

*UCD Trampoline Club*

*Presents...*



# INTERVARSITIES LIVE!

*13th - 14th of November 2021*

# COMING TO A HALL NEAR YOU!

This November, be prepared to hop in your Ford de Luxe convertible with your gang of greasers and head on down to the room where it happens (UCD's sports centre Hall B). Mamma Mia this will be a good one!

This supercalifragilisticexpialidocious event will have you singing in the rain and walking through the air (possibly with a snowman).

Do you hear the people sing? Singing about the amazing night out where everyone will be the star of their own musical!

Excited? US TOO! Let's find out the behind the scenes...

# MEET THE CREW MEMBERS!



Cecilia

Co-captain

*Vice Comp Manager*



Ethan

Co-captain

*COVID Officer*



Rory

Treasurer

*Finance Manager*



Fergus

Comps Officer

*Comp Manager*



Gwen

P.R.O.

*Media*



Chris

Ents Officer

*Socials*



Niamh

Head Coach

*Safety Officer*



Rhian

Ass. Head

*First Aid*



Emer

Secretary

*Catering*

# SHOW TIMES

These are some key dates to be aware of!

Entries Open - October 11th (12pm)

Entries Close - November 1st (11:59pm)

Payment deadline - November 8th(9pm)

Curtains up! - November 13th

Last show! - November 14th



# SUMMARY OF THE PLOT



## Individual

This year there will be 7 levels of individual trampoline.

Novice, intermediate, intervanced, advanced, pre-elite (new), elite, elite-pro. You can find details of the new pre-elite level further on in the infopack.

## Teams

The top three sets and top three voluntary routines of a team of four will be totaled to calculate team scores.

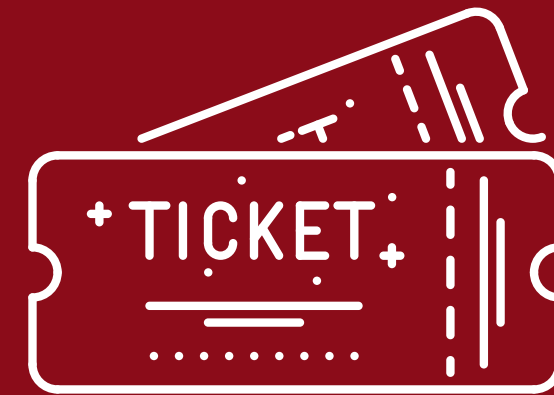
## Guests

People who graduated in 2019 or before are considered guests. 2020 graduates will see an extension of their year of grace

Participants can only guest for 1 full season in their year of grace

# HOW TO ENTER + PRICES

Entries will be done online using [Tramponline.org/students](https://Tramponline.org/students) under the competitions tab  
Spaces are limited! Be sure to get in quick and don't throw away your shot.



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**Individual entry - €5 Admits 1**  
**Team entry - €20 Admits 3-4**  
**Synchro - €10 Admits 2**  
**Synchro Roulette - €4 Admits 2**  
**Two -Trick - €2 Admits 1**  
**T-shirts - €12.50**

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# TIMETABLE

*What time is it? Only Troy Bolton knows*

## Friday

4pm - 5pm: precompetition warm ups @ UCD Sports Centre, Hall B

8pm: precompetition night out @ Chaplin's Bar

## Saturday

### UCD Sports Centre, Hall B

9am-9:30am: General warmups

9:30am-1pm: Individual competition

1pm-1:30pm: Lunch

1:30pm-5:30pm: Individual competition resumes

5:30pm - 6pm: Individual medals are awarded

9pm - probably like 5am: Night out @ Doyle's

## Sunday

### UCD Sports Centre, Hall B

10am-10:30am: General warmups

10:30am-12:30pm: Synchro, synchro roulette and two-trick start

12:30pm-1pm: Lunch

1:30pm-3pm: All categories finish

3:30: Remaining medals are awarded



# ROUTINES

## NOVICE

### OPTION A

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

### OPTION B

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

**MIN DIFFICULTY: 0.7**  
**MAX DIFFICULTY 1.1**

ELEMENTS OF 90° SOMERSAULT  
ROTATION OR MORE MUST NOT  
EXCEED 180 ° TWIST

## INTERMEDIATE

### OPTION A

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

### OPTION B

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

**MIN DIFFICULTY: 1.2**  
**MAX DIFFICULTY 1.5**

MAX. ONE SOMERSAULT WHEREBY  
ROTATION MUST NOT EXCEED  
360° ROTATION AND NO TWIST  
ROTATION IS PERMITTED

# ROUTINES

## INTERVANCED

### OPTION A

Back s/s (T)  
Straddle Jump  
Seat Landing  
1/2 to Seat Landing  
1/2 to Feet  
Pike Jump  
Back Landing  
1/2 to Feet  
Tuck Jump  
Front s/s (P)

**MIN DIFFICULTY: 1.6**  
**MAX DIFFICULTY 2.4**

### OPTION B

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

MAX THREE SOMERSAULTS  
WHEREBY ROTATION MUST NOT  
EXCEED 360\* AND NO TWIST  
ROTATION IS PERMITTED

## ADVANCED

### OPTION A

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

**MIN DIFFICULTY: 2.5**  
**MAX DIFFICULTY 3.1**

### OPTION B

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

MAX. FIVE SOMERSAULTS  
WHEREBY ROTATION MUST NOT  
EXCEED 360° ROTATION AND  
MUST NOT EXCEED MORE THAN  
180° TWIST.

# ROUTINES

## PRE-ELITE

### Set:

10 different elements with at least 6 somersaults of at least 270° somersault rotation. Must include one of the following:

- $\frac{3}{4}$  front s/s to back landing.
- $\frac{3}{4}$  back somersault to front landing.

AND

- One element of at least 360° rotation and 180° twist exactly

Min difficulty: 3.2

Max difficulty: 4.3

- Max. seven somersaults whereby rotation must not exceed 450° and must not exceed more than 180° of twist. If this was to be exceeded the competitor will be disqualified.
- An element marked by an asterisk (\*) on the competition cards, shall be awarded difficulty. This element cannot be repeated in the second routine. If the asterisked (\*) element is repeated it will not be awarded difficulty.

# ROUTINES

## PRE-ELITE (CONT.)

### **Vol:**

- 10 different elements with at least 6 somersaults of at least 270° somersault rotation.

Min difficulty: 3.2

Max difficulty: 4.3

- Max. seven somersaults whereby rotation must not exceed 450° and must not exceed more than 180° of twist. If this was to be exceeded the competitor will be disqualified.

# ROUTINES

## ELITE

### Set:

10 different elements with at least 8 somersaults of at least  $270^\circ$  rotation

Must include at least:

- One element of at least  $270^\circ$  somersault rotation, landing on front or back, followed by an element of at least  $450^\circ$  somersault rotation.

AND at least one of the following:

- A back at least somersault of at least  $360^\circ$  somersault rotation and at least  $360^\circ$  of twist.
- A front somersault of at least  $360^\circ$  somersault rotation and at least  $540^\circ$  of twist.

Min. difficulty: 4.4

Max. difficulty: 5.9

- Two elements, marked by an asterisk (\*) on the competition cards, shall be awarded difficulty. None of these two elements may be repeated in the second routine. If the asterisked (\*) elements are repeated they will not be awarded difficulty.
- A maximum of 1 element of  $630^\circ$  to  $720^\circ$  somersault rotation is permitted in the second routine. Difficulty for a single element should not exceed 1.1
- If any of the above was to be exceeded the competitor will be disqualified

# ROUTINES

## ELITE (CONT.)

### Vol:

10 different elements with at least 8 somersaults of at least 270° rotation

- Min. difficulty: 4.4
- Max. difficulty: 5.9
- A maximum of 1 element of 630° to 720° somersault rotation is permitted in the second routine. Difficulty for a single element should not exceed 1.1
- If any of the above was to be exceeded the competitor will be disqualified

# ROUTINES

## ELITE-PRO

### Set:

10 different elements of at least 270° rotation

Must include one of the following requirements:

- A forward element of at least 270° somersault rotation, landing on back, followed by an element of at least 450° somersault rotation.
- A backward element of at least 270° somersault rotation, landing on front, followed by an element of at least 450° somersault rotation.

And one of the following must be included:

- A back somersault with at least 360° somersault rotation and at least 360° of twist.
- A front somersault with at least 360° somersault rotation and at least 540° of twist.

And one of the following must be included:

• An element of at least 630° of rotation.

- If a 630° rotation is followed by an element of at least 450° rotation then this also satisfies requirement 1.
- If a forward element of at least 630° of rotation includes 540° of twist that satisfies requirement 2.
- If a backwards element of at least 630° of rotation includes 360° of twist this satisfies requirement 2.

# ROUTINES

## ELITE-PRO (CONT.)

Four elements, marked by an asterisk (\*) on the competition cards, shall be awarded difficulty. None of these four elements may be repeated in the second routine. If the asterisked (\*) elements are repeated they will not be awarded difficulty.

Min. difficulty: 6.0

Max. difficulty: N/A

### **Vol:**

10 different elements of at least 270° rotation

Min. difficulty: 6.0

Max. difficulty: N/A



# SYNCHRO AND TWO-TRICK



## SYNCHRO LEVELS

1. Novice and Intermediate
2. Intervanced and Advanced
3. Pre elite, elite and elite pro

- For any synchro category, competitors may compete within 1 level of each other
- Competitors will compete 1 routine only which has to abide by the requirements of the category they compete in.
- Difficulty will not be counted towards the final score.

## SYNCHRO ROULETTE

Participants sign up on the day of competition and pairs are randomly picked, where there's a difference in level the higher level competitor may drop down to the other competitor's level

## TWO-TRICK

Two trick: participants sign up on the day of competition and may compete at any one of these 3 levels:

- Drama club (novice + intermediate)
- West-end (intervanced + advanced)
- Broadway (pre-elite -> elite-pro)



# LOCATION + TRANSPORT

Belfast -> Dublin

Dublin coach: €20 return

Irish rail: €31.50 return

Air coach: €20 return

Cork -> Dublin

Gobus: €20 return

Irish rail: €36 return

Air coach: €20 return

Limerick -> Dublin

Dublin coach: €20 return

Irish rail: €33 return

Bus Eireann: €22 return

City Centre -> UCD

46a Bus

145/155 Bus

39a Bus

**NOTE:**  
**If anyone is traveling by car we have plenty of car parks which are all free on weekends!**





# COVID SAFETY

This year we have take extra mesaures to make sure we keep you safe!

- Only immune participants are allowed to participate in any of the Intervarsities activites; when you register at the desk on the day please make sure you have your COVID cert and ID ready
- Your club will be given its own area on the bleachers, please do not mix with other clubs
- Pods of 6 will also be in operation on the bleachers; please make sure you split your club into smaller groups of 6 spectators in your area
- Please make sure you wear a mask at all times unless you're bouncing, eating or drinking
- Please maintain at least 2m distance from other pods
- If you suspect a participant is showing COVID symptoms, please report this to the COVID officer and they will be isolated immediately
- As of today, only pods of 6 can operate at a time on 1 trampoline. Please listen to your marshalls and stay with your pod



# T-SHIRTS

Get into the groove with our specially designed breathable t-shirts! These are specially designed for training. Pick your favourites! Cost = €12.50 per tee

Face the red curtains and the red carpet with our red and white design!

The spotlights are on you! Our purple and blue design will show off your true colours.

Want an instantly recognisable classic? Then our black and gold design is the one for you.



# T-SHIRT DESIGN

# CLOSE UP SHOT



# THE NIGHT OUT

Friday:

Theme: Formal

Venue: Chaplins Bar, 1-2 Hawkins St, Dublin 2, D02 K590

Time: 8pm

Entry: €5

A sign up link for this will be sent out on Oct 18th at 7PM to the captains as we only have 60 spots- first come first served!

Saturday:

Theme: Musicals

Venue: Doyles 9 College St, Dublin 2, D02 WN62

Time: 9pm

Entry: €10

Put on your dancing shoes as we dive into a night you'll never forget.



# BUNDLES

Jackpot! These sweet deals are automatic, systematic and hydromatic. Just for you. Deals are subject to availability, so get them fast or you might be left in the dust!

## Saturday social + T-shirts

Social + 1 t-shirt: €18

Social + 2 t-shirts: €28

Social + 3 t-shirts: €38

## T-shirts only

1 t-shirt: €12.50

2 t-shirts: €24

3 t-shirts: €34

## Friday Social + Saturday social + T-shirts

2 socials + 1 t-shirt: €22

2 socials + 2 t-shirts: €32

2 socials + 3 t-shirts: €40

See you  
Soon!

