

2009-2013
Level 10 Practice test

General

- 1) Which of the following statement is CORRECT?
 - a. An element must receive Value Part credit to be considered for Connection Value
 - b. A Split jump and a split leap are not considered 2 different elements
 - c. The deduction for a Floor Exercise 25 seconds in length is deduction .10 for undertime
 - d. A double back salto failing to land feet first may receive .10 for Difficulty Value (DV)

- 2) The penalty is taken by the panel judge for which of the following faults?
 - a. Under time in the floor exercise
 - b. Springboard on unauthorized surface
 - c. Missing presentation before and after the exercise?
 - d. None of the above

- 3) Which of the following statements Is CORRECT?
 - a. Insufficient dynamic (UB, BB, FX) up to 0.10
 - b. The 0.30 points penalty for no dismount is taken from the Start Value
 - c. The penalty for spotting is taken from the average score
 - d. The gymnast is allowed to mount from a springboard placed on 2 mats.

- 4) What is the TOTAL Maximum deductions for the following faults?
 - Insufficient exactness of tuck position
 - Flexes feet during 2 value parts
 - Knees separation
 - Additional movements to maintain balance
 - a. .65
 - b. .70
 - c. .80
 - d. .85

- 5) Which of the following statements is CORRECT?
 - a. A judge who is an immediate family member of a competing gymnast may be Chief Judge
 - b. Panel judges placed in numerical order clockwise from the Chief judge
 - c. Is consider affiliated if your child is enrolled in a recreational class of a competing club
 - d. As meet referee does not have to be available following the competition

- 6) Which statement is INCORRECT?
 - a. A gymnast may repeat an exercise due to technical failure
 - b. Coach standing between bars throughout exercise is a 0.10 deduction
 - c. Unsportsman like conduct is a 0.20 deduction
 - d. A gymnast may wear more than two ear rings per ear

- 7) What is the average score flashed for the following FX routine?
- Chief judge Score 7.80
 - Panel judge score 7.50
 - Gymnast is out of bounds one time
- a. 7.65
 - b. 7.75
 - c. 7.55
 - d. 7.85
- 8) What would be the TOTAL deduction off the start value on bars if the gymnast has: 1 "A", 2 "B", 1 "C"
- a. 1.00
 - b. 3.00
 - c. 2.00
 - d. 1.50
- 9) Inquires are limited to questions regarding:
- Start Value
 - Neutral deductions
 - Falls
 - Unusual occurrences
 - Specific flat (not up to) compositional deductions.
- a. True
 - b. False
- 10) What is the TOTAL deduction for the following?
- Deviation from straight direction on landing
 - Leg crossed during twist
 - Bent arms
 - Spotting assistance on landing
- a. .90
 - b. Void
 - c. 1.00
 - d. 1.50

Vault

- 1) What is the TOTAL Maximum deduction of the following faults during the second Flight phase?
 - Insufficient Height
 - Knees bent
 - Insufficient Tuck
 - Insufficient extension of body before landing
 - a. 1.55
 - b. 1.00
 - c. 1.35
 - d. 1.20

- 2) Which of the following statement is CORRECT?
 - a. Failure to use a safety collar on round off entries has a deduction of 2.00
 - b. Round off entry hand placement mats may be placed on the vaulting board
 - c. The safety collar mat may be placed in either direction behind the board
 - d. Use of tap or excessive chalk is not permitted on the vault table or runway

- 3) What is the TOTAL DEDUCTION?
 - Legs crossed in two (2) phases
 - Arched body in two (2) phases
 - Bent arms
 - Prescribed LA turn begun too late
 - LA turn incomplete 33° on landing
 - a. 1.50
 - b. 1.80
 - c. 1.60
 - d. 1.40

- 4) Which of the following deduction is INCORRECT?
 - a. Insufficient length = up to .30
 - b. No touch on vault table = Void
 - c. Extra arm swing = .10
 - d. Deep squat on landing = up to .30

- 5) Which is the LARGEST faults?
 - a. Touch only one hand on table plus a large step on landing
 - b. Arms bent in first flight phase and falls on landing
 - c. Insufficient exactness of LA turn and insufficient height
 - d. Deep squat and Additional trunk movement to maintain balance

- 6) In determining the final score
- The gymnast has the right to perform two (2) vaults
 - The vaults may be the same or different
 - The better score is counted
- a. True
b. False
- 7) Which statement is CORRECT
- a. The panel judge takes 1.00 deduction for a one arm vault
b. If the gymnast lands sitting on the table a 2.00 deduction is given
c. There is a .30 deduction for failure to flash/announce the intended vault
d. All vaults must land on the soles of the feet first or it is a void
- 8) Which statement is INCORRECT
- a. A slight arm bend of the lead arm is allowed for all group 3 vault
b. In Group 1 vaults that have a turn in preflight may perform with $\frac{1}{4}$ or $\frac{1}{2}$ turn in first flight phase
c. A gymnast is allowed 2 attempts to successfully complete a vault
d. There are no deductions for performing a vault that is different than the vault announced
- 9) What is the TOTAL Deductions.
- Total absence of extension upon landing
 - Staggered hand placement
 - Shoulder angle
 - Slight brush/touch on mat no support
- a. 1.00
b. .90
c. 1.10
d. .80
- 10) Which statement is CORRECT
- a. Only chief judge takes the .50 for spotting on landing
b. If the coach assists during the vault it stills receive a score
c. No deduction is taken for the coach standing between the board and table doing round off entry vaults
d. May run backward with arrival on the board with two feet

Bars

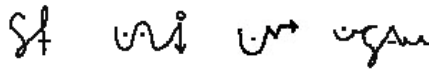
- 1) If gymnast jumps from bars and lands on feet and does not do a dismount, deduct .50 for the fall, .20 for no C dismount, and .30 for no dismount off of Start value
- True
 - False

- 2) What is the TOTAL MAXIMUM deductions if the gymnast has the following faults?

- One intermediate swing
- Hesitation during jump to HB (2) two times
- Falls and resumes her exercise in 35 seconds

- Void
- .90
- 1.00
- 1.10

- 3) Which is the CORRECT Value part for



- C D D E
- B D E D
- B C D D
- C D E D

- 4) What is the Value part for the following routine



- C D A A D D D
- D D A B D D E
- C C A A D C D
- D D A B D C E

- 5) What if the TOTAL Connective Bonus value for the following routine



- D D D = .70
- E D D = .80
- E E D = .90
- D E E = .90


6) Which statement is INCORRECT?


- a. If more than two pump swings are taken to remount a routine after a fall deduct .30
- b. There is no penalty if the gymnast inadvertently touches the coach.
- c. The coach may use a chair to spot the gymnast
- d. Setting the bars is not included in the 30 sec touch warm up time


7) If the gymnast runs underneath the bars there is no deduction

- a. True
- b. False

8) What are the MAXIMUM deduction if gymnast does:

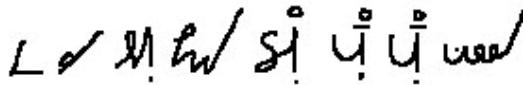
•  to 18°

•  to 12°

•  touches the bar then falls

- a. .65
- b. .75
- c. .70
- d. .60

9) What is the Start Value?



- a. 9.90
- b. 9.70
- c. 10.00
- d. 9.80

10) Which statement is INCORRECT

- a. An "E" may replace a missing "B" and still earn the connective bonus
- b. Maximum of .30 for arms and .30 for legs on any one element
- c. Squat on LB with ½ turn on feet to grasp the HB is considered an uncharacteristic element .10
- d. Insufficient dynamic up to .30

Beam

1) What is the TOTAL MAXIMUM deduction for the following errors?

- Insufficient split missing -5°
- Incorrect body posture during dance value part
- Lack of tempo/poor rhythm in acro series
- Directional error on gainer salto dismounts off end of beam

- a. .60
- b. .80
- c. .90
- d. 1.00

2) How many Special Requirements are there?

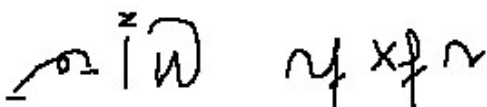


- a. 0
- b. 1
- c. 2
- d. 3

3) Which of the following statements are INCORRECT

- a. Hit on apparatus with foot = .20
- b. Grasp of beam to avoid a fall = .30
- c. Brush/touch on landing = .30
- d. Support of one leg against beam = .20 ea

4) What would be the gymnast TOTAL BONUS?



- a. .50
- b. .70
- c. .90
- d. 1.00

5) What is the CORRECT statement for timing a routine?

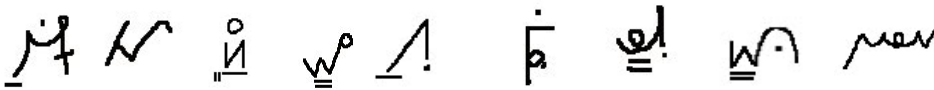
- a. Maximum time is 1:20
- b. Evaluation and timing begins with take off from the board
- c. Following a fall, times starts again gymnast feet leave the floor
- d. A warning signal is given at 1:10

6) What is the Start Value for the following routine?



- a. 10.00
- b. 9.80
- c. 9.50
- d. 9.00

7) Many are "C" skills?



- a. 3
- b. 4
- c. 6
- d. 7

8) Which statement is CORRECT?

- a. If the gymnast lands on hands/sole of feet simultaneously, do not award Value part
- b. If the gymnast lands on hands/sole of feet simultaneously, deduct .50
- c. If the gymnast runs for the third attempt to mount the beam there is no deduction
- d. If the gymnast mounts the beam and then falls there is no deduction

9) What is the MAXIMUM deductions for the following errors?

- Insufficient sureness of performance throughout
- Dance incomplete turn missing 89°
- Insufficient exactness of stretched position arch

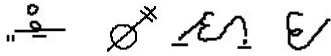
- a. .80
- b. .50
- c. .90
- d. .60

10) Insufficient artistry throughout consist of: Originality/creativity of choreography, gymnast movement to reflect her personal style, energy maintained throughout exercise

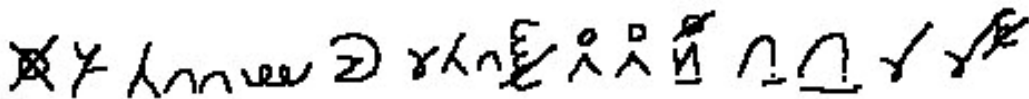
- a. True
- b. False

Floor

- 1) Which is the CORRECT answer?
- a. Legs not parallel to floor in split jumps = up to .10
 - b. Concentration pauses = .10 each
 - c. Large step on landing = .30
 - d. Deviation from straight direction on landing = up to .20
- 2) What is the CORRECT value parts for the following elements?







- a. D D C C
 - b. D B D C
 - c. C C C B
 - d. D C D B
- 3) Which of the following statement is INCORRECT
- a. Short exercise is less than 30 seconds
 - b. Elements or connections completed out of bounds are recognized
 - c. The coach is allowed to go onto the floor mat during the exercise to remove any object that endanger the gymnast
 - d. Music with whistles/animals sounds will receive a deduction of 1.00
- 4) What is the Start Value for the following routine?







- a. 9.50
 - b. 9.70
 - c. 10.00
 - d. 9.00
- 5) What is the MAXIMUM deduction?
- Failure to perform two different directions
 - More than two straddle jumps with or without turns
 - Insufficient variation in rhythm and tempo throughout
 - Missing synchronization of movement with musical beat (3) three times
- a. .45
 - b. .50
 - c. .55
 - d. .60

6) What is the INCORRECT value part for the following skills?

- a.  = A
- b.  = B
- c.  = C
- d.  = E

7) Which of the following elements are "C" value parts?

- 1. 
- 2. 
- 3. 
- 4. 

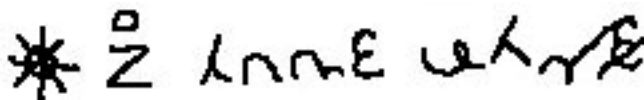
- a. 1 & 2
- b. 2 & 3
- c. 3 & 4
- d. 1 & 3

8) What is the MAXIMUM deductions for the following errors?

- Flexed feet on value parts
- Extra arm swing on landing
- Insufficient height on jump
- Relaxed/incorrect leg position throughout exercise

- a. .65
- b. .60
- c. .55
- d. .50

9) How many special requirements are in the following routine?



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

10) Indirect connection would allow for running steps, small hops to fulfill the Dance passage special requirement

- a. True
- b. False

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Answers

	GENERAL	VAULT	BARS
1.	A a. True pg 15 b. False pg 137 c. False pg 6 d. False	C ^.50 ^.30 ^.30 ^.25	B No "C" dismount .50
2.	D a. 2.00 CJ pg 6 b. .30 CJ pg 6 c. .10ea CJ pg 5 d. None of the above	D a. False pg 25 b. False pg 25 c. False pg 25 d. True pg 28	C .30 ^.10 .50
3.	B a. ^.20 b. .30 c. No pg 19 d. no pg 6	B .10 x 2 = .20 ^.20 x 2 = .40 ^.50 ^.50 ^.20	B B D E D
4.	B ^.20 .05ea ^.20 ^.30	C a. ^.30 b. VOID c. ^.10 d. ^.30	D D D A B D C E
5.	B a. False pg 1 b. True pg 2 c. False pg 1 d. False pg 3	A 1.00 + .20 = 1.20 ^.50 + .50 = 1.00 ^.10 + ^.50 = .60 ^.30 + ^.20 = .50	B
6.	D True pg 4 True pg 5 True pg 5 False pg 5	A True pg 26	C True pg 51 True pg 51 False pg 51 True pg 51
7.	B Out of bound .10	D False pg 28 False VOID False pg .20 True	B False .50 pg 51
8.	B Pg 6 Missing A = .20 Missing B = .30 Missing C = .50 Less than 5 VP = 2.00	C True pg28 True pg 28 False pg26 True pg26	D .05 .05 .50
9.	A Pg 24	C .30 ^.10 ^.20 ^.30	A A 0 C C (D +1) (E +2) (E+0)(E+2) (C+C =+1) (C+D =+1) (D+E =+2) Missing "A" -.10
10.	C ^.10 .10 ^.30 .50	C False pg30 False VOID pg 30 True pg 27	D True pg 77 True pg 75 True pg 69 False ^.20

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Answers

	BEAM		FLOOR	
1.	B	^.10 ^.10 ^.30 ^.30	D	^.20 .10ea .20 ^.10
2.	C	2 flight 1 C Full turn	C	C C C B
3.	D	.20 .30 ^.30 .20	D	True pg 214 True pg 215 True pg 215 False pg 214
4.	A	(D+1) A (D+1) (D+1) (D+1) C DD+2 DC+1	D	C A (A A A D+1) C (A A A D+1) (C C C) (A B B B) AAD +1 AD+1 CC +A BB+1 Missing "C" dismount Missing Leap passage
5.	B	False 1:30 pg 132 True pg 132 False 132 False 132	C	.10 .10 ^.20 .05ea
6.	C	AC (BBE+2) A (AD+1) (D+1B E+2) (BCB) BBD +2 AD+2 DD+2 Missing "C" dismount	B	
7.	A	C C D B B C B B B	D	C B C B
8.	B	False pg 136 True pg 136 False pg 134 False pg 134	A	.05 ^.10 ^.20 ^.30
9.	D	^.20 ^.20 ^.20	C	D D A A B A A B 2 Saltos in one pass 3 different saltos
10	A	Pg 150	A	Pg 224