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18th Scottish Student Open – Dundee

well done for replying to come to the best Scottish student Open yet! This letter has all the information you need! (I hope – if not it will get emailed to everyone and put on the web site).

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	Categories
	Teams
	T-Shirts – you know you want one...

Organisers:	Laura Shapiro	0141 357 1807
	Ilana Carter	01334 478086
Dundee Captain:	Graeme Leslie	g.r.leslie@dundee.ac.uk
Taxis	01382 203020	01382 669333
Tourist information		
	SSTOdundee@hotmail.com	
	www.scottishstudenttrampolining.co.uk	

When we receive your entries your university name will appear on the web page with confirmed next to it, if this doesn't happen then email us!

Please try and come along on Friday night as we would like the competition to kick off on Saturday morning at 9:30 not 11!

There will be a tuck shop selling allsorts; sandwiches, hot and cold drinks, sweets cakes etc (you get the drift). In the sports hall there will be areas where food will be allowed and areas it won't. This is because the sports hall is having a new floor laid and we need to protect this. Thanks

Main Competition Rules:

1. All guests are welcome and can compete in a guest competition based on form scores only. Competing in the appropriate category.
2. The Scottish Student Open is open to any student competing within a university team.
3. The SUSF competition includes any Scottish University Student competing.
4. The new tariff system and deductions will be used as outlined in the FIG (the deductions are outlined below)
5. It is strongly advised by the organisers that you compete in the appropriate class as not doing so is considered CHEATING.
6. The novice class has one compulsory routine and one voluntary routine with a maximum tariff of 1.5.
7. The intermediate class has one compulsory routine and one voluntary routine with a maximum tariff of 2.5.
8. The advanced class has one compulsory routine and one voluntary routine with a maximum tariff of 4.5.
9. The elite class has one compulsory routine – of 10 different skills.
 - a. Skills with at least 270° of somersault rotation
 - b. Skills landing on front or back with at least 270° of somersault rotation (included in the above 7).
 - c. Missing/Repeated required elements in compulsory would incur **1.0pts** deduction.
 - d. **0.1pts** deduction will be incurred for each change to submitted compulsory routine.
 - e. One voluntary routine with no maximum tariff.
10. There will be no final rounds – each competitor competes once only.
11. **Teams may consist of 3 or 4 individuals from the same category either sex.**
12. The protest fee is set at £30 and must be made in writing to the competition organisers.
13. Competitors may not bounce in any kind of brace or cast...
14. The organising committee/superior judges' reserves the right to stop any competitor from bouncing if they feel they are unfit to do so, through danger to themselves, others or the equipment.
15. **Indemnity Clause:** The signature on the entry form (club captain) accepts that any accidents, damage to or loss of property during the competition weekend is neither the responsibility of the competition organisers, the Dundee University Sports Centre nor Dundee University Trampoline Club.
16. **NO CHANGES CAN BE MADE ON SATURDAY MORNING ONLY ON FRIDAY NIGHT AT THE WARM UP SESSION. IF YOU AREN'T GOING TO BE AT THE WARM-UP PLEASE CALL 07771 646932 OR 07771 934273 ON FRIDAY NIGHT. YOU CAN EMAIL DURING THE WEEK**

Synchro Competition Rules:

1. Entries taken on the day:

Serious Synchro	£2 per pair
Fun Synchro	£1 per person (up to 6/8)
2. To compete in the serious synchro competition both parties must be students (to compete for the title) or compete as guests.
3. The serious synchro competition must consist of only one voluntary routine.
4. As medals aren't awarded in the fun synchro there is no limit to the number of students and guests that compete in the group.

Presentations and Awards Available

-For you all to try and win!

1. Of course everyone who wins or comes 2nd/3rd win a trophy.
 2. Those at Scottish uni's who come in the top 3 win SUSF medals.
 3. The top team in the open competition will win Trophies
 4. The top team in Scotland will win the **SUSF Team Trophy**.
 5. The top four competitors from each country at the competition (pre-determined) will the **Federation Cup**.
 6. The top four competitors, in different categories, from Scottish uni's will win the **Form Cup**.
- If you think anyone from your team (who you think could get high form scores) please put him or her on the team sheet as a possibility for your country Federation cup Team.

Dress:

1. Suitable footwear, leotards, whites, leggings, shorts, short-sleeves T-shirts
2. No watches, jewellery, chains and shell tracksuits.
3. The superior judge has the power to ask you to remove the offending articles.

Routines

Guests: You can compete at the appropriate level and compete within the guest competition where tariff doesn't matter.

<u>Novice</u>	Backdrop To feet Tuck jump Seat drop ½ twist to feet ½ twist jump Straddle jump Front drop To feet Full twist jump	Front drop To feet Tuck jump Full twist jump Straddle jump Seat drop 1/2 twist to feet Pike Jump Backdrop To feet	Voluntary routine of maximum 1.5 difficulty
<u>Intermediate</u>	Full twist jump Straddle jump Seat drop 1/2 to seat drop 1/2 twist to feet Pike jump Backdrop 1/2 twist to feet Tuck jump Front S/S (T)	Back S/S (T) Straddle jump Seat drop 1/2 to seat drop 1/2 twist to feet Pike jump Backdrop 1/2 twist to feet Tuck jump Full twist jump	Voluntary routine of maximum 2.5 difficulty
<u>Advanced</u>	Back S/S (S) Straddle Jump Back S/S (T) Seat drop ½ Twist to Feet Pike Jump Barani (F) ½ Twist Jump Tuck Jump Front S/S (F)	The free S/S must be assigned before the routine on a tariff sheet	Voluntary routine of maximum 4.5 difficulty
<u>Elite</u>	10 different skills to include:	<ul style="list-style-type: none"> ▪ 7 skills with a min of 270° of somersault rotation. ▪ 1 skill landing on either front or back with a min of 270° of somersault rotation 	No Maximum tariff is applicable for elite category

For Elite:

As per Trampolining code of points the following deductions will apply:

1. Missing required elements in the 1st routine, for each element **1.0 pts**
2. Changes to the elements written on the tariff sheet in the first routine, for each element **0.1 pts**

Accommodation:

Unfortunately the youth hostel in Dundee closed a couple of years ago so I have put together a bunch of hotels/guest houses around Dundee, who have agreed to give a discount if all their rooms are used. (What I suggest is perhaps in the twin room some people stay on the floor as well as the prices aren't dirt-cheap).

Name	Break-fast	No Rooms:	Type/Price			Details:	Distance From Uni:	Discount Available: On booking all rooms
			1 st price not en-suite 2 nd price en-suite					
			Single	Double	Twin			
Aberlaw Guest House	Yes	6 (all ensuite)	£22	£21	£21	01382 456929	10 mins	On request
Dunlaw House Hotel	Yes	11(1/2 ensuite)	-	-	£48 £58	01382 221703	15 mins walk	All hotel used 20%, ½ hotel 10%
Airlie House Hotel	Yes	11(1/2 ensuite)	19.5 25	£45 en-suite	£37 £45	01382 227496	5 mins walk	All rooms at non-en-suite charge
Beach House Hotel	Yes	4	Family: £80 (4 people)	£23/ Person	£23/Person	01382 776614	10 mins car	This amount is already discounted
Travel Lodge	No Little Chef across rd	32				01382 610488 08700 850950 Central reservations	4 miles	They offer a discount on group bookings over 10 rooms 2% and the whole lodge 8% - suggest get in contact with other uni's and book together. Check web site for this
Outside Inn	No: Contin £4.25 Full £6.25	78	Family: 2 adults & 2 under 16's!	2 people 3 people	All rooms are £42.95	01382 880170	3-4 miles	Only on breakfast!
Hilton	Yes	129	Family/Twin and Double: All £44/ person/night. Twin and Double 2 peeps, family 3 peeps			01382 229271	15 mins walk	On request.

- Other phone no's of places within Dundee:

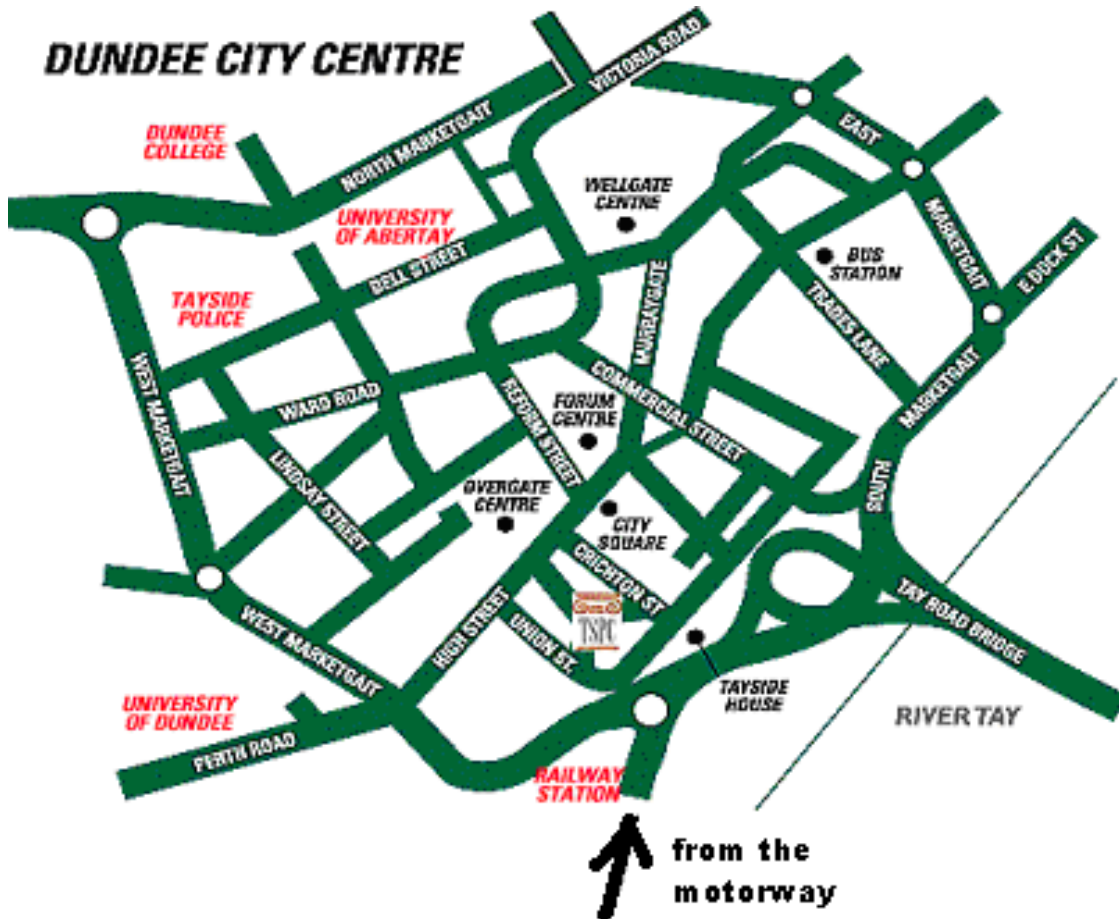
Jolly's Hotel	01382 477533
Woodlands Hotel	01382 480033
Tay view Private Hotel	01382 779438
Queens Hotel	01382 322515
The Grosvenor Hotel	01382 642991
Ash Villa Guest House	01382 450831

Can also check out

- www.yell.com (Guest Houses and Hotels and Inns) or
- www.visitscotland.net
- www.dundee.ac.uk/admissions/visits/overnight.htm

But remember there are a lot of people coming to the open so you will need to book fast.

Directions – how to find us...



<http://www.dundee.ac.uk/general/campusmap/genlocation.htm>

<http://www.dundee.gov.uk/welcome/cityplan.html>

How do we get to Dundee?

Hopefully with these directions you will be with us on time and not miss anything...

By Car (from the south):

- Follow the M6 into Scotland it becomes the A74 (M)
- Once at the M8 follow signs Edinburgh but take junction onto the M80
- Follow signs for Stirling, then Dundee
- As long as you follow the M90 and A85 – which takes you into Dundee

Sorry these aren't great but you have a map of Dundee and if you need more directions try the www.AA.com and I will get better directions on the web site closer to the time.

Parties

Cheap beer + Cheap entry
=

A Bloody
Good Night!

Help us, help you and together we can solve this easy sum...!

On **Friday** there will be training in the sports centre, which will in fact act as the general warm-up, as we are expecting over 300 people to come to this competition. There will be controlled warm-ups on Saturday. After this training we will all head up to the Union (which is across the rd!!!) And meet in the Debates Chamber where the gorgeous Dundee Bounce Club will be waiting to meet you and check everything is fine. Food is available in the Union until 3am. We have hired the debates chamber so everyone can congregate, and of course drink lots; the bar is across the corridor. You can in fact stay out as late as you wish but make sure you're in the sports centre for 9am start (sorry).

On **Saturday** night we are again going to go to the union but for a different line up! We have organised a massive ceildh, which will kick off at about 8pm 'til about midnight – within the break we might just conjure up a few games to get the party going... We know how much you all love to shake that tush! SO with the payment for the evening ticket, you will be given entry to the clubs within the whole union building (ps it is massive!). The drinks are very cheap and I'm sure the talent will be just as good whether you're male or female... All you need to do is pay £7 each and that will cover entry, food (and there will be plenty of it!), the ceildh and our diamond chat, of course! So we will see you all at the bar, mines double Vodka with a reef mixer!

At the moment this is all the details we have for the entertainment as I keep saying, check the web site and as more details become available that's the place it will be!