

SUTL



SOUTHERN UNIVERSITIES TRAMPOLINE LEAGUE



HANDBOOK
2017

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SOCIAL MEDIA

@sutrampolineleague / @sutleague



Competition routine videos will be available on our YouTube channel shortly after each event.

ABOUT

HISTORY

The Southern Universities Trampoline League (SUTL) was founded in 2013 with the vision of bringing together a breadth of clubs for inter-university competitions and socials. Many annual events had been running prior to the foundation of SUTL, but unlike the northern half of England (NEUT), there was no organisation or scoring 'league' to unify those in the south.

The new committee established SUTL and sent an appeal to university clubs to affiliate. The response was overwhelmingly positive and SUTL has continued to grow. With the income from affiliation fees, the committee were able to invest in high quality medals and trophies, electronic scoring equipment and video analysis, branding material, event management kit, and website platforms. Future income from events and affiliation fees will allow us to maintain these platforms and continue investing in awards and equipment.

HOW DOES IT WORK?

SUTL operates within university competitions, providing the competition structure to unify the events. Scores attained by eligible university members at these events contribute towards an overall university score, in addition to individual and synchronised medals that are calculated from performance across the competitive season.

There are five events in the SUTL competition season, with top scores for each university and individual/pair counting towards end-of-year awards. For an explanation on how league points and awards are calculated, see pages 11 and 12.

Hosting universities facilitate these events in coordination with the SUTL Committee, and are also free to add additional events (such as roulette synchronised, DMT, etc.), with events usually followed by a themed social.

WHAT'S NEW?

- Adoption of the new international and domestic changes to the Code of Points, including horizontal displacement (HD).
- Updated routines.
- Addition of a third synchronised category (SS3).
- Synchronised to include a second routine with difficulty.
- A new single consolidated team event (per competition) taking the top three competitors per club. Clubs may elect to enter as many members as they wish for the team event at each competition.
- New competition sign-in procedures.
- Updated entry matrix and move up scores.

COMMITTEE

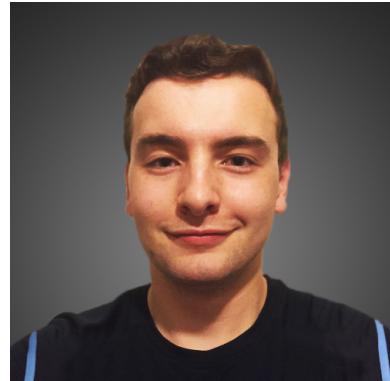
ANDREW AISTRUP

Chair



NICK LEDWOLD

Vice-Chair



SEAN JONES

Secretary



RYAN HADLOW

Treasurer



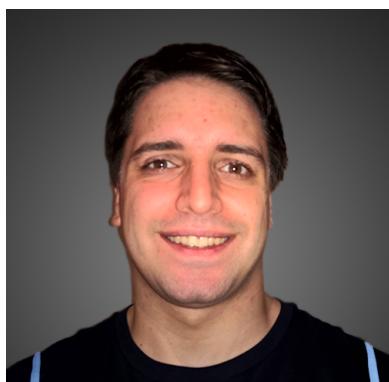
TORI FOOTE

Events Officer



MATT GREEN

Technical Officer



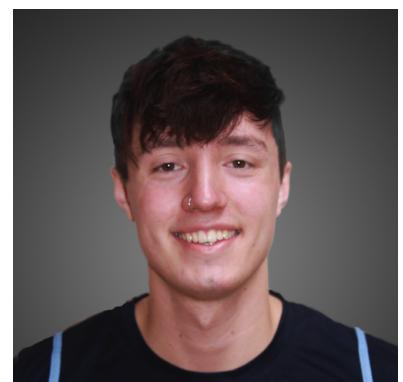
PRAVEEN AMARASINGHE

Club Officer



ALEC LAURIE

Kit Officer

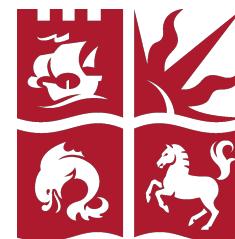


COMPETITIONS 2017–18

Event 1

Bristol

11th November 2017



Event 2

Bath

9th December 2017



Event 3

Cambridge

3rd February 2018



Event 4

Warwick

3rd March 2018



Event 5

Southampton

21st April 2018



Details for each event can be found on the SUTL website, including entry information and timetables.

PRICES

The following prices and fees apply for affiliation and SUTL events:

SUTL Annual Affiliation	£60
<i>Per Event</i>	
Individual Entry	£10
Synchronised Entry	£8 per pair
Team Entry	£1 per person
Non-Affiliated Club Event Entry Fee*	£10
Replacement Sign-In Card	£10

Social entry fees are determined by each competition host and shall be available on the competition pages on the SUTL website.

*For clubs entering with five or more competitors

ENTRY REGULATIONS

INSURANCE

As a condition of membership to SUTL and entry to SUTL events, clubs must hold sufficient insurance and ensure that all competing members are appropriately covered for the activities undertaken. Clubs may be asked to provide evidence of this on request.

MEMBERSHIP

The SUTL Committee retains the discretion to remove competitors, invalidate scores, or sanction/disqualify universities for instances of misconduct, without refund.

QUALIFICATION & READINESS TO COMPETE

Participants must not enter at a level beyond or below their capability and should be physically and mentally ready to compete. Participants must be supported at events by a coach of at least the qualification level appropriate to the category and skills performed.

Further requirements and regulations can be found in the SUTL League Rules and other documentation.

AFFILIATION

To affiliate your institution to the Southern Universities Trampoline League, please fill out the form on our website:

sutleague.co.uk/affiliate

Affiliation is subject to agreement to the terms set out on the joining form, as well as the rules and regulations in this Handbook and other SUTL documentation.

SUTL SCORE

The SUTLScore entry system is used for recording member information and entering SUTL competitions. To log in to your club's profile, or to register for an account, please visit our website: sutleague.co.uk/login

Clubs with existing profiles must update their information prior to the start of the season. Failure to provide a valid email address will result in entries not being processed or received by the club. New accounts will not be registered for clubs with existing login details. For help, please email webmaster@sutleague.co.uk.

COMPETITION SIGN-IN

On arrival at SUTL events, entrant clubs must sign in using the electronic touch screen system prior to the start of competition. Captains can access this system using the contactless card provided to them at the start of the season.

All on-the-day withdrawals must be submitted via this system prior to the start of competition (i.e. before the timetabled start of the first warm ups). Failure to sign in or withdraw competitors on time will result in a club penalty fee of £10. Late withdrawals due to injury or other extenuating circumstances on the day shall not be penalised.



It is recommended that Captains arrive with plenty of time before the start of the competition to sign their teams in and make any withdrawals.

Lost sign-in cards may be replaced for a fee of £10. The use of another club's card is prohibited and will result in disqualification.

SUTL TEAMWEAR

SUTL Teamwear is available for purchase throughout the season, and can be collected at each event. The prices below include customisation on the rear (your university name). More information (including sizing) and an order form, can be found here:

sutleague.co.uk/teamwear

Price List	
T Shirt	£17
Vest (Male and Female Fit)	£13
Zipped Hoodie	£23

ORDER DEADLINES

Bristol 2017	25 th October
Bath 2017	22 nd November
Cambridge 2018	17 th January
Warwick 2018	14 th February
Southampton 2018	4 th April



Teamwear queries can be addressed to our Kit Officer at kit@sutleague.co.uk

ROUTINES

SUTL 6	
FIRST ROUTINE	
Option 1	Option 2
Half twist jump Straddle jump Seat landing To feet Half twist jump Pike jump Half twist to seat Half twist to feet Tuck jump Full twist jump	Full twist jump Straddle jump Seat landing Half twist to feet Pike jump Seat landing To feet Tuck jump Front landing To feet
SECOND ROUTINE	
Somersault rotation must not exceed 270° and must be without twist.	
Minimum Difficulty: 0.5	
Maximum Difficulty: 1.1	

SUTL 5	
FIRST ROUTINE	
Option 1	Option 2
Full twist jump Straddle jump Seat landing Half twist to seat Half twist to feet Pike jump Back landing Half twist to feet Tuck jump Front s/s (T)	Back s/s (T) Straddle jump Seat landing Half twist to seat Half twist to feet Tuck jump Half twist to front To feet Pike jump Full twist jump
SECOND ROUTINE	
There may be a maximum of two somersaults, not exceeding 360° of rotation and without twist.	
Minimum Difficulty: 1.2	
Maximum Difficulty: 2.0	

SUTL 4	
FIRST ROUTINE	
Option 1	Option 2
Back s/s (T) Straddle jump Barani (T/P) Tuck jump Half twist jump Pike jump Back landing Half twist to feet Tuck jump Front s/s (P)	Back s/s (S) Straddle jump Back s/s to seat (T) Half twist to feet Half twist jump Tuck jump Half twist to front To feet Pike jump Front s/s (T)
SECOND ROUTINE	
Somersaults must not exceed 360° of rotation and 180° of twist.	
Minimum Difficulty: 2.1	
Maximum Difficulty: 2.9	

SUTL 3	
FIRST ROUTINE	
Option 1	Option 2
Back s/s (S) Straddle jump Back s/s to seat (T) Half twist to feet Half twist jump Tuck jump Barani (T) Back s/s (T) Pike jump Front s/s (P)	Back s/s (S) Barani (S) Straddle jump Back s/s (P) Barani (P) Pike jump Full twist jump Tuck jump ¾ front s/s to back To Feet
SECOND ROUTINE	
Somersaults must not exceed 360° of rotation and 180° of twist.	
Minimum Difficulty: 3.0	
Maximum Difficulty: 3.9	

SUTL 2	SUTL 1
FIRST ROUTINE	FIRST ROUTINE
<p>10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of:</p> <ul style="list-style-type: none"> • 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. <p>Somersaults must not exceed 630° of rotation.</p>	<p>10 different elements with at least 9 somersaults of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. <p>and at least one of:</p> <ul style="list-style-type: none"> • A back somersault with 360° somersault rotation and 360° of twist, or, • A front somersault with 360° somersault rotation and 540° of twist, or, • A double somersault
SECOND ROUTINE	SECOND ROUTINE
<p>Somersaults must not exceed 630° of rotation.</p> <p>Minimum Difficulty: 3.9 Maximum Difficulty: 5.4</p>	<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 5.5 Maximum Difficulty: 7.9</p>

SUTL ELITE	SUTL SYNCHRONISED 1 – 3
FIRST ROUTINE	
<p>10 different elements of at least 270° somersault rotation to include:</p> <ul style="list-style-type: none"> • An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. • A double somersault. 	<p>A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.</p>
SECOND ROUTINE	
<p>Difficulty shall be awarded in the second routine.</p> <p>Minimum Difficulty: 8.0 Maximum Difficulty: Unlimited</p>	<p>SS1</p> <p>Pairs of any combination of gender comprising competitors at levels SUTL ELITE – SUTL 2.</p> <p>SS2</p> <p>Pairs of any combination of gender comprising competitors at levels SUTL 3 – SUTL 4.</p> <p>SS3</p> <p>Pairs of any combination of gender comprising competitors at levels SUTL 5 – SUTL 6.</p>

PENALTIES	
FIRST ROUTINE	SECOND ROUTINE
<p>SUTL 6 - SUTL 3: Interruptions apply (per Code of Points)</p> <p>SUTL 2 - SUTL ELITE: Below minimum requirements: 2.0 penalty</p>	<p>SUTL 6 - SUTL ELITE: Below minimum difficulty: 2.0 penalty Above maximum difficulty: Disqualification</p>

Further penalties can be found in the SUTL League Rules and British Gymnastics Code of Points 2017-2020

ENTRY MATRIX

The entry matrix provides an equivalence guide between competition levels within SUTL, NEUT, BUCS, British Gymnastics, and the League structure (subject to variation). Competitors should use this matrix to determine the correct category to enter for their level, and only in exceptional circumstances may a competitor compete in a category lower than the assigned equivalent category (at the discretion of the SUTL Committee). For categories with crossover, reference should be made to the difficulty performed.

If a competitor has previously entered a level or performed a difficulty (including equivalent levels in other structures not listed) within the preceding 24 months, a formal application **must** be made to the SUTL Committee if they wish to downgrade. Failure to do so prior to entry will result in automatic disqualification, and may incur penalisation of a university for that event.

SUTL	NEUT	BUCS	BRITISH GYMNASTICS	LEAGUE
SUTL ELITE	Über	BUCS ELITE	NDP/FIG Performance	League 1, Super
SUTL 1	Elite, Über	BUCS 1	NDP 6	League 2
SUTL 2	Elite	BUCS 2	NDP 5, 6	League 3
SUTL 3	Advanced	BUCS 3	NDP 3, 4, 5	-
SUTL 4	Intervanced	BUCS 4	NDP 2, 3	-
SUTL 5	Intermediate	BUCS 5	Club 3, NDP 1	-
SUTL 6	Novice	BUCS 6	Club 1, 2	-

MOVE UP SCORES

A competitor gaining a total score of greater than or equal to the move-up score in two competitions will be required to move up a category. A move-up score from one year will roll over to the next. If a competitor is unable to move up, they will be permitted to remain in the lower category, but must compete as a guest.

SUTL 6	51.5
SUTL 5	52.0
SUTL 4	53.0
SUTL 3	54.0
SUTL 2	55.0
SUTL 1	57.0

At levels S2 - 1, move up scores are calculated exclusive of Time of Flight (ToF) scores (i.e. only execution, HD, and difficulty are used).

CALCULATION OF LEAGUE POINTS

All league competition results are formulated using a proportionate points system. This ensures that the performance of competitors and universities is reflected via ranking as opposed to arbitrary scores that may change from event-to-event and disadvantage clubs or individuals based on the events they attend.

To demonstrate by way of example, a synchronised pair with a score of 35, sitting in first place, would receive 100%, equivalent to 100 points for that event. The pair in second place would then receive a proportionate percentage relative to their raw score – for example, if they scored 33.6, this is equivalent to 96% of the raw score of the first place pair. The pair in second place would thus earn 96 points for that event, and so on. Points shall be calculated to two decimal places.

The final rankings and scores at the end of the competition season will be based on these proportionate ranking scores (see page 12 for information about the SUTL events and awards). Please note that these rankings will be used for SUTL scoring purposes only – individual, synchronised, and team competition medals/prizes for each event shall be determined by rankings and raw scores as per usual.

The following example equation illustrates this calculation process in more detail:

<u>Raw individual scores</u>	<u>Calculation</u>	<u>Proportionate scores</u>
1 st : 49.5		1 st : 100.0
2 nd : 49.3		2 nd : 99.60
3 rd : 47.9	→ $\frac{n^{\text{th}} \text{ place score}}{1^{\text{st}} \text{ place score}} \times 100$ →	3 rd : 96.77
4 th : 46.0		4 th : 92.93
5 th : 45.8		5 th : 92.53
6 th : 17.8		6 th : 35.96

Proportionate rankings are used for all SUTL competitions.

Time of Flight, where applied in SUTL 2 – SUTL ELITE, will be included in all calculations of proportionate scores.

Across all awards, 'execution' shall include scores for horizontal displacement (HD).

League execution medals are calculated by ranking all competitors across all categories per competition with top three point scores producing an overall execution score.

Questions about the scoring process can be sent to committee@sutleague.co.uk.

LEAGUE AWARDS

Using the proportionate points ranking system (page 11) at competitions throughout the season, the following events and rules shall apply. A table of league event scores for each university will be published on our website throughout the season. Only current students of an affiliated institution are eligible for these competitions and awards.

SUTL Medals

Medals shall be awarded to the top three individuals overall with the highest execution rankings, and the top three individuals/pairs in each category for execution and difficulty/synchronicity, with rankings calculated by a total of top three (or fewer) competition performances.

The Execution Award

At each league event, the top six ranked individual competitors for execution from each university shall have their proportionate points added together to produce a total points score for their university. At the end of the season, the top three total event scores for each university shall be added together, and the university club with the highest number of total points shall be the winner of the Execution Award.

The Execution & Difficulty Award

At each league event, the top six ranked individual competitors for execution and difficulty from each university shall have their proportionate points added together to produce a total points score for their university. At the end of the season, the top three total event scores for each university shall be added together, and the university club with the highest number of total points shall be the winner of the Execution & Difficulty Award.

The Synchronised Award

At each league event, the top three ranked pairs for execution and synchronisation from each university shall have their proportionate points added together to produce a total points score for their university. At the end of the season, the top three total event scores for each university shall be added together, and the university club with the highest number of total points shall be the winner of the Synchronised Award.

The Overall SUTL Award

The Overall SUTL Award shall be given to the university club with the highest combined total points across the three awards.

EVENT AWARDS

At each event, the following medals and awards shall be presented by the hosting university:

INDIVIDUAL - Gold, Silver, and Bronze for each individual category, per gender.

SYNCHRONISED - Gold, Silver, and Bronze for each pair for each synchronised category.

TEAM - Gold, Silver, and Bronze for each team comprising the top three competitor total scores (minus time of flight and difficulty) for each university.

RESULTS

After each event, results will be posted on the SUTL website. Live visual scoring will be available on the field of play, but displayed scores are not final until signed for by each Chair of Judges.

Score disputes must be taken up with the Chair of Judges or SUTL Committee on the field of play at the time that an error is discovered, without delay. Unless impropriety can be established, the SUTL Committee will not overrule the decision of a Chair of Judges. SUTL retains discretion to change the order of results and withhold awards where necessary, for example to correct errors or in cases of misconduct.

ONLINE LIVE SCORING

Venue permitting, online live results are available at **SUTLScore LIVE** on the SUTL website.

Please see the 'Results' page, or the event specific pages to access this area.

CONTACT US

To get in touch with us, please email the relevant address (below):

Committee: committee@sutleague.co.uk

Affiliation/General Info: info@sutleague.co.uk

Competitions: competitions@sutleague.co.uk

Treasurer: treasurer@sutleague.co.uk

SUTL Teamwear: kit@sutleague.co.uk

Website: webmaster@sutleague.co.uk

Please note that for enquiries regarding specific competitions and their invoicing, the main point of contact will be the host club.

LEAGUE RULES

Part I – League Regulations

- 1.1 Competitions of the Southern Universities Trampoline League (SUTL)
 - 1.1.1 SUTL runs throughout the university academic year, with the competition season normally running between November and April. The league uses scores from all SUTL events over the academic year, culminating in three awards:
 - 1.1.1.1 The Execution Trampoline Competition
 - 1.1.1.2 The Synchronised Trampoline Competition
 - 1.1.1.3 The Execution and Difficulty Trampoline Competition
 - 1.1.2 There shall also be an overall SUTL award, given to the university achieving the highest total combined score of the three competitions (per 1.1.1).
 - 1.1.3 Individual medals shall also be awarded for the top three individual/pair positions respectively in each category over three competitions (per 1.1.1 and page 12 of the SUTL Handbook).
 - 1.1.3.1 If a competitor changes category within a season, league medals will be calculated with reference to the category in which the individual competed most.
 - 1.1.3.2 If a competitor has competed in more than one category at an equal numbers of events for each, the higher category performed will be used to calculate league competition and medal scores.
 - 1.1.4 Team medals/awards shall be presented for each team comprising the top three competitor total scores (minus time of flight and difficulty) for each university, per event. These awards shall not form part of the overall league awards.
 - 1.1.5 Video footage and photography will be taken at SUTL events and may be used for publicity/uploaded online. Any participant who wishes to be excluded from any images or videos must alert the Chair of Judges or the SUTL Committee on the day of the events.
 - 1.1.6 Only affiliated clubs are eligible for SUTL awards, and competitors must be current students for their scores to contribute.

1.2 Organisation of Competitions

- 1.2.1 Competitions are organised between SUTL and the host universities, with a member of the host university acting as the representative organiser for that event. Timetabling, scoring and event management is provided by the SUTL Committee.
- 1.2.2 All SUTL events must run following the rules within this document and the wider SUTL Handbook and Host Guide. Failure to do so may result in a host losing their sanction for the competition season, at the discretion of the SUTL Committee.

1.3 Competition Entry

- 1.3.1 The prescribed SUTL entry system must be used for all events. Entries will only be processed if received via this system and within the deadlines specified for each event.

1.3.2 The following deadline regulations shall apply:

Entry deadline: three weeks prior to each event.

Entry report changes/additions: five days following the entry deadline.

Entry deadlines are final and non-negotiable. The following applies for late entries and are also final:

- 1.3.2.1 Club entry requested after entry deadline:
Permitted if before the entry report deadline – no SUTL points will be awarded to the club for the relevant event.
 - 1.3.2.2 Individual entries/changes after entry deadline:
Permitted before the entry report deadline.
 - 1.3.2.3 Club entry requested after entry report deadline:
Denied.
 - 1.3.2.4 Individual entries/changes after entry report deadline:
Denied. Changes will only be considered until 48 hours prior to the relevant event if extenuating circumstances are submitted to the SUTL Executive Committee.
-
- 1.3.3 In order to promote fair competition, the SUTL Committee and competition organisers reserve the right to penalise or withdraw universities or competitors, change categories, or register competitors as guests for any event should they feel a competitor has been entered at the incorrect level.

- 1.3.4 Individual clubs are expected to enter gymnasts appropriately; however, in cases of error or misconduct, scores may be invalidated. These decisions are made by the competition organisers, SUTL Committee, and the Chair of Judges, and are final.
- 1.3.5 Entrant clubs must provide officials for every SUTL event. For every five competitors entered, clubs will be required to provide at least one full-day qualified official (execution, horizontal displacement, difficulty, chair), and one full-day other official role. Full-day officials can be provided as two half-day officials.
- 1.3.5.1 Failure to enter the required number of officials will result in an entry being rejected.
- 1.3.5.2 If a timetabled official needs to be replaced, it is the responsibility of the entrant club to source an alternative of equal or higher qualification/capability.
- 1.3.6 Non-affiliated clubs must pay a club entry fee of £10 for each event. This fee applies to clubs entering with 5 or more competitors.
- 1.4 SUTL Award Tie-break Rules
- 1.4.1 The following tie-break rules apply to the SUTL Awards (execution, execution and difficulty, synchronised and overall):
- 1.4.1.1 The university with the highest total points attained at the top three of five competitions.
 - 1.4.1.2 The university with the highest total points attained at the top two of five competitions.
 - 1.4.1.3 The university with the highest points score attained at the top one out of five competitions.
 - 1.4.1.4 In the event that all tie-break rules are followed and there is still a draw, the tie will not be broken.
- 1.4.2 In the instance of a medal tie break between individuals/pairs, the individual with the highest performed difficulty score throughout the season, or the pair with the highest performed synchronisation score, shall prevail.
- 1.4.2.1 In the event that this rule is followed and there is still a draw, the tie will not be broken.
- 1.4.3 Medal tie-breaks at individual competitions will be governed by the current British Gymnastics Code of Points.

1.5 Awards

- 1.5.1 At each individual competition, awards will be given to the top three competitors in each category, with separate awards for each gender.
- 1.5.2 At each synchronised competition, awards will be given to the top three pairs of competitors in each category.
- 1.5.3 At each event, awards will be given to the top three teams, comprising the top three competitor total scores (minus time of flight and difficulty) for each university. Teams shall be only be made up of competitors who enter as a team member for each event.
- 1.5.4 At the end of the academic year, awards will be given to the top universities based on the number of league points awarded throughout the season (best 3 out of 5) for each of the league events (see page 12 in the SUTL handbook).
- 1.5.5 Individual and synchronised champion awards will be given to individuals who have gained the highest rankings throughout the league (best 3 out of 5) in the same manner as for the university awards (see page 12 in the SUTL handbook).
- 1.5.6 Awards may be changed or withheld in cases of error or misconduct, at the discretion of the SUTL Committee.

1.6 Judges

- 1.6.1 The judges' panel can consist of a combination of the following:
 - 1.6.1.1 Chair of Judges (1)
 - 1.6.1.2 Execution Judges (4 or 6)
 - 1.6.1.3 Horizontal Displacement (HD) Judges (2)
 - 1.6.1.4 Difficulty Judges (1 or 2)
 - 1.6.1.5 Synchronisation Judges (3, in case of device failure)
 - 1.6.1.6 Time of Flight Judge (1)
- 1.6.2 In addition there shall be a Panel Manager, Written Recorder, Video Recorder, and Marshall for each panel.
- 1.6.3 If a judge fails to carry out his/her duties in a satisfactory manner they may be replaced at the discretion of the Chair of Judges. If an execution or HD judge is replaced, the Chair of Judges may decide that their previous marks will be replaced by an average of the remaining marks.
- 1.6.4 The Chair of Judges may declare a missing mark in place of an execution or HD judge's score if they deem it appropriate.

Part II – TRI (Individual Trampoline) Competition Rules

2.1 Competition Format

- 2.1.1 TRI competitions comprise two routines, a first and second routine, with ten elements in each. The prescribed routines/requirements must be followed. Second routines can consist of ten skills of the competitor's choice within the limits/requirements for each grade.
- 2.1.2 Competitors will be judged in the first routine based on execution and horizontal displacement (HD). For the second routine, scores will include execution, HD, and difficulty. The combined scores from the two routines will determine each competitor's overall score.
- 2.1.2.1 At levels S2 - ELITE, time of flight (ToF) will be added to the score for each routine, and will contribute to a competitor's total score and proportionate ranking points.
- 2.1.3 Competitors will be judged according to the SUTL rules. Where the SUTL rules do not cover procedure, the British Gymnastics Code of Points shall be used. Where there is any conflict, SUTL rules shall take precedence.
- 2.1.4 SUTL organisers reserve the right to combine the performance of categories. Awards shall still be presented to categories separately.
- 2.1.5 The starting order for flights is made at random, with flight sizes no larger than 16 people.
- 2.1.6 The winner of each category will be the competitor with the highest cumulative score from the first and second routines.

2.2 TRI Scoring Rules

- 2.2.1 Four types of score are used; execution, horizontal displacement (HD), degree of difficulty, and time of flight (ToF at S2 - ELITE only). The total score for the first routine is calculated by adding the two median execution scores (max. 20pts) with the average of the two HD scores (max. 10pts). The total score for the second routine is calculated in the same way, with the degree of difficulty also added.
- 2.2.2 The difficulty of each element is calculated on the basis of the amount of twist and somersault per the British Gymnastics Code of Points.
- 2.2.3 Penalties (per the Code of Points) from the Chair of Judges' and Difficulty Judge(s) are subtracted from the total score.

2.3 TRI Categories

- 2.3.1 The individual competition consists of seven different categories of varying ability, from SUTL 6 (S6) to SUTL ELITE (ELITE).
- 2.3.2 SUTL 6
2.3.2.1 This is the first level of competition for introductory competitors.
2.3.2.2 This category is designed to introduce the competitors to skills, combinations and routines which incorporate basic principles.
- 2.3.3 SUTL 5
2.3.3.1 This is the second level of competition for introductory competitors.
2.3.3.2 This is a development from SUTL 6 and is the first category to incorporate complete somersaults.
- 2.3.4 SUTL 4
2.3.4.1 This is the first level of competition for more experienced performers.
2.3.4.2 This is a development from SUTL 5 and incorporates a first routine with several somersaults, none of which are linked.
- 2.3.5 SUTL 3
2.3.5.1 This is the second level of competition for experienced performers.
2.3.5.2 This is a development from SUTL 4 and incorporates a compulsory routine with several somersaults, some of which are linked with basic twisting somersaults.
- 2.3.6 SUTL 2
2.3.6.1 This is the first level of competition for more advanced performers.
2.3.6.2 This is a development from SUTL 3 and incorporates several linked somersaults, and more complex twisting skills. There are first routine requirements for this grade, rather than a prescribed routine.
2.3.6.3 Time of Flight will be added.
- 2.3.7 SUTL 1
2.3.7.1 This is the second level of competition for more advanced performers.
2.3.7.2 Similar to SUTL 2, this grade has first routine requirements, rather than a prescribed routine.
2.3.7.3 Time of Flight will be added.
- 2.3.8 SUTL ELITE
2.3.8.1 This is the highest level of competition in SUTL.

- 2.3.8.2 Difficulty shall be awarded in the second routine and is uncapped.
- 2.3.8.3 Time of Flight will be added.
- 2.3.9 The competition organisers, SUTL Committee and Chair of Judges reserve the right to disqualify competitors on the day of the event if they believe they have been incorrectly entered.
- 2.4 Attire
- 2.4.1 The following attire rules must be followed in all competitions:
- 2.4.1.1 SUTL 6 & 5 - Men:
T-shirt and shorts or leotard / vest style t-shirt and trampoline trousers / DMT shorts.
- 2.4.1.2 SUTL 6 & 5 - Women:
T-shirt and shorts or leotard (shorts permitted).
- 2.4.1.3 SUTL 4 – ELITE - Men:
Leotard/singlet and trampoline trousers/DMT shorts (must not be loose or below mid-thigh).
- 2.4.1.4 SUTL 4 – ELITE - Women:
Leotard (skin-tight shorts permitted). Tights may be worn if they are the same colour as the leotard.
- 2.4.2 Notes:
- 2.4.2.1 Long loose hair is highly discouraged. It can cause safety problems and may result in an interruption. Long hair should be tied back as a minimum. All competitors will be expected to comply with this rule, regardless of gender.
- 2.4.2.2 The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.
- 2.4.2.3 Socks should be worn as a minimum, and should either be plain white OR the same colour as trampoline trousers (if worn). Trampoline shoes are also permitted under the same rules.
- 2.4.2.4 Entrants will not be permitted to compete in trampoline trousers that are deep or dark in colour.
- 2.4.2.5 There shall be no penalty for visible underwear, except where there is a valid concern for safety or visibility which may hinder the ability to judge.
- 2.5 Competition Cards
- 2.5.1 The elements of the first routine must be written down on the competition card. Any required elements must be marked with an asterisk (*). The elements of the second routine must also be written down on the competition card with the difficulty value of each element and the total difficulty value.

- 2.5.2 At SUTL events, only the FIG/BG numeric system or recognised terminology written in full, clear English may be used to describe the elements written on the competition card, otherwise the card may not be accepted.
- 2.5.3 In the event of a competition card not having the required elements asterisked, a penalty of 2.0 will be taken by the difficulty judge(s).
- 2.5.4 In the second routines, changes to the elements and the order in which they are written on the competition card are permitted without penalty, but must be recorded on the card by the Difficulty Judges.
- 2.5.5 Competition cards are only required for competitors in the S3 - ELITE categories.
- 2.5.6 In the first routine, any missing required element(s) or requirement(s) will result in a penalty of 2.0 points for each missing required element/requirement, by the difficulty judge(s). In the event that a prescribed routine is used, any deviation will be judged as an interruption.

2.6 Competition Procedure

- 2.6.1 Warm Ups
- 2.6.1.1 All SUTL events will use the 'one touch' warm up procedure. A general warm up will be available for all competitors in that category to warm up, followed by one controlled warm up which will happen before the first routine. Competitors may warm up either their first or second routine in this controlled warm up.
- 2.6.2 Deductions and Rules
- 2.6.2.1 With the exception of the below, deductions and rules regarding the interruption, termination or other change to a routine shall be as per the British Gymnastics Code of Points.
- 2.6.2.2 There shall be a penalty of 2.0 from the difficulty judge(s) if a performer fails to fulfil the minimum difficulty score for the second routine, or if they fail to fulfil the requirements of the first routine in levels S2 - ELITE.
- 2.6.2.3 Any deviation from the first routine in levels S6-3 will be deemed an interruption.
- 2.6.2.4 Any performer who exceeds the maximum difficulty value at their level will be automatically disqualified, and their eligibility of previous performances towards the league competitions may be considered by the SUTL Committee.
- 2.6.2.5 Per 2.6.2.4, difficulty will not be 'capped' at any level. Only where a competitor accidentally exceeds a difficulty

maximum will automatic disqualification be reconsidered. This judgement shall be at the discretion of the SUTL organisers and Chair of Judges.

2.7 Time of Flight (ToF)

- 2.7.1 At levels S2 - ELITE, a ToF score will be added for both routines.
- 2.7.2 Each competitor's ToF will be calculated using ToF recording equipment. The appointed official is responsible for operating the device.
- 2.7.3 The ToF in seconds will be added to each routine to give a final score. ToF is evaluated in 1/1000 of seconds rounded down to 5/1000.
- 2.7.4 If a breakdown of the system occurs, the time is determined through an analysis of the official video by the SUTL Committee. If the system is unavailable or malfunctioning for a category or event, all scores and rankings will be calculated with execution, HD, and difficulty only.
- 2.7.5 In the event of failure of the backup system, a re-jump will be allowed, where the ToF only will be judged. The original scores for the first attempt will be retained, regardless of the number of skills present. ToF in a re-jump will only be attributed to the number of skills performed in the original first attempt of that routine.

Part III – TRS (Synchronised Trampoline) Competition Rules

3.1 Competition Format

- 3.1.1 Pairs of competitors will complete two routines; a first and second routine, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply as per the individual event, and difficulty shall be awarded in the second routine.
- 3.1.2 Competitors will be judged for their routines based on execution, HD, difficulty, and synchronisation.
 - 3.1.2.1 Synchronisation will be judged using the electronic system where available.
- 3.1.3 Competitors will be judged according to the SUTL rules. Where the SUTL rules do not cover procedure, the British Gymnastics Code of Points shall be used. Where there is any conflict, SUTL rules shall take precedence.
- 3.1.4 Competitors may only compete as students in one synchronised pairing with another member from their club at each event, but they may enter additional pairings as guests.

- 3.1.5 With mixed-category pairs, they must perform a routine of the level of the lower competitor.
- 3.1.6 The starting order for flights is made at random, with flights ideally no larger than 16 pairs per group.
- 3.1.7 The winner of each category will be the pair with the highest score.

3.2 TRS Scoring Rules

- 3.2.1 Four types of mark are used; execution, horizontal displacement (HD), degree of difficulty, and the degree of synchronisation performed by both competitors. The total score for the first routine is calculated by adding the average of the median execution scores for each competitor (max. 10pts) with the average of the two HD scores (max. 10pts) and the synchronisation score (max. 20pts). The total score for the second routine is calculated in the same way, with the degree of difficulty also added.
- 3.2.2 In absence of the electronic scoring device, the highest and lowest marks of three Synchronisation Judges are deleted and the one remaining mark is doubled to give the pair's synchronisation score for the routine.

3.3 TRS Categories

- 3.3.1 The synchronised competition consists of three categories of ability; SUTL Synchronised 3 (SS3), SUTL Synchronised 2 (SS2), and SUTL Synchronised 1 (SS1).
- 3.3.2 SS3
 - 3.3.2.1 This is the lower category for the synchronised competition and is suitable for entry of performers competing in categories S6 – S5 only.
- 3.3.3 SS2
 - 3.3.3.1 This is the middle category for the synchronised competition and is suitable for entry of performers competing in categories S4 – S3 only.
- 3.3.4 SS1
 - 3.3.4.1 This is the higher category for the synchronised competition and is suitable for entry of performers competing in categories S2 - ELITE only.
- 3.3.5 Competitors will not be able to enter a synchronised pair at a level above or below the category range inclusive of their individual category.

- 3.3.6 If an invalid pair is entered (e.g. with performers above or below the allowed category ranges), the pair will be automatically disqualified. This can apply retrospectively throughout the season.
- 3.4 Attire
 - 3.4.1 The same rules apply as per the TRI competition (see §2.4)
 - 3.4.2 Pairs of the same gender should be in matching attire, and mixed gender pairs should attempt to wear attire of the same club or colours.
- 3.5 Competition Procedure
 - 3.5.1 The same rules apply as per the TRI competition (see §2.6)
 - 3.5.2 Competition cards are required as per §2.5, but are required for **all** pairs at SS3 – SS1.

COMPETITION CARD

Name:	
Club:	

Category:	
Panel:	Number:

First Routine		
	Skill	Shape
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Second Routine			
	Skill	Shape	Difficulty
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Chosen compulsory elements for SUTL 2 – SUTL ELITE must be marked by an asterisk (*).

Competitor's Signature: _____

Coach: _____

Level: _____

Coach Signature: _____

SYNCHRONISED COMPETITION CARD

Pair:	
Club:	

Category:	
Panel:	Number:

First Routine		
	Skill	Shape
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Second Routine			
	Skill	Shape	Difficulty
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Chosen compulsory elements for SS1 must be marked by an asterisk (*).

Competitors' Signatures: _____

Coach: _____

Level: _____

Coach Signature: _____

DIFFICULTY TABLES

Tucked: o Piked: < Straight: /

Element	FIG	Value
Half twist jump	1	0.1
Full twist jump	2	0.2
Back landing	1B	0.1
Front landing	1F	0.1
½ twist to back landing	11B	0.2
½ twist to front landing	11F	0.2
½ twist to feet (from front or back)	11	0.2
Seat landing	S	0.0
½ twist to seat landing	1S	0.1
½ twist to feet (from seat)	1	0.1

Forward

Element	FIG	Value o	Value < or /
¾ front somersault	3B		0.3
Front somersault	F4	0.5	0.6
Barani	41		0.6
Ball out	5	0.6	0.7
Barani ball out	51		0.7
Rudi	43		0.8
1¾ somersault	7B	0.8	0.9
Rudi ball out	53		0.9
Half out	8 -1	1.1	1.3
Barani in	8 1-	1.1	1.3

2¾ somersault	11 --B	1.3	1.5
Rudi out	8 -3	1.3	1.5
Full in Half out	8 21	1.3	1.5
Randi out	8 -5	1.5	1.7
Full in Rudi out	8 23	1.5	1.7
Half out Triffis	12 --1	1.7	2.0
Full in Randi out	8 25	1.7	1.9
Full in Half out Triffis	12 2-1	1.9	2.2
Rudi out Triffis	12 --3	1.9	2.2
Full in Rudi out Triffis	12 2-3	2.1	2.4
Half out Quadrifis	16 ---1	2.3	2.7

Backward

Element	FIG	Value o	Value < or /
¾ back somersault	3F		0.3
Back somersault	4	0.5	0.6
Cody	5	0.6	0.7
Full	42		0.7
Double Full	44		0.9
Double back	8 --	1.0	1.2
Half in Half out	8 11	1.2	1.4
Full out	8 -2	1.2	1.4
Full in	8 2-	1.2	1.4
Full in Full out	8 22	1.4	1.6
Half in Rudi out	8 13	1.4	1.6
Triple back	12 ---	1.6	1.9
Half in Randi out	8 15	1.6	1.8

Full in Double full out	8 24	1.6	1.8
Half in Half out Triffis	12 1-1	1.8	2.1
Half in Rudi out Triffis	12 1-3	2.0	2.3
Full Full Full Triffis	12 222	2.2	2.5
Half in Half out Quadriffis	16 1--1	2.4	2.8