



RULES & REGULATIONS

Contents

VERSION CONTROL	3
GENERAL RULES & REGULATIONS	4
INDIVIDUAL SPORT RULES & REGULATIONS	6
ATHLETICS (MEN'S & WOMEN'S)	6
BADMINTON (MIXED)	7
BASKETBALL (MEN'S & WOMEN'S)	7
CHEERLEADING	8
CROSS COUNTRY (MIXED)	8
CLIMBING	9
EQUESTRIAN (MIXED)	9
FENCING (MIXED)	10
FOOTBALL (MEN'S & WOMEN'S)	11
GOLF (MIXED)	11
HOCKEY (MEN'S & WOMEN'S)	12
NETBALL	12
RUGBY (MEN'S & WOMEN'S)	13
SWIMMING (MIXED)	14
TENNIS (MIXED)	15
TRAMPOLINE (MIXED)	16
VOLLEYBALL (MEN'S & WOMEN'S)	16
APPENDIX 2 – SWIMMING RULES	19

VERSION CONTROL

Date	Version	Status
03/07/2015	2015.01	Current
06/01/2016	2016.01	Current
18/02/2016	2016.02	Current
01/08/2017	2017.01	Current
01/08/2019	2019.01	Current
09/03/2023	2022.01	Current
07/03/2024	2023.01	Current
01/10/2024	2024.01	Current
01/02/2025	2025.01	Current

GENERAL RULES & REGULATIONS

REG 1 Eligible participants: For an individual to be eligible to participate in BUCS competitions they shall:

REG 1.1 Be a registered student at an institution or a sabbatical officer of an Athletic Union

REG 1.2 Be registered with your representative Athletic Union

REG 1.3 Only represents an institution with which they are a registered student

REG 1.4 Not be on academic suspension or suspended from their Athletic Union

REG 2 Misconduct: Each member institution and its clubs shall be responsible for ensuring that its student-athletes, officials, and all persons purporting to be its supporters or followers conduct themselves in an orderly fashion whilst attending or taking part in GTC competitions.

REG 2.1 Failure to adhere to this regulation may render the institution and its club(s) liable to a charge of misconduct. Examples for which GTC committee would deem liable to a charge of misconduct and/or bringing GTC into disrepute are:

- Violent, threatening, abusive, obscene, or provocative, conduct or language
- Disregarding requests/instructions of Tournament Directors or appointed officials
- Throwing missiles, bottles or other potentially harmful or dangerous objects at, onto or adjacent to the playing area
- Entering, or attempting to enter the venue of a competition while in possession of recreational drugs, a flare, smoke bomb or firework

REG 2.2 The consumption of alcohol or recreational drugs (in addition to substances covered under REG 2.1) by competitors will not be tolerated. Competitors at any GTC event or fixture found to be consuming such substances will be automatically disqualified and may face further disciplinary action under this regulation.

REG 2.3 Where the conduct in question is solely that of a supporter or follower who is not a current member (whether player, coach, official, student or other member) of the member institution, that responsibility shall be absolved if the member institution can demonstrate to the satisfaction of the GTC committee and that it had no reasonable means of controlling or advising on the conduct of the supporter or follower.

REG 3 GTC POINTS: The 3 institutions in each sport will play a mini league system, each match being worth 3 points for a win, 1 point for a draw and 0 for a loss. When teams finish tied, appropriate sport specific 'cup' rules will apply to conclude each fixture with a result e.g., penalties. Each sport mini league will count towards the overall scoring of the competition as follows: Winners: 3pts; Runners Up: 2pts; 3rd Placed: 1 pt. Teams who fail to attend will be awarded 0 points. The institution with the most points after the conclusion of all sports will be awarded the Glasgow Taxis Cup.

REG 3.1 If at the end of all matches, all teams are level having taken appropriate tie breaker measures e.g., penalty kicks/flicks, all teams will receive 2 points, and that sport will be a draw.

REG 3.2 If any disputes occur that cannot be resolved, the organising committee will be contacted, and a decision will be made by a majority vote.

REG 4 Forfeited matches (Walkovers): A forfeited match will be deemed to have been caused by voluntary or involuntary circumstances. A voluntary walkover is deemed to have occurred when it is believed that reasonable actions undertaken by the team, club or Athletic Union of the offending institution would have prevented the forfeit. An involuntary walkover is deemed to have occurred when it is considered that a team has forfeited on a fixture through reasons beyond the reasonable control of that team. In the first instance all walkovers will be deemed voluntary.

REG 4.1 A forfeited match will be deemed as a loss, therefore 0 points will be awarded to the team who forfeited, and 3 points awarded to the opposition.

REG 5 Rules and Regulations: Individual and Team events shall be conducted in accordance with the BUCS general regulations, the rules of the National Governing Body or International Governing Body of the sport concerned (as identified in the sport specific regulations), the relevant GTC sport specific entry information and pre-event information.

REG 6 Unless specified, there is no limit to the number of participants for team sports, however medal allocation is limited to the maximum specified per team on individual sports.

INDIVIDUAL SPORT RULES & REGULATIONS

ATHLETICS (MEN'S & WOMEN'S)

- Venue - Scotstoun Stadium Track (G14 9HY)
- Equipment – starting blocks, flags, relay batons (request from venue) race numbers and pins
- Event Licence (Scottish Athletics)
- Officials – must have official timers, team of judges/officials/volunteers (SAF Representatives)
- Access to photo finish equipment and timing room
- Catering for staff/volunteers (Tea/Coffee/Biscuits)

Event Format/Order:

1. 800m Men's
2. 800m Women's
3. 200m Men's
4. 200m Women's
5. 4x400m Men's
6. 4x400m Women's
7. 4x100m Men's
8. 4x100m Women's

Officials Requirements:

- X1 Event Manager (to also manage officials, administer results)
- X2 Track Referee
- X2 Track Judges + student volunteers
- X1 Timekeeper
- X1 Chief Photo Finish
- X1 Photo Finish Judge
- X1 Starter
- X1 Assistant Starter
- First Aid – Athlete focused

Standard BUCS Athletics Rules Apply: [BUCS Athletics Regulations](#)

BADMINTON (MIXED)

- Venue – Scotstoun Badminton Academy
- Officials – 1 umpire
- Equipment - match Shuttlecocks (feather)

Match Format

Teams of 4 players, 2 males & 2 females. Matches consist of 4 singles & 2 mixed doubles. Best of 3 sets each to 21. Singles 1v1, 2v2. Doubles 1v1 2v2

Match Scoring

The revised laws as amended and adopted by the BWF May 2021 shall be used including the Rally Point Scoring System, except as stated below:

Each match shall be the best of three games of 21 points except that if the score reaches 20-all the winner is the player/pair with 2 clear points or whose score reaches 30 first.

Play shall be continuous from the first service until the end of the match. There shall be NO intervals when a side reaches 11 points in a game, NOR between the first and second games, and NOR between the second and third games. Only when the shuttle is not in play, shall a player be permitted to receive advice during a match.

Match Result

The team winning the majority of rubbers shall be the match winner. In the event of a tie on rubbers the fixture is a draw. In the event of a drawn match, the winner shall be determined as follows:

The team winning the highest number of games

1. If a tie still results, the team with the greatest difference between points won and points lost.
2. If a tie still results, the team winning the highest number of games in the 1v1 singles and 1v1 mixed doubles rubbers.
3. If a tie still results, the team with the greatest difference between points won and points lost in 1v1 singles and 1v1 mixed doubles rubbers.
4. If a tie still results, then it remains a tie.

In the event of a rubber having to be conceded through injury, the points already won by both teams will stand, with the team that did not concede also gaining the points that they would need to win the rubber.

Standard BUCS Rules Apply: [BUCS Badminton Regulations](#)

BASKETBALL (MEN'S & WOMEN'S)

- Venue - Scotstoun Sports Centre
- Officials – 2 officials, 3 table officials
- Equipment - match balls, table, chairs, scoresheet, scoreboard (request from venue, otherwise ask clubs to provide).

Match Format

4 x 6-minute periods with a running clock. 1 minute break between each quarter, 2-minute break for half time.

1 time out allowed within the first half; 2-time outs allowed within the second half.

Match Scoring

Shooting Penalties - there are no free throws, instead one point and possession is awarded for fouls. In the event of a drawn match then an extra 6-minute period will be played. If still tied at this point, play will commence until one team leads by 4 clear points.

Standard BUCS Rules Apply: [BUCS Basketball Regulations](#)

CHEERLEADING

- Venue – Stevenson Building
- Officials – 3 judges
- Equipment - tbc

1 Pom team per university & 1 L2 team per university will be judged. 3 Judges. The scoring system will follow the 3,2,1 system so that there is a 1st, 2nd and 3rd place. It would be a showcase event for all clubs with only the POM & L2 teams being judged.

Competition is guided by the IASF regulations -

USASF rules apply: [USASF Cheer Rules 24-25.pdf](#)

CROSS COUNTRY (MIXED)

- Venue – the venue is rotated each year, venues used are Garscube or Steps
- Officials – timekeepers (usually arranged by AM), at least 9 Marshalls
- Equipment – metal stakes, tape, yellow arrow signs, marshal bibs, numbers, clip boards & recording paper, laminated route for volunteers, route print outs for racers, GTC feather flags for start & finish, pull up banner, correx boards for team photos, medals & shield, tea, coffee, sugar, milk, paper cups, napkins, cakes, sandwiches, hot water/urn
- First Aid – 2 first aiders

Event Format

Team entry submission to be completed 2 working days prior to the event. Each University will provide a team of 20 runners in total. Combined start. Awards Ceremony in pavilion afterwards.

Event Scoring

Event combined to include men's and women's runners in a single race. Teams scored on the first 4 men, and first 4 women. Scores tallied up between each university to establish winners.

World athletics technical rules: <https://worldathletics.org/download/download?filename=febae412-b673-4523-8321-e1ed092421dc.pdf&urlslug=C2.1>

CLIMBING (MIXED)

- Venue - The Glasgow Climbing Centre (Newsroom)
- Officials - Self officiate
- Equipment – To be provided by the Venue

Event Format

Scramble Format

Athletes are awarded points based on the attempt to complete a climb. To complete a climb, an athlete must hold the top hold with both hands in a controlled manner. If an athlete is to complete a climb first attempt, then they receive 10 points. If they complete a climb second attempt, then they receive 7 points. Completing a climb on the third attempt is 5 points and the fourth attempt is 1 point. Any attempt after four attempts will also score 1 point.

Correction : Top 3 athletes from each university's men's and women's teams are added together, with the winning university being the one with the highest total.

Standard BUCS Rules Apply: [BUCS Climbing Regulations](#)

EQUESTRIAN (MIXED)

- Venue - **Morris Equestrian Centre**, Meikle Mosside Farm Cottage, Fenwick, Kilmarnock KA3 6AY
- Officials – provided by lead university
- Equipment – to be provided by teams/venue

Event Format

Each University will provide a team of four riders that will compete in both dressage and show jumping. The aim of the competition is for each rider to achieve the best out of an unknown horse in a limited space of time. One rider from each team will each ride one of the four different horses and will effectively be competing against a member from each of the other different universities. Borrowed horses are used for the competition to remove a barrier to participation, as students do not need to own a horse.

Prior to the competition all horses will be demonstrated for both dressage and show jumping. To ensure the competition is fair both sets of horses must be demonstrated by a non-competing person. The show jumping horses are also required to complete the entire jumping round with said person.

For the dressage section of the competition the riders, the first riders on the horse will be given 10 minutes to warm up and everyone after this will all be given 7 minutes to ride the horse, prior to performing the dressage test. The dressage test that will be used will be the same one that is used for BUCS championship leagues (appendix 1).

For the show jumping part, competitors will be given 5 minutes each to ride the horse and will only be allowed 4 jumps before carrying out their jumping round. The course will be designed under BUCS rules and regulations with the maximum height being 90cm. The show jumping section will be judged

on style with the competitor being given a mark out of 10 for each fence as well as collective style marks. A copy of the jumping score sheet can be found in appendix 2.

The running order of the competitors will be carried out in the same way that it is done through BUCS competitions. With each team drawing a number that determines when a member of their team is riding each horse. Then each member draws a further letter that determines what horse they ride. This procedure is carried out to make sure the competition is run as fair as possible.

Event Scoring

The rider having the best score on each horse will be given zero penalties and the other riders on that horse will be given the number of penalties equal to the difference between their score and the best score on that horse. This process shall be known as differencing the scores. Eliminated and retired riders shall be given the worst difference penalties of all the riders plus an additional 30 penalties.

For dressage the score is the total, it is given by the total marks to count which is simply a combination of all the scores for each criteria added together. However, for the show jumping it is slightly more complicated as marks must be deducted for any refusals or knockdowns that take place. Appendix 2 however clearly shows how this is carried out as well as identifying a competitor's total final score given by the overall style mark.

The team's total penalties will be the sum of all four dressage difference penalties and all four show jumping difference penalties. All the results are collected then put together on a scoring sheet (appendix 3). Therefore, the team that wins will be the one with the least penalties after both phases. In the event of tie placing the team with the least collective penalties from the dressage section will take priority.

For the dressage the rules will be run under that of British Dressage and for the Show Jumping the British Show Jumping Association rules will be used. BUCS regulations will also be upheld to ensure the competition runs to the same standard of that as a BUCS competition.

Standard BUCS Rules Apply: <https://www.bucs.org.uk/rules-and-regulations/sport/equestrian.html>

FENCING (MIXED)

- Venue - Stevenson Building, 77 Oakfield Avenue
- Officials – 1 referee per match, independent
- Equipment – provided by venue/lead university

Match Format

Standard Fencing Rules Apply. Format is three pools of six fencers, one pool for each weapon (Sabre, Épée, Foil). Two students from each university compete in each pool and must satisfy the following criteria: One fencer must compete in the men's category, one fencer must compete in the women's category, one fencer must be a beginner as defined by SSS Fencing (Less than 2 years' experience).

Within each pool, each fencer will compete against every other fencer of that category (except for the fencer from their own university) to five touches as defined by a standard Pool fight. The winning institution will be decided by the number of victories each university achieves, with indicator serving as the tiebreaker. Independent referees are preferred for all matches. If an independent referee is not available, then the refereeing duties shall be shared between the three teams.

The two captains, in advance of each match, shall agree the order of fencers.

Independent referees are preferred for all matches. If an independent referee is not available, then the refereeing duties shall be shared between the two teams.

Electrical apparatus shall be used for all matches.

Competitor's clothing and equipment shall conform to BF regulations.

Team Captains are required to check the BF licences of the opposing team prior to the start of each match. Fencers should bring a printout of their confirmation or be able to provide proof via the BF website.

Standard BUCS Rules Apply: [BUCS Fencing Regulations](#)

FOOTBALL (MEN'S & WOMEN'S)

- Venue - Scotstoun Sports Campus, Stadium Pitch (men's), Badminton pitch (women's)
- Officials – 1 referee per game
- Equipment – match balls, bibs. Corner flags provided by Scotstoun

Match Format

11-a-side, 30 minutes each way, 5 minutes half time. Squad limited to 18 players per match, 5 subs (no rolling subs). Any player receiving a red card in the first game automatically misses the second.

Match Scoring

The team with the most goals by the end of full-time wins. In the event of a draw, that match will go to penalties (3). Penalties will lead to sudden death if drawn 3-3.

In the event of an overall draw in football, the winner shall be determined as follows:

- Head-to-head record
- Goal difference
- Goals scored
- Goals conceded
- Coin toss

Standard BUCS Rules Apply: [BUCS Football Regulations](#)

WET WEATHER CONTINGENCY PLAN - 11-a-side, 40-minute game (no half time), 5 minutes warm up/change over.

GOLF (MIXED)

- Venue – Kilmarnock Barassie golf club KA10 6SY
- Officials – n/a
- Equipment – own teams bring what they need

Match Format

Follows BUCS rules Stroke Play format. Each team shall consist of six nominated members (Men or Women). Each match shall consist of 3 singles match play games (3 to play one university, the remaining 3 to play the other).

Match Scoring

Should a match be tied after all games are played then no extra holes shall be played, the match is a tie.

Standard BUCS Rules apply: [BUCS Golf Regulations](#)

HOCKEY (MEN'S & WOMEN'S)

- Venue – Stepps Playing Fields
- Officials – 2 umpires, 1 badged, 1 theory minimum
- Equipment – match balls, bibs, teams to bring own facemasks

Match Format

11-a-side, 20 minutes each way, 5 minutes half time. Squad limited to 18 players per match, 5 subs. Any player receiving a red card in the first game automatically misses the second.

Match Scoring

The team with the most goals by the end of full-time wins. In the event of a draw, that match will go to penalties (3).

Standard BUCS Rules Apply: BUCS

NETBALL

- Venue – Scotstoun Sports Campus
- Officials – 2 umpires
- Equipment – match balls, table, chairs, scoresheet, scoreboard (request from venue, otherwise ask clubs to provide).

Match Format

10-minute quarters, 1-minute break, 3-minute half time. Squad limited to 14 per match.

Match Scoring

The team with the most goals by the end of full-time wins. In the event of a drawn match then an extra 2x 3-minute periods will be played and if tied after that period, play will continue until one team leads by 2 clear points.

Standard BUCS Rules Apply: BUCS

POWERLIFTING (MIXED)

- Venue – Anvil Strength
- Officials –
- Equipment – provided by venue

Event Format

Event will follow standard powerlifting Scotland format with 30 entrances, 10 lifters per flight, 10 entrances per university, Flights organised based on previous recorded total.

Standard IPF Powerlifting rules apply [Technical Rules - International Powerlifting Federation IPF](#)

RUGBY (MEN'S & WOMEN'S)

- Venue – West of Scotland RFC
- Officials – 3 referees, 1 physio per team
- Equipment – match balls, bibs, access to physio room pre-event, remember to request changing room access

Match Format

15 a-side, 20 minutes each way, 5 minutes half time. Squad size 24 players per match. Any player receiving a red card in the first game automatically misses the second. Any player receiving a yellow card will be sent to the sin bin for 5 minutes.

Match Scoring

The team with the most goals by the end of full-time wins. In the event of a drawn match, the match will result in penalty kicks (3). If penalties result in a draw, the winner shall be determined by sudden death until 6 kicks. If it remains even, a coin toss will take place to determine the winner.

In the event of an overall draw in rugby, the winner shall be determined as follows:

1. Most tries scored
2. Most conversions
3. Most penalties

Standard BUCS Rules Apply: [BUCS Rugby Union Regulations](#)

WET WEATHER CONTINGENCY PLAN: 15-a-side, 30-minute game (no half time), 10-minute warm up/change over.

SNOWSPORTS (MIXED) Race & Freestyle

- Venue – Bellahouston Ski & Snowboard Centre
- Officials/staff – course setter, start judge, timing operator, gate judges, freestyle judges, first aider
- Equipment – teams to bring own equipment, GTC committee to bring banners, feather flags

Event Format

The ski and snowboard event consists of both an alpine ski, snowboard race, and a freestyle competition. The event must include at least one of the following in each category:

Race – Individual Timed Event / Team Dual Slalom Freestyle – Big Air / Rail Jam / Slopestyle

There will be time allocated to practice in both the racecourse and the freestyle features; as well as the ability to compete in both race and freestyle events.

Considerations for competitors - Helmets must be worn when skiing or riding in the racecourse and on the freestyle terrain.

Individual Timed Ski/Snowboard Race:

- The racecourse for skiing should be set according to current BASS Regulations. The course can then be re-set appropriately for the snowboarders.
- Each competitor completes two runs with times tallied to produce an overall time.
- The top three times for each university are further tallied to place 1st, 2nd, 3rd.

In the snowboard event, these rules can be adapted according to the number of competitors entered.

Team Dual Slalom Race (Ski Only)

- Each university can enter as many teams as they wish. Each team consists of 4 skiers and must include a minimum of 1 female.
- If a racer straddles a gate or is disqualified, the next racer will be held in the start for 5 seconds. The final racer in each team must finish the race course to qualify for points.
- Scoring: Win = 3, Draw = 2, Finish = 1. On completion of the round robin, the teams can be placed 1st, 2nd, 3rd.

Big Air

Competitors complete 2 runs, being awarded points for difficulty of trick, height, and landing. Scores are tallied and then ranked to place 1st, 2nd, 3rd.

Rail Jam

Competitors complete 2 runs being awarded points for difficulty of tricks performed. Scores are tallied and then ranked to place 1st, 2nd, 3rd.

Slopestyle

Competitors complete 2 runs being awarded points for difficulty, execution on jumps and rails, and fluidity of line. Scores are tallied and then ranked to place 1st, 2nd, 3rd.

Full Rules can be found here [GTC Snowsports Rules.docx](#)

SWIMMING (MIXED)

- Venue – Strathclyde Sport
- Officials – scorers
- Equipment – timing equipment, score sheets

Match Format/Order:

1. 50m Freestyle Female

2. 50m Freestyle Male
3. 50m Backstroke Female
4. 50m Backstroke Male
5. 50m Breaststroke Female
6. 50m Breaststroke Male
7. 50m Butterfly Female
8. 50m Butterfly Male
9. 100m Freestyle Female
10. 100m Freestyle Male
11. 100m Individual Medley Female
12. 100m Individual Medley Male
13. 4x50m Medley Relay Female
14. 4x50m Medley Relay Male
15. 4x50m Freestyle Relay Female
16. 4x50m Freestyle Relay Male

Heats will consist of 6, 2 from each institution and points will be awarded from 6-1 for placing 1st-6th.

Match Scoring

Relays will consist for 3 teams and points will be awarded 12-8-4 for placing 1-2-3.

BUCS Rules - See appendix 2 for the full set of rules.

TENNIS (MIXED)

- Venue – Scotstoun Sports Campus – Tennis Hall
- Officials – umpire
- Equipment – Match balls provided by lead University, singles sticks, scoreboard

Players

Each team shall consist of a minimum of four players per match and six players per tournament. Four players shall play one singles rubber each and the fifth and/or sixth players may be selected for doubles only. Teams failing to field three players must concede a walkover. Teams fielding 3 players will concede the rubbers they are unable to fulfil.

Coaches

By mutual agreement each team may have their nominated coach sitting on court for any or all rubbers in the match. If a team does not have a coach with them, then any team member not playing at the time may be nominated. Coaching advice can only be given during change of ends and the coach may only enter/leave the court during a change of ends.

Match Format

Teams of 4 players, 2 male & 2 females. Matches consist of 4 singles and 2 mixed doubles, one set each fixture (tie break if required). All games will be sudden death deuce. Warm ups should be limited to 5 mins.

Order of Play

Players shall compete in rank order i.e., 1, 2, 3, 4 singles: 1, 2 doubles. The doubles rubbers ordered 1v1, 2v2 should be played first, followed by the Singles rubbers which will be ordered 1v1, 2v2, 3v3,

4v4. Any proposed changes to the standard order of play must be agreed by both teams prior to play. (Please note that if matches are being played on 3 courts – teams may want to start by playing 3 singles matches to maximize court usage).

Match Scoring

The team with the most rubbers wins the fixture. In the event of a fixture being incomplete with no fault on either side, a result can be taken if four rubbers have been completed. The results shall be taken on all those rubbers that have been completed. In the event of a fixture being incomplete due to a late start, with a team at fault, their opposition may claim any rubbers not completed or unplayed.

Standard BUCS Rules Apply: [BUCS Tennis Regulations](#)

TRAMPOLINE (MIXED)

- Venue – Sparta Trampoline Centre
- Officials – teams to provide judges
- Equipment – venue to provide trampolines, Safety Mats

See appendix 1 for the full set of rules. Standard rules apply:
<https://www.gymnastics.sport/site/rules/>

VOLLEYBALL (MEN'S & WOMEN'S)

- Venue – ARC: Health & Fitness
- Officials – Scorer, umpire, two-line judges
- Equipment – Table, chairs, scorecard, scoreboard

Match Format

Best of 3 games – first two sets to 21 points, third set to 15 points (sets to be won by a minimum lead of 2 points). 7 min warm-up including spiking and serving, no technical timeouts, 1.5 minutes between sets. Squad limited to 14 players per match.

Match Scoring

All sets are rally points.

Standard BUCS Rules Apply: [BUCS Volleyball Regulations](#)

CONTINGENCY PLAN FOR 1 COURT

If only one court is available, game play would resort to timed matches, first past the post. There should be 40 minutes allowed per match, playing sets first, then total points. Matches would need to be scheduled by gender, e.g., playing all women's matches then all men's matches. This is to minimize net change overs.

APPENDIX 1 – TRAMPOLINE RULES

1.1 The compulsory routines for Novice, Intermediate, Intervanced, Advanced & Elite are the same as those given for the SSS league

1.2 The voluntary routines will have max tariff but no other criteria as long as all skills are recognised under FIG and there are no routine interruptions as stated under BG rules

1.2.1 Max tariff: Novice 1.2, Intermediate 1.9, Intervanced 2.9, Advanced 4, Elite N/A

1.3 Each competitor shall complete the compulsory routine and a voluntary routine within the criteria.

1.4 The voluntary and compulsory routine shall consist of ten skills

1.5 The performers' chosen compulsory routine must be submitted in writing according to the Organisers' instructions, and in any case, prior to the commencement of the round.

1.6 Each university is to bring an appropriately qualified coach for insurance purposes.

1.7 Each competitor shall have one attempt at each routine.

1.8 All competitors are required to present themselves for competition clothed in correct attire:

1.8.1 Novice, Intermediate and Intervanced - Leotard/Shorts & T-Shirt (tucked in)

1.8.2 Men's Advanced and Elite - Gymnastic Trousers & Leotard (no unitards)

1.8.3 Women's Advanced and Elite – Leotards & shorts

1.8.4 No tracksuits/tights will be allowed on the Trampoline except during warm up.

1.8.5 Trampoline shoes and/or white socks must be worn. Competitors will not be permitted to compete barefoot.

1.8.6 Performers will not be permitted to wear ANY body piercing or any other jewellery whilst warming up or competing.

1.8.7 Competitors who do not adhere to the above regulations may be disqualified.

1.8.8 All routines shall be performed unaided. Coaching during a performance is not allowed.

2 Team Championships (Overall)

2.1 There will not be separate men's and women's teams.

2.1.1 The five best total scores (including tariff of the voluntary) from compulsory plus voluntary by competitors from the same institution, regardless of sex or category, will be added together for an overall team score.

2.2 Teams will not need to be pre-selected

2.3 The winning team will decide the winner of the overall competition

2.4 If one team is unable to enter 5 competitors then the team will be made up of the total number that University can enter down to a minimum of 3

3 Guide to Competition Rules

3.1 Marking shall be according to the British Gymnastics Rules and International Tariffing Values at the discretion of the Chair of Judges on the day. The full rules ('Code of Points') are available from British Gymnastics, c/o Mike Phillipson.

3.2 Each routine consists of ten elements. Each routine is awarded an execution mark out of ten by five judges. The middle three form marks are counted. In ALL categories a difficulty (tariff) mark will also be awarded to the voluntary routine (and final routine, if performed).

3.3 The execution mark is calculated by deducting marks for:

3.3.1 Travel from the centre of the trampoline

3.3.2 Loss of height

3.3.3 Failure to perform skills accurately according to required shapes (e.g., with legs straight and arms close to sides where possible).

3.4 Additional deductions may be made for failure to stand under control on one's feet at the end of a routine; receiving instruction during performance; abusing the warm-up (nominally a maximum of one routine/30 seconds bouncing is allowed); taking greater than one minute to commence the routine.

3.5 Where a performer in Novice - Advanced deviates from the required compulsory routine, the routine will be considered interrupted, and the maximum mark will be determined according to the number of skills performed up to this point.

3.6 Where a performer in Elite deviates from their submitted compulsory routine, deductions will be made according to current International Rules.

3.7 A routine will also be considered interrupted if any performer touches anything other than the trampoline bed, kills the bed or lands on one foot.

3.8 The difficulty mark is calculated as follows:

3.8.1 0.1 points per $\frac{1}{4}$ somersault rotation +

3.8.2 0.1 bonus points per whole somersault rotation +

3.8.3 0.1 points per $\frac{1}{2}$ twist +

3.8.4 0.1 bonus points per whole somersault performed in piked/straight shape (up to a maximum of 0.2), (except twisting single somersaults).

APPENDIX 2 – SWIMMING RULES

Individual Swimming Championships

SWI 1 Entries

SWI 1.1 Entries will not be accepted without an entry time for any individual swimmer or relay team.

SWI 1.2 Institutions may enter para-swimmers in addition to any entry restriction imposed as per the relevant entry information and regulations, providing that they are Nationally/Internationally classified and registered.

SWI 1.3 Short Course Championships

SWI 1.3.1 There is no limit on how many competitors or teams each institution can enter in each event.

SWI 1.3.2 There is no limit on how many events an individual can enter, however competitors are advised to check the provisional schedule of events before entering to make sure that they have adequate time to recover from one race to the next.

SWI 1.3.3 The organisation may restrict entries should demand exceed capacity. Should it be necessary to restrict entries, one entry per institution will be guaranteed.

SWI 1.4 Long Course Championships

SWI 1.4.1 Each institution may enter two competitors per event and one team in each relay event.

SWI 1.4.2 Each competitor will be restricted to three individual events.

SWI 1.4.3 The organisation may restrict entries should demand exceed capacity. Should it be necessary to restrict entries, one entry per institution will be guaranteed.

SWI 1.4.4 Institutions will be permitted to enter a further 2 para-swimmers in each recognised event, in addition to their 2 entries per event allocation, providing that they are Nationally/Internationally classified and registered. BUCS reserves the right to restrict entries where the competition reaches capacity.

SWI 1.4.5 Para-swimmers will also be restricted to three individual events.

SWI 1.5 For both the Long and Short Course Championships it is the responsibility of institutions to check the entry lists when released and notify BUCS of any alterations required by the date(s) publicised. Any requests for changes to the data submitted on BUC Score may be possible but will be subject to an admin charge as per the relevant pre-event information.

SWI 4 Events

SWI 4.1 All individual and relay events will be decided by heats and finals, except for the 400m, 800m and 1500m Freestyle and the 400m Individual Medley.

SWI 4.2 The 400m, 800m and 1500m Freestyle and the 400m Individual Medley will be decided on the principle of heat declared winner.

SWI 4.3 Heats and finals will be held in separate sessions.

SWI 4.4 Qualifying times may be set for some events.

SWI 5 Relays

SWI 5.1 Relay declaration forms for heats must be submitted to the BUCS help desk 1 hours prior to the start of the respective session. Relay declaration forms for finals must be submitted to the BUCS help desk 2 hours prior to the start of the respective session.

SWI 5.2 Failure to submit a form will lead to a team not being permitted to participate.

SWI 5.3 Failure to submit a form detailing the correct order will lead to the disqualification of said team.

SWI 6 Finals

SWI 6.1 No more than two swimmers from the same institution shall be permitted to qualify to an individual final.

SWI 6.2 At Short Course only, no more than one relay team from the same institution shall be permitted to qualify to a relay A final and no more than one team from the same institution will be permitted to qualify to a relay B final.

SWI 7 Swimming Event Points

SWI 7.1 In each event, only the fastest individual from each institution will score points. I.e. where there is more than one finalist from the same institution only the highest ranking will score points, the subsequent point scoring will then be determined by the rankings in the heats. Individual events will be scored by 1st place being awarded 10 points, 2nd place 9 points, continuing with a decreasing points scale for subsequent ranked placings in the order of 8, 7, 6, 5, 4, 3, 2, and 1 point(s).

SWI 7.2 In relay events points shall be doubled. Only the teams in the A final shall score points.

SWI 8 Team Awards

At both Long & Short Course Championships Swimming Event Points will be used to determine the Top Overall Team and the Top Men's and Women's Teams.