

Second Mock Test 2018-2022 Level 10

Prepared by Robin Ruegg. Updated 6/6/2018 questions #21, #24, #27, #38, #41
(7 general, 7 vault, 12 bars, 12 beam, 12 floor)

robinruegg@gmail.com for any errors you find. Study well!

General

1. Which is INCORRECT?

- a) Difficulty requirements for Level 10 are 3 A's, 3 B's and 2 C's (Bars, BB, FX)
- b) Missing a Special Requirement is a 0.5 deduction from the Start Value
- c) If gymnast has 0.5 in bonus and an "E" element (acro on beam or floor), she may earn a 0.1 bonus that is not included in the Start Value
- d) Spotting assistance upon landing dismount (UB/BB) or acro on floor—each judge deducts 0.5 for the spot. If fall occurs after the spot upon landing, each judge deducts additional 0.5 for fall.
- e) All of the above are correct

2. Which is CORRECT?

- a) For seating arrangement of judges, place in numerical order around the apparatus, clockwise from the Chief Judge's table
- b) Judges may leave their seat during competition without permission if they need to use the restroom
- c) All judges must flash their own Start Value, or write it on the competitor's score card
- d) Panel judges must record the Value Parts, Bonus, Special Requirements and Start Value as well as recording deductions for execution/attitude, artistry and compositional errors
- e) All of the above are correct
- f) a), c) and d) are correct
- g) a) and c) are correct

3. Which is INCORRECT for a Chief Judge deduction?

- a) Coach or teammates yelling "pull" to their own gymnast 0.2 after a warning
- b) Incorrect attire for wearing hoop earrings, after a warning, 0.2
- c) Gymnast fails to begin exercise within 30 seconds 0.3
- d) Fail to mark the boundary line on additional mats for floor exercise 0.1
- e) Starting the exercise before the signal is given 0.5
- f) All of the above are correct
- g) a) and c) are incorrect
- h) b) and e) are incorrect

4. Which is CORRECT regarding a conference of the judges?

- a) The chief judge calls a conference if there is an impossible Start Value
- b) The chief judge also calls a conference if the scores are out of range
- c) If the judges cannot compromise, the chief judge may mandate that the scores be brought into the allowable range
- d) The meet referee may be included in the discussion
- e) It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range
- f) All of the above are correct
- g) a), b) and e) are correct
- h) c) and d) are correct

5. What is the final score if the gymnast steps out of bounds on floor, and the four judges' scores are:

7.9 8.35 8.15 7.8

- a) 7.75
- b) 7.85
- c) 7.925
- d) 8.025
- e) 8.15
- f) 8.25

6. Gymnast performs 2 A's, 2 B's, 1 C and 1 D. She has 0.2 in Connection bonus and fulfills all Special Requirements. What is her Start Value?

- a) 9.3
- b) 9.4
- c) 9.5
- d) 9.6
- e) 9.7
- f) 9.8
- g) 9.9

7. If gymnast completely tears her handgrips, which is CORRECT?

- a) She can choose to stop immediately and request permission from the Chief Judge to continue
- b) The Chief Judge has the sole responsibility of determining whether gymnast may repeat exercise
- c) The gymnast may only repeat the entire routine
- d) A score is not given for the first, partial routine
- e) If gymnast completes routine, the Chief Judge and coach decide whether she will repeat or accept the score given
- f) All of the above are correct
- g) a) and d) are correct
- h) b), c) and e) are correct

Vault

8. What is the maximum deduction for the following errors on a Yurchenko full vault?

- Under rotation
- Legs crossed on second flight
- Feet flexed on the 1st and 2nd flight

- a) 0.2
- b) 0.3
- c) 0.4
- d) 0.5
- e) 0.6
- f) 0.8

9. Which is the LARGEST deduction?

- a) Early tuck on a Tuskahara tucked vault
- b) Legs separated on 1st flight of a handspring front pike vault
- c) Shoulder angle on support phase for a Yurchenko layout full vault
- d) Insufficient extension on the second flight phase for a Yurchenko piked vault
- e) Incorrect body posture on landing

10. On a Level 6/7 handspring, what is the deduction for failure to arrive on the vault table before reaching approximately 45° from vertical?

- a) No deduction
- b) ^0.1
- c) ^0.2
- d) ^0.3
- e) ^0.5

11. For a Level 6/7 vault, what is the maximum deduction for the following errors?

- Fail to maintain neutral head position in the support and second flight phases
- Brush body on table during second flight phase
- Large step away from the table

- a) 0.3
- b) 0.4
- c) 0.5
- d) 0.6
- e) 0.7
- f) 0.8

12. For Level 6/7 Yurchenko timer vault, what is deduction for doing a backward roll after the feet land and before gymnast salutes the judge?

- a) No deduction
- b) 0.3
- c) 0.5
- d) 1.0

13. How many Up to 0.3 deductions are listed?

- Legs bent on 1st flight
- Incomplete LA turn on 1st flight
- LA turn begun too late on 2nd flight
- Length
- Dynamics

- a) 0
- b) 1
- c) 2
- d) 3
- e) 4
- f) 5

14. Gymnast does a Yurchenko 1 ½ twist vault. Her twist is incomplete so she takes 5 running steps to control her landing. What is the total maximum deduction for these errors?

- a) 0.5
- b) 0.6
- c) 0.7
- d) 0.8
- e) 0.9
- f) 1.0

Bars

15. Gymnast does a clear straddle circle forward on LB to clear straddle “L” support, and later in her routine does a cast handstand ½ turn. What is the deduction for choice of elements?

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

16. What is the start value for this routine? (Suggestion—write it out)

Glide kip, squat on, long hang kip, Cast handstand, Deltchev straddled (giant, ½ turn, front salto straddled), Kip to HB, cast handstand, Stalder to HS, Bail to HS on LB, Toe shoot to HB (Chinese sit-up), long hang kip, cast HS, Giant, Giant, double back tucked

- a) 9.5
- b) 9.6
- c) 9.7
- d) 9.8
- e) 9.9
- f) 10.0

17. What is the deduction for Choice of bar dismount not up to competitive level for routine in #16?

- a) 0
- b) 0.05
- c) 0.1
- d) 0.15
- e) 0.2

18. Which is CORRECT regarding Special Requirements on Bars?

- a) Gymnast must do a C salto or hecht dismount
- b) A C element with LA turn is required. A full-in dismount fulfills this requirement
- c) Gymnast must have 2 flight elements. A Tkatchev + Tkatchev fulfills this requirement
- d) None of these is correct

19. Gymnast’s release elements are a Gienger and a Toe shoot from LB to HB (Chinese sit-up). What is the deduction for choice of release elements not up to the level?

- a) 0
- b) 0.05
- c) 0.1
- d) 0.15
- e) 0.2

20. How many “D” elements are listed?

- Dismount on HB—stalder backward through HS to salto backward tucked
- Inner front support on LB, pike sole circle backward through handstand with flight to hang on HB (Maloney)
- Stalder backward on HB through HS with counter-straddle to hand on HB (Ricna-Straddle)
- HS on HB—giant circle swing forward in regular grip to HS (slip-grip front giant—Galloway)
- HS on HB—giant circle backward to HS with hop 1/1 turn to regular grip in HS (Chusovitina)

- a) 0
- b) 1
- c) 2
- d) 3
- e) 4
- f) 5

21. What is the maximum deduction for the following errors?

- Does 3 extra swings consecutively after completing a giant (tap swing, tap swing, tap swing...)
- Feet are flexed on a Tkatchev
- Gymnast lands her double back tucked flyaway dismount too close to HB

- a) 0.75
- b) 0.8
- c) 0.85
- d) 0.9
- e) 0.95
- f) 1.0
- g) 1.05
- h) 1.1
- i) 1.15
- j) 1.2

22. Which is CORRECT regarding fall timing on bars?

- a) If gymnast does not re-mount within 30 seconds, the routine is terminated
- b) Fall time begins when gymnast contacts floor
- c) Timer gives notification “20 seconds remaining” and “10 seconds remaining” in the fall time
- d) “Time” is called at 30 seconds
- e) All of the above are correct
- f) a) and d) are correct
- g) b) and c) are correct

23. What is the maximum deduction for the following specific uneven bars deductions?

- Third run approach
- Swing backward under horizontal after catching a Shaposhnikova on HB
- Cast is at horizontal

- a) 0.6
- b) 0.7
- c) 0.8
- d) 0.9
- e) 1.0
- f) 1.1
- g) 1.2

24. Regarding clear hip circles, which is correct?
- Award a "B" and deduct 0.35-0.4 if finish angle is below horizontal
 - Award "B" value and deduct 0.3 if finish angle is at horizontal
 - Award "B" value if finish angle is more than 21° from vertical
 - Award "C" value if finish angle is between 11° and 20° from vertical. Deduct 0.05
 - Award "C" and no deduction if finish angle is $0^\circ - 10^\circ$ from vertical
 - All of the above are correct
 - a) and e) are correct
 - b), c) and d) are correct
25. What is the total bonus awarded for routine w/ full difficulty and special requirements that includes:
- Back staldler with 1/1 turn + Back giant full turn
 - Layout double salto flyaway dismount
- 0.3
 - 0.4
 - 0.5
 - 0.6
 - 0.5, +0.1 extra bonus
26. How much bonus is there in the following connections?
- Clear hip handstand + clear hip handstand
 - Cast HS $\frac{1}{2}$ turn + Giant backward $\frac{1}{2}$ turn + Jaeger
- 1 D, +0.3 CV
 - 1 D, +0.2 CV
 - 2 D's, +0.3 CV
 - 2 D's, +0.2 CV
 - None of the above

Beam

27. What is the Start Value of this routine?
- Jump up on beam mount
 - Switch leg leap, stop, back salto tucked
 - Back handspring, back layout
 - Full turn
 - Aerial cartwheel
 - Split jump, Scissone
 - Round off, double full dismount
- 9.6
 - 9.7
 - 9.8
 - 9.9
 - 10.0
28. For the routine in #27, what is the deduction for Choice of Acro Up to the Level?
- 0
 - 0.05
 - 0.1
 - 0.15
 - 0.2

29. What is the maximum deduction for the following errors?

- 4 second concentration pause before the dismount
- Quality of movement reflects personal style—artistry
- Dynamics throughout the routine

- a) 0.3
- b) 0.4
- c) 0.5
- d) 0.6
- e) 0.7

30. Which is the LARGEST deduction?

- a) Legs apart on a Double back dismount
- b) Insufficient height on a split leap
- c) Sureness of performance throughout routine
- d) Additional trunk movements to maintain balance on landing a front full dismount
- e) Legs bent on a layout step-out salto

31. How many “B” elements are listed?

- Full turn with leg held 45° below horizontal throughout the routine
- Split leap
- Tuck jump $\frac{3}{4}$ turn
- Dive forward roll
- Toe rise

- a) 0
- b) 1
- c) 2
- d) 3
- e) 4
- f) 5

32. Gymnast has the following dance elements in her routine. What is the deduction for Choice of Dance not up to the level?

- Switch leg leap, tuck jump
- Full turn
- Stretch jump

- a) 0
- b) 0.05
- c) 0.1
- d) 0.15
- e) 0.2

33. What is the maximum deduction for the following errors?
- The only backward element is on the round-off, back salto 2/1 twist dismount
 - Attempting a switch leg leap, stop, straddle jump and has no other dance series
 - Lack of level changes—she never goes low to the beam
- a) 0.2
 - b) 0.25
 - c) 0.3
 - d) 0.35
 - e) 0.4
 - f) 0.45
 - g) 0.5
 - h) 0.6
34. Gymnast dismounts with a stand-alone Gainer layout full off side of the beam. What is the deduction for Dismount not up to the competitive level?
- a) 0
 - b) 0.05
 - c) 0.1
 - d) 0.15
 - e) 0.2
35. How many “Up to 0.1” deductions are listed?
- Fail to show movement/choreography in different directions (fwd/swd/bwd)
 - Fail to perform acro elements in two different directions (bwd & fwd/sdw)
 - Fail to perform Group 3 turns in high relevé’
 - Feet apart on side landing leaps/jumps
 - Incorrect body posture/alignment on dance value parts
- a) 0
 - b) 1
 - c) 2
 - d) 3
 - e) 4
 - f) 5
36. Which is the SMALLEST specific composition deduction for beam?
- a) Insufficient level changes throughout exercise
 - b) Insufficient spatial use of entire length of beam
 - c) The only forward element is the layout front full dismount
 - d) Lack of a dance series with minimum of 2 dance elements
 - e) Performing three (3) 180° turns on two feet (pivots) with straight legs
37. Which is correct regarding timing of the balance beam exercise?
- a) Timing begins when the feet leave the mat or mounting apparatus
 - b) Routine time stops when feet leave the beam on the dismount
 - c) Maximum time is 1 minute 20 seconds
 - d) Warning is ag 1 minute, 10 seconds
 - e) Judges stop evaluating the exercise when the time signal sounds

38. What is the total bonus awarded for a routine containing:
--Back handspring step-out, 1-arm back handspring, Layout step-out
--Back handspring step-out, layout step-out, back salto 1/1 twist dismount
- a) 0
 - b) 0.1
 - c) 0.2
 - d) 0.3
 - e) 0.4
 - f) 0.5

Floor

39. What is the Start Value for this routine:
--Front handspring, front layout with double twist, front tuck
--Round-off, flic-flac, Double twisting back salto
--Switch leap, straddle jump
--1 ½ turn on 1 leg
--Front handspring, layout front full salto
- a) 9.5
 - b) 9.6
 - c) 9.7
 - d) 9.8
 - e) 9.9
 - f) 10.0
40. For the routine in number 39, what is the deduction for up to the level dance?
- a) 0
 - b) 0.05
 - c) 0.1
 - d) 0.15
 - e) 0.2
41. Which is the LARGEST specific floor composition deduction?
- a) Lack of "B" turn on 1 foot
 - b) Doing a Straddle jump+Popa and a Round-off straddle jump
 - c) Insufficient use of floor area-spatially floor pattern
 - d) Performing Back double twist, whip back to double back and ending with a 1 ½ back twist
42. How many "D" elements are listed?
--Salto forward tucked with 1 ½ twist
--From backward take-off – stretch jump with 1 ½ twist to hecht roll
--2/1 turn in tuck stand on one leg—free leg optional
--Stretched jump with 2 ½ turn
--Tour jete' to ring leap with ½ turn
- a) 1
 - b) 2
 - c) 3
 - d) 4
 - e) 5

43. Which is correct regarding the Additional 0.1 bonus?
- The additional 0.1 bonus is NOT included in the Start Value
 - There must be an "E" acro element in the routine
 - The total bonus must be 0.6 or more
 - There must be both DV and CV bonus (minimum of 0.1 of each)
 - The Start Value of the routine must be 10.0
 - All of the above are correct
 - b), c) and d) are correct
 - a) and e) are correct
44. Which Chief Judge deduction is INCORRECT?
- Music with voice 1.0
 - Coach on the floor exercise mat 0.5
 - Exercise shorter than 30 seconds 2.0
 - Routine is 1 minute 32 seconds, deduct 0.1
 - After warning, gymnasts obstructing view of judges 0.1
 - All of above are correct
 - a) and c) are correct
 - b), d) and e) are correct
45. Gymnast performs the following tumbling passes. Which is correct?
- Front tuck, round-off, flic-flac, back full
 - Front layout, front layout
 - Round-off, flic-flac, back layout with $\frac{1}{2}$, punch front pike salto
- Deduct 0.5 from Start Value for not ending with "C" salto
 - Deduct 0.8 from Start Value for not ending with "C" salto and for no "C" salto in routine
 - Deduct 0.5 from Start Value for not ending with "C" salto and take up to 0.3 for choice of acro saltos not up to the competitive level
 - Deduct 0.5 from Start Value for not ending with a "C" salto. Also deduct 0.3 from composition for no "C" salto in the routine
 - None of the above is correct
46. Gymnast performs 2 acro passes in her routine as follows. What is the deduction for acro saltos not up to the competitive level?
- Round off, flic-flac, double back tucked
 - Front salto tucked, round-off, flic-flac, Double full
- 0
 - 0.05
 - 0.1
 - 0.15
 - 0.2
47. Which of the following is incorrect regarding bonus?
- Front salto tucked, Round-off, whip salto $\frac{1}{2}$ turn, fly spring, front salto stretched with 1/1 twist receives a total of 0.2 in Connection Value (CV) Bonus
 - Aerial front walkover, Round-off, flic-flac, double back piked receives 0.1 CV and 0.1 for D
 - Round-off, flic-flac, back salto stretched with 2/1 twist punch front pike receives 0.2 CV
 - Wolf jump 1/1 turn land on 1 leg + Double turn receives 0.1 in CV

- e) Double turn + Wolf hop 1/1 (off 1 leg) receives 0.1 in CV
- f) Front handspring, front salto stretched, front salto piked, front salto stretch 1/1 receives total of 0.3 in CV
- g) Front salto tucked step-out, round-off, flic-flac, double salto backward piked, punch front salto tucked receives 0.3 in CV and 0.1 for a D
- h) All of the above are correct
- i) a) and d) are correct
- j) f) and g) are correct

48. What is the total maximum deduction for:

- 2 second concentration pause prior to doing a double back
- Poor relationship of music and movement throughout the exercise
- Missing synchronization of movement with musical beat each time

- a) 0.2
- b) 0.25
- c) 0.3
- d) 0.35
- e) 0.4
- f) 0.45
- g) 0.5

49. What is the Start Value and additional bonus for this routine?

- Round-off, flic-flac, double back tucked
- Switch leg leap, step, step, Tour jete' ½ turn to 2 feet
- Front salto layout, punch front salto tucked
- Wolf jump 1 ½ turn
- Front handspring, front salto layout with 2/1 twists
- Round-off, flic-flac, triple twist backwards

- a) 10.0, no additional bonus
- b) 10.0, 0.1 in additional bonus
- c) 9.9, no additional bonus
- d) 9.9, 0.1 in additional bonus
- e) 9.8, no additional bonus
- f) 9.8, 0.1 in additional bonus

50. Gymnast performs 2 tumbling passes, both with "C" saltos. She also does an A salto (front salto tucked) landing on 1 foot and lowering to her knee. She then runs across the diagonal and does not attempt to perform a salto element at the end of her routine. There is no 2-salto series in her routine. What is the deduction?

- a) 0.5 from the Start Value (SV) for no 2-salto series
- b) 1.0 from the Start Value for no 2-salto series, and for no C in last pass
- c) Deduct from the Start Value: 0.5 for no 2-salto series, 0.5 for no C in last pass, 0.3 for no dismount
- d) Deduct 1.0 from the SV for no 2-salto series and no last C; Deduct 0.3 in composition for no dismount

Bonus Question

Beam

51) What is the value of a gainer layout step-out on the beam?

- a) A
- b) B
- c) C
- d) D
- e) E

Answer Sheet

General

1. c. Gymnast must have 0.6 in bonus (at least 0.1 each in DV and CV)
2. g. Read carefully! Judges don't evaluate ATTITUDE, but AMPLITUDE. Ha-ha tricked you!
3. c. Fail to begin within 30 seconds is a 0.2 deduction
4. f. All of the statements are correct
5. c. 7.925. Throw out high and low, average 7.9 and 8.15, then Chief Judge takes 0.1 deductions
6. b. 9.4 Is short an A (0.1) and B (0.3) so, $9.5 - 0.4 + 0.1 (D) + 0.2 (CV) = 9.4$
7. g. a) and d) are correct. Chief Judge consults with meet ref. Gymnast may repeat whole routine –OR– continue from the point of interruption. Coach and gymnast determine whether she repeats.

Vault

8. c. 0.4 ^0.1 for under rotation, ^0.1 legs crossed, ^0.1 for feet flexed in each phase (so ^0.2)
9. a. Early tuck on salto vaults is up to 0.3. Insufficient extension ^0.25, rest ^0.2
10. d. ^0.3
11. b. 0.4 ^0.1 each phase for neutral head, ^0.2 for brushing table. No deduction for large step AWAY from table. (tee-hee—tried to fool you!)
12. a. No deduction. Backward movement is allowed, even a fall/backward roll!
13. e. 4 All are Up to 0.3 deduction except LA turn late on 2nd flight is Up to 0.5 deduction
14. c. 0.7 ^0.3 for incomplete twist, 0.4 maximum deduction for steps

Bars

15. c. 0.1. Did a pirouette, so 1/3 elements. While the straddle circle forward is a Group 6 element, it is an "A" and does not count for the choice of elements composition (elements must be "B" or higher)
16. e. 9.9 Has 2 D release moves, and C+D+C for 0.2 CV
17. c. 0.1 Take all because she has C element (or less—B in this case) connected to C dismount
18. d. None are correct. Dismount must be a salto (no hecht), mount and dismount don't count for turn requirement, and the two flight elements must be different.
19. c. 0.1 for isolated D and C releases (logically, they are not possibly connected—Gienger is on HB and can't directly connect to a toe shoot on LB or vice versa)
20. d. 3 The Ricna and Chusovitina are "E's." The rest are "D's."
21. a. 0.75. Max of 0.6 for extra swings, 0.05 for flexed feet, 0.1 for landing too close to bar on dismount
22. g. b) and c) are correct. Fall time is 45 seconds for bars and that's why a) and d) are incorrect
23. d) 0.9 0.5 for 3rd run approach, ^0.1 for backward swing <horizontal, ^0.3 for cast
24. f) All are correct
25. e) 0.5 is awarded (there is 0.6 with D+D +0.2 CV and E dismount), and gymnast gets 0.1 extra bonus
26. b) 1 D, +0.2 CV. The clear hips are the SAME 3/6/7 elements so no bonus

Beam

27. b. 9.7 Has Special Requirements and difficulty. +0.1 D for aerial cartwheel +0.1 CV for acro series
28. a. 0 Has C acro series, plus a D aerial and a C salto
29. c. 0.5 0.2 for > 2 second pause, ^0.1 quality of moment reflects personal style, ^0.2 dynamics
30. e. Up to 0.3 for bent knees. Rest of the deductions listed are up to 0.2
31. e. 4 All are B's except the tuck jump $\frac{3}{4}$ turn which is a "C"
32. e. 0.2 She has just one C dance
33. d. 0.35. Only bwk in dismount 0.05, no dance series 0.2, Insufficient level changes ^0.1
34. c. 0.1 for an isolated "C" or less difficult dismount
35. e. 4 All are up to 0.1 deductions, BUT fail to perform acro in 2 different directions is flat 0.1
36. c. 0.05 for dismount with only fwd/swd or bwd element.

37. a. Timing starts when feet leave mat or mounting apparatus. Time is 1:30, warning is 1:20, and judge evaluates all elements to end of exercise
38. d. 0.3 + 0.2 for the C+C (no bonus for the BHS-1 arm BHS as the C must be salto for B+C connection). +0.1 for the BHS LO. Total 0.3. No D/E's listed

Floor

39. e. 9.9. Fulfills at Special Requirements and difficulty. + 0.2 for E and +0.2 CV for E+A acro series
40. e. 0.2 Has no dance C's, but 3 B's in dance
41. a. No B turn is 0.2. More than 2 straddles 0.1, ^0.1 for floor pattern, 0.1 no front/side tumbling
42. c. 3 the 1 ½ twist to hecht roll is a C as is the stretched jump 2 ½. The rest are "D's."
43. f. All of the above are correct
44. e. Deduction is 0.2 for unsportsmanlike conduct
45. d. Deduct 0.5 from Start Value and 0.3 from composition for no C salto
46. e. 0.2 for 1 pass with a D and the other pass with 2 saltos and no bonus
47. a. indirect A+B+C receive 0.1 in Connection Value Bonus
48. d. 0.35 Concentration pause 0.1, relationship music & movement ^0.2, missing synchronization of movement with musical beat .05 each time
49. c. 9.9, no additional bonus. While she has 0.6 in D/E bonus, there is no CV, and thus she has only a 9.9 SV and there is no additional bonus.
50. c. Deduct total of 1.3 from SV—0.5 for no 2-salto series, 0.5 for no C in last pass and 0.3 for no dismount. The front salto to her knee also counts as a salto, so she has 3 different saltos in her exercise.

Bonus Question—Beam

51. d. D (This was a skill I forgot value of, so thought you might have too)