

## **Scottish Student Trampoline Open 2025**

Edinburgh University - Pleasance Sports Complex & Gym  
46 Pleasance, Edinburgh, EH8 9TJ  
Friday 31<sup>st</sup> January – Sunday 2<sup>nd</sup> February 2025

### **PRE-EVENT INFORMATION**

**Main Contact:** Becca Brooks, [ssstrampoline1@gmail.com](mailto:ssstrampoline1@gmail.com)

**Registration:** All entries are to be completed via the TrampOnline website. Any late drop-outs for all events will still incur a fee. Entries will not be accepted after they have closed, with the exception of two-trick.

**Format:** There will be 2 days of competition (Saturday and Sunday) and 3 nights of socials (Friday, Saturday and Sunday). Events will include:

- **Individual Trampoline (TRI)** at 7 levels (Novice, Intermediate, Intervanced, Pre-Advanced, Advanced, Elite, and Pro-Elite) alongside a Disability category.
- **Double-Mini Trampoline (DMT)** at 4 levels (Novice, Intermediate, Advanced, and Elite).
- **Synchronised Trampoline (TRS)** in lower, middle or upper levels.
- **Two-Trick (TT)**, further information to come.
- **Stick It, DMT**

**Warm Up:** Before competing there will be assigned warm-up time for each category, and then a timed one-touch. Abuse of warm-up or one-touch will result in deductions or even disqualification.

**Medals and Ceremony:** All medals will be presented at the end of the day on Sunday. There will be medals for the open, as well as the regular SST league medals (including the usual unselected teams).

**Changing Room access:** Multiple changing rooms and bathrooms, including gender-neutral and accessible, are available throughout the building.

**Withdrawal Policy:** If you no longer intend to participate, or wish to change your level, please contact SST as soon as possible and we will try our best accommodate this. However, if not enough notice is given, and the entries and edits periods have closed, this may not be possible and you may still be charged.



**How To Get There:** Google maps info - <https://goo.gl/maps/dM64v7fVsjew14SSA>  
There are limited parking spaces available on site at the Pleasance Gym.

**Facilities at Venue:** There is a café within the building, but many other shops and restaurants are available just a short walk away.

**Nearby accommodation:** Edinburgh has excellent transport links throughout the city, many of which run through the night as well. So while we'd recommend staying closely to the Pleasance, if this isn't possible you'll only be a short bus, tram or walk away. Check out Edinburgh hostels on [hostelworld.com](http://hostelworld.com) or [booking.com](http://booking.com)

**Rules and Regulations:** The SST Handbook and Routines Packs have been released on social media. Please carefully read through the rules for these as they will be used for SSTO as well. The SSTO pack includes brief notes on these too but for more detailed info check the handbook.

**Questions:** Please direct all questions to Becca via [ssstrampoline1@gmail.com](mailto:ssstrampoline1@gmail.com) or message us on Instagram.

**Social Media:** We love to hear your experiences at our events, so please tag us @scotstutampoline on Instagram! You can also find us on Facebook as Scottish Student Trampoline.

**Photography:** If there is a photographer at the event, we will share the photos on our Facebook page – so make sure you like it to get the updates!

**Date Last Updated:** 30.01.25

Scottish Student Sport are aiming to reduce the environmental impact of their events. Please bring your own reusable water bottle, **pen** and travel mugs to the competition, and recycle wherever possible.

