

General

1. Which of the following is a CHIEF JUDGE deduction?

- A. Insufficient Dynamics
- B. Coach between bars or next to BB throughout
- C. Deviation from a straight direction
- D. Use of supplemental support

2. What is the START VALUE for a routine containing the following?

- 3 A's, 3 B's, 1 C, 2 restricted Ds
- Missing 1 special requirement
- +0.10 Connection Value?

- A. 9.30
- B. 9.80
- C. 9.00
- D. 8.80

3. Which of the following is CORRECT when the bottom of the feet do not touch first on landing?

- A. Value Part and Special Requirement are awarded. Deduct 0.50 for fall plus all execution errors.
- B. Value Part and Special Requirement credit are not awarded. Deduct 0.50 for fall.
- C. Special Requirement credit is awarded. Value Part is not awarded. Deduct 0.50 for fall
- D. Value Part credit is awarded. No Special Requirement is awarded. Deduct 0.50 for fall.

4. Which of the following deductions is CORRECT?

- A. Using incorrect apparatus specifications - 0.20
- B. Very large step on landing - 0.10
- C. Legs crossed during value part elements with twist - 0.10
- D. Landing with feet staggered on stuck landing - Up to 0.10

5. What is the TOTAL MAXIMUM Deduction for the following errors?

- Spotting assistance during the exercise
- Deep squat upon landing
- Extra arm swings on landing to maintain balance

A. 1.20

B. 1.00

C. 0.90

D. 0.80

6. Which of the following statements is CORRECT regarding awarding of Value Parts?

A. An element may receive credit a second time if performed in a different connection.

B. 3 A's worth 0.10 each may replace 1 B element worth 0.30

C. An element which does not receive Value Part credit may still receive Special Requirement credit.

D. None of the above

7. Which of the following statements is INCORRECT?

A. Fall time is exceeded on Bars after 45 seconds.

B. A short exercise deduction of 2.00 is taken when a level 9 beam routine is less than 30 seconds.

C. A routine missing a "C" element will receive 0.30 deduction off the start value.

D. Technical Verbal Cues by a Coach or Teammate(s) is only taken once, regardless of the number of cues given

Vault

8. Which of the following would result in a Void Vault?

A. Gymnast punches board and slides onto top of table on her stomach.

B. Gymnast performs a different vault than the vault that was flashed.

C. Gymnast is spotted on the landing of her vault.

D. Both A & C result in a Void Vault

9. For Level 6/7 Vaults Only, which of the following deductions is CORRECT?

- A. Incorrect Body Posture on Landing - Up to 0.20
- B. Failure to arrive on table before 45° from vertical - Up to 0.30
- C. Gymnast takes a large step backward toward table upon landing of FHS to stand vault
- No deduction
- D. Insufficient Height - Up to 0.30

10. A gymnast performs a Tuck Tsuk Vault (SV. 9.6) after flashing a Pike Tsuk (SV 9.7). Judge 1 awards a 9.4 and Judge 2 awards an 8.7. Which of the following is a TRUE Statement concerning her average score?

- A. The 2 scores are in range and can be averaged. Her final score is 9.05.
- B. The scores are slightly out of range so both judges must move their scores 0.10 each.
- C. The 2 scores are out of range so the Chief Judge calls a conference to review the vault to bring the scores in range. In addition, the Chief Judge deducts 0.50 off the average score for flashing the wrong vault number.
- D. The 2 scores are out of range so the Chief Judge calls a conference to review the vault. The scores must be brought into range before the final average score is flashed.

11. Which of the following deductions for a Level 9 Vault is INCORRECT?

- A. Under-rotation of Salto Vaults - 0.10
- B. Insufficient Exactness of Body Position - Up to 0.30
- C. Deviation from a Straight Direction - Up to 0.30
- D. Insufficient Open or Late Extension on Tuck/Pike Vaults - 0.30

12. A gymnast performs her first vault and receives 8.0 from judge #1 and 7.4 from judge #2. She proceeds to perform her second vault prior to the Chief Judge's signal. She is correctly allowed a third vault which is awarded 8.9 from judge #1 and 8.4 from judge #2.

What would her final/flashed Vault Score be?

- A. 8.65
- B. 8.40
- C. 8.15
- D. 7.75

13. Which statement is CORRECT regarding a Yurchenko-entry Vault?

- A. Each judge deducts 1.0 for the performance of a 1-arm vault.
- B. If the vault lands on the hands and bottom of feet simultaneously, it receives a score of 0.00 (VOID).
- C. Each judge deducts 0.50 for landing on the hands and bottom of feet simultaneously.
- D. Each judge deducts 0.50 for a coach standing between the board and the table.

14. Which of the following instances would receive a 0.10 landing deduction?

- A. Gymnast lands with feet together but must step forward with her right foot. She then steps forward with her left foot to join her right foot.
- B. Gymnast lands with feet hip-width apart, but never joins feet (heels) together.
- C. Gymnast lands with feet together, but must take 2 steps forward.
- D. Both A & B are correct.

Bars

15. What is the MAXIMUM deduction for consecutive extra swings?

- A. 0.30
- B. 0.60
- C. 0.90
- D. 1.00

16. Which of the following errors receives the LARGEST composition deduction?

- A. Facing the same direction throughout exercise
- B. Performing an uncharacteristic element
- C. Choice of dismount not up to competitive level
- D. Lack of 2 bar changes

17. What is the MAXIMUM START VALUE for a Level 9 routine meeting all requirements with +0.40 in connection value bonus?

- A. 9.5
- B. 9.7
- C. 10.0
- D. 10.1

18. What is the deduction for CHOICE OF ELEMENTS for a routine containing a clear hip to handstand and a front giant circle to handstand?

- A. 0.20
- B. No deduction
- C. 0.10
- D. 0.05

19. What is the START VALUE for the following routine?

Glide kip, cast to handstand, underswing on LB with release and counter flight forward to hang on HB (sit-up), long hang kip, cast to handstand, back giant to handstand with 1/2 turn, front giant to handstand with 1/2 turn, backward double tuck flyaway dismount

- A. 10.0
- B. 9.7
- C. 9.5
- D. 9.2

20. What is the TOTAL MAXIMUM deduction for the following errors?

- Insufficient tuck position on a double tuck flyaway dismount
- Brush on mat with foot on glide kip
- Bent arms on two giant circles backwards
- Three consecutive extra swings

- A. 1.40
- B. 1.50
- C. 1.60
- D. 1.70

21. What is the CORRECT Value Part and Connection Value Bonus for the following elements?

- Backward Stalder to Handstand + Clear Hip Circle to Handstand + Straddle Tkatchev
 - A. C + D + D, +0.20 CV
 - B. C + C + D, +0.30 CV
 - C. C + C + D, +0.20 CV
 - D. B + C + D, No CV

22. Which is CORRECT evaluation of a Back Stalder Circle that finishes 45° from vertical?

- A. 0.00, Award Lower Value Part
- B. 0.05, Award Higher Value Part
- C. 0.10, Award Higher Value Part
- D. 0.20 Award Lower Value Part

23. Which of the following combinations will receive +0.10 Connection Value?

- A. Sole Circle Backward to Handstand + Pike Gienger salto
- B. Back Giant with 1/1 turn + Double Pike Flyaway Dismount
- C. Cast Handstand-Hop to reverse grip, Forward swing into Pike Jaeger Salto
- D. Cast Handstand with ½ turn + Long Swing (Bail) 1/2 Turn on HB with Flight over LB to Hang

24. What is the CORRECT deduction for a second D release element attempted which falls without contacting bar with hands?

- A. Do not award Value Part or Special Requirement. Deduct 0.50 from Start Value for restricted element, 0.50 for fall, and all appropriate execution/amplitude deductions.
- B. Do not award Value Part or Special Requirement. Deduction 0.50 for fall plus all appropriate execution/amplitude deductions.
- C. Award Value Part. Do not award Special Requirement. Deduct 0.50 for fall plus all appropriate execution/amplitude deductions.
- D. Award Value Part and Special Requirement. Deduct 0.50 from Start Value for restricted element plus all appropriate execution/amplitude deductions.

25. What is the CORRECT Compositional Deduction for this combination?

- Backward Giant Circle to Handstand + Back Layout Flyaway 1/1 Dismount
 - A. No Deduction
 - B. 0.05
 - C. 0.10
 - D. 0.20

26. Which statement is INCORRECT?

- A. Backward Giant Circle to Handstand with 1/2 turn and a Backward Giant Circle to HS with 1/2 turn-1/2 turn in different directions are considered 2 different elements.
- B. Backward Giant Circle on 2 arms and Backward Giant Circle on 1 arm are considered 2 different elements.
- C. Cast Handstand with 1/2 turn to regular grip and Cast Handstand with 1/2 turn to L-grip are considered 2 different elements.
- D. A Cast Squat on LB followed by a Sole Circle Backward are considered two elements.

Beam

27. What is the START VALUE of the following routine?

Scissor Leap to Cross Sit Mount, Flic flac + Back Layout Stepout, Switch leap + Split jump 1/4 turn, Front aerial walkover, 1/1 turn on 1 leg, Round-off + Back Layout with 1/1 twist dismount

- A. 10.0
- B. 9.90
- C. 9.50
- D. 9.40

28. Which answer is INCORRECT regarding a Switch-Leg Leap?

- A. Leg separation following the backward leg swing should be 180°.
- B. If front leg does not swing to minimum 45° on forward swing, award lower value part.
- C. Deduct up to 0.20 for Insufficient Split after leg change, if applicable.
- D. Stag position of the forward leg swing (90° bend with no extension of leg prior to backward leg swing) will receive an "A" value part credit (Stag Leap).

29. What is the compositional deduction for CHOICE OF ACRO ELEMENTS NOT UP TO LEVEL for a routine containing the following acro elements?

- Gainer flic Flac stepout + Back salto pike
- Side Aerial

- A. no deduction
- B. 0.05
- C. 0.10
- D. 0.20

30. Which execution fault is NOT an up to .20 deduction?

- A. Lack of Precision in Dance Value Parts
- B. Lack of Tempo/Poor Rhythm between Elements
- C. Insufficient sureness of performance throughout
- D. Insufficient Height on Acro Elements

31. What is the compositional deduction for CHOICE OF ACRO ELEMENTS NOT UP TO LEVEL for a routine containing the following acro elements:

- 1-arm flic flac (wobble) / back salto tuck
- Front aerial walkover

- A. no deduction
- B. 0.10
- C. 0.15
- D. 0.20

32. Gymnast initiates salto dismount, but falls and does not land on bottom of her feet first. Which statement is CORRECT?

- A. Deduct 0.50 for missing Special Requirement and 0.30 for no dismount from start value. Do not deduct 0.50 for fall.
- B. Deduct only 0.50 for missing Special Requirement from start value.
- C. Deduct 0.50 for missing Special Requirement from start value, but do not deduct 0.30 for no dismount. Deduct 0.50 for fall.
- D. Deduct 0.50 for missing Special Requirement and 0.30 for no dismount from start value. Deduct 0.50 for fall.

33. Which of the following deductions is INCORRECT?

- A. Failure to perform Acrobatic Elements in Two Different Directions - 0.10
- B. Performing 3 Pivot Turns in Routine - 0.20
- C. Performing a 4-second Concentration Pause - 0.20
- D. Insufficient use of entire beam directionally (forward/sideward/backward movements, choreography, and non-value parts) - up to 0.10

34. What is the compositional deduction for CHOICE OF DANCE ELEMENTS NOT UP TO LEVEL for a routine containing following dance elements?

- Switch Leap
 - Switch Side Leap
- A. No deduction
 - B. 0.05
 - C. 0.10
 - D. 0.20

35. What is the START VALUE for the following Level 9 Beam Routine?

Punch Front Mount, Flic Flac + Back salto tucked, Switch wolf leap + Tuck jump $\frac{1}{2}$ turn, Side Aerial, Full turn, Gainer tuck salto backward with $\frac{1}{1}$ twist off side of beam

- A. 8.5
- B. **8.8**
- C. 9.3
- D. 9.8

36. Which compositional deduction(s) best apply to the following routine?

Press Handstand mount, Flic Flac + Flic Flac, Side Aerial + Split Jump, Full Turn, Split Jump + Split $\frac{1}{4}$ turn, Round off + Back layout with $1\frac{1}{2}$ twists dismount.

- A. 0.20 for No Dance Series
- B. 0.10 for Overuse of Dance Elements with Same Shape
- C. 0.10 for choice of Beam Dance Elements not up to the competitive level
- D. All of the above would apply

37. What is the composition deduction for CHOICE OF DISMOUNT NOT UP TO LEVEL for the following dismount?

- From 2-foot takeoff, front layout salto with $\frac{1}{2}$ twist
- A. 0.05
B. 0.10
C. 0.15
D. 0.20

38. Which combination will receive +0.20 in connective value bonus?

- A. Switch Leap + Jump $\frac{1}{4}$ turn to side straddle jump
B. Pike Jump + Sheep Jump + Cross straddle jump with $\frac{1}{4}$ turn
C. Switch Leap + Gainer Back Layout Stepout
D. All receive +0.20 Connective Value Bonus

Floor

39. Which of the following statements is CORRECT?

- A. Only one manufactured mat is allowed on the floor exercise at any one time.
B. Chief Judge deducts 0.20 from average score for failure to mark boundary lines on auxiliary mats.
C. Two manufactured mats may be stacked on top of each other on the floor exercise
D. A sting mat may be placed on top of or under a Skill Cushion or Throw Mat.

40. Which instance will incur the LARGEST deduction?

- A. Complete exercise timed at 28 seconds
B. Music with words without technical committee approval
C. Exceeding timed warm up time
D. Falling out of bounds

41. Which of the following fulfills the Dance Passage Special Requirement?

- A. 2/1 turn on one foot + Switch Side Leap
- B. Switch Leg Leap + Side Leap
- C. Straddle Jump 1/1 turn + Split Jump 1/1 turn
- D. Cat Leap 1/1 turn + Chasse + Wolf hop 1/1 turn

42. What is the deduction for CHOICE OF ACRO ELEMENTS NOT UP TO LEVEL for the following?

- Round-off, Flic-Flac, Back Layout Salto with 2/1 twist
 - Front Layout, Front Layout 1/2 twist
 - Round-off, Flic-Flac, Back Layout Salto 1-½ twist
- A. No deduction
 - B. 0.05
 - C. 0.10
 - D. 0.20

43. What is the Value Part credit AWARDED for the following exercise?

- Round-off, Flic-Flac, Salto Backward Stretched 2-½ twist
 - Tour Jete with additional 1/2 turn
 - Front Layout
 - Cat Leap 1/1 + Wolf Jump 1/1
 - Round-off, Flic-Flac, Salto Backward Stretched 2-½ twist
- A. 0A 2B 0C 3D 0E
 - B. 2A 2B 2C 1D 0E
 - C. 2A 2B 3C 0D 0E
 - D. 4A 2B 4C 0D 0E

44. What is the TOTAL CONNECTIVE VALUE Bonus awarded for the following exercise?

- Switch Leap with 1/2 turn + Straddle Jump 1/1 turn
- Front Layout, Front Pike
- Round-off, Whip salto ½ twist, Front Tuck

- A. 0.10
- B. 0.20
- C. 0.30
- D. None

45. What is the TOTAL MAXIMUM Deduction for the following errors?

- Insufficient height of salto
- Feet wider than hip-width apart on landing (never join)
- Trunk movements to maintain balance on landing
- Insufficient height of jump
- Feet apart on landing of jump
- Relaxed/incorrect footwork in non-VPs throughout

- A. 1.00
- B. 1.10
- C. 1.20
- D. 1.30

46. What is the TOTAL MAXIMUM Composition deduction for the following? Please consider all specific composition deductions applicable for floor at level 9, including all up to level (choice of acro, dance, and last salto VP performed within exercise); overuse of dance elements; lack of min B turn; and failure to perform saltos/aerials in 2 different directions (bwd & fwd/side).

- Round-off, Arabian tuck salto, front pike
- Switch leap 1/1 turn + Tuck jump 1-½ turn
- Full turn
- Split Leap + Hitch kick
- FHS, Front tuck, front tuck

- A. 0.30
- B. 0.40
- C. 0.50
- D. 0.60

47. How many Special Requirements are FULFILLED in an exercise containing the following?

- Front Handspring, Flyspring, Front Salto Layout 1-½ twist, back layout stepout
- Round-off, Straddle Jump, Front Salto Pike
- Round-off, Flic-Flac, Back Salto layout 1/1 twist

A. None

B. 1

C. 2

D. 3

48. Which Combination is awarded +0.20 Connection Value Bonus?

A. 1/1 turn with leg above horizontal + Wolf Hop 1/1 Turn

B. Switch Ring Leap + Switch Leap ½ to Ring

C. Salto Back Stretched 2/1 twist, Front Salto Pike

D. Front Handspring, Front Layout, Front Layout

49. What is the CORRECT evaluation for a Back Layout 2/1 twist missing 70° of the turn?

A. Award "C" value part, deduct 0.05 - 0.10

B. Award "B" value part, deduct 0.15 - 0.20

C. Award "B" value Part, no deduction for incomplete twist

D. Award "C" value part, deduct 0.15 - 0.20

50. Which of the following is an INCORRECT Statement?

A. A rond de jambe technique is not allowed for switch side leaps.

B. Placement of the front foot upon landing a salto with twist determines the angle of turn completed.

C. The heel drop determines the angle of turn completion for turns on 1 foot.

D. To receive higher value part credit for leaps/jumps/hops with ½ turn, the turn must be completed a minimum of 1° past halfway mark.

ANSWER KEY

Level 9 Written Practice Test

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