

PRACTICE TEST

GENERAL

1. What is the deduction for missing Value Parts in a Level 10 routine containing 4A's, 3B's and 1 C?
 - A. No deduction
 - B. 0.10
 - C. 0.30
 - D. 0.50

2. Which of the following statements is CORRECT?
 - A. Connection Value can be awarded if 0.30 in execution was deducted on an element in the connection.
 - B. Bonus for an additional D or E is not awarded if a fall occurs.
 - C. Connection Value will be awarded only for good technical presentation resulting in each element performed with less than 0.30 deduction.
 - D. Both A and B are correct.

3. Which of the following statements is CORRECT?
 - A. A routine containing 2 D's and 1E element and is awarded a TOTAL of 0.30 bonus.
 - B. A routine containing 3 D's and 2 E elements is awarded a TOTAL of 0.50 bonus.
 - C. A routine containing 2 E elements is awarded a TOTAL of 0.40 bonus.
 - D. A routine containing 0.50 Connection Value is awarded 0.50 bonus.

4. Which of the following deductions is CORRECT?
 - A. Very large step upon landing Up to 0.30
 - B. Incorrect body posture upon landing Up to 0.20
 - C. Deviation from straight direction upon landing Up to 0.20
 - D. Deep squat upon landing Up to 0.20

5. Which of the following statements is CORRECT?
 - A. When spotting assistance occurs, the Chief Judge deducts 0.50 from the average score and no Value Part credit is awarded.
 - B. When spotting assistance occurs, each judge deducts 0.50 and no Value Part credit is awarded.
 - C. When spotting assistance occurs, each judge deducts 0.30 and Value Part credit is awarded.
 - D. If the gymnast fails to present to the Chief Judge after the exercise, there is a deduction of 0.10.

6. Which of the following statements is CORRECT?
 - A. The Chief Judge deducts from the final score for failure to remove the board after the mount.
 - B. The Chief Judge's score determines the average score.
 - C. The Chief deducts from the average, without warning, 0.20 for hair that is not secured away from the face.
 - D. Both A and C are correct

7. What is the deduction if a gymnast is missing 1° – 44° of a one foot turn of 360° or more?
 - A. 0.05 – 0.10
 - B. 0.10 – 0.20
 - C. 0.15 – 0.20
 - D. 0.15 – 0.25

VAULT

8. What is the MAXIMUM deduction for Staggered/alternate hand placement on a Handspring Front salto vault?
 - A. 0.00
 - B. 0.10
 - C. 0.15
 - D. 0.20

9. What is the deduction if the coach stands between the board and the vault apparatus on a Round off, flic flac on –salto backward tucked off vault (Yurchenko layout)?
- A. Void vault (0.00 score for the vault)
 B. No deduction
 C. 0.30
 D. 0.50
10. What is the MAXIMUM deduction for an arched body in the first flight phase?
- A. 0.05
 B. 0.10
 C. 0.20
 D. 0.30
11. What is the MAXIMUM deduction for insufficient exactness of LA turn in the second flight phase?
- A. 0.10
 B. 0.20
 C. 0.30
 D. 0.50
12. Which of the following will result in a VOID vault?
- A. The gymnast makes contact with one hand on the table
 B. The gymnast does not use the safety collar mat during a Tsukahara vault
 C. The gymnast balks but does not touch the board
 D. The gymnast fails to land on the feet first
13. What is the MAXIMUM deduction for insufficient tuck in the second flight phase?
- A. 0.05
 B. 0.10
 C. 0.20
 D. 0.30
14. What is the MAXIMUM deduction for additional trunk movements to maintain balance?
- A. 0.20
 B. 0.30
 C. 0.50
 D. 0.50

UNEVEN BARS

15. Which of the following fulfills two Special Requirements?
- A. Inner front support on LB-clear hip circle through handstand with $\frac{1}{2}$ (180°) in flight flight to hang on HB (Shaposchnikova with $\frac{1}{2}$ turn) *EVK*
- B. Jump to handstand on LB with hips bent, then extended with $\frac{1}{2}$ (180°) turn in handstand phase mount *EVK*
- C. Clear hip circle to handstand with $\frac{1}{2}$ (180°) in handstand *EVK*
- D. Hang on HB – counterswing backward in straddle with flight over LB to hang on HB *EVK*
16. Which of the following fulfills the dismount Special Requirement?
- A. Handstand on HB- Swing down between bars – swing forward to salto backward stretched with 1/1 (360°) twist (Flyaway 1/1 dismount) *EVK*
- B. Clear front support on HB – underswing with $1\frac{1}{2}$ (540°) twist dismount *EVK*
- C. Handstand on HB – swing down forward between bars in reverse grip, salto forward stretched with 1/1 (360°) twist dismount *EVK*
- D. Clear front support on HB – underswing (toe on or clear) to salto forward tucked dismount *EVK*

17.

Which of the following is awarded + 0.10 Connection Value?

- A. Hang on HB – uprise backward to handstand on HB + Giant circle backward with ½ (180°) turn in handstand *Handwritten: 8 1/2*
- B. Clear hip circle to handstand + Clear hip circle to handstand *Handwritten: e e e*
- C. Pike sole circle backward to handstand + Pike sole circle backward to handstand with ½ (180°) turn
- D. Handstand on HB – giant circle swing forward in reverse grip to handstand + giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) *Handwritten: 4 1/2*

Handwritten: M. Healy

18.

Which of the following is awarded + 0.20 Connection Value?

- A. Inner front support on LB – clear hip circle through handstand with flight to hang on HB (Shaposchnikova) + From hang on HB, long swing forward with a ½ (180°) turn and flight to handstand on LB *Handwritten: e 1/2*
- B. Giant circle backward with 1/1 (360°) turn in handstand + Swing down between bars – swing forward to double salto backward piked *Handwritten: 1/2*
- C. Stalder forward to handstand with ½ (180°) turn in handstand + Stalder backward to handstand
- D. Cast handstand with ½ (180°) turn + Giant circle backward with ½ (180°) turn in handstand *Handwritten: 1/2*

19.

What is the TOTAL Connection Value awarded for the following connection?

Clear hip circle to handstand with 1/1 (360°) turn in handstand + Counterswing backward in straddle with flight to handstand + Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB

- A. 0.00
- B. 0.10
- C. 0.20
- D. 0.30

Handwritten: 0.20

20.

Which of the following is awarded a C Value Part credit?

- A. Handstand on HB – giant circle backward to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) *Handwritten: Healy*
- B. Handstand on HB – giant circle swing forward in L grip to handstand (L grip front giant)
- C. Handstand on HB – giant circle swing forward in L grip to handstand with ½ (180°) turn in handstand (L grip ½)
- D. From near handstand – clear hip circle forward to handstand (Weiler kip) *Handwritten: M.*

21.

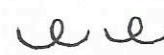
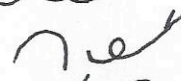
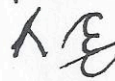


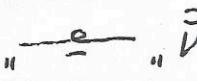

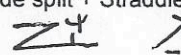

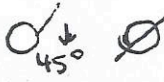
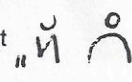
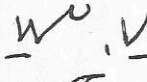











Which of the following is awarded E Value part credit?

- A. Handstand on HB – giant circle backward to handstand with 1½ (540°) turn in handstand *Handwritten: 1 1/2*
- B. Handstand on HB – swing down between bars – swing forward to double salto backward stretched (Flyaway double layout) *Handwritten: e e e*
- C. Handstand on HB – giant circle backward, counter straddle – reverse hecht over HB to hang (Tkatchev) *Handwritten: 1/2*
- D. Hang on HB – swing forward, salto backward stretched between bars to clear support (Pak salto) *Handwritten: e.*

22. Which of the following is awarded D Value Part credit?
- A. Handstand on HB – swing down between bars – swing to double salto backward in layout/pike or pike/layout dismount *never or never*
 - B. Handstand on HB – giant circle swing forward in reverse grip to handstand with ½ (180°) turn in handstand *M!*
 - C. Handstand on HB – swing down forward (back facing LB) in reverse grip – straddle flight backward over LB to hang on LB *no*
 - D. Handstand on HB – swing down forward between bars in reverse grip – swing backward to double salto forward tucked dismount *no*
23. What is the MAXIMUM deduction if the gymnast has only one direction change in her routine?
- A. 0.05
 - B. 0.10
 - C. 0.20
 - D. 0.30
24. What is the deduction if the gymnast has additional truck movements to maintain balance on landing?
- A. 0.00
 - B. 0.10
 - C. 0.20
 - D. 0.30
25. What is the MAXIMUM deduction for hitting the mat with the feet?
- A. 0.00
 - B. 0.10
 - C. 0.20
 - D. 0.30
26. What is the MAXIMUM deduction for under rotation of release/flight element?
- A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.50

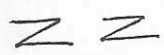
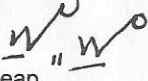

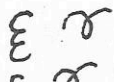
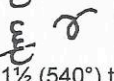
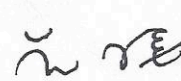
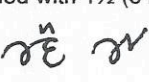


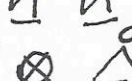
BEAM

27. Which of the following fulfills the series Special Requirement?
- A. Walkover backward + Jump backward (flic flac take off) with ½ (180°) twist to walkover forward (onodi) *no*
 - B. Flic flac step out + Flic flac step out *no*
 - C. Flic flac landing on two feet + Salto backward piked *never*
 - D. Both A and C fulfills the requirement
28. Which of the following fulfills the dismount Special Requirement?
- A. Flic flac step out with support on one arm + flic flac step out + Salto backward stretched with 1/1 (360°) twist dismount *no*
 - B. Gainer salto backward tucked at the end of the beam dismount *no*
 - C. Arabian salto tucked dismount *no*
 - D. Front salto stretched dismount *no*

29. Which of the following is awarded +0.10 Connection Value?
- A. Salto backward tucked + Salto backward tucked 
 - B. Flic flac step out + Salto backward stretched with step out 
 - C. Round off + Salto backward stretched with 1 1/2 twist dismount 
 - D. Round off, flic flac mount + flic flac 
30. Which of the following is awarded +0.20 Connection Value?
- A. Salto forward tucked to stand + Stretched/arch jump forward 
 - B. Split jump + Tuck jump with 3/4 (270°) turn 
 - C. Split leap forward with change of legs + Split leap forward 
 - D. Split leap forward with leg change and 1/4 (90°) turn to side split + Straddle pike jump with 1/2 (180°) turn 
31. Which of the following is awarded +0.10 Connection Value?
- A. 1/1 (360°) turn on one foot + 1/1 (360°) turn with heel of free leg forward at horizontal 
 - B. 1/1 (360°) turn with heel of free leg 45° below horizontal + 1 1/2 (540°) turn on one foot 
 - C. Tuck jump with 1/2 (360°) turn + Flic flac with 1/1 (360°) twist 
 - D. Wolf jump with 1/2 (180°) turn + Tuck Jump 
32. Which of the following is awarded D Value Part credit?
- A. Salto forward stretched with 1/1 (360°) twist dismount 
 - B. Salto backward stretched with 2 1/2 (900°) twist dismount 
 - C. Salto backward stretched with 1 1/2 (540°) twist dismount 
 - D. Double salto backward tucked 
33. Which of the following is awarded C Value Part credit?
- A. Straddle pike jump with 1/4 (90°) turn to finish in side position 
 - B. Straddle pike jump from side position 180° leg separation 
 - C. Gainer salto backward stretched with step out 
 - D. Both A and B are awarded C Value Part credit
34. Which of the following is awarded B Value Part credit?
- A. Free walkover forward (aerial) 
 - B. Handstand forward roll 
 - C. Walkover backward with stoop through of one leg to cross split sit 
 - D. 1/2 (180°) illusion turn 
35. What is the MAXIMUM deduction if dismount is a single element of minimal required difficulty for the level?
- A. 0.05
 - B. 0.10
 - C. 0.20
 - D. 0.30

36. What is the deduction each time for failure to perform Group 3 turns in high relevé on the beam?
- A. Up to 0.10
 - B. Up to 0.20
 - C. Up to 0.30
 - D. Up to 0.50
37. What is the MAXIMUM deduction for landing too close to beam on dismount?
- A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.50
38. What is the MAXIMUM deduction for relaxed/incorrect/footwork in non-value parts throughout the routine?
- A. 0.10
 - B. 0.20
 - C. 0.25
 - D. 0.30

FLOOR EXERCISE

39. Which of the following fulfills the dance passage Special Requirement?
- A. Split leap forward with leg change + Split leap forward with leg change 
 - B. Wolf hop with 1/2 (180°) turn + Wolf jump with 1/1 (360°) turn 
 - C. Split leap forward + Split leap forward with leg change to ring leap 
 - D. Both A and C fulfills the Special Requirement
40. Which of the following statements is CORRECT?
- A. Three different saltos within two series is a Special Requirement.
 - B. A connection of Front salto stretched + Front salto stretched with 1/1 (360°) twist as the last pass will fulfill two Special Requirements.
 - C. Two acro series each with a salto is a Special Requirement.
 - D. All of the above are correct
41. Which of the following is awarded +0.10 Connection Value?
- A. Salto backward stretched with 2/1 (720°) twist + Salto forward tucked 
 - B. Salto backward stretched with 2 1/2 (900°) twist + Salto forward tucked 
 - C. Whip salto backward with 1/2 (180°) twist + Salto forward stretched with 1 1/2 (540°) twist 
 - D. Front salto tucked with 1/1 (360°) twist + Salto forward piked 
42. What is the TOTAL Bonus awarded for the following series?
Round off, Whip salto backward, flic flac, Double salto backward piked
- A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.40
43. Which of the following is awarded +0.10 Connection Value?
- A. Front salto stretched with 2/1 (720°) twist + Sissone 
 - B. Tuck jump with 1 1/2 (540°) turn + Tuck jump with 2/1 (720°) turn 
 - C. 2/1(720°) turn on one foot + Straddle pike jump with 1/1 (360°) turn 
 - D. All of the above are awarded 0.10 Connection Value

44. What is the Value Part credit awarded for pike jump and 1/1 (360°) turn?
 A. A
 B. B
 C. C
 D. D
45. Which of the following is awarded D Value Part credit?
 A. 3/1 (1080°) ~~⊗~~
 B. Jump with 2/1 (720°) turn ~~⊗~~
 C. Tour Jete with additional 1/2 (180°) turn 1/2
 D. Split jump with 1 1/2 (540°) turn 1 1/2
46. Which of the following is awarded E Value Part credit?
 A. Double salto backward stretched ee
 B. Wolf jump with 1 1/2 (540°) turn W
 C. Straddle pike jump with 1 1/2 (540°) turn △
 D. Split jump with 1 1/2 (540°) turn 1 1/2
47. What is the MAXIMUM deduction for lacking a C salto?
 A. 0.10
 B. 0.20
 C. 0.30
 D. 0.50
48. What is the MAXIMUM deduction for a routine having only backward saltos in her routine?
 A. 0.0
 B. 0.10
 C. 0.20
 D. 0.30
49. What is the MAXIMUM deduction for Poor relationship of music and movement throughout?
 A. 0.05
 B. 0.10
 C. 0.20
 D. 0.30
50. What is the MAXIMUM deduction for failure to land with legs/feet together on jumps/leaps that land on two feet?
 A. 0.10
 B. 0.20
 C. 0.30
 D. 0.50

Answers July, 2013

- 1. D
- 2. D
- 3. C
- 4. B
- 5. B
- 6. A
- 7. A
- 8. B
- 9. B
- 10. C
- 11. A
- 12. D
- 13. D
- 14. A
- 15. A
- 16. D
- 17. C
- 18. A
- 19. C
- 20. A
- 21. B
- 22. A
- 23. A
- 24. ~~D~~ C
- 25. D
- 26. A
- 27. D
- 28. A
- 29. B
- 30. D
- 31. A
- 32. B
- 33. B
- 34. B
- 35. A
- 36. A
- 37. A
- 38. B
- 39. C
- 40. B
- 41. A
- 42. B
- 43. A
- 44. C
- 45. A or D
- 46. A
- 47. C
- 48. B
- 49. C
- 50. A

A-WRITTEN WRONG - SHORT HAND CORRECT

.8 (3 FOR NO "C" SALTD .5 FOR NO "B" DISMOUNT = .80