

Level 6

North Only

Age Groups	7 years only	
GENERAL	As per Zinc Rules with the following adaptations on each apparatus:	
Vault	Vault Height set at 80cm Optional Vault as follows: Handspring Flat Back - DV 2.5 Handspring to Stand, fall to tummy - DV 3.0	
Bars	Gymnasts must fulfil 4 of the 5 CR's Max awarded 3.0	BONUS As per Zinc Rules
Beam	Gymnasts must fulfil all 5 of the following CR's Max awarded 3.0 - 1/2 spin to land on toes - Connection of 2 different dance elements (no split required) - Leap or Jump with 180 degree split (cross / side or straddle) - 1 x acrobatic element (fwd, bkwd or side - must be performed on beam) - 1 x additional acrobatic element (as above)	BONUS Dance connection which includes an element with split (cross, side or straddle) - 0.2 NOTES Handstand can be used as a fwd acro element
Floor	Gymnasts must fulfil all 5 of the following CR's Max awarded 3.0 - Acro line with min 2 flight elements - Mixed series - min 2 directly connected elemnts (flight not required) - Dance passage of 2 different leaps / hops (1 x 180 degree split required) - Acro elements fwd, side & back with flight - 360 spin	BONUS 180 degree split shown in leaps (no tollerance) - 0.2 Acro Line with bkwd salto - 0.2 Salto fwd - 0.2
SHORT EXERCISES	Bars - As per Zinc Rules Beam & Floor - An exercise with less than 7 elements will be deducted 1.0 for each missing element	
Uncoded elements PERMITTED as per Zinc Rules		