

General Level 7

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 7?
  - a. 4 A's and 4 B's
  - b. 5 A's and 1 B
  - c. 5 A's and 2 B's
  - d. 4 A's and 3 B's
  
3. Which of the following statements is correct?
  - a. Allowable C skills can count as B value parts.
  - b. Level 7 gymnasts can perform one C dance value part without penalty.
  - c. A C acro skill will receive a 0.5 deduction but can fulfill a special requirement.
  - d. A and B are correct.
  - e. 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. These are all chief judge deductions.

Vault Level 7

1. Which of the following statements is correct?
  - a. The gymnast must perform two different vaults.
  - b. The gymnast is allowed two attempts to complete at least one vault.
  - c. If the gymnast performs a "belly slide" on the table, it is considered a void vault and receives a zero score.
  - d. The scores of the two vaults are averaged.
  
2. Which of the following statements is correct?
  - a. Tsukahara entry vaults should be completed with a  $\frac{1}{2}$  (180°) turn in the pre-flight.
  - b. Tsukahara entry vaults are allowed a slight bend of the lead arm.
  - c. 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.
  - d. B and C are correct.
  
3. What is the deduction if the gymnast arrives on the table at 45° from vertical?
  - a. 0.1
  - b. 0.2
  - c. 0.3

d. No deduction

4. What is the deduction if the head contacts the table during the support phase?
- a. 0.2
  - b. 0.5
  - c. 1.0
  - d. 2.0

#### General Level 8

1. 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
2. What value parts are required at Level 8?
- a. 4 A's and 4 B's
  - b. 5 A's and 1 B
  - c. 5 A's and 2 B's
  - d. 4 A's and 3 B's
3. Which is the deduction if a Level 8 performs an acro C element on Floor?
- a. No deduction
  - b. 0.3 from the average by the chief judge
  - c. 0.5 from the average by the chief judge
  - d. 0.5 taken by each judge
4. 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 Level 8

1. What is the maximum deduction for hip angle in the first flight phase?
- a. 0.1
  - b. 0.2
  - c. 0.3
  - d. 0.5
2. What is the maximum deduction for prescribed LA turn begun too late in the second flight phase?
- a. 0.1
  - b. 0.2
  - c. 0.3

d. 0.5

3. Which of the following is correct?

- a. If the hand placement mat slips, it is considered person equipment failure and the vault can be repeated without penalty.
- b. The Safety Zone mat may only be used for Round-off entry vaults.
- c. The deduction for using an alternative springboard is 1.0.
- d. The vault is scored if the gymnast lands on the hands and bottom of the feet simultaneously.

4. Which of the following is correct?

- a. If a gymnast vaults without a signal but both judges see the vault, it may be scored.
- b. 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
- c. If a gymnast lands with feet more than hip width apart and then takes three steps, the deduction is 0.4.
- d. B and C are correct.

Level 7 General

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

Level 7 Vault

- 1 C
- 2 B
- 3 D
- 4 D

Level 8 General

- 1 C
- 2 A
- 3 A
- 4 D

Level 8 Vault

- 1 B
- 2 D
- 3 D
- 4 B

Practice Test 7/8 Bars

Level 7

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. Which of these elements fulfills a special requirement at Level 7?
  - a. Cast handstand  $\frac{1}{2}$  (180°) turn
  - b. Giant circle  $\frac{1}{2}$  (180°) turn
  - c. Back uprise
  - d. A and B are correct
  
3. Which of these elements can be performed without penalty at Level 7?
  - a. Cast handstand  $\frac{1}{2}$  (180°) turn
  - b. Giant circle forward
  - c. Backward stalder circle to handstand
  - d. A and C are correct.
  - e. All of these statements are correct.
  
4. Which of the following is correct regarding the cast angle requirement for Level 7 to receive Special Requirement Credit?
  - a. The cast must be a minimum of 10° from vertical.
  - b. The cast must be a minimum of 20° from vertical.
  - c. The cast must be a minimum of 30° from vertical.
  - d. The cast must be a minimum of 45° from vertical.
  
5. Which of the following are awarded B value part credit at Level 7?
  - a. Cast handstand  $\frac{1}{2}$  (180°) turn
  - b. Clear hip circle below horizontal
  - c. Clear hip circle to handstand
  - d. B and C are correct
  - e. All of these are correct

Level 8

1. What is the composition deduction for choice of dismount if a Level 8 does a clear hip circle to handstand to a layout flyaway?
  - a. No deduction
  - b. 0.05
  - c. 0.1
  - d. 0.2

2. 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
  
3. Which of the following is correct?
  - a. An underwing with  $\frac{1}{2}$  turn over LB to hang on LB can fulfill two special requirements.
  - b. One of the Special Requirements for Level 8 is 2 bar changes.
  - c. Two clear hip circles will fulfill 2 Special Requirements for Level 8.
  - d. A giant circle with  $\frac{1}{2}$  ( $180^\circ$ ) turn will fulfill 1 Special Requirement for Level 8.
  
4. 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  $21^\circ$  and  $30^\circ$  from vertical receives B value part credit with a 0.1 deduction.
  - c. A cast to between  $11^\circ$  and  $20^\circ$  from vertical receives B value part credit with a 0.05 deduction.
  - d. A cast to between  $21^\circ$  and  $30^\circ$  from vertical receives A value part credit with a 0.1 deduction.
  
5. 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

Level 7

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

Level 8

- 1 A
- 2 B
- 3 D
- 4 C
- 5 C

Practice Test 7/8 Beam

Level 7

1. 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
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  
2. Which of the following will fulfill the ACRO requirement for Level 7 beam?
  - a. Cartwheel + cartwheel
  - b. Round off + back layout dismount
  - c. Press handstand (no hold) + flic flac
  - d. Back walkover + flic flac
  - e. B and D are correct
  - f. C and D are correct
  
3. What would be the total deductions from the start value if a Level 7 gymnast performs a front tuck with 1/1 (360°) twist dismount ?
  - a. 0.5
  - b. 1.0
  - c. 1.3
  - d. 1.5
  - e. 2.0
  
4. Which of the following is correct?
  - a. If a gymnast balks twice on her mount, she is allowed a third attempt with each judge deducting 0.5.
  - b. If a gymnast balks twice on her mount, she is allowed a third attempt with the chief judge deducting 0.5 from the average.
  - c. If a gymnast balks twice on her mount, she is not allowed a third attempt.
  - d. There is no deduction if the gymnast runs and touches the board and or beam without mounting.
  
5. What is the maximum deduction for insufficient height on salto dismounts?
  - a. 0.1
  - b. 0.2
  - c. 0.3
  - d. 0.4
  - e. 0.5

Level 8

1. What is the composition deduction for choice of dismount if a Level 8 does a round off to a back tuck dismount?
  - a. No deduction
  - b. 0.05
  - c. 0.1
  - d. 0.2

2. Which of following elements receive B value part at Level 8?
  - a. Wolf jump
  - b. Split leap forward
  - c. Cartwheel to side stand
  - d. Front layout dismount
  - e. B and D are correct
  - f. C and D are correct
  
3. What is the composition deduction for choice of acro elements not up to level of competition if a gymnast performs flic flac + flic flac and a roundoff + back tuck dismount?
  - a. No deduction
  - b. 0.05
  - c. 0.1
  - d. 0.15
  - e. 0.2
  
4. 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?
  - a. No deduction
  - b. 0.05
  - c. 0.1
  - d. 0.15
  - e. 0.2
  
5. What is the compositional deduction for lack of a dance series?
  - a. Up to 0.2
  - b. 0.2
  - c. Up to 0.3
  - d. 0.3

Level 7

1 D

2 D

3 C

4 A

5 C

Level 8

1 A

2 E

3 B

4 A

5 B

Practice Test 7/8 Floor

Level 7

1. How many special requirements are met by the following elements?  
Round off, flic flac, back layout to two feet  
Front layout, front layout  
Switch leap, chasse', switch leap  
Round off, whip back, back layout 1/1 (360°) twist
  - a. 0
  - b. 1
  - c. 2
  - d. 3
  
2. Which of the following will fulfill a Special Requirement for Level 7 Floor?
  - a. Front handspring step out + front handspring to 2 feet
  - b. Front handspring step out + front layout
  - c. Round off + flic flac + back layout 1/1 (360°) twist
  - d. Front tuck + dive roll
  - e. B and D are correct
  - f. All of these are correct
  
3. 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.
  
4. Which of these has a maximum deduction of 0.2?
  - a. Insufficient of extension (open) of tuck/pike body position prior to landing acro elements
  - b. Legs not parallel to floor in split or straddle pike leaps/jumps
  - c. Incorrect body posture/alignment during dance value parts
  - d. Deviation from straight direction on landing
  
5. What is the maximum deduction for insufficient height on saltos?
  - a. 0.1
  - b. 0.2
  - c. 0.3
  - d. 0.4
  - e. 0.5

Level 8

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

- 1
  - 2
  - 3
  - 4
2. 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
3. Which of the following is awarded a B value part?
- Whip salto backward
  - back layout with 1/1 (360°) twist
  - front salto piked
  - B and C are B value parts
  - All of these are B value parts
4. What is the maximum deduction for insufficient variation in rhythm and tempo throughout the exercise?
- 0.05
  - 0.1
  - 0.15
  - 0.2
5. What is the compositional deduction for level of dismount if the last acro series is round off, flic flac, back layout with 1/1 (360°) twist, front tuck?
- No deduction
  - 0.05
  - 0.1
  - 0.15
  - 0.22

Level 7

1 C

2 B

3 A

4 B

5 C

Level 8

1 C

2 A

3 D

4 D

5 A