

Copper Plus

North Only

Age Groups	8 years 9 years +	
GENERAL	As per Copper Rules with the following adaptations on each apparatus	
Vault	Any Vault Permitted from the Classic Challenge Vault Sheet up to a maximum Difficulty Value of 4.2	
Bars	Gymnasts must fulfil 5 of th 6 CR's Max awarded 2.5 <ul style="list-style-type: none"> - FIG coded mount on LB - Close Bar circle element (back hip circle allowed) - Any Bar change LB to HB - Cast to within 45 degrees of HS - A DIFFERENT Close bar element - A Giant Circle in any direction 	BONUS Close bar circle element B or C - 0.3 each Stuck Dismount - 0.1
Beam	Gymnasts must fulfil 5 of th 6 CR's Max awarded 2.5 <ul style="list-style-type: none"> - Full Spin - Connection of 2 different dance elements (no split required) - Leap or Jump with 180 degree split (cross / side or straddle) - 1 x acrobatic series with 2 elements min (no flight required) - 1 x mixed series 2 elements min (no flight required on acro element) - Dismount - A Value salto 	BONUS Acro series with minimum 1 flighted element - 0.2
Floor	Gymnasts must fulfil 5 of th 6 CR's Max awarded 2.5 <ul style="list-style-type: none"> - Acro line with a backward salto in the straight position - Forward salto in or out of an acro line - Dance passage of 2 different leaps / hops (1 x 180 degree split cross / side / straddle) - 1 x Additional Leap / Hop / Jump minimum B - minimum 360 spin - 1 x mixed series (minmum 2 directly connected elements) 	BONUS Straight Salto forwards - 0.2 Routine with 2 FIG Acro Lines - 0.2 Acro line including salto with 1/2 twist - 0.2
SHORT EXERCISES	As per copper rules	

Uncoded elements PERMITTED as per North of England Uncoded elements list