

Level 7/8 Test – 2019

GENERAL

1. The Meet Referee's duties include –
 - a. Serve as the President of the Jury
 - b. Selects the Chief Judges and assigns Panel Judges to events
 - c. May recommend, but never force a score change
 - d. All of the above
2. Which of the following is NOT a Medium Fault?
 - a. Extra arm swing on landing
 - b. Leg separation
 - c. Large step or hop on landing
 - d. Incorrect body posture on landing
3. Which of the following is a true statement when calculating the score for a Short routine?
 - a. All judges calculate the score based on the performed skills and each judge deducts 2.00 for a Short routine.
 - b. All judges calculate the score based on the performed skills and then the Chief Judge deducts 2.00 for a Short routine.
 - c. There is no deduction for a beam routine that is less than 30 seconds.
 - d. 1.00 is the score for a Short routine.
4. Which of the following scenarios allow a gymnast to repeat an exercise without penalty?
 - a. Music failure and the gymnast finishes without musical accompaniment.
 - b. The uneven bars are not set correctly.
 - c. Gymnast executes a vault without being signaled.
 - d. Flash from a camera.
5. Which of the following is NOT a legitimate reason for an inquiry?
 - a. Start Value
 - b. Difference in execution
 - c. Specific composition deductions
 - d. Neutral deductions
6. Which deduction is NOT a Chief Judge deduction?
 - a. Overtime
 - b. Coach Spotting
 - c. Incorrect heel/hip padding
 - d. Neutral deductions

7. Which statement is INCORRECT?
 - a. The average score determines the allowable range.
 - b. If the judges are unable to compromise, the Chief Judge may change the score.
 - c. Open scoring is required at National Championships.
 - d. Judges must provide their own Start Value flashing units.
8. When can a score be changed?
 - a. Inquiry
 - b. If a neutral deduction was inadvertently not applied
 - c. If a data entry error was made
 - d. All of the above
9. The Meet Referee is responsible for all of the following EXCEPT-
 - a. Calling a conference if an impossible Start Value is awarded.
 - b. Serves as a liaison between the coaches and the judges.
 - c. May observe and/or give opinion during conferences.
 - d. Acts as the final authority in all technical matters involving judges.
10. What is the deduction for a missing Special Requirement?
 - a. 0.00
 - b. 0.20
 - c. 0.50
 - d. 1.00

VAULT

11. Which statement is CORRECT concerning vault?
 - a. Use of tape or excessive chalk is not permitted on the vault table.
 - b. Head contacting the table during Support Phase is a 2.00 deduction.
 - c. The vault is VOID when the Safety Zone is not used on a round off entry vault.
 - d. All of the above.
12. Which statement is INCORRECT?
 - a. There is no deduction for performing a different vault than announced.
 - b. A coach is allowed to speak with a gymnast between vaults.
 - c. A coach is allowed to ask for the score of the first vault.
 - d. If a gymnast is injured after her first vault she can attempt her second vault whenever she is ready.
13. Which statement is CORRECT concerning the use of the hand placement mat?
 - a. It may be used for any vault.
 - b. It may be placed on the vault board.

- c. It may be replaced with a sting mat.
 - d. None of the above.
14. The gymnast runs and balks. Then she runs and does a RO entry repulsion off with a fall and receives a 6.30 score. Then she runs and does a vault over the table without touching the table. What is her score for vault?
- a. 5.80
 - b. 6.30
 - c. VOID
 - d. Gymnast may perform one more vault.
15. The gymnast vaults with NO signal from the Chief Judge. One judge sees the vault. Which statement is CORRECT?
- a. The gymnast receives a score from the judge who saw the vault.
 - b. The gymnast receives NO penalty.
 - c. The Chief Judge applies a 0.5 deduction to the next completed vault.
 - d. The gymnast receives a zero for the vault.
16. Which statement is CORRECT concerning coaching deductions during the vault?
- a. All judges take the 1.0 deduction for a spot during the post flight phase of SALTO vaults. (LEVEL 8 Only)
 - b. All judges take the 0.5 deduction for a spot during the vault.
 - c. The Chief Judge deducts 0.5 if the coach stands between the board and the vault table on all vaults.
 - d. The coach may not speak to the gymnast between the vaults.
17. Which is NOT an allowable vault at Level 7?
- a. Front Handspring vault
 - b. Front Handspring entry onto Table – arrive on mat stack
 - c. $\frac{1}{4}$ - $\frac{1}{2}$ twist on (Tsukahara Entry) onto Table, arrive on mat stack
 - d. Round off entry (Yurchenko) onto Table, arrive on mat stack
18. Which deduction is correct for Level 7 vaulting?
- a. Angle of Arrival in First Flight Phase ^0.50
 - b. Bent arms in Support ^1.00
 - c. Insufficient Length ^0.10
 - d. Failure to Pass Through Vertical ^0.3
19. Which vault is UNALLOWABLE for a Level 8 gymnast?
- a. Handspring
 - b. Handspring – Front Tuck
 - c. Tsukahara Tuck
 - d. RO, FF – Repulsion with flight to feet

20. Which deduction is the smallest for Level 8 vault?

- a. Legs bent in First Flight Phase
- b. Too long is Support
- c. Under rotation of salto vaults
- d. Brush or Hit of body on table

UNEVEN BARS

21. Which statement is CORRECT concerning a fall off the bars?

- a. The coach is NOT allowed to inquire if element received VP credit before the gymnast remounts
- b. The fall time ends when the gymnast touches the bar.
- c. The gymnast may take 3 “pump” swings to initiate momentum to resume the exercise without penalty.
- d. Judging resumes when the gymnast reaches the point in her routine where she fell.

22. Which is CORRECT if a coach assists/spots gymnast during any element?

- a. Each judge deducts 0.5 for a spot.
- b. Do NOT award VP, SR, or Bonus credit.
- c. Deduct an additional 0.5 for a fall, if she falls after the spot.
- d. All of the above.

23. Which is a CORRECT statement for a coach inadvertently contacting a gymnast without assisting her?

- a. The Chief Judge deducts 0.5 for Coach Inadvertently contacting a gymnast.
- b. Award VP and SR credit.
- c. Award Bonus credit.
- d. All of the above.

24. Which statement is CORRECT about dismounts from bars?

- a. All dismounts MUST be performed from designated bar description in Code of Points.
- b. If a gymnast never initiates a salto action and falls, deduct 0.5 SR and 0.3 No dismount from the Start Value.
- c. If a gymnast initiates salto action and falls without landing on the bottom of her feet first – do NOT award VP, deduct 0.5 SR and 0.5 for the fall.
- d. All of the above.

25. Which statement is INCORRECT concerning angle of completion of the body on casts?
- Shoulder angle – line from shoulders thru midpoint of lowest body part.
 - No shoulder angle – Line from hands thru midpoint of lowest body part.
 - Hips are extended – legs are not together at the peak of the cast, deduct for leg separation.
 - Cast to HS - 11° to 21° from vertical – award B value part and deduct 0.1.
26. Which execution deduction is CORRECT?
- Landing too close to the bar on dismount 0.20
 - More than one extra swing following an element MAX. 0.50
 - Insufficient amplitude on release moves ^0.20
 - Touch/Brush on apparatus with foot/feet ^0.10
27. Which is NOT a Special Requirement for Level 7 Uneven Bars?
- One Cast to HS – minimum 45°
 - Two 360° Clear Circling Elements, same or different
 - One element with flight, excluding dismount
 - Salto dismount, minimum of A
28. Which statement is CORRECT regarding Level 7 Difficulty restrictions?
- Allowable C elements will receive 2 – B value parts
 - All appropriate execution and amplitude deductions would be applied to all elements performed, whether VP credit is awarded or not.
 - Restricted elements receive a 1.00 deduction.
 - Selected C elements may be performed. They will be awarded C VP credit.
29. Which statement is CORRECT about Level 8 Uneven Bars Special Requirements?
- Minimum of two bar changes
 - Two B Clear Circling elements, must be different
 - One B element with Flight, excluding dismount OR one B element with LA turn minimum of 180°, excluding mount or dismount
 - Minimum of A dismount
30. Which element is NOT a restricted C element?
- Sole circle Backward to HS with ½ turn
 - HS on HB, underswing with ½ turn over LB to hang
 - Counterswing, Straddle back over LB to HS
 - Double Back Tucked Salto Dismount

BEAM

31. Which statement is INCORRECT concerning mounting and the mats?
- A gymnast may NOT stand on an additional – Up to 8” skill cushion placed on competition landing mats. (Without a board)
 - A Board/Mount Trainer/Folder Panel Mat may be used to mount the beam.
 - No plywood is permitted underneath the board.
 - The Chief Judge is responsible for a 0.3 deduction from the average score if the springboard is placed on an unauthorized surface.
32. Which statement is INCORRECT concerning a Short Exercise? (< 30 seconds)
- Deduct for any missing VP and SR.
 - Deduct 0.3 from SV for no dismount, if applicable.
 - All Short Exercises receive a score of 1.00.
 - A 2.00 deduction is taken by the Chief Judge from the average score.
33. Which statement is CORRECT when a coach assists/spots on the landing of the dismount?
- The Chief Judge deducts 0.5 off the average score for the fall.
 - Deduct an additional 0.5 if a fall occurs. (Each judge)
 - Do not award VP or SR.
 - Bonus is awarded if applicable.
34. What is the deduction for a turn missing 90°? (Heel Drop)
- No deduction – award VP attempted
 - 0.05 – 0.1 deduction – award VP attempted
 - 0.15 – 0.2 deduction – award VP attempted
 - No deduction – award lower VP
35. Which statement is INCORRECT for the Jump, press, or swing to HS mount?
- Body must be vertical, hips over shoulder in balanced position.
 - Any leg position is allowed. (Together, split, straddled/stag)
 - A two second hold is required.
 - If a fall occurs after vertical is achieved, VP is awarded.
36. Which statement is CORRECT concerning timing on Beam?
- The routine time begins when the gymnast touches the beam.
 - The routine is done when “Over Time” is called. (Nothing else is evaluated.)
 - The Chief Judge deducts 0.10 from the average score for routines that are overtime.
 - The gymnast has 45 seconds to remount the beam after a fall.

37. Which statement is INCORRECT concerning Level 7 Special Requirements?
- The acro flight element may be isolated or in a series.
 - Deduct 1.00 if the acro series and the acro flight element are missing.
 - Minimum of 360° turn on one foot
 - Aerial/salto dismount, minimum of A
38. Which statement is CORRECT regarding the use of a Handstand in a acro series?
- First/Second element may use HS – legs MUST be straight in vertical.
 - Handstands without turns MUST be held for 2 seconds.
 - Turning HS requires a 2 second hold.
 - HS Forward Roll + Forward Roll will NOT fulfill Acro Series requirement.
39. Which example would require NO deduction for a Level 8 in the Choice of Acro Elements Not Up to the Competitive Levels?
- BWO+BHS, FWO, Front Handspring
 - BHS + BHS , Forward Roll, Back extension Roll
 - BWO+BWO, HS Forward Roll, BHS
 - HS+BHS, BWO, FWO
40. What would be the deduction in Choice of Beam Dance Elements Not Up to the Competitive Level if a Level 8 routine contained – Split Leap, Split Jump, Tuck Jump
- 0.00
 - 0.05
 - 0.10
 - 0.20

Floor Exercise

41. Which statement is CORRECT with regards to the musical accompaniment?
- Music must be recorded with orchestra, piano, or other instruments.
 - A deduction of 1.00 is taken by the Chief Judge for music with whistles/animal sounds.
 - If the music stops during the gymnast's routine and she continues without music, she may NOT repeat the exercise.
 - Missing synchronization of movement with musical beat throughout the exercise is ^0.50.
42. If a teammate touches/pushes a gymnast to stop her momentum while they are running/falling out of bounds – which statement is CORRECT?
- The Chief Judge deducts 0.5 for assisting the gymnast.
 - If the gymnast falls after assistance, do NOT deduct for both assistance and fall.
 - Bonus may still be awarded, if applicable.
 - The Chief Judge deducts 0.1 for each step the gymnast takes out of bounds.

43. Which statement is INCORRECT regarding the SR of a Dance Passage?
- A minimum of 2 different Group 1 Elements with one leap requiring a 180° cross/side leap.
 - Acro elements in the middle of the Dance Passage are OK.
 - The Dance Passage may be directly or indirectly connected.
 - Indirect connections allow for running steps/small leaps/hops/chasses/assembles/turns on 1 or 2 feet between dance elements.
44. Concentration Pauses of 2 seconds or more prior to difficult elements or acrobatic series will result in a deduction of –
- 0.00
 - 0.05
 - 0.10
 - 0.20
45. Which error would receive the largest deduction?
- Coach steps onto floor exercise mat, does NOT spot gymnast.
 - Coach steps onto floor exercise mat, SPOTS gymnast.
 - Gymnast steps Out of Bounds.
 - Gymnast forgets to salute judges at the end of exercise.
46. Which execution deduction is CORRECT?
- | | |
|--|-------------|
| a. Arm swings on landing to maintain balance | <u>0.10</u> |
| b. Bent Legs – on any one element | ^0.30 |
| c. Failure to maintain stretched body position (pike down) | ^0.30 |
| d. Leg separations | ^0.10 |
47. Which is NOT a Special Requirement for Level 7 Floor Exercise?
- Dance Passage – minimum 2 different Group 1 elements
 - Two or more directly connected Forward Acro Flight Elements
 - One 180° leap, isolated or in series
 - Turn – minimum 360° turn on one foot
48. Which series will fulfill the Level 7 Special Requirement of One Acro Series with a minimum of 3 directly connected flight elements, with One Backward Salto Stretched to 2 feet?
- FWO + RO + Back Salto Stretched to 2 Feet
 - RO + FF + Back Salto Stretched 1/1 Twist
 - RO + FF + Back Salto Stretched with Step Out
 - RO + FF + Back Salto Stretched to two feet.

49. Which statement is CORRECT with regards to the Choice of Floor Dance Elements Not Up to the Competitive Level for a Level 8 gymnast?
- a. A minimum of two A elements will receive no deduction.
 - b. One A and 1 B dance skills will receive a 0.2 deduction.
 - c. One B can replace 2 A's on the chart.
 - d. A full turn can count as a dance element on the Choice of Dance Element Chart.
50. Which acro series would receive a 0.1 deduction in the Value of Salto performed as Last acro series for a Level 8 gymnast?
- a. RO-FF-FF-Back Salto Stretched with $\frac{1}{2}$ twist
 - b. Front Handspring-Front Salto Layout
 - c. RO-FF-Back Tuck Salto
 - d. RO-Whip salto- Back Tuck Salto

- 1. D
- 2. A
- 3. B
- 4. A
- 5. B
- 6. B
- 7. B
- 8. D
- 9. A
- 10. C
- 11. D
- 12. D
- 13. D
- 14. B
- 15. C
- 16. A
- 17. A
- 18. D
- 19. B
- 20. C
- 21. A
- 22. D
- 23. B
- 24. D
- 25. D
- 26. B
- 27. C
- 28. B
- 29. C
- 30. A
- 31. A
- 32. C
- 33. B

- 34. D
- 35. C
- 36. D
- 37. B
- 38. B
- 39. B
- 40. A
- 41. A
- 42. B
- 43. B
- 44. C
- 45. B
- 46. B
- 47. C
- 48. D
- 49. A
- 50. C