

Zinc Plus		
North Only		
Age Groups	T.B.C	
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 Max D Score 3.0	No bonus for using both bars Note: Coaches DO NOT need to be between the bars however it is advised
Beam	Gymnasts must fulfil 4 of the 5 CR's as follows: '- Minimum 1/2 Spin '- Connection 2 different Dance elements (one with 180 split) '- Acro elements fwd / side & Bkwd performed on the beam '- Mixed connection '- Additional Single Dance element (must be different to those used in mixed or dance series) Max D Score 3.0	Bonus Successful performance of a full spin Note: Coaches DO NOT need to be at the end for somersault dismounts however it is advised
Floor	Gymnasts must fulfil 4 of the 5 CR's as follows: '- Acro line with min 2 flight elements '- Mixed series minimum 2 directly connected elements '- A dance passage of 2 different leaps / hops – No split required '- Acro elements forwards / sideways & backwards with flight '- An acrobatic element without hand support (ie Aerial or salto) Max D Score 3.0	BONUS: 0.1 – Dance passage with 180° split 0.2 each – Salto backwards & forwards
SHORT EXERCISES	As per Zinc Rules	

Copper Plus		
North Only		
Age Groups	T.B.C	
GENERAL	As per Copper Rules with the following adaptations on each apparatus	
Vault	Any Vault Permitted from the Classic Challenge Vault Sheet.	Max D Score 3.2
Bars	Gymnasts must fulfil 4 of the 5 CR's as follows: † Upstart on LB & HB † Close bar circle element (back hip circle allowed) † Any bar change LB to HB † Cast to within 45° handstand † A different close bar element Max D Score 3.5	BONUS 0.5 - LB to HB element with flight 0.3 - Close Bar Value B
Beam	Gymnasts must fulfil 4 of the 5 CR's as follows: † 1/1 spin † Connection of minimum 2 different Dance elements to include one leap or jump with 180° split (cross or side) or straddle † An acrobatic element with flight † 1 x acrobatic series with 2 elements [minimum] Non flighted OK † Mixed Series (Minimum 2 element – no flight required on acro element) Max awarded 3.5	1/2 spin 1/2 turn will count as a skill but will not fulfil CR 1. BONUS: 0.3 if the acro series has minimum 1 flighted element 0.3 if the mixed series includes a B value element
Floor	Gymnasts must fulfil 4 of the 5 CR's as follows: † Acro line with a backward salto in straight position † Acro line with forward salto † A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle † Single leap, hop or jump (minimum B value) † Mixed series minimum 2 directly connected elements Max awarded 3.5	BONUS: 0.3 B Value Salto 0.2 Routine with 2 FIG Acro lines 0.2 C Value dance element (leap jump hop or spin) Other bonuses as per Copper
SHORT EXERCISES	As per copper rules	