

## LINCOLNSHIRE WAG Level 7 – RULES MATRIX 2020

Difficulty Value Accepted uncoded = 0.10 Other moves as per FIG code	<b>BARRED elements will have no Difficulty Value if they are performed although there WILL be execution deductions</b> <b>Except where set moves are required same element can only count once.</b> 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	
<b>VAULT</b>	Stretch Jump onto Block – Handstand Flatback off – 60cm	2.00	2 attempts highest score counts.		No other vaults permitted	
<b>BARS</b>	<b>Routine as set below</b>					
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"> <li>• Jump to Pike Float Swing Forward to land back on feet Straight legs throughout. (Springboard may be used)</li> <li>• Upward Circle</li> <li>• Front Support (Hold for 2 secs)</li> <li>• Cast to 45 degrees into</li> <li>• Dismount to stand</li> </ul>	0.10     0.10 0.10 0.10 0.10	<ul style="list-style-type: none"> <li>• CR awarded if routine complete and all moves given</li> </ul>	2.5	Any elements other than listed	
<b>FLOOR BEAM</b>	<b>Up to a maximum 8 elements to count. All elements = 0.10. At least 1 element to each length.</b>					
Voluntary Routine  Minimum 2 lengths, max 3  1.0- mark deduction if less or more	<b>Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.</b>					
	Uncoded Elements		<b>CR's</b>			
	<b>Mounts</b>	<b>Moves</b>	<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Any Acro Element</li> <li>• ½ Spin</li> <li>• Dance Series</li> <li>• Split Leap/Jump or hop 135' degrees</li> <li>• Round off Dismount</li> <li>Bonus:                             <ul style="list-style-type: none"> <li>• All CR's no falls</li> <li>• Full Spin</li> </ul> </li> </ul>	0.5 0.5 0.5 0.5 0.5 0.5 0.5	Any move above 'A'
	Squat on	Forward Roll	Round off			
	Straddle on	Handstand (2sec)	Stretch Jump			
		Arabesque				
		Y Balance (side)				
		Tuck Jump				
		Stretch Jump				
		½ spin ½ releve				
<b>FLOOR</b>	<b>Max 8 elements to count Short routine: 1.00-mark deduction from max E score for each move less than 7 in the routine.</b>					
Voluntary Routine  Min 30 – Max 90 secs (0.2 deduction for over or under time)	Uncoded Elements		<b>CR's</b>			
	Cartwheel		Full Spin	0.5		
	Back Walkover		Dance passage	0.5		
	Forward Walkover		Split Leap/Jump 135' degrees	0.5		
	Backward Roll – Handstand		Forward or Sideways Acro Element (flight not required)	0.5	Any move above a 'A'	
	Tuck Jump		Backwards Acro Element (flight not required)	0.5		
	Valdez		Bonus:			
	Handstand Forward Roll		• Round off Flic	0.5		
	Forward or Backward Roll (only counted as DV not for CR's)					