

2015 Level 9 PRACTICE TEST
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GENERAL

1. Which of the following statements is **CORRECT**?
 - a. All "D" elements performed receive "C" Value Part credit.
 - b. The performance of an "E" element voids the exercise.
 - c. The same exact connection may receive Connection Value two (2) times.
 - d. Elements performed for the third time may fulfill a Special Requirement.
 - e. None of the above are correct.

2. What are the difficulty requirements for a Level 9 exercise?
 - a. 4 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - b. 4 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - c. 3 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - d. 3 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - e. 3 A's @ 0.20, 3 B's @ 0.40 2 C's @ 0.60

3. What is the allowable range of scores using the following scores?
 8.90 9.30 9.05 8.80
 - a. 0.10
 - b. 0.20
 - c. 0.50
 - d. 0.70
 - e. 1.0

4. Which of the following is **NOT** a responsibility of a Panel Judge?
 - a. Records the Value Parts and Special Requirements
 - b. Calculates the Start Value
 - c. Evaluates Execution errors
 - d. Deducts for failure to present before/after the exercise
 - e. Deducts for Compositional errors

5. Which of the following is the **LARGEST** deduction?
 - a. Uneven bar exercise comprised of 4 Value Parts
 - b. Insufficient flexibility throughout exercise
 - c. Insufficient height of a gymnastics leap
 - d. Bent arms in support
 - e. Spotting assistance

6. What is the Start Value of a routine comprised of the following?
 3 A's 3 B's 1 C 1 D's
 Missing one Special Requirement
 +0.30 in Connection Value
 - a. 8.50
 - b. 9.00
 - c. 9.40
 - d. 9.50
 - e. 10.0

7. Which of the following is **CORRECT**?
- A salto element failing to land on the bottom of the feet first may be used to fulfill a Special Requirement.
 - A Level 9 gymnast may be awarded +0.30 for Connective Value.
 - Two “B” elements may replace one “C” element for Value Part credit.
 - The deduction for spotting assistance is deducted from the final average score.
 - Value Part credit is awarded if the coach assists during the performance of an element.
8. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Legs crossed during saltos with twists
 - Touch/brush on mat with foot contrary to technique on bars or beam
 - Additional trunk movements on stuck landings on UB/BB to maintain balance
- 0.25
 - 0.30
 - 0.40
 - 0.50
 - 0.60
9. Which of the following is correct?
- | | | |
|---|---|------------|
| a. A twisting salto missing 44 degrees of the twist | = | up to 0.10 |
| b. A turn on beam or floor lacking 80 degrees of the turn | = | 0.30 |
| c. Insufficient dynamics (UB, BB, FX) | = | up to 0.30 |
| d. Very large step or jump on landing | = | 0.30 |
| e. Insufficient extension in preparation for landing (UB, BB, FX) | = | up to 0.20 |
10. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Fall against the apparatus
 - Insufficient exactness of tuck position
 - Incorrect split of the legs when required in dance/non-flight acro elements
- 0.50
 - 0.60
 - 0.70
 - 0.80
 - 0.90

VAULT

11. Which of the following statements is **CORRECT** for Level 9 vaulting?
- The deduction for performing a vault different than the one announced or flashed is 0.20.
 - Only vaults valued at 9.7 or below are permitted.
 - Two vaults maybe performed; the better score counts.
 - There is a deduction of 1.0 for performing only one vault.
 - None of the above is correct.

12. Which of the following landing faults received the **largest** deduction?
- One step on landing
 - Body posture fault
 - Deep squat
 - Very large step or jump
 - Additional trunk movements to maintain balance.
13. What is the **MAXIMUM** deduction for insufficient height?
- 0.20
 - 0.30
 - 0.40
 - 0.50
 - 1.00
14. Which of the following is **CORRECT** if the gymnast performs an unallowable vault for her second vault?
- The gymnast receives a “0” for the event.
 - The gymnast receives a “0” for the vault.
 - The better score is counted.
 - A 1.00 penalty is taken from the better score.
 - There are no unallowable vaults at Level 9.
15. Which of the following is **CORRECT** for failure to land on the bottom of the feet first in a salto vault?
- 0.50
 - 0.50 + 0.30 for absence of extension
 - 1.00
 - The vault is scored a “0”
 - The event is scored a “0”
16. What is the **TOTAL MAXIMUM** deduction for the following faults in a piked Tsukahara vault.
- Bent knees in support
 - Insufficient pike
 - Slight hop on landing
- 0.55
 - 0.60
 - 0.70
 - 0.85
 - 0.90
17. What is the penalty if, after two failed attempts (without touch of board or table), the gymnast successfully completes a vault on her third attempt.
- The vault is scored a “0.”
 - 0.30
 - 0.50
 - 1.00
 - There is no penalty

18. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Touch table with only one hand
 - Insufficient dynamics
 - Hip angle in the first flight
- a. Invalid vault
b. 1.00
c. 1.10
d. 1.50
e. 1.60
19. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent knees in the first flight **and** in the second flight
 - Failure to maintain a stretched body in the second flight
- a. 0.90
b. 1.00
c. 1.20
d. 1.30
e. 1.50
20. What is the **TOTAL MAXIMUM** deduction for the following faults with a 1/1 twist vault?
- Legs crossed during twist
 - Prescribed LA turn begun too early
 - Failure to close heels on a stuck landing
- a. 0.70
b. 0.60
c. 0.55
d. 0.50
e. 0.45

UNEVEN BARS

21. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Failure to perform a forward element within the routine
 - Lack of balance between pirouette and flight elements
 - Insufficient distribution of elements
- a. 0.20
b. 0.25
c. 0.30
d. 0.35
e. 0.40
22. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Cast to below 45 degrees
 - Legs separated
 - Hitting the low bar with one foot
- a. 0.40
b. 0.50
c. 0.70
d. 0.80
e. 0.90

23. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Lack of elements that achieve or pass through vertical
 - Turn completed 60 degrees past vertical
 - One intermediate swing
- a. 0.55
b. 0.65
c. 0.70
d. 0.80
e. None of the above
24. What is the **TOTAL** number of Special Requirements fulfilled by the following sequences?
- (Mount) Jump with 1/1 (360) turn and kip to support on LB
 - Cast to handstand with legs straddled and hips bent
 - Glide on LB, stoop through, straddle cut
- a. 0
b. 1
c. 2
d. 3
e. 4
25. Which of the following is a **CORRECT** statement?
- a. Lack of 2 bar changes is a .2 compositional error at Level 9
b. Lack of a dismount comes off the Start Value
c. An underswing from handstand with ½ turn over the low to catch in hang (bail from hand) fulfills both the B flight and the C turn
d. If a gymnast begins her routine but both judges see the entire routine, there is no deduction.
e. A “short” routine has 6 or fewer elements
26. How many of the following elements are allowable D’s at Level 9?
- Back giant full pirouette
 - Cast handstand hop, ½ pirouette
 - Pak salto
 - Stalder full pirouette
- a. 0
b. 1
c. 2
d. 3
e. 4
27. What is the **CORRECT** Value Part credit **AWARDED** to the following sequence?
- Cast hand ½ pirouette
 - Underswing on LB, release and counter movement forward in flight to hang on HB
 - Uprise backward and clear hip circle to handstand
- a. B B B C
b. B C B C
c. C C B C
d. C C C
e. C C B

28. What are the **CORRECT** Value Part and Connection Value credit **AWARDED** to the following sequence?
- Giant circle backward to handstand with 1/2 turn in handstand
 - Swing down between bars, swing forward with 1/2 turn to 45°
 - Underswing from high bar to hang on low bar
- a. C A B No CV
 b. D B B No CV
 c. C B B No CV
 d. C C C +0.30 CV
 e. D C B +0.20 CV
29. Which of the following would receive +0.20 for Connection Value?
- a. Cast to handstand with hop change to reverse grip + Giant circle forward
 b. Giant circle forward with ½ turn + Swing down between the bars-swing forward to salto backwards stretched dismount (Flyaway stretched)
 c. Giant circle backward + Giant circle backward with ½ turn in handstand
 d. Cast to handstand with ½ turn in handstand + Long swing forward with ½ turn and flight over LB to hang
 e. None of the above
30. How many of the following would receive C Value Part?
- Hecht jump (legs together) with hand repulsion over LB to hang on HB mount
 - Clear hip circle to handstand
 - Uprise backward to handstand
 - Handstand on HB-swing down forward in reverse grip between bars, salto forward stretched with 1/1 twist dismount
 - Glide kip on LB with ½ turn and grip change to hang on HB
- a. 1
 b. 2
 c. 3
 d. 4
 e. 5

BEAM

31. Which of the following is **NOT** a “B” element?
- a. 1/1 turn in tuck stand on one leg, free leg in forward horizontal
 b. Mount: Jump to handstand with hip angle (piked) to handspring forward with step out
 c. Scale forward in balance stand
 d. Dismount: Gainer salto stretched with 1/2 twist to side of beam
 e. Wolf jump ½ twist, free leg above horizontal
32. What is the **CORRECT** Start Value of a Level 9 routine comprised of the following?
- 3 A's 3 B's 1 D
 + 0.10 in Connective Value
- a. 9.1
 b. 9.4
 c. 9.5
 d. 9.6
 e. 9.8

33. What is the **TOTAL MAXIMUM** deduction for the following faults?
- More than 2 dance elements of the same shape
 - 4 pivot turns within the exercise
 - Grasp of beam to avoid a fall
- a. 0.40
b. 0.50
c. 0.60
d. 0.70
e. 0.80
34. Which of the following is **NOT** a Special Requirement?
- a. “B” dismount
b. 1/1 turn on one foot
c. One dance direct connection with a minimum of 2 elements
d. Leap, jump, or hop with 180 degree split
e. Acro series of 2 or more flight elements
35. Which of the following is **CORRECT** regarding Connection Value?
- a. B+B+C receives 0.10 for 3 element flight acro series (no exceptions)
b. C+A receives no bonus for a turn
c. C+C receives 0.10 bonus for 2 element acro/dance series including the mount
d. B+C receives 0.20 bonus for 2 element dance series
e. B+C+C receives 0.10 bonus for a 3 element acro flight series
36. How many of the following elements would receive “C” Value Part credit at Level 9?
- Mount: Press to cross handstand with a 1/1 turn lower to end position on beam
 - Hop with $\frac{1}{2}$ turn, free leg extended above horizontal
 - Tuck jump with $\frac{3}{4}$ turn
 - Flic flac step out with support of 1 arm
 - Gainer salto piked dismount at the end of the beam
- a. 1
b. 2
c. 3
d. 4
e. 5
37. Which statement is **CORRECT** concerning unallowable elements for Level 9?
- a. L. 9’s may do as many D dance skills as they want without penalty.
b. No D’s are allowed.
c. An unallowable skill may be used to fulfill special requirements.
d. An unallowable skill may be used for bonus.
e. A L. 9 may use two acro D skills in her routine without penalty.

38. What is the **TOTAL** Connection Value for the following series in one routine?
- Split leap forward with change of legs + split leap forward with change of legs
 - Wolf jump + tuck jump with $\frac{3}{4}$ turn
 - Flic flac + salto backward tucked
- a. 0
b. 0.10
c. 0.20
d. 0.30
e. 0.40
39. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient sureness of performance throughout
 - Additional movement to maintain balance while on the beam
 - Insufficient quality of expression (i.e., projection, emotion, focus)
- a. 0.40
b. 0.50
c. 0.60
d. 0.70
e. 0.80
40. Which of the following would fulfill the acro series Special Requirement?
- a. Back walkover, 1-arm flip flac
b. Punch front, kickover front from 1 foot
c. Back extension roll, back tuck
d. Flip flac, 1-arm flip flac
e. None of the above

FLOOR

41. How many of the following combinations would receive +0.10 for Connection Value?
- Front salto tucked, roundoff, flic flac, double back tucked
 - Roundoff, whip salto backward, salto backward with $1\frac{1}{2}$ twist, front salto tucked
 - $2/1$ turn on one foot, stretched jump with $2/1$ turn
 - split leap forward with leg change and $\frac{1}{4}$ turn, side split jump with landing to front lying support (Schushunova)
 - Wolf jump with $1/1$ turn, wolf jump with $1/1$ turn
- a. 0
b. 1
c. 2
d. 3
e. 4
42. Which of the following combinations would fulfill the dance passage requirement?
- a. Split leap forward + straddle jump
b. Cat leap + cat leap $1/1$
c. $1/1$ turn + stretch jump $1/1$
d. Wolf hop $\frac{1}{2}$ + tuck jump $1/1$
e. None of the above

43. How many of the following would receive “B” Value Part credit at Level 9?
- Front aerial
 - Cat leap with ½ turn
 - Schuschunova with 1/1 turn
 - Wolf jump with 1 ½ turn
 - Whip salto backward with ½ turn
- a. 1
b. 2
c. 3
d. 4
e. 5
44. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Concentration pause (more than 2 seconds)
 - More than 2 jumps in the straddle position
 - Exceeding the border marker
 - Lack of a B turn on 1 foot
- a. 0.25
b. 0.30
c. 0.35
d. 0.40
e. 0.50
45. What is the **CORRECT** order of Value Part credit **AWARDED** to the following elements in a Level 9 exercise?
- Salto forward stretched with 1/1 twist
 - Tuck jump backward with arch (Sheep jump), feet to head height
 - Wolf jump with ½ turn
- a. D C A
b. C A B
c. D B B
d. C B B
e. D B C
46. Which is **INCORRECT** considering the awarding of Value Parts?
- a. 2 connected elements performed in reversed order later in the routine are given Value Parts a 2nd time
- b. An unallowable skill may NOT be counted as a Value Part
- c. The addition/deletion of a hand support flight element will change an acro series for the counting of Value Parts
- d. Saltos performed with a different body position are considered different Value Parts
- e. Addition of a ½ turn in a jump will be considered a different Value Part
47. Which of the following is the largest deduction?
- a. Incorrect rhythm during execution of direct connections
- b. Failure to perform Group 2 turns in high releve
- c. Relaxed/incorrect footwork on non-value parts throughout the exercise
- d. Lack of precision in dance value parts
- e. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise

48. What is the **TOTAL MAXIMUM** deduction of the following faults?
- Missing synchronization of movement with musical beat throughout the exercise
 - Insufficient distribution
 - Failure to perform saltos or aerials in 2 different directions (front/side and back)
- a. 0.30
b. 0.40
c. 0.45
d. 0.50
e. 0.60
49. Which of the following combinations would receive 0.10 in Connection Value?
- a. Split leap forward with leg change to ring + tour jete
b. Split leap forward with leg change + split leap forward with leg change
c. Front handspring + flyspring + salto forward stretched with $\frac{1}{2}$ twist
d. Tuck jump with $1\frac{1}{2}$ twist + jump with $\frac{1}{1}$ twist to front handspring
e. Roundoff + whip salto backward + flic flac + salto backward stretched with $\frac{2}{1}$ twist
50. Which of the following would fulfill the Special Requirement for the last “B” salto?
- a. Roundoff, flic flac, salto backward with $\frac{1}{1}$ twist, salto forward tucked
b. Front salto piked, front handspring, front tuck with $\frac{1}{2}$ twist
c. Roundoff, straddle jump, piked front
d. Roundoff, flic flac, back salto with a $\frac{1}{1}$ twist
e. All of the above would fulfill the requirement

ANSWERS

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

Questions/corrections please contact

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