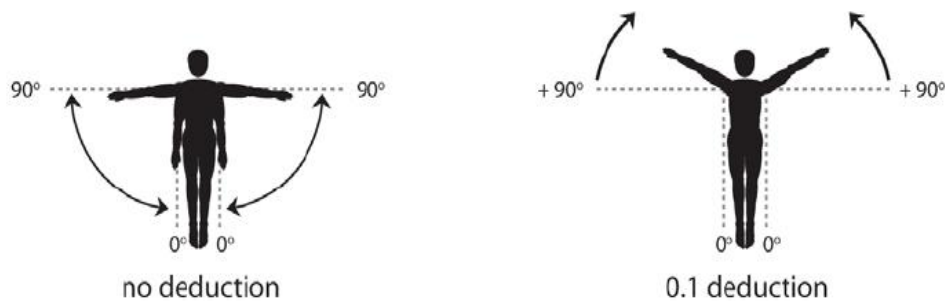


## ARMS TO STOP TWISTING ROTATION

### BARANI, FULL, MULTIPLE SOMERSAULTS WITH 1/2 OUT



### SINGLE SOMERSAULT WITH MORE THAN FULL TWIST AND ALL OTHER MULTIPLE TWISTING SOMERSAULTS



# ROUTINES

## LEVEL 1 JUDGES SECTION

### ENTRY LEVEL

(Max deduction of 1.0 per element)

**6/under, 7-8yrs**

**1 x SET PASS**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

**\* No Zero's**

#### Pass

1. Tuck Jump from standing position
2. Handstand
3. Cartwheel
4. Turn
5. Forward roll

#### Special requirements:

- \* No helping participant with movements
- \* Element missing - 1.0 deduction
- \* Additional elements - 1.0 deduction

#### IMPORTANT TECHNIQUES TO FOCUS ON

##### THE TURN

- After ending sideways in the preceding skill (cartwheel), keep 'front' foot on floor and bring back foot forward, while swiveling on front foot to face forward.
- No intermediate steps!
- Balance is important.
- Arms above head.
- Body straight before starting next skill.



##### ENTRY LEVEL & LEVELS 1-5:

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.

## LEVEL 1

(Max deduction of 1.0 per element)

*6/under, 7yrs, 8jrs, 9yrs, 10yrs, 11-12yrs, 13-15 & 16/over*

**1 x SET PASSES**

**\* JUDGED OUT OF 10 (3 Skills judged, 7 Bonus Points)**

**\* No Zero's**

### 1<sup>st</sup> Pass

From standing (sideways / forward)

1. Cartwheel
2. Cartwheel
3. Cartwheel

### Special requirements:

- \* Start from standing (either sideways or looking forward)
- \* Landing with the last cartwheel sideways, arms **MUST** be above shoulder height
- \* No Double (intermediate) steps in-between cartwheels.
- \* Straight body position, hand far from feet.
- \* Keep landing position for 3 seconds

## LEVEL 2

(Max deduction of 1.0 per element)

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

**1 x SET PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

**\* No Zero's**

### 1<sup>st</sup> Pass

1. Hurdle (From standing)
2. Cartwheel
3. Cartwheel
4. Round-off
5. Rebound

### Special requirements:

- \* No intermediate steps in-between cartwheels.
- \* Straight body position, hand far from feet.
- \* 30cm blue line at competition – participants have to do hurdle over the line
- \* Rebound is required
- \* Rebound must be executed backwards. If a participant jumps forward, 1.0 deduction due to special requirement not being met

## LEVEL 3

(Max deduction of 1.0 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 & 16/over*

2 x SET PASSES

\* JUDGED OUT OF 10 (3 Skills judged, 7 Bonus Points)

\* No Zero's

### 1st Pass

1. Round-off
2. Flic-flac
3. Rebound

### 2nd Pass

1. Round-off
2. Flic-flac
3. Rebound

### Special requirements:

\* Rebound is required

\* Rebound must be executed backwards. If a participant jumps forward, 1.0 deduction due to special requirement not being met

## LEVEL 4

(Max deduction of 1.0 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 & 16/over*

2 x SET PASSES

\* JUDGED OUT OF 10 (4 Skills judged, 6 Bonus Points)

\* No Zero's

### 1st Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Rebound

### 2nd Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Rebound

### Special requirements:

\* Rebound is required

\* Rebound must be executed backwards. If participant jumps forward, 1.0 deduction due to special requirement not being met

## LEVEL 5

(Max deduction of 1.0 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 & 16/over*

**2 x SET PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

**\* No Zero's**

### 1st Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Flic-flac
5. Rebound

### 2nd Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Flic-flac
5. Rebound

### Special requirements:

\* Rebound is required

\* Rebound must be executed backwards. If participant jumps forward, **1.0** deduction due to special requirement not being met

## TECHNIQUES 1

### HURDLE

From standing position - **2 feet together** – throw straight arms up, while jumping forward – feet stay together and just before landing, open to a step-out position, then stepping out one foot at a time. (back foot then front foot).

### CARTWHEEL

The cartwheel is a fast, lateral (sideways) rotation: foot – hand – hand – foot – foot. All body parts stay in tension throughout. Legs split as wide as possible, during arm support on floor. Arms a little wider than shoulders and straight through out and as close as possible to ears. Head neutral.

### ROUND-OFF

While the cartwheel and round-off are similar skills, the round-off differs from the cartwheel in the following aspects.

- It is generally performed with more speed and finishes with a rebound from two feet.
- The movement order is: Hurdle step out – hand - hand – two feet together while upside down and follows through to the landing position – rebound.
- The round-off involves half a turn of the body, which changes the direction of the Participant from forwards to backwards.
- Straight arms in front of body between waist and shoulders, ready to throw arms up and backwards ready for next move.



THE PARTICIPANT MUST LAND WITH ARMS BETWEEN WAIST AND SHOULDER HEIGHT in order to enable himself/herself to do the next move correctly.

## **FLIC-FLAC**

The flic-flac is rarely used as an isolated movement.

It increases linear speed and is ideal for setting up the Participant for more complex TUMBLERNAZTIX moves such as back somersaults.

The starting position is the same as the end of the round-off.

- Stand erect with arms raised overhead.
- Hips tucked under, throughout the entire skill.
- Bend hips and knees slightly, keeping the body erect, making sure that the knees remain behind the toes.
- Rebound / jump backwards by stretching the legs and pushing off the floor as quickly as possible.
- At the same time the arms are driven backwards as fast as possible towards the floor. They are the main rotating force of the movement.
- Hands turned in slightly, when contact is made with the floor.
- Arms straight.
- Maintain the extended body position, head in, hips completely stretched, and legs straight.
- From the handstand position, snap legs down from the hips, pushing strongly out of the shoulders and from the hands.
- Land with a concaved body position and slightly bent legs.
- Immediate rebound from the floor.

## **REBOUND**

- This element cannot be performed on its own, and usually happens after a round-off or a flic-flac
- On landing the legs should stay as straight as possible, a slight bend to soften the impact is acceptable
- The ankles should absorb the impact from landing and immediately flex so that the Participant “punches” the floor and goes back up in the air
- A jump, where the muscles of the upper thighs are used to get the Participant into the air, or where the angle between the back of the knees and hamstring is less 135° will not be considered to be a rebound.
- A rebound must be executed backwards and up.

## **ENTRY LEVEL & LEVEL 1 – 5 SEQUENCE RULES:**

- Maximum deductions for this section cannot exceed (1.0) one full mark – per element.
- Sequence consists of 3-5 elements.
- A Participant gets 7-5 bonus marks.
- Sequence is judged out of 10.
- WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE A 1.0 DEDUCTION FOR EACH REQUIREMENT NOT MET

## **LEVELS 6 AND UP: SEQUENCE RULES**

- From LEVEL 6 upwards if a pass has less than 3 elements, a Zero will be scored
- Maximum deductions for this section cannot exceed (0.5) half mark – per element.
- Sequences consists of 5 to 8 elements.
- A Participant gets between 5 and 2 bonus marks.
- Sequences are judged out of 10.

## LEVEL 2 JUDGES SECTION

**NB: LEVEL 6 ONWARDS - IF A PASSES HAVE LESS THAN 3 ELEMENTS, ZERO WILL BE SCORED**

### LEVEL 6

(Max deduction of 0.5 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 &16/over*

**1 x SET PASS & 1 x VOLUNTARY PASS**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

#### 1st Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Flic-flac
5. Back Salto (Tuck)

#### 2nd Pass

1. Round-off
2. Flic-flac
3. Flic-flac
4. Flic-flac
5. Back Salto (Tuck) \*

#### NOTES:

\* On 2<sup>nd</sup> pass final element, a 180° Twist allowed (any position, i.e. tuck, pike, layout) **Difficulty to count!**

### LEVEL 7

(Max deduction of 0.5 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 &16/over*

**2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (5 Skills judged, 5 Bonus Points)**

#### 1st Pass

- 5 voluntary skills

#### 2nd Pass

- 5 voluntary skills

#### Special requirements 1<sup>st</sup> pass:

- \* 5 Elements
- \* 1 whip must be performed
- \* Twisting skills are allowed - maximum 360° twist allowed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* Difficulty counts

#### Special requirements 2<sup>nd</sup> pass:

- \* 5 Elements
- \* 1 whip must be performed
- \* Twisting skills are allowed - maximum 360° twist allowed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* Difficulty counts

## LEVEL 8

(Max deduction of 0.5 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 & 16/over*

**2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (5/8 Skills judged, 5/2 Bonus Points)**

### 1st Pass

- 5 voluntary skills

### Special requirements 1<sup>st</sup> pass:

- \* 5 Elements
- \* 3 somersaults must be performed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* All doubles and twists are allowed
- \* Difficulty counts

### 2<sup>nd</sup> Pass

- 8 voluntary skills

### Special requirements 2<sup>nd</sup> pass:

- \* 8 Elements
- \* 3 somersaults must be performed
- \* Must end with a salto
- \* No repetition of skills is allowed
- \* All doubles and twists are allowed
- \* Difficulty counts

**WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE 1.0 DEDUCTION**

## TECHNIQUES 2

### THE BACK SOMERSAULT

The tuck back somersault is the most basic one of all somersaults; it is the first to be mastered before moving on to a more difficult somersault.

The tuck back, generally comes from the round-off, the flic-flac or just from standing, but the technique should not change for any entry into the somersault.

#### TECHNIQUE:

- Just after the point of take-off, the arms should be swung above the head (Set)
- Stopped just before the ears.
- There should be a good leg extension through the knee and ankle to get good height.
- The body should be as upright as possible, no leaning backwards, behind the line of the upright position.
- The chest should be pulled in as tight as possible.
- The head should be held forward throughout the somersault (chin towards the chest).
- The tuck position should be tight, arms around the legs, keeping the knees together.
- Rotating backwards in the tucked position, feet over head and
- Kicking out for landing, with a good stretch position before landing.

The tuck back somersault has a three-phase movement:

- There is the stretch position on take-off.
- Followed by the tuck position.

- And a stretched position again before landing.

The Participant should land on the soles of the both feet, leaning slightly forward, to be able to hold the landing.

#### **Variations:**

- Round-off, flic-flac, tuck back somersault.
- Round-off, pike back somersault.
- Round-off, lay-out somersault.

## **FRONT SOMERSAULT**

- The front somersault can be done from a run, and a jumping board.
- The body should be leaning very slightly forward on take-off, concaved,
- The arms should be upwards next to the ears.
- The shoulders should be up, and not forward.
- The height of the somersault is determined largely by the position of the arms and shoulders at take-off.
- The tuck position should be as tight as possible, arms around legs, and legs together.
- The tighter the tuck position, the faster is the rotation.
- The eyes should stay open to “see” when to start the opening phase to land.
- The front somersault should land in a step-out position, e.g. one foot after the other stepping out into a round-off (if used at the beginning of a pass).

#### **VARIATIONS:**

- **Pike somersault**

The action for the piked somersault is the same as for the tucked somersault, except the body is piked (legs straight).

The Participant goes into the pike position in the air, the heels are driven over the top, arms are holding the legs as close as possible to the body and as tight as possible to keep the legs together.

- **Straight somersault**

The lay-out or straight somersault, takes off from the same (just past vertical) position as the previous somersaults. The

Participant goes into a slight pike in the air, and then drives the heels (for forward straight) or toes (for backwards straight) very hard over the top while the arms are driven downwards very quickly to the side of the body.

The lay-out somersault has to be mastered first, before the Barani is attempted.

## **WHIP BACK SOMERSAULT**

The Whip or Tempo somersault is classified as a low – fast – backward somersault. It is executed in a straight position to be used to build up speed in the middle of a pass. (a good technique will be to use the same steps as a flick-flac with just more jump and the hands not touching the floor)

#### **TECHNIQUE:**

- The technique of the Whip resembles the technique of the flic-flac.
- To remember, the Whip should be executed higher than the flic-flac.
- The arms should be used (e.g. pulled back past the ears until landing)
- The Participant should be landing, with the hips behind the heels, body slightly concaved ready to carry on with the next move.
- He/she should be able to see the hands – feet – floor at the same time on landing.
- Arms should stay straight, throughout the entire element.

- The Whip is normally executed out of a round-off or a flic-flac

## **THE BARANI**

The Barani is a front layout somersault with a half twist.

### **TECHNIQUE:**

- On take-off the body goes into a concaved body position, both arms forward at shoulder height, the heels are driven very hard over the top
- As soon as the heels are driven, the twist action will start.
- When the twist action is started, both arms move sideways to close to the body to forward
- The head should be left in a neutral position.

The Barani is normally used as the start of the TUMBLENAZTIX pass.

Therefore, the landing should be like the round-off landing, concaved body, and hips behind knees, to be able to work backwards into the next movement.

## **THE FULL TWIST BACK SOMERSAULT**

The twist must come from either a round-off or a flic-flac or a whip.

### **TECHNIQUE:**

- The idea is to complete a very high, very straight back somersault and to put in it a 360° twist.
- On take-off, the body must be as straight and as upright as possible
- The twist is left as late as possible
- If the twist is to the left, then as both arms are taken above the head, the left shoulder is pulled back, not down.
- As soon as the turn has started, the arms are drawn in to the body. As long as they are as close as possible to the axis of twist, the necessary amount of turn will result.
- The head throughout the twist should stay in a neutral position and not turn sideways; this will help the Participant when they start multiple twisting.
- The full twist can be used as a last element of a pass, or in the middle of the pass. The landing of the full twist depends on the position in the pass.

## LEVEL 3 JUDGES SECTION

### ADVANCED CATEGORY

(Max deduction of 0.5 per element)

*8/under, 9-10yrs, 11-12yrs, 13-15 &16/over*

**2 x VOLUNTARY PASSES**

**\* JUDGED OUT OF 10 (8 Skills judged, 2 Bonus Points)**

#### 1st Pass

- 8 voluntary skills

#### Special requirements 1<sup>st</sup> pass:

- \* 3 somersaults must be performed
- \* Must end with a somersault
- \* Any double or triple is allowed
- \* No repetition of skills is allowed
- \* 180° Degree Twist allowed (Barani allowed, layout, ½ twist)
- \* Difficulty counts

#### 2<sup>nd</sup> Pass

- 8 voluntary skills

#### Special requirements 2<sup>nd</sup> pass:

- \* 3 somersaults must be performed
- \* 2 Twisting skills are required - minimum 360° each
- \* Must end with a twisting somersault
- \* Any double is allowed
- \* No repetition of skills is allowed
- \* Difficulty counts

#### REMEMBER:

- \* SOMERSAULTS WILL NOT BE CONSIDERED REPETITIONS IF THEY ARE PRECEDED BY A DIFFERENT ELEMENT.
- \* WHEN THE SPECIAL REQUIREMENTS ARE NOT MET, THERE WILL BE 1.0 DEDUCTION FOR EACH REQUIREMENT NOT MET.
- \* DIFFICULTY CARDS TO BE SUBMITTED ½ HOUR BEFORE COMPETITION.

# APPENDIX 1:

## GENERAL TO ALL SKILLS

Required position and common mistakes in TUMBLNAZTIX elements:

### EVALUATION OF EXECUTION

- Position of the arms
- Position of the legs
- Position of the body
- Opening of the somersault, depending on the skill

### GOOD FORM FOR A ROUND-OFF

- Arms are straight at the end of the contact phase
- The whole body must go through the vertical, on the axis of the TUMBLNAZTIX track
- Legs must join together at 90°
- Legs must be straight until 90°

Specific deductions

Body not through vertical position 0.1 pts

### GOOD FORM FOR A FLIC-FLAC

- Arms are straight in flying phases, at the end of contact phase and not too apart
- Legs must be straight after take-off and kept together until 90°
- Body should be arched according to the skill
- Legs can be flexed during contact phase
- Good rhythm, height and axis

### GOOD FORM FOR A WHIP

- Arms are straight
- Legs must be straight and kept together until 90°
- Body should be arched according to the skill
- Pike phase should start after 180°
- Legs can be slightly flexed during contact phase
- Good rhythm, height and axis

Specific deductions

Pike started before 180° 0.1 pts

Legs too flexed at the contact phase 0.1 pts

Height at shoulder level 0.1 pts

Height higher than shoulder level 0.2 pts

## GOOD FORM FOR A FRONT SOMERSAULT

- Trajectory must be according to the exercise
- Arms are straight as much as possible
- Legs must be straight and kept together (until 180° if stepping out)
- Body should be pike or tuck according to the skill
- Landing must be strong
- Good rhythm, height and axis

## GOOD FORM FOR A BARANI

- Trajectory must be according to the exercise
- Twisting must not be initiated too early
- Arms are straight
- Legs must be straight and kept together until 90°
- Position must be easily recognized, straight, pike or tuck
- Good rhythm, height and axis

### Specific deductions

Twisting too soon

0.1 pts

## GOOD FORM FOR A BACK TWIST LINKED

- Trajectory must be according to the exercise
- Arms are straight at the end of the element
- Legs must be straight and kept together until 90°
- Twisting must not be initiated too early
- Pike phase should start after 180°
- Landing must be strong and twist finished
- Good rhythm, height and axis

### Specific deductions

Pike started before 180°

0.1 pts

Twisting too soon

0.1 pts

Twisting finished in the floor

0.1 pts

## GOOD FORM FOR A BACK SINGLE SOMERSAULT

- Trajectory must be according to the exercise (Last skill or seventh before punch)
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight (except Tuck) and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognisable

### Specific deductions

No recognizable opening before landing

0.1-0.2 pts

Height at shoulder level

0.1 pts

Height below shoulder level

0.2 pts

## GOOD FORM FOR A BACK SINGLE SOMERSAULT WITH TWIST

- Trajectory must be according to the exercise (Last skill or seventh before punch)
- Height well over the shoulder
- Arms are straight
- Legs must be straight and kept together until 90°
- Twisting must not start too soon and finish before landing
- Body must keep straight

### Specific deductions

Pike at the end	0.1-0.2 pts
Twisting start too soon	0.1 pts
Twisting finish too late	0.1 pts

## GOOD FORM FOR A PUNCH FRONT

- Trajectory must be according to the exercise
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognizable

### Specific deductions

No recognizable opening before landing	0.1-0.2 pts
Lack of height and trajectory	0.1-0.2 pts

## GOOD FORM FOR A MULTIPLE SOMERSAULT WITH OR WITHOUT TWIST

- Trajectory must be according to the exercise (Linking element or ending the pass)
- Height well over the shoulder size
- Arms are straight as much as possible
- Legs must be straight and kept together until 90°
- Body should be pike, tuck or straight according to the skill
- Opening should be easily recognizable in tuck and pike double somersault without twist
- Pike after 180° if linking element
- Twisting must not start too soon and must be finished before landing

### Specific deductions

Twisting starts too soon	0.1 pts
Twisting finish too late	0.1 pts
Opening in	0.1-0.3 pts
Opening for all other somersaults	0.1-0.2 pts

*As we are not expecting the tumblers to open elements with multiple twisting somersaults or triple like in trampolines, we must look at the preparation for landing...*

If the upper body is clearly under 90°	0.2 pts
If the upper body is close to 90°	0.1 pts
If the upper body becomes clearly over 90°	0.1 pts

## **GOOD LANDING**

- Landing must show strength
- Bending of the knees should not be more than 90°
- Come back to the upright position must be fast
- No circles of arms or big movement of upper body
- No step, no bounce
- Not turning to the judges before landing is over

### **NB:**

- The penalty is not connected to the length of step or bounce, but to the number.
- When stabilized, the Participant can do a step to come back to the upright position without penalization.

# **THE END**

<b>EDITION</b>	<b>DESCRIPTION OF CHANGES</b>	<b>MODERATOR/S</b>	<b>EFFECTIVE DATE</b>
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	Spelling corrections and editorial changes as discussed with committee	Marli & Reinhardt	04 / 04 / 2025
4	Changes confirmed after Judges Course (zero's vs bonus marks and judges clothing corrections)	Marli	05 / 06 / 2025
5	Revision in 2026 – Qualification for awards & Change date on cover page	Marli & Reinhardt	10 / 01 / 2026