

## Practice Test

### GENERAL

- Which of the following statements is CORRECT?
  - Special Requirements are worth .20 each.
  - Execution and/or amplitude deductions should not be taken in addition to deductions for a fall on an element.
  - If a fall occurs after spot upon landing, each judge deducts an additional 0.50.
  - The deduction for performing a restricted element is 1.00.
- Which of the following statements is CORRECT?
  - "B" elements are worth 0.40.
  - The 0.30 penalty for no dismount is taken from the Start Value.
  - An exercise containing 3-A's, 3-B's, 1-C, 2-D's will be awarded +0.10 bonus for Difficulty Value.
  - Elements that are not awarded Value Part credit can be used to fulfill Special Requirements.
- Which of the following Chief Judge deductions is CORRECT?
  - Failure to remove the board after the mount 0.30
  - Flagrant exceeding of warm-up time (after a warning) 0.10
  - Coach standing between the bars or next to the beam throughout the exercise No penalty
  - Verbal cues by coach/team (after a warning) 0.10
- What is the TOTAL MAXIMUM deduction for the following errors?

- Legs separated	- Exercise missing 2 A value parts
a. 0.15	
b. 0.30	
c. 0.40	
d. 0.60	
- Which of the following statements is CORRECT regarding the extra 0.10 bonus?
  - It is included in the Start Value.
  - The routine must start from a 10.0 to be eligible.
  - An E dance element on floor would fulfill the requirement.
  - The routine must have a minimum of 0.80 total bonus to be eligible.
- Which of the following deductions is CORRECT?

a. Arm swings to maintain balance	Up to 0.30
b. Legs crossed in twisting elements	Up to 0.10
c. Legs bent	Up to 0.50
d. Flexed feet during a Value Part element	0.10 each time
- Which of the following statements is CORRECT?
  - A change in the body position of a salto does not make the element different.
  - UB, BB, FX each has 6 special requirements.
  - The same E element performed two times within an exercise is credited a maximum of 0.20 for Difficulty Value.
  - The same exact connection may be awarded Connection Value bonus two times within an exercise.

## VAULT

8. Which of the following deductions is INCORRECT?
- a. Total absence of extension/open of the pike position 0.30
  - b. Insufficient height Up to 0.50
  - c. Under rotation of salto vaults Up to 0.10
  - d. Insufficient exactness of body position (tuck, pike) Up to 0.30
9. Which of the following statements is CORRECT?
- a. All Tsukahara entry vaults must be performed with a  $\frac{1}{2}$  (180 degree) turn onto the horse.
  - b. A slight arm bend of the lead arm is allowed for all Group 3 (Tsukahara) vaults.
  - c. Too long in support and angle of repulsion deductions are applied to Tsukahara vaults.
  - d. Both A and C are correct.
10. Which of the following statements is CORRECT?
- a. Failure to land on the feet first is a void vault (0).
  - b. The gymnast is allowed 4 attempts (running approaches) without penalty.
  - c. Failure to use the safety collar for round-off entry vaults results in a deduction of 0.30.
  - d. Spotting assistance during the vault receives a 1.00 deduction.
11. Which of the following incurs the SMALLEST deduction?
- a. Prescribed turn begun too early in the Repulsion phase
  - b. Insufficient exactness of LA turn in 2<sup>nd</sup> Flight
  - c. Large step or jump on landing
  - d. Squat on landing
12. Which of the following statements is CORRECT?
- a. Bent knees in the First flight phase Up to 0.50
  - b. Prescribed LA turn incomplete in the First flight phase Up to 0.30
  - c. Piked body position in the First flight phase Up to 0.30
  - d. Legs separated in the First flight phase Up to 0.10
13. Which of the following results in the LARGEST penalty?
- a. Touching the horse with only one hand
  - b. Vaults without signal
  - c. Head contacting the table during the support phase
  - d. Coach standing between the board and the vault apparatus for a tucked Tsukahara vault
14. Which of the following statements is CORRECT?
- a. Two different numbered vaults MUST be performed.
  - b. Early tuck on a Tsukahara vault is an up to 0.30 deduction.
  - c. There is a 0.20 deduction for performing a vault different than the vault announced or flashed.
  - d. If the gymnast comes to a support on top of the vault apparatus on her first attempt it is considered a balk and she is allowed two more attempts.

**UNEVEN BARS**

15. Which of the following is NOT an "E" Value Part?

- a. Backward giant circle with hop 1/1 turn 
- b. Clear hip circle through HS, counter straddle to hang on HB (Hindorff) 
- c. Double layout salto dismount 
- d. From HB, salto backward stretched between the bar to clear support on LB (Pak salto) 

16. Which of the following compositional deductions is CORRECT?

- a. Choice of release elements not up to the competitive level Up to .20
- b. Choice of dismount not up to the competitive level Up to .20
- c. Failure to perform a forward element (circle or release), a pirouette element (minimum 180°), and an element from groups 3,6 or 7 .30
- d. Lack of two bar changes .10

17. How many Special Requirements are fulfilled by the following directly connected elements?

Long swing forward with 1/2 turn and flight to HS on LB (Overshoot to handstand), release and counter movement forward in flight to hang on HB



- a. 0
- b. 1
- c. 2
- d. 3

18. Which of the following statements is CORRECT?

- a. The Special Requirement of an element with LA turn, minimum of "C", must be a pirouette on the hands.
- b. A clear hip circle finishing between 21° to 45° from vertical receives "B" Value Part credit and no amplitude deduction.
- c. A cast to handstand with 1/2 turn must complete the turn within 45° to receive B Value Part credit and no deduction for timing of turn.
- d. To receive Value Part credit as listed, an element performed with a hop-grip change may initiate the hop-grip change after passing through vertical (on the descent phase) provided the grip change is completed by 30° after vertical.

19. What is the correct Value Part and Connection Value awarded to the following elements?

Back giant with 1/1 turn + Tkatchev + Long swing forward with 1/2 turn and flight over LB to hang on LB



- a. D + D + B +.20 CV
- b. C + D + C +.30 CV
- c. D + D + C +.30 CV
- d. C + D + B +.10 CV

20. Which of the following statements is CORRECT?
- All LB giants performed with extended body/legs will receive one value less than corresponding HB giant
  - Amplitude of cast deductions are NOT applied to casts prior to a squat, stoop, or straddle onto the LB
  - An extra swing between two elements will NOT break the connection
  - The performance of a Gienger salto will NOT be awarded bonus for Difficulty value if followed by an extra swing

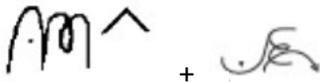
21. Which of the following deductions is CORRECT?
- Facing same direction throughout the entire exercise .10
  - More than one squat/stoop on LB .20
  - Swing forward or backward under horizontal each up to .05
  - Landing too close to the bar on dismount .20

22. How many of the following elements are awarded C Value part credit?

- |   |  |
|---|--|
| 1. Back giant circle with 360° turn  | 2. Clear hip to HS                    |
| 3. Weiler Kip                        | 4. Uprise to handstand with 1/2 turn  |

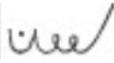
- 1
- 2
- 3
- 4

23. What is the CORRECT composition deduction for the following release elements?  
Jaeger salto + Long swing forward with 1/2 turn and flight over LB to hang on LB



- 0
- .05
- .10
- .15

24. Which of the following examples receives 0.20 Connection Value?

- Tkatchev  + Long swing with 1/2 turn over LB to HS on LB 
- Back sole circle to HS  + Back Stalder to HS 
- Front giant 1/2 turn  + Jaeger salto piked 
- Back giant 1/2 turn  + Flyaway double salto stretched dismount 

25. Which of the following deductions is INCORRECT?
- |   |                |
|---|----------------|
| a. Extra swing                            | <u>.30</u>     |
| b. Cast to 12° from vertical              | <u>.10</u>     |
| c. Under rotation release/flight elements | each up to .10 |
| d. Landing too close to bar on dismount   | <u>.10</u>     |

26. What is the CORRECT composition deduction for the following dismount connection?  
Backward giant with ½ turn + Flyaway double salto tucked dismount



- a. 0  
b. .05  
c. .10  
d. .20

### BALANCE BEAM

27. Which of the following statements is CORRECT?
- A kick-up to cross handstand held for 2 seconds is considered a forward element.
  - When determining the amount of twist completed on a twisting back salto dismount, consider the position of the hips and the placement of both feet.
  - A split leap performed with 120° split will receive B Value part credit and a 0.20 deduction for insufficient split.
  - If a series of two Front Aerials is considered broken due to repositioning of the foot on the first element, give Value part credit to the first Front Aerial only.
28. Which of the following statements is INCORRECT?
- An Arabian walkover or Arabian salto is considered a forward element.
  - Dance elements listed under the same number in the JO Code of Points are considered different if the take-off or landing is on one or both legs.
  - A tic-toc can be used as a forward or backward element to the gymnast's advantage.
  - A press handstand performed as the mount or within the exercise is required to be held for 2 seconds to receive a Value part credit.
29. Which would receive the smallest COMPOSITIONAL deduction?
- Performing a Side Aerial + Back Layout 1/1 dismount
  - Performing four pivot turns
  - Performing only the following dance elements: Switch leap and Split jump
  - Performing only the following acro elements: Back handspring, Back Layout stepout + Back Tuck
30. How many Special Requirements are fulfilled by the following 2 series?

Back handspring + Back layout to two feet 

Switch-split leap + Gainer back salto tucked off end of beam dismount  (dismount)

- a. 0  
b. 1  
c. 2  
d. 3

31. What is the CORRECT composition deduction for the following acro elements?

Back handspring, Back Pike + Side somi + Gainer back handspring



- a. 0
- b. .05
- c. .10
- d. .15

32. Which of the following deductions is CORRECT?

- a. The only forward element performed is in the dismount .05
- b. Lack of dance series .30
- c. Choice of dismount not up to the competitive level up to .20
- d. Insufficient level changes throughout the routine .10

33. What is the CORRECT composition deduction for the following dance elements?

Switch leap + Split jump ½ + Split leap



- a. .05
- b. .10
- c. .15
- d. .20

34. What is the CORRECT Value part and Connection Value award to the following elements?

Back handspring, Back salto stretched step-out, Back salto stretched step-out



- a. B + C + C                      0.20 Connection Value
- b. B + D + D                      0.50 Connection Value
- c. B + C + C                      0.30 Connection Value
- d. B + D + D                      0.20 Connection Value

35. Which of the following Specific Execution deductions incurs an up to 0.30 deduction?

- a. Lack of tempo between two dance elements in connection
- b. Directional error on a gainer salto off the end of the beam
- c. More than two second concentration pause prior to an acro flight series
- d. Support of one leg again side of beam to maintain balance

36. What is the LARGEST deduction?

- a. Landing a front salto tucked in a squat position with buttocks close to the heels
- b. Landing a dismount too close to the beam
- c. Insufficient sureness of performance throughout
- d. Landing a straddle jump ¼ turn with feet apart

37. What is the CORRECT compositional deduction for the following dismount?

1-arm back handspring + Back layout 1/1



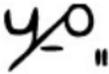
- a. 0
- b. .05
- c. .10
- d. .15

38. Which of the following statements is CORRECT?

- a. The deduction for the routine lacking a dance series is 0.30.
- b. The deduction for lack of tempo (continuity) between elements performed in a mixed (acro-dance) series is up to 0.10.
- c. Acro elements must contain flight in order to be used for Connection Value
- d. To earn the extra 0.10 bonus the routine must contain 0.60 in bonus and an E element – either dance or acro

### FLOOR EXERCISE

39. How many of the following would receive D Value Part credit?

- Tour Jeté with 1/1 (360°) turn 
- Back salto with 2 ½ twist 
- Front salto with 1 ½ twist 
- Tour Jeté ring with ½ turn 

- a. 1
- b. 2
- c. 3
- d. 4

40. Which of the following statements is CORRECT?

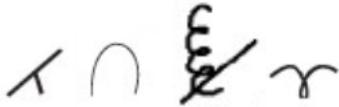
- a. A maximum of three skill cushions may be placed on the floor exercise area at the same time.
- b. Aerials and saltos may be used to fulfill Acro Special Requirements as well as Connection Value bonus.
- c. Performance of a dance element within an indirect acro series will break the indirect Acro connection of two saltos and the series will NOT fulfill the Special Requirement of a two-salto series.
- d. The deduction for incomplete turns is up to 0.30.

41. What is the CORRECT compositional deduction for the following acro skills?

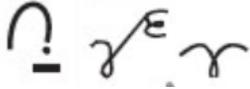
1<sup>st</sup> pass: Round-off, Flic-flac, Double salto backward tucked



2<sup>nd</sup> pass: Round-off, Flic-flac, Back salto stretched with 2 ½ twist, Front salto tucked



3<sup>rd</sup> pass: Front handspring, Front salto stretched with 1/1 twist, Front salto tucked



- a. 0
- b. 0.05
- c. 0.10
- d. 0.15

42. Which statement is CORRECT?

- a. No Value Part credit is awarded if the take-off for any element is initiated outside of the boundary line.
- b. The Chief Judge deducts 1.0 for a coach on the floor exercise mat during a routine.
- c. A line violation is taken if the gymnast steps on or over the boundary line.
- d. No deduction is applied for a fall that occurs when the gymnast is out of bounds following an acro series.

43. Which of the following compositional deductions is CORRECT?

- a. Lack of a minimum of C salto in the exercise 0.20
- b. Lack of a turn on one foot, minimum of B 0.30
- c. Failure to perform saltos/aerials in two different directions (BWD and FWD/SWD) 0.10
- d. Choice of acro elements not up to competitive level Up to 0.30

44. What is the CORRECT compositional deduction for the following last acro connection?

Roundoff, Flic-flac, Back salto stretched with 2/1 twist



- a. 0.05
- b. 0.10
- c. 0.15
- d. 0.20

45. What is the Start Value for an exercise that meets all Difficulty and Special Requirements and has the following bonus possibilities?

- Round-off, Flic-flac, double back salto stretched



- Round-off, Flic-flac, double back salto tucked

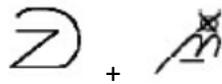


- Front salto tucked step-out, Round-off, Flic-flac, Back salto stretched with 2/1 twist



- a. 9.7
- b. 9.8
- c. 9.9
- d. 10.0

46. What is the CORRECT compositional deduction for the following dance elements?  
Switch ring leap + cat leap 2/1



- a. 0
- b. 0.05
- c. 0.10
- d. 0.15

47. Which of the following elements is awarded C Value Part credit?

1. Switch-split leap



2. Double turn on one foot



3. Wolf jump 1/1 turn



3. Switch-split leap 1/1 turn

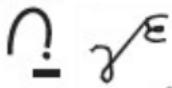


- a. 1 and 2
- b. 2 and 3
- c. 3 and 4
- d. 1 and 3

48. How many Special Requirements are fulfilled by the following two series?  
1<sup>st</sup> pass: Front aerial, Round-off, Flic-flac, Double salto backward tucked



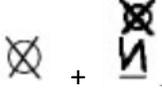
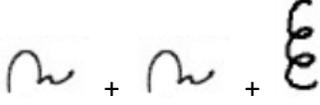
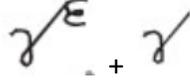
Last salto pass: Front handspring, Front salto stretched with 1/1 twist



- a. 0
- b. 1
- c. 2
- d. 3

49. Which of the following errors receives the LARGEST maximum deduction?
- a. Poor relationships of music and movement throughout the exercise
  - b. Insufficient height of leaps/jumps/hops
  - c. Insufficient height of saltos
  - d. Lack of precision of dance VP

50. Which of the following series receives 0.20 Connection Value bonus?

- a. Double turn + Tuck jump 2/1  +  + 
- b. Double salto tucked + Sissonne  + 
- c. Whip salto + whip salto + Back salto stretched with 2/1  +  +  + 
- d. Front salto stretched with 1/1 twist + Front salto stretched  + 

## Practice Test Answers

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