

**SSST**  
**2022**  
**LYMPHICS**

**30th JAN - 2nd FEB**

**LET THE GAMES BEGIN!**

# CONTENTS

COMMITTEE	<u>3</u>
ENTRIES	<u>4</u>
PAYMENT	<u>5</u>
TRANSPORT	<u>6</u>
ACCOMMODATION	<u>7</u>
SOCIALS	<u>8</u>
T-SHIRTS	<u>9</u>
ROUTINES	<u>10</u>
HOME NATIONS / TEAMS	<u>16</u>
SSTO CHARITY	<u>17</u>

# WELCOME

to the 35th Scottish Student Trampoline Open (SSTO) but the very 1st SSTO(LYMPICS)!

We will once again be hosting SSTO in Scotland's capital, Edinburgh!

We would like to extend a huge thank you to the University of Edinburgh and the staff of Pleasance Sports Centre for their help and support in hosting this event. We would also like to say thank you to Edinburgh University Trampoline Club for hosting our Scottish tramps over the weekend.

Venue Address:  
Pleasance Sports Centre  
46 Pleasance  
Edinburgh  
EH8 9TJ

**CHECK OUT OUR SOCIAL  
MEDIA LINKS!**



**C**

**JOSHUA**



**MMITTEE**

**EMILY**



**CHAIR**

**EILIDH**



**ASSISTANT CHAIR**

**HAYLEY**



**SOCIAL SEC**

**IONA**

**PROCURMENT**

**DEVELOPMENT**



**LOUISE**

**PUBLICITY**



**+  
FUNDRAISING**

# HOW TO ENTER

The entry deadline is Sunday 5th January 2020 at 8PM.

Clubs should register with

[TrampONLINE](#)

Once registered, click the 'Competitions' tab to see a link to 'Scottish Student Trampoline Open 2020 (SSTO)'.

## 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

**etc...**

**MORE OFFICIALS = MORE FUN**

# ENTRIES GO LIVE

# SUNDAY 1ST DECEMBER 5PM

# PAYMENT

TRAMP students	£10
TRAMP guests	£12
TRAMP team/s	£3 each £10 for 4
SYN (pp)	£5
DMT	£5
TWO TRICK	£1
WEEKEND SOCIAL TICKET	£10
T-SHIRT	£10

THERE ARE TWO PAYMENT METHODS

## BACS

Account details are as follows:

**Scottish Student Sport**  
**Bank of Scotland**  
**Sort code: 80-11-00**  
**Account number:**  
**06094688**

## CHEQUE

Cheques can be made payable to Scottish Student Sport and sent to the following address:

**Scottish Student Sport**  
**3rd Floor**  
**48 Pleasance**  
**Edinburgh**  
**EH8 9TJ**



## IMPORTANT

When paying please either write on the back of the cheque or email [finance@scottishstudentsport.com](mailto:finance@scottishstudentsport.com) when you pay to clarify what you are paying for.



# PAYMENT DEADLINE IS FRIDAY 10th JANUARY



Megabus provides services from all over the UK to the city centre. Citylink also provide transport between Scottish cities by coach. Make sure you book tickets in advance. From Edinburgh Bus Station there is a 15 minute walk to Pleasance Sports Centre.

Check out their websites for exact routes and prices and to book tickets:  
<https://uk.megabus.com/>

<https://www.citylink.co.uk/>



Most train operators run trains to Edinburgh Waverley Station from many places in the UK. From Waverley Station it is around a 10 minute walk to the Sports Centre. Booking tickets in advance can work out cheaper than buying on the day at the train station.

For routes, prices and to book online check out the links below:

<https://www.scotrail.co.uk/>

<https://www.nationalrail.co.uk/>

<https://www.thetrainline.com/>



## EDINBURGH

*Edinburgh Airport links to City Centre:*

The Airlink 100 Express and N22 Night bus takes around 30 minutes from the airport to the city centre. Alternatively, the Edinburgh Trams also take around 30 minutes.

For more information, please have a look at:  
<https://www.edinburghairport.com/transport-links/travel-into-edinburgh>

# TRAVEL GUIDE

## GLASGOW



The best way to get to Edinburgh from Glasgow Airport is to get the bus to Buchanan Bus Station (Glasgow city centre) then either getting the bus or train from Glasgow to Edinburgh. The Glasgow Airport Express service 500 will take you to Buchanan Bus Station. From there you can get buses to Edinburgh (Citylink 900 and Megabus buses).

For more information, please have a look at:  
<https://www.glasgowairport.com/to-and-from/bus/>

Trains run regularly between the two cities from Glasgow Queen Street, but some also run from Glasgow Central Station!

We're in luck this year as Murrayfield is not playing host to a game over the SSTO weekend meaning you won't have to compete with rugby fans for accommodation!  
(PRO/CON: less rugby boys)

However, Edinburgh is always busy so we would recommend booking as soon as possible to guarantee the number of beds you require.

## "GAFF" DEFINITION

For ideas on where to stay in Edinburgh we have included a number of hostels on our map found below.

We suggest checking out [HostelWorld](#) for the best deals for your club! They do ask groups of 15+ to contact their group travel team directly which you can do here - [HostelWorld \(Groups\)](#)

You can also look at hostels at [Booking.com](#), and smaller groups could check out apartments on [Airbnb](#).

## Taxi Numbers

**Capital Cars:** 0131 777 7777 (*Show student card for 10% off fare*)

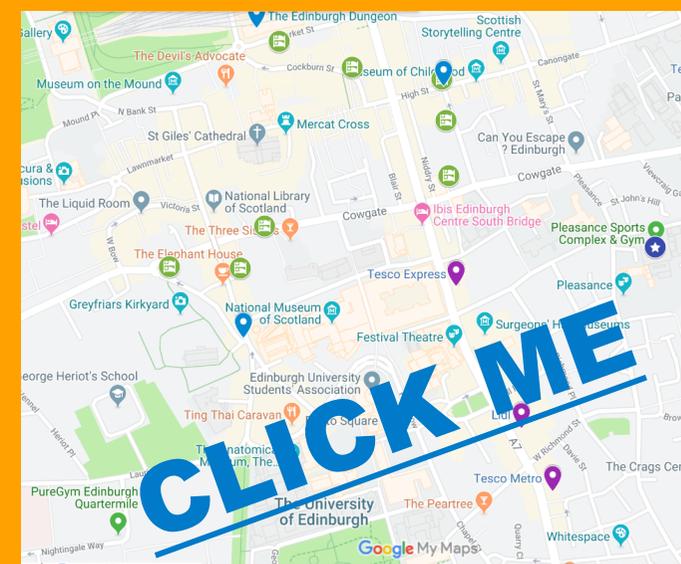
**Central Taxis:** 0131 229 2468

**City Cabs Ltd:** 0131 228 1211

**Edinburgh City Private Hire:**  
0131 555 5555

Uber is also available in Edinburgh. You can download the app via the [App Store](#) (iOS devices) or [Google Play](#) (Android devices).

# LOCAL "GAFF'S"



**THEME:**  
**OLYMPIC COLOURS**

**HIVE NIGHTCLUB**  
15-18 Niddry Street, EH1 1LG

**TIME:**  
**11.30PM - 3AM**

You have excelled at the World Championships and to show this off come dressed up in the colours of the Olympic rings. Each team in Olympic tradition will be given an Olympic Torch. As we race between bars, your challenge on the pub crawl as a team is to try and steal the other teams' torches.

### **THEME: FORMAL**

You have made it to the Opening Ceremony of The SSTO(lympics)! People have travelled far and wide so join us at Potterrow and enjoy the huge venue to celebrate the bringing together of all the nations. Remember to dress to impress because it is our opening ceremony! As our prestigious games are in Scotland what better way to celebrate than the traditional ceilidh! Also, because you've all worked so hard, you don't have to change venue we are bringing the disco to you as the night goes on!

### **POTTERROW**

5/2 Bristo Square, EH8 9AL

**TIME: 9PM - 3AM**

**THURSDAY**

**SOCIALS**

**SUNDAY**

**FRIDAY**

**SATURDAY**

### **THEME: WHITE T-SHIRT**

The weekend has flown by and we have crowned our champs. What better way to say farewell like a white t-shirt night where we can celebrate all the memories made over the weekend! Join us for the last night at The Hive for one final goodbye before we all fly home. Don't forget to bring your sharpies!

### **HIVE NIGHTCLUB**

15-18 Niddry Street, EH1 1LG

**TIME: 11.30PM - 3AM**

### **ERIC LIDDELL CENTRE**

15 Morningside Road, EH10 4DP

**TIME: 8PM - MIDNIGHT**

### **BOURBON BAR AND CLUB**

24A Fredrick Street, EH2 2JR

**TIME: MIDNIGHT - 3AM**

### **THEME: OLYMPICS**

The Olympics are well underway and it is a race to see who comes out on top! We bring to you a mini Olympics at Eric Liddell Centre where you can come as an individual athlete or part of an Olympic team. To make it even better we will have an old school style disco which is BYOB. After this we the invite you to join us at Bourbon Night Club where we have private room access just for tramps!

# T-SHIRTS

## JUDGES T-SHIRTS



**Judging T-Shirts will come in the Olympic colours. Final designs will be available when entries go live!**

**Competitor T-shirts colours are subject to change but will also be confirmed when entries go live!**

**NOVICE**

**INTERMEDIATE**

**COMPULSORY ROUTINE**

**COMPULSORY ROUTINE**

**OPTION A**

**OPTION B**

**OPTION A**

**OPTION B**

- Front Landing
- To Feet
- Straddle Jump
- 1/2 Twist Jump
- Seat Landing
- 1/2 Twist to Seat Landing
- 1/2 Twist to Feet
- Tuck Jump
- Pike Jump
- Full Twist Jump

- Back Landing
- To Feet
- Straddle Jump
- 1/2 Twist Jump
- Seat Landing
- 1/2 Twist to Seat Landing
- 1/2 Twist to Feet
- Tuck Jump
- Pike Jump
- Full Twist Jump

- Full Twist Jump
- Straddle Jump
- Seat Landing
- 1/2 Twist to Seat Landing
- 1/2 Twist to Feet
- Pike Jump
- Back Landing
- 1/2 Twist to Feet
- Tuck Jump
- Front S/S (T)

- Back S/S (T)
- Straddle Jump
- Seat Landing
- 1/2 Twist to Seat Landing
- 1/2 Twist to Feet
- Tuck Jump
- 1/2 Twist to Front Landing
- To Feet
- Pike Jump
- Full Twist Jump

**VOLUNTARY ROUTINE**

**VOLUNTARY ROUTINE**

**Minimum Difficulty: 0.7**

**Maximum Difficulty: 1.1**

Elements of 90° somersault rotation or more must not exceed 180° of twist.

**Minimum Difficulty: 1.2**

**Maximum Difficulty: 2.0**

Elements must not exceed 360° of somersault rotation.  
 Elements of 270° somersault rotation or more must not exceed 180° of twist.

There may be a maximum of two (2) elements of 360°, linking these elements together is not permitted



## INTERVANCED

### COMPULSORY ROUTINE

#### OPTION A

- Back S/S (P)
- Straddle Jump
- Back S/S to Seat (T)
- 1/2 Twist to Seat
- To Feet
- Pike Jump
- 1/2 Twist to Front Landing
- To Feet
- Tuck Jump
- Front S/S (P)

#### OPTION B

- Back S/S (T)
- Straddle Jump
- Back Landing
- 1/2 Twist to Feet
- Seat Landing
- 1/2 Twist to Feet
- Pike Jump
- Barani (T)
- Tuck Jump
- Front S/S (P)

### VOLUNTARY ROUTINE

**Minimum Difficulty: 2.1**

**Maximum Difficulty: 2.8**

Elements must not exceed 360° of somersault rotation.

Elements of 270° somersault rotation or more must not exceed 180° of twist.

Linking elements of 360° somersault rotation is not permitted.

## ADVANCED

### COMPULSORY ROUTINE

#### OPTION A

- 3/4 Back S/S (S)
- To Feet
- Straddle Jump
- Back S/S (P)
- Barani (P)
- 1/2 Twist Jump
- Tuck Jump
- Barani (T)
- Pike Jump
- Front S/S (P)

#### OPTION B

- Back S/S (S)
- Straddle Jump
- Barani (P)
- 1/2 Twist Jump
- Pike Jump
- Barani (T)
- Back S/S (T)
- Tuck Jump
- 3/4 Front S/S (S)
- 1/2 Twist to Feet

### VOLUNTARY ROUTINE

**Minimum Difficulty: 2.9**

**Maximum Difficulty: 3.8**

Elements must not exceed 360° of somersault rotation.

Elements of 270° somersault rotation or more must not exceed 180° of twist.



## ELITE

### COMPULSORY ROUTINE

The routine must consist of ten (10) **different** elements, only **three (3)** elements of less than 270° are permitted. At least **one (1)** of the following requirements must be included:

- An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation;
  - A back somersault with 360° somersault rotation and 360° of twist;
  - A front somersault with 360° somersault rotation and 540° of twist.

A maximum of **one (1)** element of 630° or 720° is permitted in this routine.

### VOLUNTARY ROUTINE

**Minimum Difficulty: 3.9**

**Maximum Difficulty: 5.4**

A maximum of **one (1)** element of 630° or 720° is permitted in this routine.

## PRO ELITE

### COMPULSORY ROUTINE

The routine must consist of ten (10) **different** elements, only **one (1)** element of less than 270° is permitted.

**Two (2)** elements, marked with an asterisk (\*) on the competition card, shall be awarded difficulty. Neither of these two (2) elements will be awarded difficulty in the voluntary routine.

### VOLUNTARY ROUTINE

**Minimum Difficulty: 5.5**

**Maximum Difficulty: N/A**

SYN

INITIATE	PADAWAN	JEDI
NOVICE / INTERMEDIATE	INTERVANCED / ADVANCED	ELITE / PRO ELITE

Competitors should use the above guide to pick a level and will be penalised if obviously competing out with their ability.

The competition will consist of a preliminary pass, in which ever competitor competes for the highest possible score. Three head to head rounds follow the preliminary round in the form of a quarterfinal, a semi final and a final.

All competitors complete their initial pass, which will be scored out of 10 by 5 judges based on the criteria outlined above. All five scores will be added together to give a final score for the first pass. The eight highest scoring competitors will advance to the head to head rounds.

In the head to head rounds both competitors will perform their passes before any score is given. After the judges have seen both passes they will show either a 1 or a 2 on their score cards to indicate which competitor they thought had the most impressive pass. The competitor with the majority of the judges votes will proceed to the next round. The final round is conducted in the same manner and the competitor with the majority of the judges votes will be named the two trick champion of their respective category.

TWO TRICK

**SYNCHRONISED LEVEL 1**  
NOVICE / INTERMEDIATE

**SYNCHRONISED LEVEL 2**  
INTERVANCED / ADVANCED

**SYNCHRONISED LEVEL 3**  
ELITE / PRO ELITE

**ALL SYNCHRONISED CATEGORIES**

Competitors should perform **either** the set routine or meet the voluntary requirements of the **lowest level** competitor.

The routines and rules will match those of the individual event. Difficulty will not be awarded at any level.

Pairs may be compromised of mixed genders and levels, but both members must be **no more than one category** above/ below their partner.



## NOVICE (DEV 3)

### OPTION A

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Tuck Jump	Full Twist	0.4
2	-	Pike Jump	1/2 Twist	0.2

### OPTION B

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Full Twist	Pike Jump	0.4
2	-	Straddle Jump	1/2 Twist	0.2

## INTERMEDIATE (DEV 2)

### OPTION A

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Tuck Jump	Front S/S (T)	0.5
2	-	1/2 Twist	Back S/S (T)	0.7

### OPTION B

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Pike Jump	Front S/S (P)	0.6
2	-	Back S/S (T)	Tuck Jump	0.5

Elements marked with an \* may be competed either as a mount or spotter.

## ADVANCED (DEV 1)

## OPTION A

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Back S/S (P)	Barani (T)	1.3
2	Barani (P)*		Back S/S (T)	1.2

## OPTION B

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	Barani (T)*		Back S/S (P)	1.3
2	-	Back S/S (T)	Barani (S)	1.3

## ELITE (PERFORMANCE / FIG)

## OPTION A

PASS	MOUNT	SPOTTER	DISMOUNT	DIFFICULTY
1	-	Back S/S (S)	Barani (S)	1.3
2	Barani (S)*		Full	1.6

## OPTION B

Two optional passes shall be performed.

**Minimum Round Difficulty: 2.9**

**Maximum Round Difficulty: N/A**

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of a pass will not be deemed a repeat (mount, spotter or dismount).

# HOMENATIONS

## + TEAMS

### HOW IT WORKS

The top 3 Pro-Elite scores and the top 3 Elite scores from Ireland, Scotland, England and Wales will be added together to create a team score for your country.

Difficulty will be included and it is the top 3 scores over either male or female categories.

The country you represent will be the country that your institution is in.

E.g. if you go to Glasgow University but are from England, you would be representing Team Scotland.

### TEAMS

Teams will be split as Upper and Lower. Upper teams will be composed of Advanced-Pro Elite, lower teams will be Novice-Intervanced.

Institutions can enter teams of 3 or 4 competitors.

The top 3 scores will make up the team score. 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.

# SSTO'S CHARITY FOR 2020

## JOSHUA NOLAN FOUNDATION

JNF is a charity founded in Edinburgh to help provide support and funding to those in need of mental health counselling. Originally this support was mainly aimed at young men in Scotland but the service has now grown to be able to offer support to anyone in need. Along with this, they do work to spread awareness of the importance of mental wellbeing, particularly for men.

Part of this involves workshops in local schools, an invaluable service to young people teaching them how to spot signs of someone in need and how to improve their own mental wellbeing. Recently JNF has suffered from a lack of funding meaning that they can offer less financial support to families in a crisis so the support from SST and the awareness spread to the student body throughout Scotland would not go unnoticed or unappreciated by the incredible, caring and dedicated team at JNF.

