



SCOTTISH
STUDENT TRAMPOLINING



HANDBOOK 2019/20

INTRODUCTION

COMMITTEE

COMPETITIONS

ENTRIES

JUDGING REQUIREMENTS

RULES & REGULATIONS

APPENDIX A

APPENDIX B



INTRODUCTION

ABOUT SST

Scottish Student Trampoline (SST) was established to provide structured competitions to the student trampoline community. The aim of this league is to provide a welcoming, friendly and inclusive competitive environment and community for students, ran by students with the aid of Scottish Student Sport.

Every year the league plays host to four competitions, allowing Scottish university clubs the honour and experience of hosting trampoline competitions. At the end of the season the League Cup and Individual Category Shields are awarded.

The SST committee aim to provide university and college students within Scotland and further afield, the chance to practice competitive trampolining in a relaxed and supportive environment, strongly supporting Stonewall's message that "sport is everyone's game."

CONTACTS

SST Email: ssstrampoline1@gmail.com

SSS Email: info@scottishstudentsport.com

Please contact SSS or request a private email address for any confidential issues.



COMMITTEE



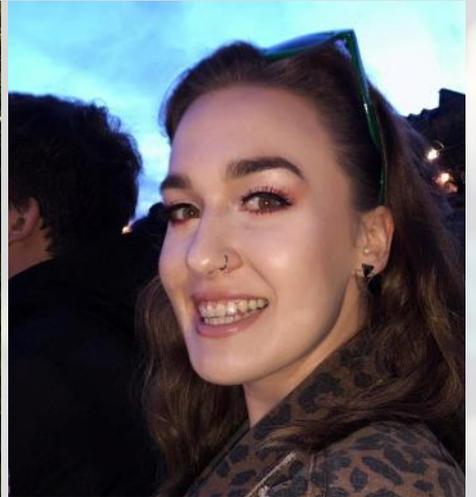
JOSHUA WATTERS

CHAIR



EILIDH DOLAN

ASSISTANT CHAIR



EMILY BRUCE

**DEVELOPMENT
OFFICER**



LOUISE SCOTT

**MEDIA AND
PUBLICITY OFFICER**



IONA CHISHOLM

**PROCUREMENT
OFFICER**



HAYLEY KENNA

SOCIAL SECRETARY

**FUNDRAISING
OFFICER**



COMPETITIONS

26TH OCTOBER 2019



LEAGUE 1

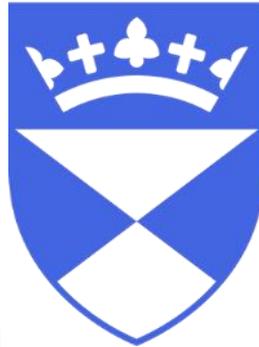
ST. ANDREWS

DMT

SYN

LEAGUE 2

DUNDEE



16TH NOVEMBER 2019



31ST JANURARY

2ND FEBUARY



SSTO

SYN

DMT

TUM

LEAGUE 4

GLASGOW



7TH MARCH 2020



ENTRY

ENTRY PROCESS

Institutions should make entries through TrampONLINE before the entry deadline. Once the deadline has passed withdrawals will not be permitted.

Additional entries and changes may be made after the entry deadline at the discretion of the SST committee.

Institutions are required to provide judges based on the number of competitors entered as described in the judging section.

PRICES

INDIVIDUAL TRAMPOLINE (STUDENT)	£7.50
--	--------------

INDIVIDUAL TRAMPOLINE (GUEST)	£10
--------------------------------------	------------

DMT / TUM / SYNC (PP)	£5
------------------------------	-----------

Prices refer to leagues 1,2 and 4 only. For SSTO prices please check the open pack.

ENTRY REGULATIONS

All competitors, coaches and officials must have relevant insurance for their respective level or role. Clubs may be required to provide evidence of this on request.

Competitors should not enter a category above or below their capabilities and should be physically and mentally ready to compete. In the event of a competitor competing out with their capabilities they may be disqualified or treated as a guest.

Competitors should be accompanied by a suitably qualified coach while warming up and competing.



JUDGING

MINIMUM JUDGING REQUIREMENTS FOR ENTRY

COMPETITORS	ROLE		TOTAL NUMBER OF JUDGES
	EXECUTION / HD	DIFFICULTY / CHAIR	
0 - 4	2	-	2
5 - 9	3	1	4
10 - 14	5	1	6
15 - 19	6	2	8

Continued...

Institutions should provide the minimum number of judges as detailed in the above table, failure to do so may result in your institutions entries being capped if we cannot accommodate entry numbers due to a lack of judges. All institutions must provide non-judging officials.

Officials are allocated using a points system. Each flight is worth 1 point per official and duties are evenly distributed across clubs wherever possible. it is in the benefit of clubs to provide as many judges as possible to help accommodate this.

CODE OF POINTS

All routines will be judged using the BG Code of Points (appendix B) where possible, with the following amendments as outlined in the Rules & Regulations

If contradictions occur between the SST Handbook and BG Code of Points, the SST Handbook will supersede the BG Code of Points.



RULES & REGULATIONS

TRA 1.0. INDIVIDUAL TRAMPOLINE CHAMPIONSHIPS

TRA 1.1 The Championships will be organised as 4 League competitions including the Scottish Student Trampoline Open (SSTO).

TRA 1.2 There will be six levels of competition, Novice, Intermediate, Intervanced, Advanced, Elite and Pro-Elite in both the Women's and Men's categories. Gold, Silver and Bronze medals will be awarded for each category.

TRA 1.2.1 Competitors should not enter a category above or below their capabilities and should be physically and mentally ready to compete. In the event of a competitor competing out with their capabilities they may be disqualified or treated as a guest.

TRA 1.3 Each competitor shall complete the compulsory and voluntary routine within the criteria outlined in the routines document.

TRA 1.4 The compulsory and voluntary routine shall each consist of ten skills as defined by FIG.

TRA 1.5 Each competitor shall have one attempt at each routine unless the routine is interrupted by circumstances outside their control as agreed by the chair of judges.

TRA 1.6 All competitors are required to present themselves for competition clothed in correct attire outlined in appendix A.

TRA 1.7 Routines will be performed on either 4mm, 6mm x 4mm or 6mm beds.

TRA 1.8 The Chair of Judges Panel is empowered to require a competitor to remove skills from a routine if they deem them to be unsafe in any way. Failure to do this will result in disqualification.

TRA 1.9 Medals will only be awarded if the competitor completes 10 skills in each routine.

TRA 1.10 Individual tie breaker rules are as follows:

TRA 1.10.1 Highest total Execution scores from the set and voluntary routine (4 marks in total)

TRA 1.10.2 Highest total Horizontal Displacement scores in the set and voluntary routine (2 marks in total)

TRA 1.10.3 Highest Difficulty score in the voluntary routine (1 mark in total)

TRA 1.10.4 Highest total of all Execution scores from the set and voluntary routine (8 marks in total)

TRA 1.10.5 Highest total Horizontal Displacement scores in the set and voluntary routine (4 marks in total)



RULES & REGULATIONS

TRA 1.0. INDIVIDUAL TRAMPOLINE CHAMPIONSHIPS

TRA 1.11 Competitors will be required to move up a category if they receive two move up scores in a category.

TRA 1.11.1 The Novice move up score is 50.5

TRA 1.11.2 The Intermediate move up score is 51.0

TRA 1.11.3 The Intervanced move up score is 51.9

TRA 1.11.4 The Advanced move up score is 52.7

TRA 1.11.5 The Elite move up score is 53.7

TRA 2.0. TEAM COMPETITION

TRA 2.1 At each League event, the top 4 individual trampoline scores from each institution will make up the team score.

TRA 2.1.1 Team members can be either male or female across all categories.

TRA 2.1.2 The team score is calculated from the top 4 total scores from each institution, including difficulty. Total scores are only counted if 20 moves are completed.

TRA 2.1.3 Institutions are automatically entered to the League's team event providing they have a minimum of 4 competitors.

TRA 2.2 An additional team event will be held at SSTO. Teams are pre-selected and submitted alongside other entries. The top 3 scores will make up the team score.

TRA 2.2.2 Individual scores that constitute the team score are calculated from the total counting execution and HD scores from both the compulsory and voluntary routines. Difficulty is not included.

TRA 2.3 Team tie breaker rules will apply to the 4 highest scoring members of the team and are as follows:

TRA 2.3.1 Highest 4 total voluntary execution + HD scores.

TRA 2.3.2 Highest 3 total voluntary execution + HD scores.

TRA 2.3.3 Highest 2 total voluntary execution + HD scores.



RULES & REGULATIONS

TRA 3.0. THE LEAGUE

TRA 3.1 The Institution with the highest number of points after all 4 competitions will receive the Scottish Student Trampoline Cup.

TRA 3.2 Points will be awarded as follows:

TRA 3.2.1 Gold - 3 points; Silver – 2 points; Bronze – 1 point.

TRA 3.2.2 Team medals are counted as 1 medal for league points.

TRA 3.3 Cup tie breaker rules are as follows:

TRA 3.3.1. The institution with the largest number of points scored from Gold medals only.

TRA 3.3.2 The institution with the largest number of points scored from Gold and Silver medals only.

TRA 3.4 Each category has an individual shield which is awarded to the competitor with the highest total of their 3 highest scores over the 4 league competitions.

TRA 3.5 Shield tie breaker rules are as follows:

TRA 3.5.1 Highest 2 total scores.

TRA 3.5.2 Highest total score.

TRA 4.0. SCORING

TRA 4.1 Scoring will be as outlined in the British Gymnastics Code of Points (appendix) except where modified by the following rules:

TRA 4.2 Time of flight will not be used in any category.

TRA 4.3 An arm set will not be required in any category.

TRA 4.4 Deviations from the compulsory routine at Novice-Advanced will be deemed an interruption to the routine.

TRA 4.5 Repeated elements in the compulsory routine at Elite and Pro Elite will be deemed an interruption to the routine.

TRA 4.6 If a competitor in any category fails to meet the specified requirements or minimum difficulty a **penalty** of 2.0 will be taken by the difficulty judges.

TRA 4.7 If a competitor ignores the specified limitations applied to their category they will be disqualified from that event.

TRA 4.7 If a competitor in Novice-Elite exceeds the maximum difficulty they will be disqualified from that event.



RULES & REGULATIONS

DMT 5.0 DOUBLE MINI-TRAMPOLINE

DMT 5.1 There will be four levels of competition; Novice, Intermediate, Advanced, Elite. Gold, Silver and Bronze medals will be awarded for each category.

DMT 5.1.1 Competitors should not enter a category above or below their capabilities and should be physically and mentally ready to compete. In the event of a competitor competing out with their capabilities they may be disqualified or treated as a guest.

DMT 5.2 Each competitor shall complete the compulsory and voluntary routines within the criteria outlined in the routines document.

DMT 5.3 Each competitor shall have one attempt at each routine unless the routine is interrupted by circumstances outside their control as agreed by the chair of judges.

DMT 5.4 All competitors are required to present themselves for competition clothed in correct attire outlined in appendix A.

DMT 5.5 The Chair of Judges Panel is empowered to require a competitor to remove skills from a routine if they deem them to be unsafe in any way. Failure to do this will result in disqualification.

DMT 5.6 Medals will only be awarded if the competitor completes both skills in each routine.

DMT 5.7 DMT tie breaker rules are as follows:

DMT 5.7.1 Highest total Execution scores from the compulsory and voluntary routine (4 marks in total)

DMT 5.7.2 Highest Difficulty score in the voluntary routine (1 mark in total)

DMT 5.7.3 Highest total of all Execution scores from the compulsory and voluntary routine (8 marks in total)



RULES & REGULATIONS

SYN 6.0 SYNCHRONISED TRAMPOLINE

SYN 6.1 There will be three levels of competition; Synchronised Level 1, Synchronised Level 2 and Synchronised Level 3. Pairs may be same or mixed gender and compete in the appropriate categories as outlined in the routines document. Gold, Silver and Bronze medals will be awarded for each category.

SYN 6.1.1 Competitors should not enter a category above or below their capabilities and should be physically and mentally ready to compete. In the event of a competitor competing out with their capabilities they may be disqualified or treated as a guest.

SYN 6.2 Pairs should perform **either** the compulsory routine or meet the voluntary requirements of the **lowest level** competitor. The routines and rules will match those of the individual event. Difficulty will be awarded at every level.

SYN 6.3 Each pair shall have one attempt at each routine unless the routine is interrupted by circumstances outside their control as agreed by the chair of judges.

SYN 6.4 Each competitor should wear matching attire where possible as outlined in appendix A.

SYN 6.4.1 In the case of a mixed-gender pair each competitor should dress according to their individual trampoline attire options.

SYN 6.4.2 The Chair of the Judging Panel has discretion for dress requirements during the synchronised competition.

SYN 6.5 The Chair of Judges Panel is empowered to require a competitor to remove skills from a routine if they deem them to be unsafe in any way. Failure to do this will result in disqualification.

SYN 6.6 Medals will only be awarded if the pair both complete 10 identical skills in each routine.

SYN 6.7 Synchronised tie breaker rules are as follows:

SYN 6.7.1 Highest total Execution scores from the routine (4 marks in total)

SYN 6.7.2 Highest total Horizontal Displacement scores in the routine (2 marks in total)

SYN 6.7.3 Highest Difficulty score in the routine (1 mark in total)



APPENDIX

APPENDIX A - DRESS REQUIREMENTS

CATEGORY	FEMALE	MALE
NOVICE, INTERMEDIATE AND INTERVANCED.	Leotard	Leotard and Shorts
	Leotard and Shorts	Leotard and Trampoline Trousers (not dark coloured)
	Shorts and T-shirt tucked in	Shorts and T-shirt tucked in
ADVANCED, ELITE AND PRO ELITE	Leotard	Leotard and Shorts
	Leotard and Shorts	Leotard and Trampoline Trousers (not dark coloured)

ALL COMPETITORS

Competitors must wear white socks and/or trampoline shoes. If trampoline shoes are worn socks may match the colour of trampoline trousers.

Trampoline trousers are not permitted when competing DMT.

Jewellery and piercings are not permitted to be worn during warm up or competition. If they cannot be removed then they must be fully taped. The Chair of the Judging Panel has full discretion over the safety of taped and non-taped jewellery and piercings.

Underwear should be covered. In the case that it can't be adequately covered it should not cause a large contrast with the colour of the leotard.

Bandages and supports may be worn but should not cause a large contrast with skin colour.

Failure to adhere to these guidelines may result in a 0.2 penalty by the Chair or disqualification if it is deemed unsafe.



APPENDIX

APPENDIX B - USEFUL LINKS

[British Gymnastics - Trampoline Code of Points](#)

[Scottish Student Trampolining \(Facebook Page\)](#)

[Scottish Student Trampoline \(Facebook Group\)](#)

[Scottish Student Sport](#)

[Scottish Student Sport \(Facebook Page\)](#)

SCOTTISH
STUDENT TRAMPOLINING



f @scottishstudenttrampolining / Scottish Student Trampoline

 @sss_trampoline

 @SSSTrampoline

 sss-trampoline