

Zinc Plus		
North Only		
Age Groups	11&U, 12&O	
GENERAL	As per Zinc Plus rules with the following adaptations on each piece	
Vault	Any Vault Permitted from the Classic Challenge Vault Sheet Must be over the table Vault	No somersault Vaults permitted
Bars	Gymnasts must fulfil 4 of the 5 CR's Gymnasts MUST use both bars <b>Max D Score 3.0</b>	No bonus for using both bars
Beam	Gymnasts must fulfil 4 of the 5 CR's as per Zinc  If a gymnast fulfils all 5 of the CR's they will receive a 0.5 bonus. <b>In this instance only, the Max D Score will increase to 3.5</b>	Bonus as per Zinc rules
Floor	Gymnasts must fulfil 4 of the 5 CR's <b>Max awarded 3.5</b>  <b>CR 1 - Acro Line with minimum 2 flighted elements</b>  <b>0.5 Penalty if no acro line (with 2 flighted elements) is performed within the counting CR's</b>	No bonus for acro line with 2 flighted elements.  All other bonuses as per Zinc
SHORT EXERCISES	As per Zinc Rules	

<b>Copper Plus</b>		
<b>North Only</b>		
<b>Age Groups</b>	<b>9 years, 11&amp;U, 12&amp;O</b>	
<b>GENERAL</b>	<b>As per Copper Rules with the following adaptations on each apparatus</b>	
<b>Vault</b>	Any Vault Permitted from the Classic Challenge Vault Sheet.	<b>Max D Score 3.2</b>
<b>Bars</b>	Gymnasts must fulfil 4 of the 5 CR's <b>Max D Score 3.5</b>  <b>BONUS</b> 0.5 - LB to HB element with flight 0.3 - Close Bar Value B	<b>No bonus for 2 x Upstart</b>
<b>Beam</b>	Gymnasts must fulfil 4 of the 5 CR's <b>Max awarded 3.5</b>  <b>CR 1 MUST be a full spin</b>  <b>0.5 bonus awarded if the Acro Series is performed within the counting CR's.</b> <b>0.2 if the acro series has minimum 1 flighted element</b>	<b>1/2 spin 1/2 turn will count as a skill but will not fulfil CR 1.</b>
<b>Floor</b>	Gymnasts must fulfil 4 of the 5 CR's <b>Max awarded 3.5</b>  CR 1 - Acro line to include a straight somersault backwards CR 2 - Forward salto within an acro line  <b>All other CR's as per Copper</b>	<b>No bonus for Straight salto backwards</b>  <b>0.2 Straight salto forwards within an acro line</b>  <b>Other bonuses as per Copper</b>
<b>SHORT EXERCISES</b>	<b>As per copper rules</b>	