

COMPULSORY 4/5 PRACTICE TEST B
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GENERAL

1. Which of the following statements is INCORRECT?
 - a. Deduct all execution/amplitude errors leading to a fall; however balance errors leading to a fall are not deducted.
 - b. The total execution/amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.
 - c. Incorrect attire is deducted from the event score one time only by the Chief Judge on the event where first recognized.
 - d. When the gymnast falls from the bars, she has 45 seconds to remount and resume her exercise
 - e. All of the above are correct

2. Which of the following deductions is CORRECT?
 - a. Bent arms or legs up to .20
 - b. Leg separation up to .15
 - c. Incorrect leg position on turns up to .10
 - d. Failure to kick leg to horizontal or above when required up to .10
 - e. One extra swing or cast 0.50

3. What is the TOTAL MAXIMUM deduction for the following errors?
 - Lack of coordination on connections
 - Touch/brush the apparatus or mat with feet
 - Error in line of direction or placement of whole section of floor pattern
 - a. .50
 - b. .60
 - c. .80
 - d. .90
 - e. 1.10

4. Which of the following statements is CORRECT?
 - a. The timing of the beam routine starts when the gymnast touches the beam.
 - b. The timing of the beam routine stops when the gymnast leaves the beam for her dismount.
 - c. If the second fall occurs before the official time begins, there is no deduction
 - d. The deduction for overtime is .10, taken by the Chief Judge
 - e. The warning is called or signaled 5 seconds before the maximum time limit.

5. Which of the following receives the SMALLEST MAXIMUM deduction?
 - a. Extra kick up to handstand
 - b. Failure to maintain high releve' during turns
 - c. Movement lacking dynamics
 - d. Overall rhythm during the entire exercise

6. Which of the following deductions is CORRECT?
 - a. Adding an extra element .20 each
 - b. Changing, reversing or omitting a series of connections .30
 - c. Substituting or omitting a major element Value + .50
 - d. Reversing a major element Double the value of the element
 - e. Changing, reversing or omitting a small part .20

7. What is the TOTAL MAXIMUM deduction for the following errors?
-Incorrect body alignment, position or posture on major elements
-Insufficient split
-Insufficient height (hip rise) on salto elements
a. .45
b. .50
c. .60
d. .70
e. .75
8. The allowable range of scores for an average score of 9.325 is:
a. .10
b. .30
c. .50
d. .70
e. 1.00
9. Which of the following errors receives the GREATEST MAXIMUM penalty?
a. Insufficient internal body amplitude (stretch/tightness) during extended positions.
b. Failure to contract or extend when indicated
c. Extra arm swing upon landing
d. Failure to use levering action in or out of elements when required
e. Incorrect foot form (flexed/sickled) on major elements
10. What deduction is taken by each judge?
a. Overtime
b. Spotting assistance from coach
c. Lack of presentation by gymnast after exercise
d. Use of unauthorized mats
e. Any part of body touching outside the FX area

VAULT

11. What is the CORRECT deduction for insufficient height on the second flight?
a. Up to .20
b. Up to .30
c. Up to .40
d. Up to .50
e. Up to 1.00
12. What is the TOTAL MAXIMUM deduction for the following errors?
-Arms bent in support phase
-Insufficient distance on 2nd flight
-Take one step on landing
a. 0.70
b. 0.9
c. 1.10
d. 1.40
e. 1.60
13. Which of the following receives the LARGEST deduction?
a. Legs separated in 2nd flight
b. Incorrect head alignment in 1st flight
c. Arched body in support phase
d. Piked body in 2nd flight
e. Legs bent in 1st flight

14. Which of the following deductions is INCORRECT?
- | | |
|---|----------------|
| a. Deviation from straight direction | up to .20 |
| b. Lack of dynamics (speed/power) | up to .30 |
| c. Aid of coach on landing | <u>.50</u> |
| d. Support of only 1 hand on vaulting apparatus | <u>CJ 1.00</u> |
| e. Coach aids gymnast on first flight (Level 5) | VOID |
15. Which of the following receives the GREATEST deduction?
- Deep squat upon landing
 - Taking four (4) full steps after landing
 - Touch of both hands on the floor upon landing
 - Fall upon landing
 - Finishing in a sitting, lying or standing position on the vault table
16. What is the CORRECT deduction for angle of repulsion?
- Up to .20
 - Up to .30
 - Up to .40
 - Up to .50
 - Up to 1.00
17. Which of the following receives a .30 deduction?
- Additional trunk movements to maintain balance
 - Touch of body against far end of vault table
 - Body pike in the first flight
 - Arms bent
 - Extra arm swings
18. What is the CORRECT deduction for completely bent arms causing head to contact vault table?
- VOID
 - 2.00
 - 1.00
 - 0.50
 - 0.30
19. Which of the following would result in a VOID vault at level 5?
- Aid of coach on second flight
 - Aid of coach on support phase
 - Performing incorrect vault
 - Aid of coach on first flight
 - All of the above
20. What is the TOTAL MAXIMUM deduction for the following faults?
- Too long in support
 - Incorrect shoulder alignment in support phase
 - Very large step on landing
- 1.50
 - 1.10
 - 1.00
 - .90
 - .80

Bars Level 4

21. What is the MAXIMUM deduction for insufficient amplitude of cast to horizontal?
- Up to .30
 - Up to .35
 - Up to .40
 - Up to .50
 - Up to .60
22. When does the fall time end?
- When the gymnast touches the bar
 - When the gymnast mounts the bar
 - When the gymnast stands up from her fall
 - When the gymnast does a skill in the Code of Points
 - When the gymnast gets to the point in the routine where she fell
23. Which of the following is the CORRECT sequence of elements for level 4 bars?
- Glide kip mount - cast to horizontal and return to front support - cast, squat on
 - Underswing – counterswing – tap swing forward with $\frac{1}{2}$ (180°) turn dismount
 - Glide kip mount – back hip circle – cast squat on – jump to long hang kip
 - Cast, squat on – jump to long hang kip – front hip circle – underswing
 - Back hip circle – cast to horizontal - underswing – counterswing – tap swing forward
24. Which of the following deductions is CORRECT for the tap swing forward with $\frac{1}{2}$ (180°) turn dismount?
- | | |
|--|------------|
| a. Failure to attain straight-hollow position on upswing | up to .20 |
| b. Beginning turn prior to 45° below height of High Bar | up to .30 |
| c. Failure to re-contact the bar with the free hand as the $\frac{1}{2}$ turn is completed | <u>.20</u> |
| d. Failure to complete $\frac{1}{2}$ (180°) turn prior to regrasp | up to .30 |
| e. Failure to show slight arched position at bottom of swing | up to .20 |
25. What is the TOTAL MAXIMUM deduction for the following errors?
- Alternate foot placement on squat on
 - Insufficient amplitude on tap swing forward (feet not at HB height)
 - Hips below 60° on second counterswing
- .30
 - .50
 - .60
 - .70
 - 1.00

Beam Level 4

26. Which of the following is the CORRECT sequence of elements for level 4 beam?
- Two pivot turns – cartwheel – stretch jump, split jump (90°)
 - Scale – straight leg leap – handstand
 - Weight transfer – cross handstand – $\frac{1}{2}$ (180°) turn in forward coupe
 - Stretch jump – split jump (90°) – Cartwheel to side handstand, $\frac{1}{4}$ (90°) turn dismount
 - Cross handstand – two pivot turns – cartwheel
27. What is the deduction for performing a stretch jump, split jump in the Level 4 beam routine
- No deduction
 - 0.30
 - 0.50
 - 0.60
 - 1.00

28. What is the TOTAL MAXIMUM deduction for the following errors in the cross handstand?
- Failure to attain vertical
 - Failure to close (join) legs
 - Failure to hold 2 seconds
- a. .40
 - b. .50
 - c. .60
 - d. .80
 - e. 1.00
29. Which of the following deductions is CORRECT for the straight leg leap?
- a. Bending lead (front) leg on take-off up to .10
 - b. Insufficient leg separation (less than 90°) up to .10
 - c. Failure to pause in low arabesque position on landing .10
 - d. Uneven leg separation in leap up to .10
30. What is the TOTAL MAXIMUM deduction if the gymnast attempts the dismount, does not attain vertical, and then falls?
- a. .80
 - b. 1.00
 - c. 1.10
 - d. 1.20
 - e. 1.50

Floor Level 4

31. What is the TOTAL MAXIMUM deduction for the following errors?
- Bending the lead front leg on take-off of the straight leg leap
 - Total lack of repulsion in front handspring
 - Deep squat into both flic flacs
- a. .40
 - b. .50
 - c. .70
 - d. .90
 - e. 1.10
32. What is the TOTAL MAXIMUM deduction for the following errors in the backward roll to handstand with straight arms?
- Hands further than shoulder width
 - Failure to pass through vertical
 - Hands placed on floor during squat phase prior to rolling backward
 - Bent arms
- a. .70
 - b. .80
 - c. 1.00
 - d. 1.20
 - e. 1.40
33. Which of the following would receive the SMALLEST penalty?
- a. Failure to show continuous leg lift into walkover
 - b. Failure to land with feet simultaneously on front handspring
 - c. Failure to maintain arms next to ears and focus on hands throughout front handspring
 - d. Staggered hand placement on back walkover
 - e. Failure to pause in “controlled stick” after rebound on the round off flic flac series

34. Which of the following is the CORRECT sequence for the level 4 floor routine?
- Straddle jump - stretch jump 1/2 turn - roundoff - back handspring - straight arm back roll to handstand
 - Straddle jump - straddle jump - front handspring to 2 feet - straight arm back roll to handstand -1/1 turn
 - Straddle jump - stretch jump 1/2 turn - front handspring to 2 feet - straight arm back roll to handstand - splits
 - Straddle jump - stretch jump 1/2 - straight arm back roll to handstand - straight leg leap - splits
35. Which of the following is correct?
- The full turn is performed in forward passe
 - The back walkover requires a 120° split
 - The front handspring is a step-out
 - The straight leg leap and the straddle jump require a 150° split.

Bars Level 5

36. What is the TOTAL MAXIMUM deduction for the piked flyaway dismount?
- Insufficient pike of hips
 - Height of salto 30° below the level of the HB
 - Five steps on the landing
- .70
 - .80
 - .90
 - 1.00
 - 1.10
37. Which of the following faults would receive the LARGEST deduction during the clear hip circle?
- Excessive pike on downswing
 - Hips touching bar as upswing finishes
 - Incorrect body alignment
 - Upswing finishing 15° below horizontal
 - Lack of control into glide
38. What is the TOTAL MAXIMUM deduction for the following errors in the straddle or pike glide kip mount?
- Failure to lead with the feet in the forward glide swing
 - Failure to take off both feet simultaneously
 - Insufficient extension at end of glide
- .60
 - .50
 - .40
 - .30
 - .20
39. What is the TOTAL MAXIMUM deduction for the following errors in the long hang pullover?
- Bent arms
 - Legs separated
 - Legs bent
- .70
 - .80
 - .90
 - 1.00
 - 1.20
40. Which of the following is the CORRECT sequence of elements for the level 5 bar routine?
- Glide kip mount – cast to above horizontal – clear hip circle to above horizontal
 - Glide kip mount – front hip circle – cast above horizontal
 - Long hang kip – cast above horizontal – back hip circle
 - Long hang pullover – tap swing – counterswing – flyaway dismount
 - Back sole circle – jump to long hang kip – clear hip circle above horizontal

Beam Level 5

41. Which would be the largest deduction in a Level 5 routine?
- Performing a backward roll to handstand instead of 3/4 handstand
 - Reversing the support leg of the scale
 - Omitting the stretch jump
 - An incomplete full turn
 - A fall
42. What is the TOTAL MAXIMUM deduction for the following errors in the jump series?
- Insufficient continuity of jumps
 - Insufficient lift of the front leg in sissone
 - Failure to land with the legs/feet closed on the split jump
- .30
 - .40
 - .50
 - .60
 - .70
43. What is the TOTAL MAXIMUM deduction for the following errors in the scale, Rond de Jamb, arabesque?
- Failure to lift free leg sideward to a minimum of 45° below horizontal
 - Failure to maintain a consistent height throughout the Rond de Jamb
 - Failure to hold the scale one second
 - Incorrect foot form
- .55
 - .50
 - .45
 - .40
 - .35
44. Which of the following is the CORRECT sequence of elements for level 5 beam?
- Rond de jamb – 1/1(360°) turn in forward coupe – straight leg leap
 - Sissone – 1/1 (360°) turn in forward passé – dismount
 - Arabesque to scale – 1/1 turn – Dismount
 - 1/1 (360°) turn in forward passé – split jump – sissone– Arabesque to scale
 - None of the above
45. Which of the following deductions is CORRECT for the following errors in the arabesque to scale?
- Failure to lift free leg above 45° in arabesque up to .20
 - Failure to hold arabesque 1 second up to .10
 - Failure to lift free above horizontal in scale up to .20
 - Failure to hold scale 2 seconds up to .20
 - None of the above

Floor Level 5

46. Which of the following is the CORRECT sequence for the level 5 floor routine?
- Switch leg leap – 1/1 (360°) turn in forward passé – round-off
 - Straight leg leap – side leap – forward split sit
 - Straddle jump – flic-flac step out – Forward salto tucked
 - Front handspring step out – front handspring to two feet – back extension roll
 - front tuck salto– forward split sit – straight arm backward roll to handstand

47. Which of the following would receive the LARGEST penalty?
- Failure to land with feet together on straddle jump
 - Use of a heel snap turn technique in the full turn
 - Lack of acceleration in round-off, back handspring, back tuck series
 - Hands placed further apart than shoulder width in the backward roll to handstand
 - Joining legs prior to step out on front handspring step out
48. What is the Chief Judge deduction for taking 3 steps out of bounds?
- No deduction in compulsories
 - 0.10
 - 0.20
 - 0.30
 - 0.50
49. What is the TOTAL MAXIMUM deduction for the following errors?
- Flight prior to hand contact in the front handspring to 2 feet
 - Insufficient split on the leap
 - Failure to perform 1/1 (360°) turn in high releve
- .30
 - .40
 - .50
 - .60
 - .80
50. What is the TOTAL MAXIMUM deduction for the following errors in the forward salto tucked?
- Performs a pike salto
 - Insufficient hip rise on salto
 - Very large step on landing
- .80
 - 1.00
 - 1.10
 - 1.20
 - 1.50

ANSWER KEY

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

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