

LINCOLNSHIRE WAG Level 6 – 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 – 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 Flatback – 1m high crash mats	2.00	2 attempts highest score counts.	No other vaults permitted
BARS	Routine as set below			
Set routine Normal Height Low Bar 1.70 Support in any move: Slight: 1.00 mark + DV Extensive: 2.00 marks + DV Missing Skill: 1.00 mark + DV	<ul style="list-style-type: none"> • Jump to Pike Float Swing Forward to land back on feet Straight legs throughout. (Springboard may be used) • Upward Circle • Cast Back Hip Circle • Dismount - Straddle Undershoot or Squat on immediate stretch jump off 	0.10 0.10 0.10 0.10	<ul style="list-style-type: none"> • CR awarded if routine complete and all moves given Bonus: • Routine with no stops (flowing) 	2.5 0.5 Any elements other than listed
LOW BEAM	Up to a maximum 8 elements to count. All elements = 0.10. At least 1 element to each length. Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.			
Voluntary Routine Minimum 2 lengths, max 3 1.0- mark deduction if less or more	Uncoded Elements		CR's	
	Mounts	Moves	Dismounts	
	Squat on Straddle on	Forward Roll Handstand (2sec) Arabesque Y Balance (side) Tuck Jump Stretch Jump ½ spin ½ releve	Round off Stretch Jump	<ul style="list-style-type: none"> • Any Acro Element • ½ Spin • Dance Series • Split Leap/Jump or hop 135' degrees • Round off Dismount Bonus: • All CR's no falls • Full Spin
				0.5 0.5 0.5 0.5 0.5 0.5 0.5 Any move above 'B'
FLOOR	Max 8 elements to count Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.			
Voluntary Routine Min 30 – Max 90 secs (0.2 deduction for over or under time)	Uncoded Elements		CR's	
	Cartwheel Back Walkover Forward Walkover Backward Roll – Handstand Tuck Jump Valdez Handstand Forward Roll Forward or Backward Roll (only counted as DV not for CR's)		<ul style="list-style-type: none"> • Full Spin • Dance passage – Catleap/split leap or Split leap/catleap • Forward Acro with flight • Forward or Sideways & Backward Acro Element (flight not required) • Round off Flic Bonus: • All CR's no falls 	
				0.5 0.5 0.5 0.5 0.5 0.5 Any move above a 'B' No 'B' Somi