



# TRAMPNAZTIX

MANUAL 2026



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## INTRODUCTION

### WHAT IS TRAMPNAZTIX?

**TRAMPNAZTIX** is characterised by using a Mini Trampoline to perform jumping, twisting or forward movements and landing without any hesitation.

The skill performed in **TRAMPNAZTIX**, should show control, execution and body position.

## 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:

### Mini tramp

#### DIMENSION:

Length 1 meter

Width 1 meter

MARKINGS Square with blue lining and inner black with springs



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

#### MALE DRESS:

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

- 9.3 and above = **Gold**
- 9.2 to 8.8 = **Silver**
- 8.7 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 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.

## GENERAL:

- Girls' hair is to be tied up in a bun or French plait.
- No jewelry allowed.
- The age group you compete in will be determined by your age as at 31st 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 TRAMPNAZTIX discipline:

- All levels 9.7 (no rounding up of mark allowed to qualify)

## 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/routine.**

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' RULES

### 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.

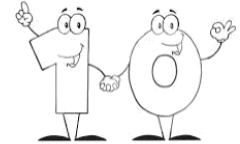


At all competitions, where newly qualified Judges are judging the first time, the Head of Judging/Facilitator/Education official, will act as mentor to those judges and when possible, include those judges in the panel, but without a counting mark.

## DUTIES OF THE EXECUTION JUDGES:

- Evaluate the execution per element
  - In the range 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.

## EXECUTION DEDUCTIONS



### NO SCORE LOWER THAN 8.0 CAN BE GIVEN TO A PARTICIPANT

FAULT		0.1	0.2	0.3
• Insufficient body positions during elements	<i>(depending on severity)</i>	X	X	X
• Insufficient height	<i>(depending on severity)</i>	X	X	X
• Insufficient dynamics	<i>(depending on severity)</i>	X	X	X
• Failing to hold landing for 3 seconds				X
• Taking steps after landing	<i>(for each occurrence)</i>	X		
• Lack of control during the element and on landing	<i>(depending on severity)</i>	X	X	X

## HEAD JUDGE DEDUCTIONS

FAULT	DEDUCTION
• Not starting within 20 sec	0.1 pts
• Failing to land on feet first (not for dive roll)	0.5 pts
• Not ending on feet with dive roll	0.5 pts
• Spotter counts or talks (per occurrence)	0.3 pts
• Stopping on trampoline or not performing anything, (a second attempt will be allowed)	1.0 pts
• Failing to do the required element (could qualify for a second attempt)	1.0 pts
• Participant jumps on the sides of the trampoline	0.3 pts



A Participant will be judged only on the number of elements completed on the feet on the landing area.
<b>Judging a skill will start once the participants lands on the trampoline to jump in order to initiate his / her skill.</b>
The run-up will not be judged, nor the manner in which the participant elevates in order to land on the trampoline
<b>All skills must be initiated from 2 (two) feet – ON the mini-tramp</b>

## 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 with dive roll, using leg or knee to stand up	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
• Any part of the Participants' body lands outside the landing zone	0.5 pts
• Touching the back mat with any part of the body	1.0 pts
• Stepping back onto the trampoline	1.0 pts

## INTERUPTION OF A PASS:

A pass will be considered interrupted if the Participant:

- Is touched by a spotter.
- Changes a SET pass. A second attempt will be granted with a 1.0 deduction, but not 3rd attempts.



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

## TERMINATION OF A 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 elements completed on the feet on the Landing area.

Landing on both feet means the sole of the feet.

**The Head Judge will decide the maximum mark; however, NO ZERO's can be given – only a MINIMUM of 8.0**

## GENERAL INFO

- If a mistake is made on the first attempt, a participant can be awarded a second chance and 1.0 will be deducted. Once another mistake is made, the participant will be judged accordingly.  
 When a Barani is attempted and hands touch the landing mat, a second chance can be awarded.
- NO Third attempts will be allowed.
- Max 8.0 will be given if another fault is made during any second attempts – NO ZERO's
- For participants competing in Level 6, NO second attempts will be rewarded for wrong or failed skills.

# TRAMPNAZTIX ROUTINES

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

## ENTRY LEVEL – 6/under & 7-8 only

**REQUIREMENTS: DOUBLE HEIGHT MATS, MINI-TRAMP & SPRING BOARD**

1 set pass	Stretch Jump	
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## LEVEL 1

1 PASS – set pass	Tuck Jump	
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## LEVEL 2

1 PASS – set pass	Dive Roll	
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## LEVEL 3

**REQUIREMENTS: SINGLE HEIGHT MATS FOR REST OF THE LEVELS**

1 PASS – set pass	Front Tuck Somersault	
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## LEVEL 4

1 PASS – set pass	Front Pike Somersault	
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## LEVEL 5

1 <sup>st</sup> PASS – set pass	Barani	
2 <sup>nd</sup> PASS – set pass	Front Layout	

## LEVEL 6 – MINIMUM DIFFICULTY OF 0.7 PER PASS IS REQUIRED

1 <sup>st</sup> PASS – voluntary pass	Voluntary Straight pass *	
2 <sup>nd</sup> PASS – voluntary pass	Voluntary Twisting pass *	

\*DIFFICULTY COUNTS

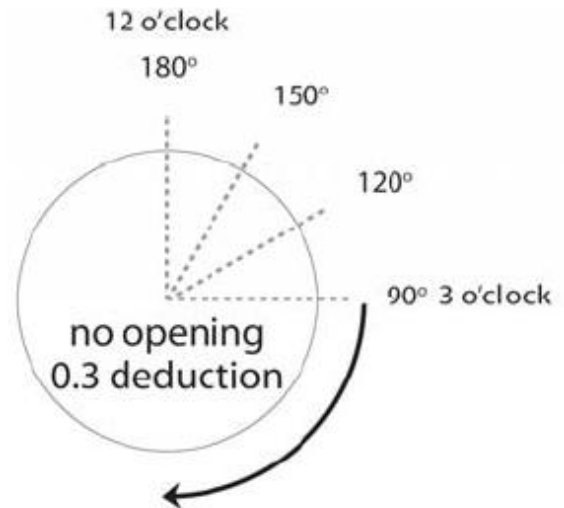
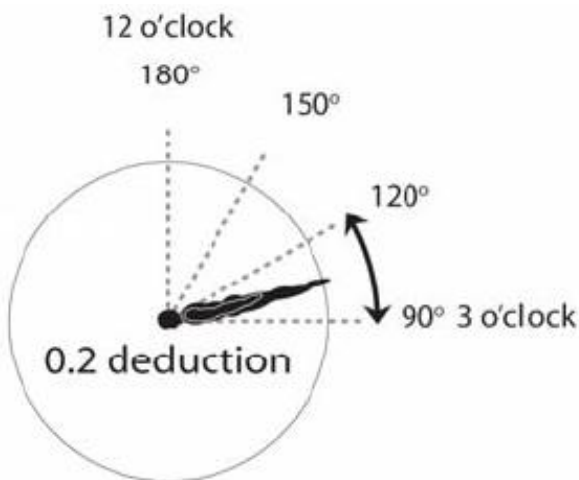
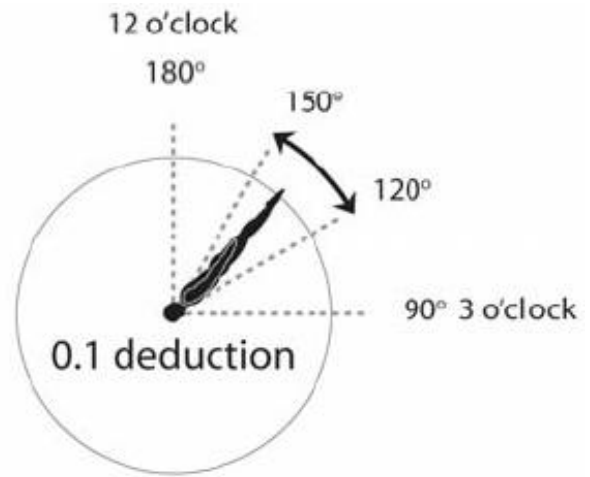
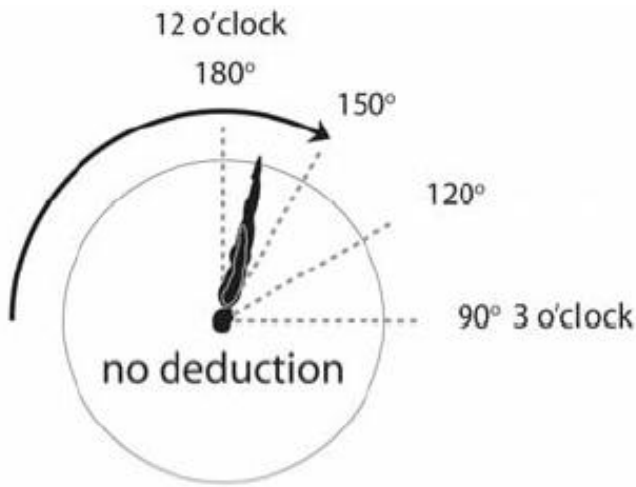
## VOLUNTARY PASSES

- Both the passes of Level 6 are voluntary
- With these voluntary passes difficulty counts.
- Same difficulty chart applies as for Tumblenaztix

# BODY POSITIONS

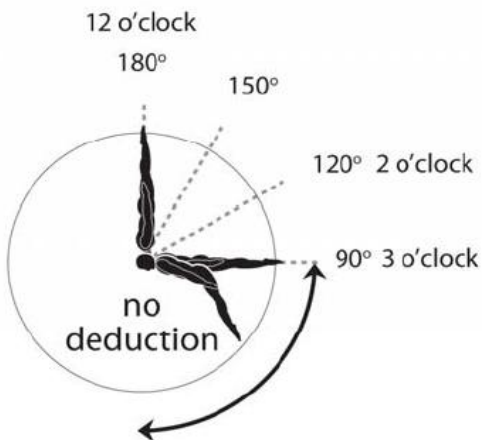
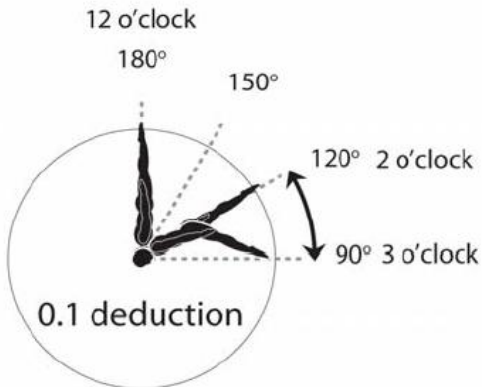
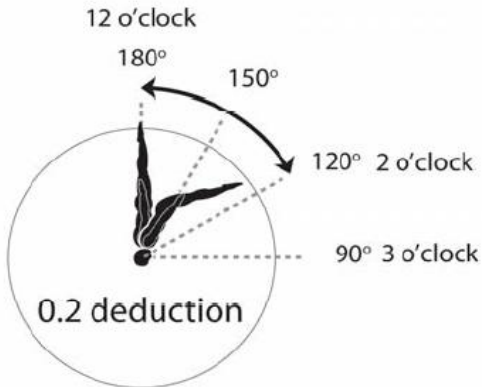
## LANDING PHASES

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

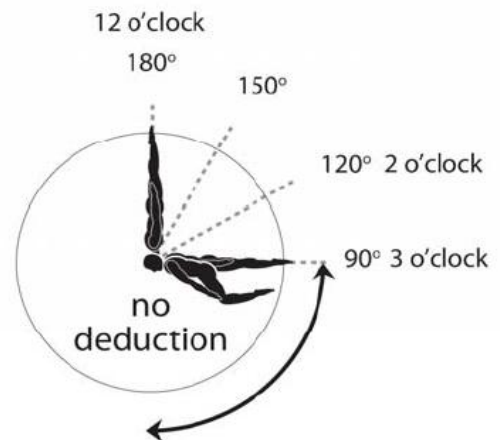
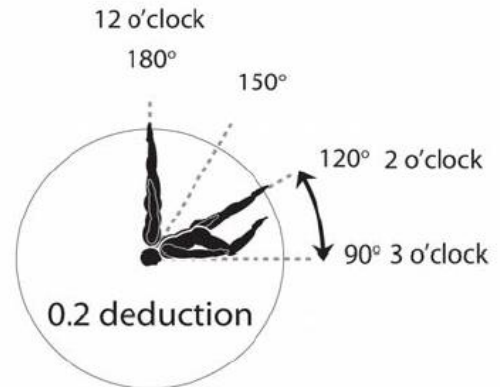
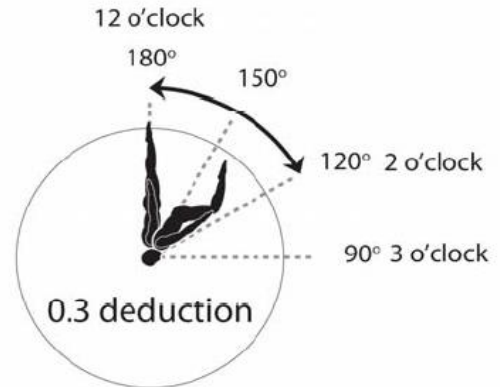


# AFTER OPENING

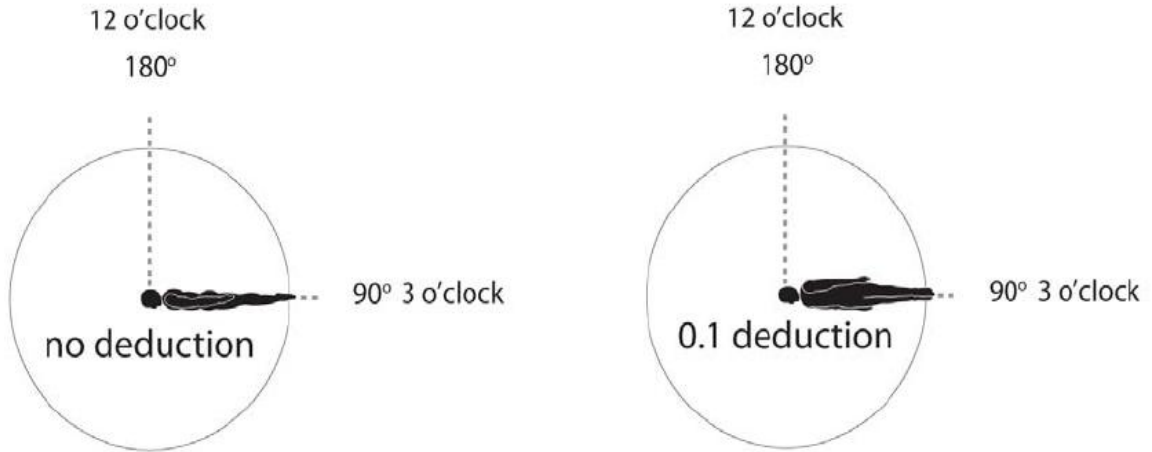
## PIKE DOWN



## TUCK DOWN

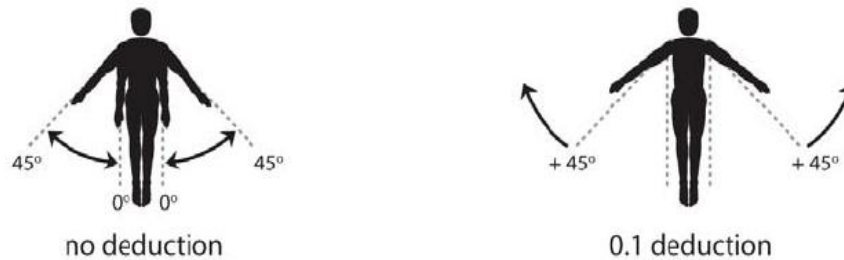


## END OF TWIST

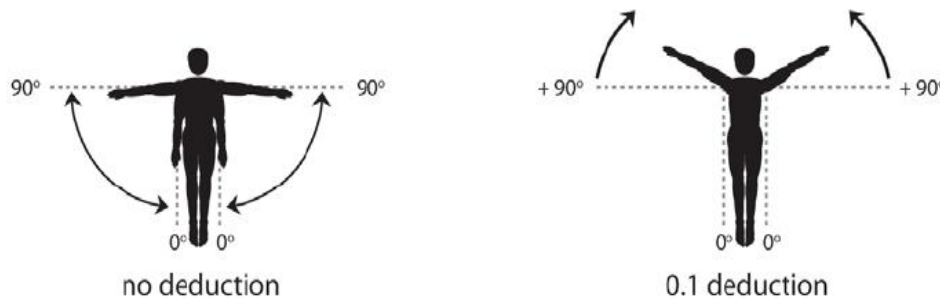


## ARMS TO STOP TWISTING ROTATION

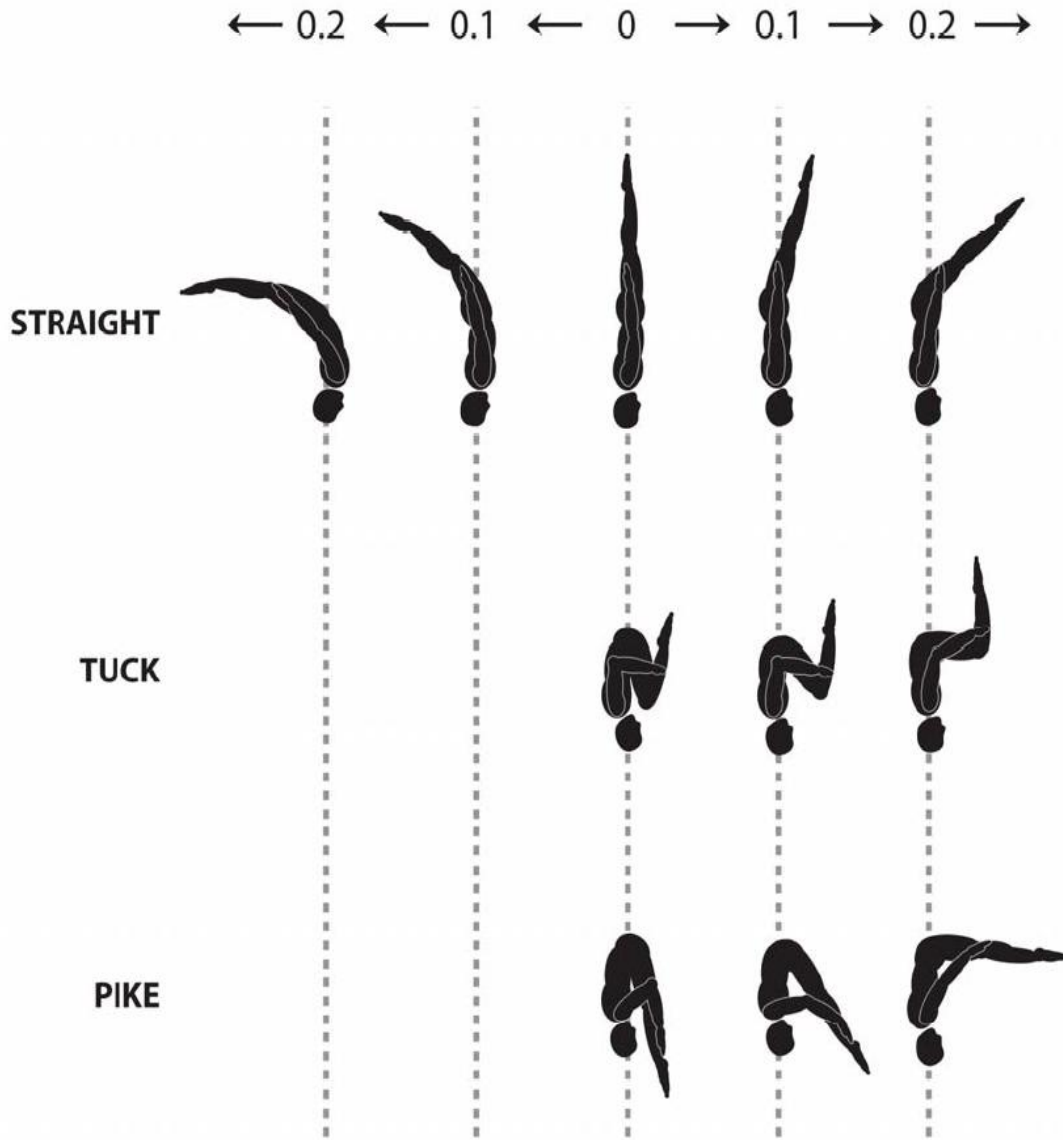
### BARANI, FULL, MULTIPLE SOMERSAULTS WITH 1/2 OUT



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



REQUI



# 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	Correction pg 9	Marli	30 / 04 / 2025
5	Revision in 2026: - Qualification for awards - SA Qualification change to 9.7 - Change date on coverpage	Marli & Reinhardt	10 / 01 / 2026
6	Changes: * Dress code – removal of “tekkies” * Update on warm-ups (‘routine’) * Placing focus on 2-feet jumping on the mini-tramp * No more deduction for landing on 1 foot = wrong skill * Adding minimum difficulty to Level 6 as requirement	Marli van Schalkwyk	08 / 05 / 2026
7	Change minimum difficulty of Level 6 to 0.7	Marli van Schalkwyk	02 / 06 / 2026