

General

1. Which of the following statements is correct?
 - a. A elements are worth 0.1 each.
 - b. B elements are worth 0.2 each.
 - c. Elements may be performed multiple times but can only receive value part credit one time.
 - d. Two A elements can replace one B element.

2. What value parts are required at Level 10?
 - a. 3 A's 4 B's 1 C
 - b. 3 A's 3 B's 1 C
 - c. 3 A's 3 B's 2 C
 - d. 4 A's and 5 B's

3. Which of the following statements is correct?
 - a. D skills can count as B value parts.
 - b. Connection Value will be awarded for good technical presentation with each element receiving less than 0.3 deduction.
 - c. Connection Value can be awarded only if all Special Requirements are fulfilled.
 - d. A and B are correct.
 - e. A and C are correct.
 - f. All of these statements are correct.

4. Which of these is not a chief judge deduction?
 - a. Overtime
 - b. Failure to remove board
 - c. Coach remains next to the beam throughout routine
 - d. Failure to present after exercise
 - e. All of these are chief judge deductions.

5. What is the correct range for the following scores? 9.2 8.7 9.0 8.3
 - a. 0,2
 - b. 0.5
 - c. 0.7
 - d. 1.0

6. Which of the following is correct?
 - a. The deduction for bent arms is up to 0.5.
 - b. The deduction for legs crossed during a value with a twist is 0.05.
 - c. The deduction for a large step of jump on landing is up to 0.2.
 - d. The deduction for incomplete turn or twist on UB, BB, and FX is up to 0.2.

Vault

- Which of the following statements is correct?
 - The gymnast must perform two different vaults.
 - The gymnast is allowed two attempts to complete at least one vault.
 - If the gymnast performs a "belly slide" on the table, it is considered a void vault and receives a zero score.
 - The scores of the two vaults are averaged.
- Which of the following statements is correct?
 - Tsukahara entry vaults should be completed with a $\frac{1}{2}$ (180°) turn in the pre-flight.
 - Tsukahara entry vaults are allowed a slight bend of the lead arm.
 - If a gymnast falls on her first vault attempt and an injury is being assessed, she will be allowed a maximum of 2 minutes after the completion of the judgement to leave the landing area.
 - B and C are correct.
- What is the deduction if the head contacts the table during the support phase?
 - 0.2
 - 0.5
 - 1.0
 - 2.0
- What is the maximum deduction for hip angle in the first flight phase?
 - 0.1
 - 0.2
 - 0.3
 - 0.5
- What is the maximum deduction for prescribed LA turn begun too late in the second flight phase?
 - 0.1
 - 0.2
 - 0.3
 - 0.5
- Which of the following is correct?
 - If the hand placement mat slips, it is considered person equipment failure and the vault can be repeated without penalty.
 - The Safety Zone mat may only be used for Round-off entry vaults.
 - The deduction for using an alternative springboard is 1.0.
 - The vault is scored if the gymnast lands on the hands and bottom of the feet simultaneously.
- Which of the following is correct?
 - If a gymnast vaults without a signal but both judges see the vault, it may be scored.
 - If the coach spots the gymnast during the post-flight phase of a salto vault, the vault is scored and each judge takes a deduction of 1.0
 - If a gymnast lands with feet more than hip width apart and then takes three steps, the deduction is 0.4.
 - None of these is correct.

General

- 1 A
- 2 C
- 3 A
- 4 E
- 5 C
- 6 D

Vault

- 1 C
- 2 B
- 3 D
- 4 B
- 5 D
- 6 D
- 7 D

Practice Test Level 10 Bars

1. What is the maximum deduction for amplitude/angle of completion of a clear hip circle?
 - a. 0.2
 - b. 0.3
 - c. 0.4
 - d. 0.5

2. What is the composition deduction for choice of bar release not up to level of competition for a routine with the following releases?

From handstand on HB, long swing forward with $\frac{1}{2}$ (180°) turn and flight over LB to hang
Cast handstand hop to reverse grip
Underswing with counter forward in flight to hang on HB

 - a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.15
 - e. 0.2

3. Which of these has a maximum deduction of 0.2?
 - a. Swing forward or backward below horizontal
 - b. Insufficient dynamics throughout
 - c. Squat on landing
 - d. Hit on mat with foot or feet

4. What is the maximum deduction for lack of elements that achieve or pass through vertical?
 - a. 0.05
 - b. 0.1
 - c. 0.2
 - d. 0.3
 - e. No deduction

5. Which of the following is correct?
 - a. An underwing with $\frac{1}{2}$ turn to handstand on LB can fulfill two special requirements for Level 10.
 - b. One of the Special Requirements for Level 10 is 1 bar change.
 - c. Two clear hip circles will fulfill 2 Special Requirements for Level 10.
 - d. The LA turn Special Requirement can be fulfilled by the dismount.

6. Which of the following is correct?
 - a. A cast to horizontal receives no value part credit with a 0.4 deduction.
 - b. A cast to between 21° and 30° from vertical receives B value part credit with a 0.1 deduction.
 - c. A cast to between 11° and 20° from vertical receives B value part credit with a 0.05 deduction.
 - d. A cast to between 21° and 30° from vertical receives A value part credit with a 0.1 deduction.

7. What is the composition deduction for choice of dismount if a Level 10 does a giant circle with 1/1 (360°) turn to handstand to a layout flyaway with 1 1/2 (540°) twist?
- No deduction
 - 0.05
 - 0.1
 - 0.2
8. Which of the following is correct?
- If a gymnast falls and does not remount the bar to finish her routine because of an injury, you should deduct 0.5 for the fall, 0.5 from the start value for missing the dismount Special Requirement, but do not deduct 0.3 for no dismount.
 - If a gymnast attempts a cast squat on, falls backward, and continues with a glide kip, you should not take 0.5 for a fall.
 - If the coach assists/spots the gymnast during the dismount, each judge deducts 0.5 for the spot, each judge deducts 0.5 from the start value for missing the dismount Special Requirement, value part credit is not awarded, and each judge deducts 0.3 from the start value for no dismount.
 - Cast squat on, sole circle backward to stand on LB is considered one element.
9. Which of the following will receive +0.1 in Connection Value
- Front giant + stalder forward to handstand
 - Front giant + front giant with ½ (180°) turn in handstand phase
 - Clear hip circle to handstand + stalder circle backward to handstand
 - Front giant with ½ (180°) turn in handstand phase + flyaway double piked dismount
 - A and B are correct
 - A, B and C are correct
 - C and D are correct
10. Which of the following is correct?
- If a gymnast falls HB, climbs up on the LB and jumps to long hang kip on the HB, this counts as a bar change.
 - A free mount over the LB to catch HB counts as a bar change.
 - A cast handstand with hop grip change is not considered a flight element.
 - Swing backward with release and 1/1 (360°) turn to hang on HB is considered a flight element.

Level 9

1 C

2 E

3 B

4 E

5 A

6 C

7 A

8 B

9 G

10 D

Practice Test Level 10 Beam

- How many special requirements are met by the following elements?
1 ½ (540°) turn on one foot
Split leap forward
Front aerial with 1/1 (360°) twist dismount
 - 0
 - 1
 - 2
 - 3
- What is the composition deduction for choice of dismount if a Level 10 does a round off to a back layout with 2/1 (720°) twist ?
 - No deduction
 - 0.05
 - 0.1
 - 0.2
- What would be the total deductions from the start value if a gymnast performs a front tuck with 1/1 (360°) twist dismount but does not land on the bottom of the feet first?
 - 0.5
 - 0.8
 - 1.0
 - 1.3
- Which of following elements receive B value part credit?
 - Wolf jump
 - Split leap forward
 - Cartwheel to side stand
 - Front layout dismount
 - B and D are correct
 - C and D are correct
- What is the composition deduction for choice of acro elements not up to level of competition if a gymnast performs flic flac + layout step out and a roundoff + back tuck dismount?
 - No deduction
 - 0.05
 - 0.1
 - 0.15
 - 0.2
- Which of the following is correct?
 - If a gymnast balks twice on her mount, she is allowed a third attempt with each judge deducting 0.5.
 - If a gymnast balks twice on her mount, she is allowed a third attempt with the chief judge deducting 0.5 from the average.
 - If a gymnast balks twice on her mount, she is not allowed a third attempt.
 - There is no deduction if the gymnast runs and touches the board and or beam without mounting.

7. What is the composition deduction for dance elements not up to level of competition if a gymnast performs a free jump with $\frac{1}{2}$ (180°) turn to stand mount and a split leap + tuck jump?
- No deduction
 - 0.05
 - 0.1
 - 0.15
 - 0.2
8. What is the maximum deduction for insufficient height on salto dismounts?
- 0.1
 - 0.2
 - 0.3
 - 0.4
 - 0.5
9. What is the compositional deduction for lack of a dance series?
- Up to 0.2
 - 0.2
 - Up to 0.3
 - 0.3
10. What is the total bonus awarded for hitchkick + side aerial + split jump?
- 0.0
 - 0.1
 - 0.2
 - 0.3
 - 0.4

Level 10 Beam

- 1 C
- 2 A
- 3 A
- 4 E
- 5 D
- 6 A
- 7 E
- 8 C
- 9 B
- 10 E

Practice Test Level 10 Floor

1. How many of the listed skills are C values?

Back layout with 1/1 (360°) twist
Front layout 1/1 (360°) twist
Switch side leap
2/1 (720°) turn on one foot

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

2. How many special requirements are met by the following elements?

Round off, flic flac, back layout with 1/1 (360°) twist
Front layout, front layout
Switch leap, chasse', switch side leap
Round off, whip back, back layout with 1/1 (360°) twist

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

3. What is the compositional deduction for level of last salto if the last acro series is round off, flic flac, back layout with 2/1 (720°) twist, front tuck?

- a. No deduction
- b. 0.05
- c. 0.1
- d. 0.15
- e. 0.22

4. Which of the following is true for a switch leg leap?

- a. The first leg should swing forward to 45°.
- b. If the first leg does not reach 45°, award A value part credit and deduct up to 0.10 for insufficient height of leg swing.
- c. If the first leg is in stag position and does not extend prior to leg switch, no value part credit is awarded.
- d. If the split is less than 135°, no value part credit is awarded.

5. What is the maximum deduction for insufficient variation in rhythm and tempo throughout the exercise?

- a. 0.05
- b. 0.1
- c. 0.15
- d. 0.2

6. What is the total bonus awarded for the following connection?
 2/1 (720°) turn on one foot, wolf hop with 1/1 (360°) turn, tour jete with ½ (180°) turn to a ring position
- 0.1
 - 0.2
 - 0.3
 - 0.4
7. What is the composition deduction for dance elements not up to level of competition if a gymnast performs the skills listed below?
- 1 ½ (540°) turn on one foot
 Switch leap, chasse', switch side leap
 Switch side leap, straddle jump with 1/1 (360°) turn
- No deduction
 - 0.05
 - 0.1
 - 0.15
 - 0.2
8. Which of the following is incorrect if the coach comes onto the floor and spots/assists the gymnast on an element?
- Each judge deducts 0.5 for the spot.
 - If the gymnast falls after the spot, do not deduct 0.5 for the fall.°
 - No value part or special requirement is awarded for the skill.
 - The chief judge deducts 0.5 from the average for "Coach on the floor."
 - The "Coach on the floor" deduction is taken every time the coach comes onto the floor.
 - D and E are incorrect.
 - B and E are incorrect.
 - A, B, C, D and E are all correct.
9. Which of the following has the correct value part listed?
- Straddle jump with 1 ½ (540°) turn = E
 - Wolf jump with 2/1 (720°) turn = E
 - Front layout with 1 ½ (540°) twist = E
 - 2/1 (720°) turn in tuckstand = E
10. What is the maximum deduction for brush/touch of landing surface with one or two hands?
- 0.05
 - 0.1
 - 0.15
 - 0.2
 - 0.25
 - 0.3

Level 10 Floor

- 1 C
- 2 D
- 3 B
- 4 A
- 5 D
- 6 D
- 7 A
- 8 G
- 9 B
- 10 F