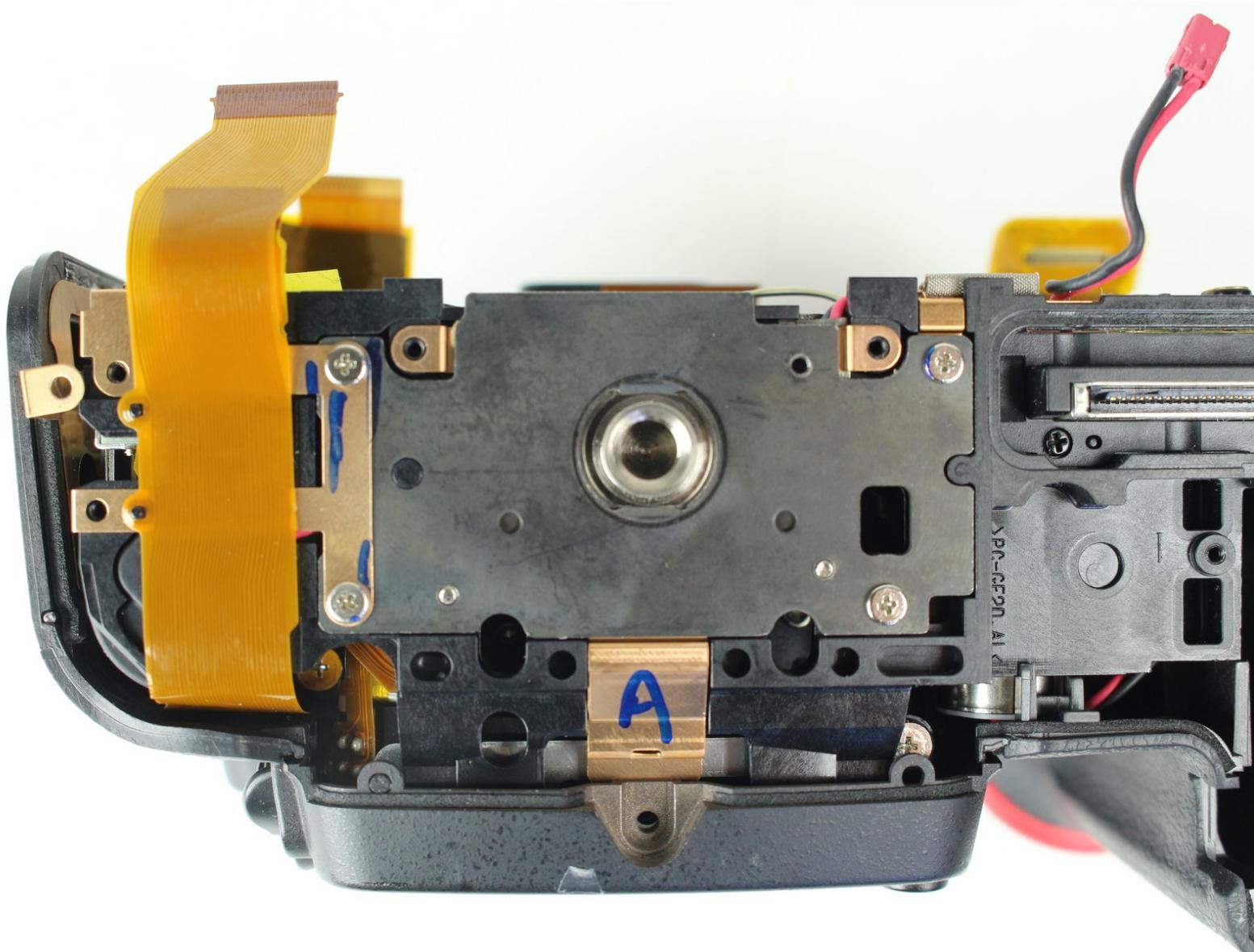




Nikon D7000 Tripod Plate Replacement

Replacing the tripod plate for a Nikon D7000.

Written By: Jed Chen



INTRODUCTION

Use this guide to replace the tripod plate.

TOOLS:

- Metal Spudger (1)
- Phillips #0 Screwdriver (1)
- Spudger (1)
- Tweezers (1)
- Phillips #000 Screwdriver (1)

Step 1 — Motherboard



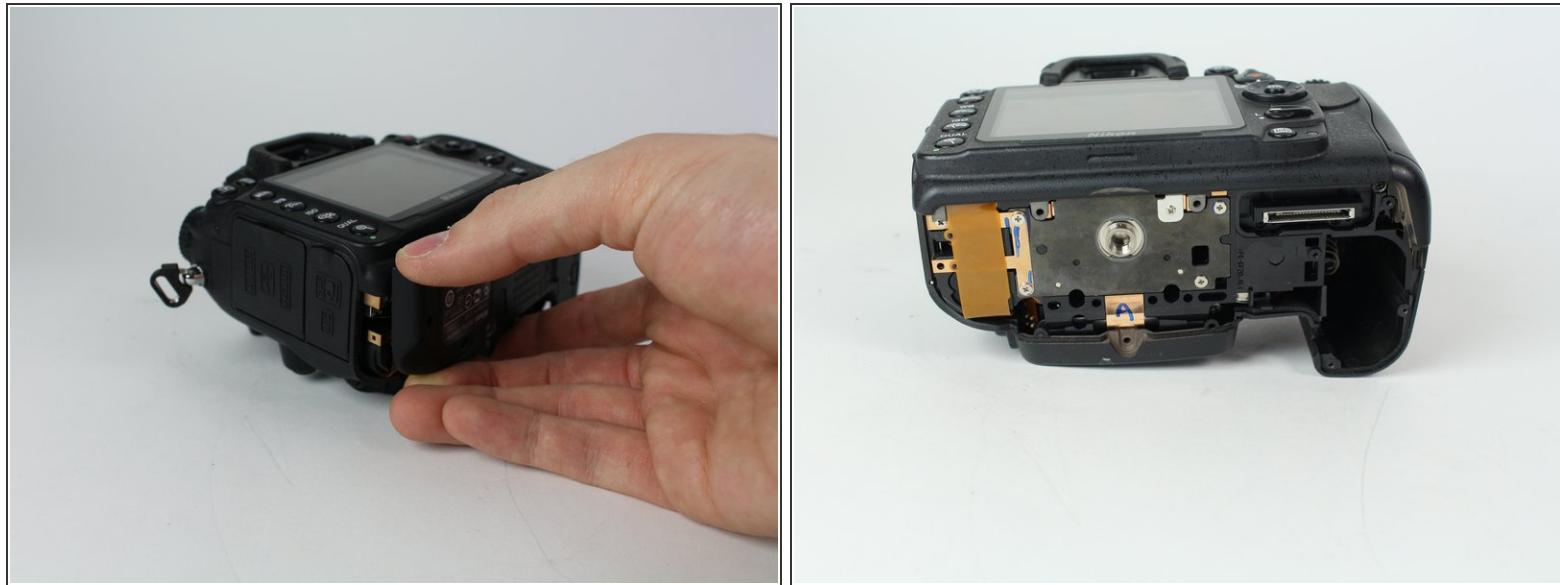
- Remove the following 5 screws securing the bottom cover to the camera body:
 - Four 6 mm J000 screws.
 - One 8 mm J000 screw (under lens mount).

Step 2



- Remove three 6 mm J000 screws from under the battery cover.

Step 3



- Gently pull the bottom cover off of the camera body.

Step 4



- Remove the following screws from the port area:
 - Two 3.5 mm J000 screws.
 - One 6 mm J000 screw (right above ports).

Step 5



- Peel the rear rubber piece off with tweezers.

Step 6



- Remove one 4.25 mm J000 screw from behind the rear rubber piece.

Step 7



- Pull the eyepiece cover up to remove it.

Step 8



- Remove two 6 mm J000 screws from behind the eyepiece cover.
- On D7100 models, there is an additional screw holding the back plate on. This screw is located in the diopter (dial with + - on it). This screw can be accessed by peeling up this sticker on the diopter.

Step 9



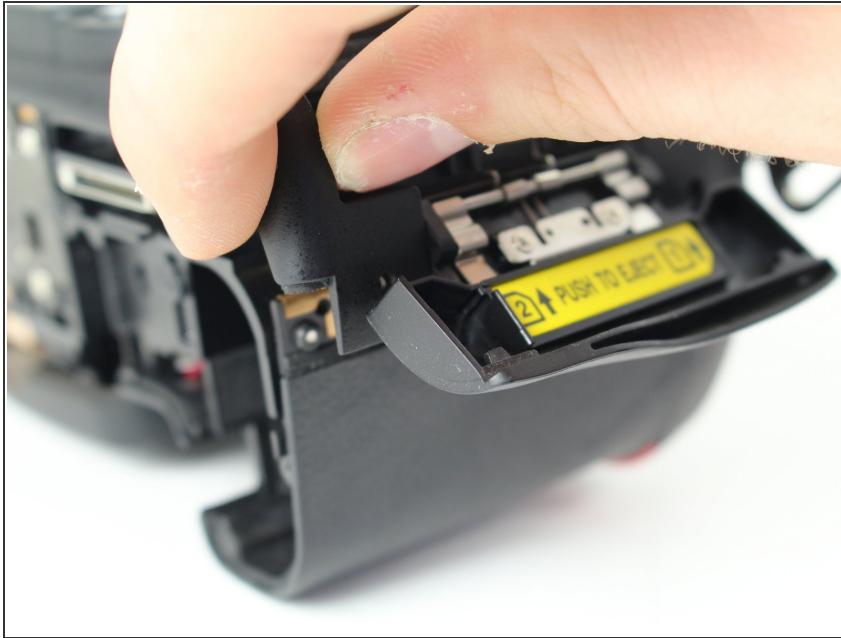
- Open the SD card cover by pushing slightly down with your thumb and sliding up.

Step 10



- Remove four 6 mm J000 screws that secure the SD card cover.

Step 11



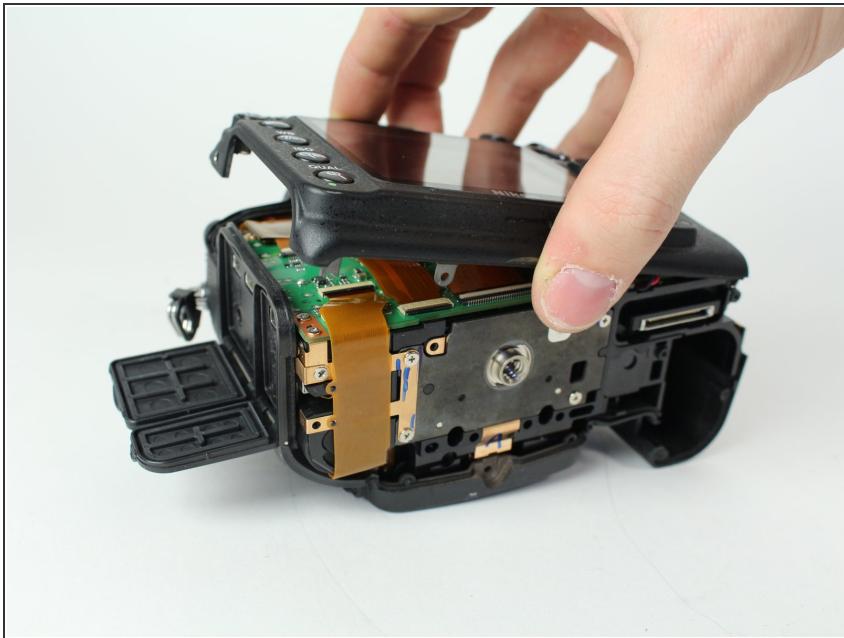
- Gently pull the SD card cover off.

Step 12



- Remove the following screws that secure the back case:
 - One 6 mm J000 screw.
 - One 3 mm J000 screw.

Step 13



- Carefully lift the back case off.

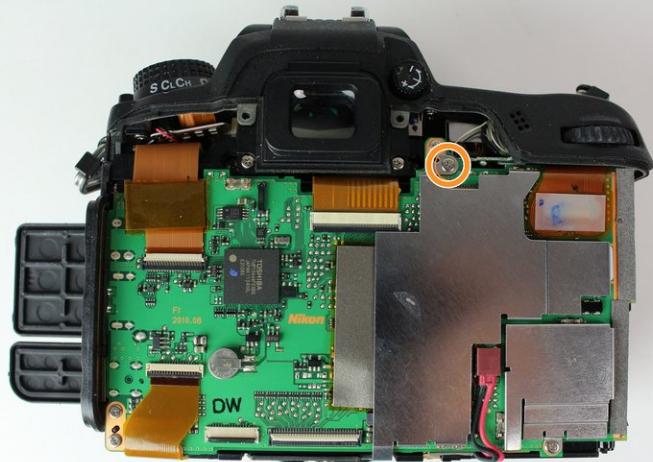
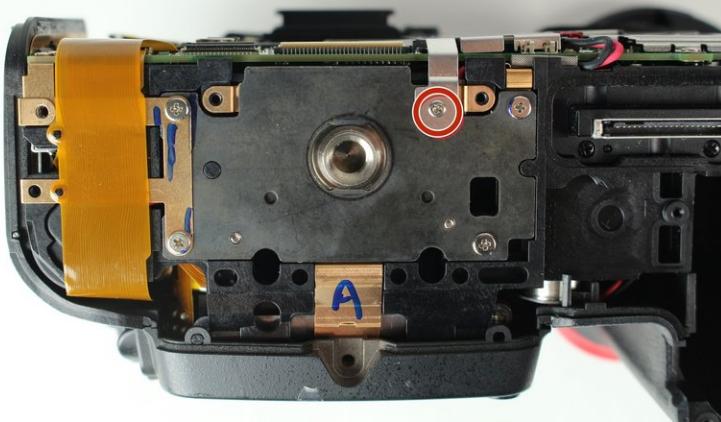
Step 14



- Disconnect the following two ribbon cables from the motherboard.

(i) See our [Cable Connector Guide](#) for help with ribbon cable connectors!

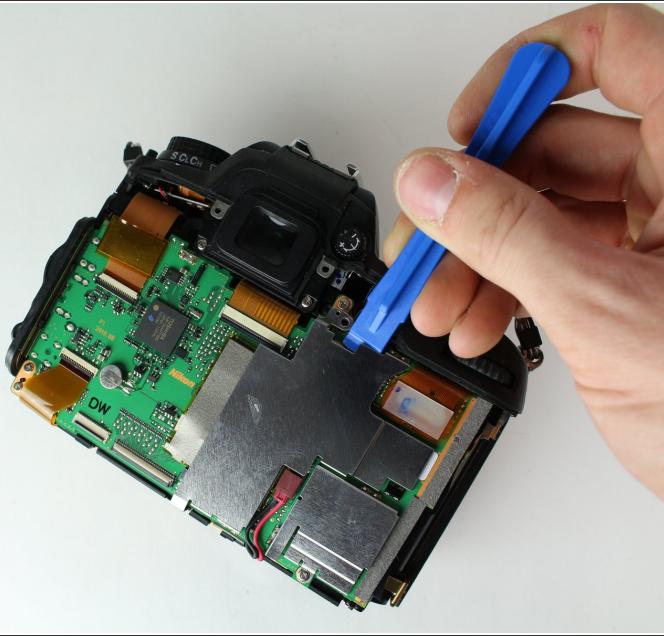
Step 15



- Remove the following screws securing the left motherboard shield:
 - One 2 mm J000 screw (on the bottom).
 - One 3.5 mm J000 screw (on the back).

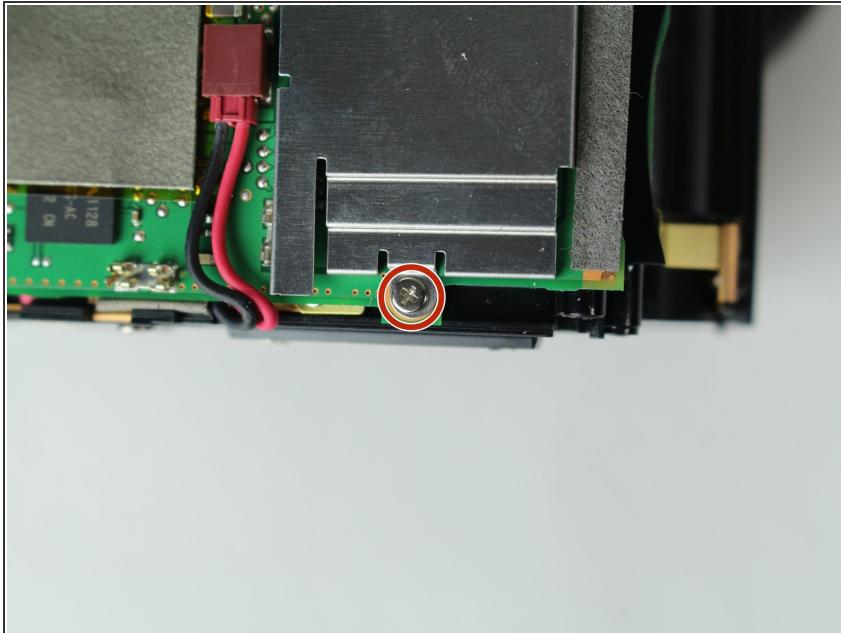
 Be careful of the grounding clips on the motherboard.

Step 16



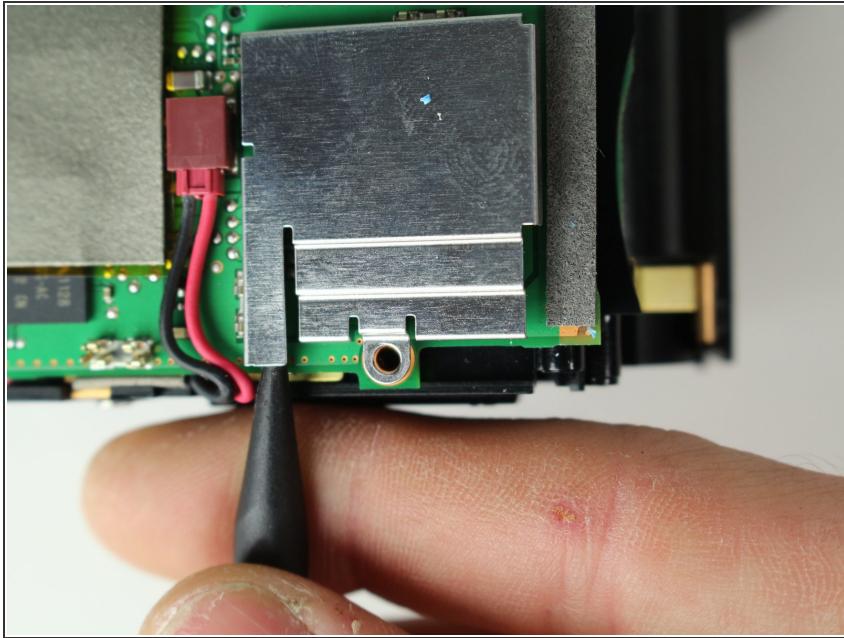
- Gently pry and lift the left motherboard shield off.

Step 17



- Remove one 3.5 mm J000 screw securing the right motherboard shield.

Step 18



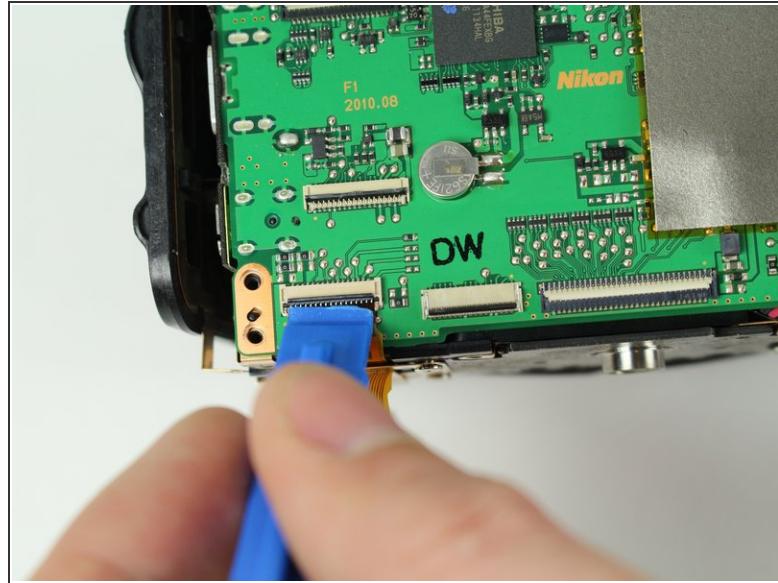
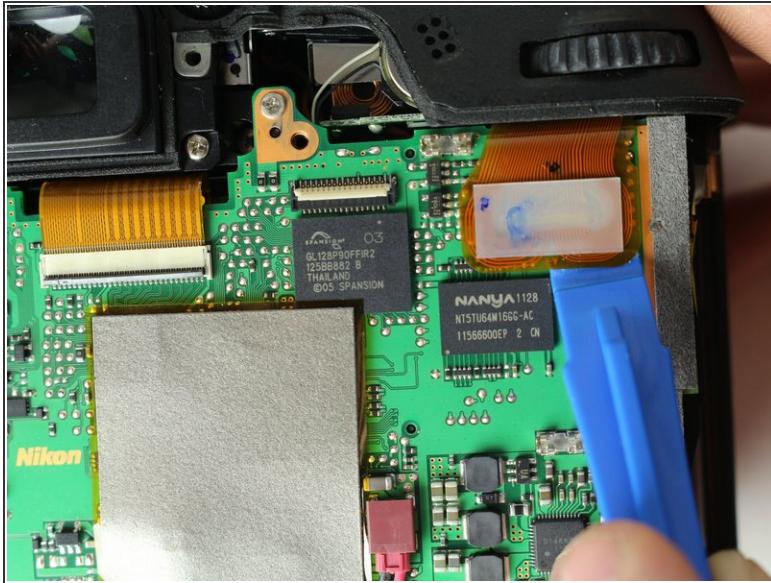
- Gently lift the right motherboard shield off with the tip of a spudger.

Step 19



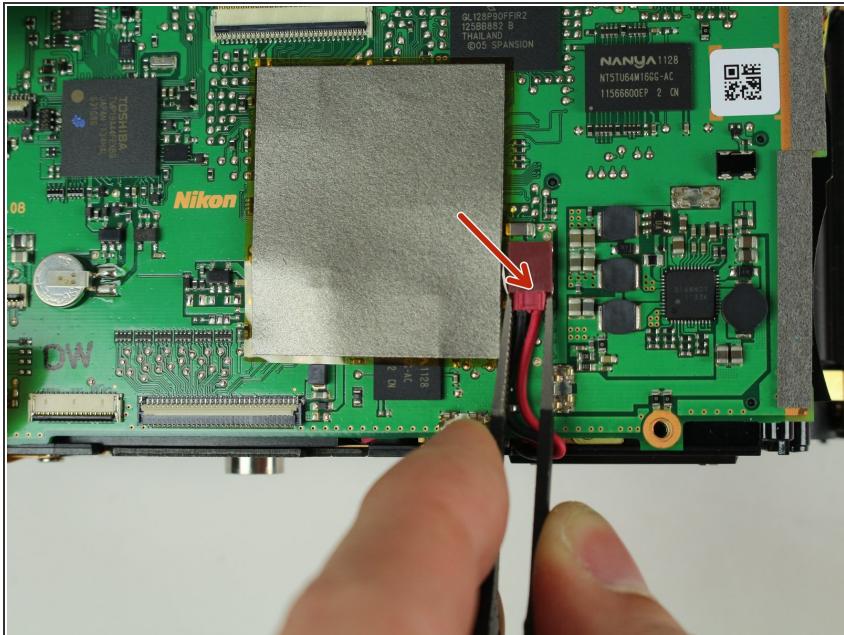
- Disconnect remaining ribbon cables.

Step 20



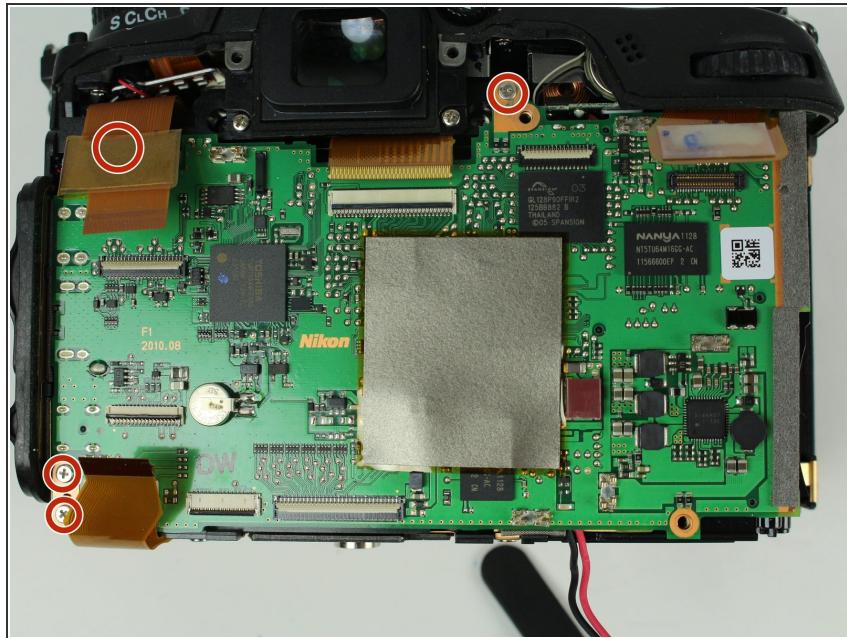
- Disconnect remaining ribbon cables.

Step 21



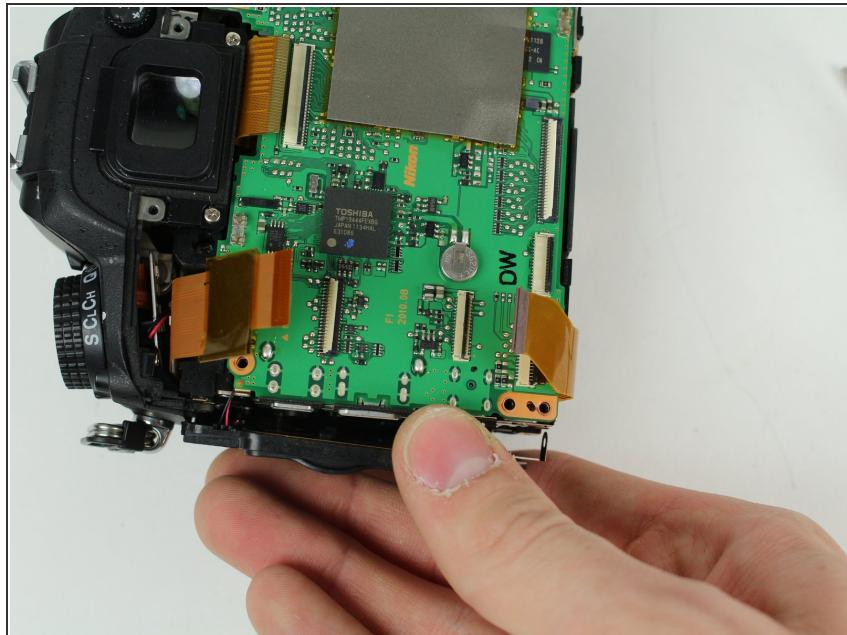
- Carefully disconnect the red connector with tweezers.

Step 22



- Remove four 3.5 mm J000 screws securing the motherboard.

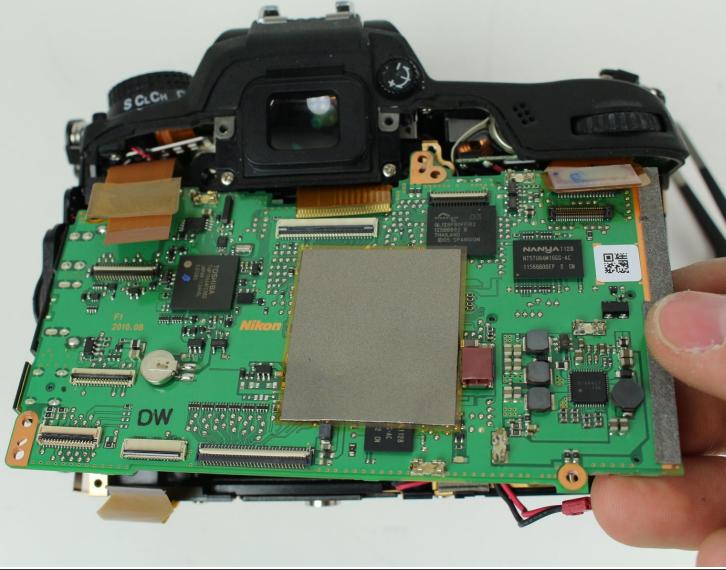
Step 23



- Gently pull the port side cover away from the motherboard.

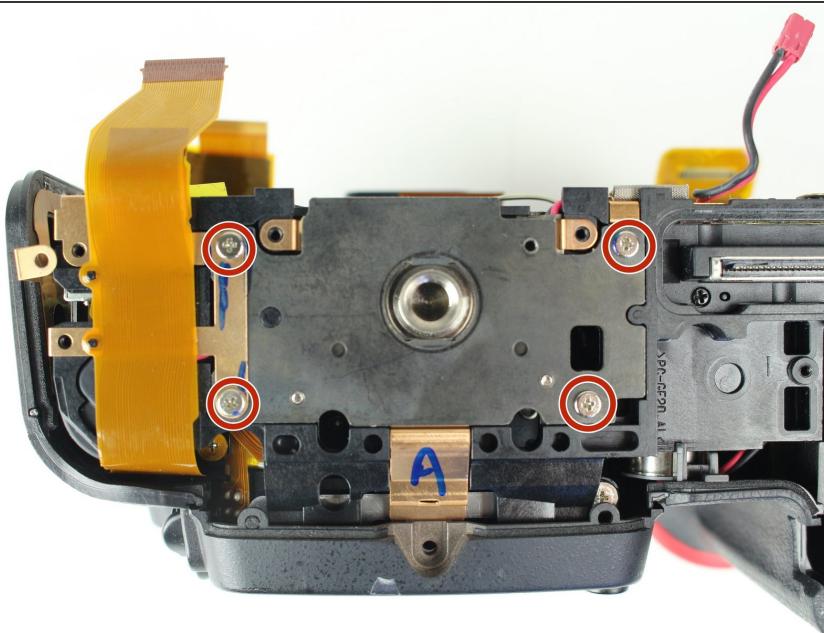
Step 24

- Lift the motherboard off.

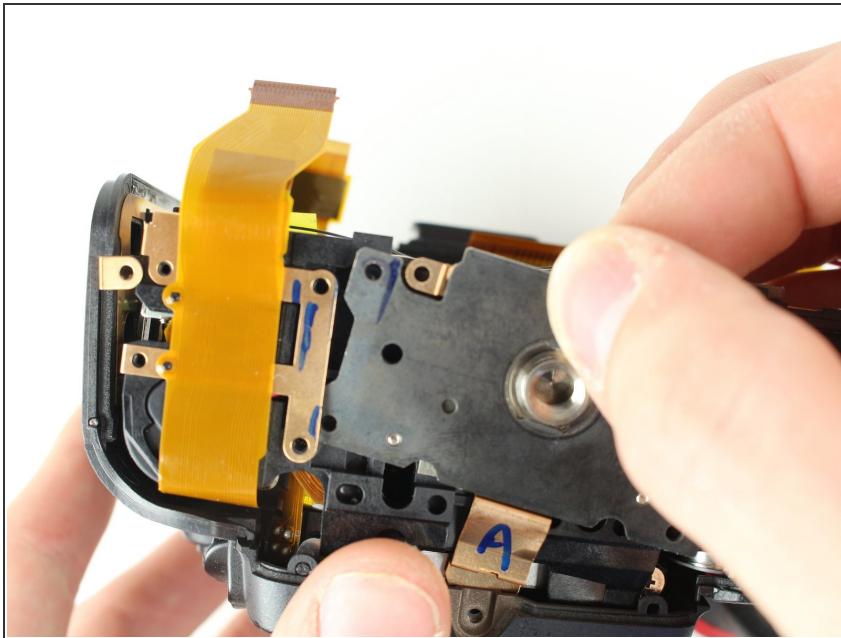


Step 25 — Tripod Plate

- Remove four 6 mm J000 screws securing the tripod plate.



Step 26



- Carefully lift the tripod plate from the backside of the camera and slide out the grounding clip from under the lens mount.

To reassemble your device, follow these instructions in reverse order.