

LINCOLNSHIRE WAG Level 5 – RULES MATRIX 2020

Difficulty Value Accepted uncoded = 0.10 Other moves as per FIG code	BARRED elements will have no Difficulty Value if they are performed although there WILL be execution deductions Except where set moves are required same element can only count once. D score – DV + CR as shown E score – Deductions from max 10.0 Accepted Uncoded elements only as listed				
Equipment	Requirements	Value	Specific Requirements		Barred Elements
VAULT	Handspring	2.00	Choice of Heights. 2 attempts highest score counts.		No other vaults permitted
BARS Choice of Routine	Minimum of 3, Maximum of 6 elements for DV - upstarts (on either bar) & back hips (once on low bar and once on high bar) can be repeated and count for DV. Elements only from list below. Short routine: 2.00- mark deduction for each move less than 3 in routine				
Support in any move: Deduct 2.00 marks + DV + CR	Back Circle Up (counts as mount CR)	0.10	CR's		Any elements other than listed
	Float Upstart	0.10	• Mount	0.5	
	Cast to 45	0.10	• Cast to 45	0.5	
	Back Hip Circle	0.10	• Back Hip Circle	0.5	
	Squat on and catch top bar	0.10	• Low Bar to High Bar	0.5	
	¾ Circle over HB	0.10	• Straddle/Stoop Undershoot Dismount	0.5	
	Long Upstart	0.10	Bonus's:		
	Straddle/Stoop on Undershoot Dismount (low or high bar)	0.10	• Upstart (max once on each bar) • All CR's and no stops	0.5 0.5	
BEAM Voluntary Routine	Maximum 8 elements to count. Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.				
Beam Height: 1.10m Minimum 2 lengths Min 30 – Max 90 secs (0.2 deduction for over or under time)	Uncoded Elements			CR's	
	MOUNTS	MOVES	DISMOUNTS	• Acro Element (without flight)	0.5
	Squat on	Forward Roll	Round off	• Full Spin	0.5
	2-2 jump	Handstand (2sec)	Handspring	• Linked Dance Series (one element being Split Leap/Jump/Hop 135')	0.5
	Straddle on	Arabesque		• Flic	0.5
		Y Balance (side)		• 'A' Valued Coded Dismount	0.5
		Tuck Jump		Bonus:	
		Stretch Jump		• All CR's no falls	0.5
				Forward Roll can count for DV but not as Acro CR	
FLOOR Voluntary Routine	Max 8 elements to count Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.				
Min 30 – Max 90 secs (0.2 deduction for over or under time)	Uncoded Elements			CR's	
	Cartwheel			• Passage of two dance elements (each with one footed take off)	0.5
	Back Walkover			• Minimum Full Spin	0.5
	Forward Walkover			• Acro Flight Series (minimum two elements one being Somi)	0.5
	Backward Roll – Handstand			• Split Leap/Jump 180'	0.5
	Tuck Jump			• Second Somi (Off two feet)	0.5
	Valdez			Bonus:	
	Handstand Forward Roll			All CR's and no falls	0.5