



AAU COPPER RULES

Follow bronze skill chart/restrictions, general rules & execution deductions.

VAULT	BARS	BEAM	FLOOR
<u>OPTION 1 (9.5 SV)</u> Straight jump onto mat	Minimum 4 VP (.10 each)	Minimum 4 VP (.10 each)	Minimum 4 VP (.10 each)
<u>OPTION 2 (10.0 SV)</u> Straight jump onto mat, kick to handstand flat back	Special Requirements (.50 each)	Special Requirements (.50 each)	Special Requirements (.50 each)
<u>OPTION 3 (10.0 SV)</u> Jump to handstand, flat back on mat	<ol style="list-style-type: none"> Mount Cast (no dismount) Circling Skill (mount/dismount ok) Dismount 	<ol style="list-style-type: none"> Jump or Leap (no angle requirement) Acro Skill ½ Turn (one or two feet) Dismount 	<ol style="list-style-type: none"> Split Jump or Leap (no angle requirement) Roll ½ Turn (one or two feet) Acro Skill
Clarifications			
Minimum Mat Height: 8" Spot on any phase -.50 (max -1.5)s	Hips must leave bar on cast	Jump or leap not required to have leg separation (No angle requirements on split jumps/leaps)	Split jump or leap is required to have leg separation (no angle requirement)
Additional Allowable "A" Skills			
		<ul style="list-style-type: none"> Lever/"T" (levering action not required to touch the beam, no angle requirement) 	<ul style="list-style-type: none"> Partial Handstand (both feet off floor, legs do not need to close, no angle required) Bridge Candlestick
10.0 SV Examples			
	<ul style="list-style-type: none"> Glide swing Jump to front support Cast Forward roll dismount 	<ul style="list-style-type: none"> Straight jump Lever Pivot turn Tuck jump dismount 	<ul style="list-style-type: none"> Split jump Forward straddle roll ½ turn on one foot Bridge
	<ul style="list-style-type: none"> Pullover Cast Cast Sole circle dismount 	<ul style="list-style-type: none"> Split jump Forward Roll Heel snap turn Straight Jump Dismount 	<ul style="list-style-type: none"> Split leap Backward roll Pivot turn Partial Handstand
9.5 SV Examples			
	<ul style="list-style-type: none"> Jump to front support Cast Cast Cast, push away dismount 	<ul style="list-style-type: none"> Straight jump Partial Handstand Relevé hold Roundoff dismount 	<ul style="list-style-type: none"> Tuck jump Forward roll Heel snap Cartwheel
	*Missing circling skill	*Missing ½ turn	*Missing split jump/leap