

1. Which of the following statements is CORRECT?
- a. There is no deduction for the coach on the FX mat.
  - b. All judges take the 1.00 deduction for the Floor Exercise routine performed without music.
  - c. There is no deduction for the coach standing next to the beam throughout the exercise.
  - d. When the gymnast falls from the beam, she has 45 seconds to remount and resume her exercise
  - e. All the above are correct.

2. Which of the following deductions is CORRECT?
- a. Movement lacking dynamics (whole exercise) up to 0.30
  - b. Balance errors up to 0.20
  - c. Insufficient split up to 0.20
  - d. Using supplementary support to regain position 0.20
  - e. Insufficient amplitude on connections up to 0.20

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

- Bent arms
- Degree of turn not exact (over-turned)
- Lack of overall rhythm during exercise

- a. .60
- b. .70
- c. .80
- d. .90
- e. 1.10

4. Which of the following statements is CORRECT?
- The timing of the beam routine starts when the gymnast's feet leave the board or mat.
  - The timing of the beam routine stops when the gymnast leaves the beam and arrives on the mat.
  - If the second fall occurs before the official time begins, there is another 0.50 deduction.
  - If the fall time is exceeded the exercise is terminated.
  - All of the above are correct.
5. Which of the following receives the SMALLEST MAXIMUM deduction?
- Slight hop or small adjustment of feet.
  - Lack of coordination on connections,
  - Incorrect foot form (flexed, sickled) on major elements,
  - Failure to contract or extend when indicated.
  - Extra arm swings upon landing.
6. Which of the following deductions is CORRECT?
- |   |                                 |
|---|---------------------------------|
| a. Incomplete major element                     | Half the value of the element   |
| b. Repetition of a missed element               | No penalty                      |
| c. Changing, reversing or omitting a small part | 0.20                            |
| d. Reversing a major element                    | Double the value of the element |
| e. Substituting or omitting a major element     | Up to the value of the element  |
7. What is the TOTAL MAXIMUM deduction for the following errors?
- Uneven leg separation in leaps/jumps
  - Insufficient height (hip rise) on salto elements
  - Additional trunk movements to maintain balance
- .45
  - .50
  - .60
  - .70
  - .90

8. The allowable range of scores for an average score of 9.325 is:
- a. 0.10
  - b. 0.20
  - c. 0.30
  - d. 0.50
  - e. 0.70
9. Which of the following errors receives the GREATEST MAXIMUM penalty?
- a. Brush, touch or hit on apparatus or mat with foot (feet).
  - b. Insufficient quickness off hands in flight elements with hand support.
  - c. Deep squat upon landing.
  - d. Stop between elements in an acro (tumbling) series on FX.
  - e. Lack of overall rhythm during exercise.
10. What deduction is taken by each judge?
- a. Failure to land on the feet first
  - b. Floor Exercise routine performed without music
  - c. Springboard on unauthorized surface
  - d. Coach/teammates giving assistance with signals or cheers
  - e. Incorrect attire

## VAULT

11. What is the CORRECT deduction for alternate repulsion in the support phase?
- a. Up to .10
  - b. Up to .20
  - c. Up to .30
  - d. Up to .50
  - e. Up to 1.00

12. What is the TOTAL MAXIMUM deduction for the following errors?
- Additional hand placements (taking steps/hops on hands) in support phase
  - Too long in support
  - Insufficient distance
- a. Up to .50
  - b. Up to .60
  - c. Up to .90
  - d. Up to 1.10
  - e. Up to 1.50
13. Which of the following receives the LARGEST deduction?
- a. Incorrect head alignment in 1<sup>st</sup> flight
  - b. Legs separated in 2<sup>nd</sup> flight
  - c. Piked body in 2<sup>nd</sup> flight
  - d. Arched body in support phase
  - e. Legs bent in 1<sup>st</sup> flight
14. Which of the following deductions is INCORRECT?
- a. Bent legs up to 0.30
  - b. Bent arms up to 0.20
  - c. Deviation from a straight direction up to 0.30
  - d. Angle of repulsion up to 1.00
  - e. Insufficient height up to 0.50
15. Which of the following receives the GREATEST deduction?
- a. Deep squat upon landing
  - b. Taking four (4) full steps after landing
  - c. Touch of both hands on the floor upon landing
  - d. Failure to land on the feet first on the mat
  - e. Finishing in a sitting, lying or standing position on the vault table
16. What is the CORRECT deduction for angle of repulsion?
- a. Up to .20
  - b. Up to .30
  - c. Up to .40
  - d. Up to .50
  - e. Up to 1.00
17. Which of the following receives an up to .30 deduction?
- a. Additional trunk movements to maintain balance
  - b. Touch of body against far end of vault table
  - c. Body pike in the first flight
  - d. Arms bent
  - e. Extra arm swings

18. What is the CORRECT deduction for completely bent arms causing head to contact vault table?
- VOID
  - 2.00
  - 1.00
  - 0.50
  - 0.30
19. Which of the following would result in a VOID vault at level 6?
- Touch of only one hand on vault table
  - Failure to land on the feet first on the mat
  - Performing vault without signal from 'Chief Judge
  - Aid of coach on first flight
  - All of the above
20. What is the TOTAL MAXIMUM deduction for the following faults?
- Too long in support
  - Incorrect shoulder alignment in support phase
  - Deep squat on landing
- 1.50
  - 1.10
  - 1.00
  - .90
  - .80

## Bars Level 5

21. What is the MAXIMUM deduction for insufficient amplitude of cast to horizontal?
- Up to .30
  - Up to .35
  - Up to .40
  - Up to .50
  - Up to .60
22. Which of the following is NOT a 0.80 element?
- Straddle glide kip
  - Cast to horizontal
  - Front hip circle
  - Underswing, counterswing
  - Jump to long hang kip

23. Which of the following is the CORRECT sequence of elements for level 5 bars?
- Underswing – counterswing – tap swing forward with 1/2 (180°) turn dismount
  - Glide kip mount - cast to horizontal and return to front support - cast, squat on
  - Cast, squat on – jump to long hang kip – front hip circle – underswing
  - Back hip circle – underswing – counterswing – tap swing forward
  - Glide kip mount – back hip circle – cast squat on – jump to long hang kip
24. Which of the following deductions is CORRECT for the cast, squat/pike on?
- |   |            |
|---|------------|
| a. Alternate foot placement   | up to 0.20 |
| b. Insufficient backward swing of legs into cast (hip lift only)    | up to 0.10 |
| c. Extra swing  | up to 0.30 |
| d. Performs a sole circle after the squat or pike on (adds element) | 0.20       |
| e. Performs a straddle on instead of squat or pike on               | 0.20       |
25. What is the TOTAL MAXIMUM deduction for the following errors?
- Failure to show straight-hollow body position into circle of Front Hip Circle
  - Insufficient amplitude on tap swing forward (feet not at HB height)
  - Hips below 15° on second counterswing
- 0.50
  - 0.60
  - 0.70
  - 0.80
  - 0.90

## Level 5 Beam

26. Which of the following is the CORRECT sequence of elements for level 5 beam?
- Cross handstand – two pivot turns – cartwheel
  - 1/2 turn in forward coupe – cartwheel – stretch jump, split jump (90°)
  - Leg swing mount – straight leg leap – weight transfer
  - Weight transfer – cross handstand – 1/2 (180°) turn in forward coupe
  - Stretch jump – split jump (90°) – Cartwheel to side handstand, 1/4 (90°) turn dismount
27. Which of the following elements is worth 0.40?
- Leg swing with 1/2 (180°) turn
  - Stretch jump
  - Straight leg leap
  - Cartwheel
  - Weight transfer

28. What is the TOTAL MAXIMUM deduction for the following errors in the straight leg leap?
- Bending lead (front) leg on take-off
  - Insufficient leg separation (less than 90\*)
  - Failure to pause in low arabesque position on landing
- a. 0.25  
b. 0.30  
c. 0.35  
d. 0.40  
e. 0.50
29. Which of the following deductions is CORRECT for the Cross Handstand?
- |   |            |
|---|------------|
| a. Incorrect (staggered) hand placement | up to 0.10 |
| b. Failure to attain vertical           | up to 0.20 |
| c. Failure to close (join) legs         | 0.20       |
| d. Extra kick up to handstand           | 0.30       |
| e. Failure to hold 1 second             | 0.10       |
30. What is the TOTAL MAXIMUM deduction if the coach pushes the gymnast over to assist the gymnast in completing the element?
- a. 0.80  
b. 1.00  
c. 1.10  
d. 1.20  
e. 1.50

## Level 5 Floor

31. What is the TOTAL MAXIMUM deduction for the following errors?
- Failure to maintain arms next to ears & focus on hands in Front Handspring to 2 feet, rebound
  - Insufficient repulsion in Front Handspring
  - Failure to show continuous leg lift into Back Walkover
- a. .40  
b. .50  
c. .60  
d. .90  
e. 1.20

32. What is the TOTAL MAXIMUM deduction for the following errors in the backward roll to handstand with straight arms?
- Incorrect hand placement
  - Failure to pass through vertical
  - Hands placed on floor during squat phase prior to rolling backward
  - Bent arms
- a. .70
  - b. .80
  - c. 1.00
  - d. 1.20
  - e. 1.40
33. Which of the following would receive the SMALLEST penalty?
- a. Failure to land with feet simultaneously on front handspring
  - b. Failure to show continuous leg lift into walkover
  - c. Failure to maintain arms next to ears and focus on hands throughout front handspring
  - d. Failure to pause in “controlled stick” after rebound
  - e. Staggered hand placement on back walkover
34. Which of the following is NOT a .60 element in the level 5 floor routine?
- a. Backward roll to handstand
  - b. Round Off
  - c. Back walkover (150°)
  - d. Flic-flac
  - e. Straight leg leap (120°)
35. Which of the following is the CORRECT sequence for the level 5 floor routine?
- a. Straight leg leap – leg swing with hop  $\frac{1}{4}$  turn – weight transfer
  - b. Straddle jump (120°) – dive forward roll – straight leg leap (120°)
  - c. 1/1 (360°) turn in forward coupe – back walkover – Round off, flic-flac, flic-flac
  - d. Dive forward roll – front handspring to two feet – forward split sit
  - e. Forward split sit – weight transfer – backward roll to handstand

## Level 6 Bars

36. What is the TOTAL MAXIMUM deduction for the Cast to 30° above horizontal?
- Insufficient amplitude of cast
  - Incorrect body alignment (straight line from shoulders to feet with chest hollow)
  - Bent arms
- a. .60
  - b. .80
  - c. .90
  - d. 1.00
  - e. 1.10

37. Which of the following faults would receive the LARGEST deduction during the clear hip circle?
- Incorrect body alignment
  - Lack of control into glide
  - Excessive pike on downswing
  - Hips touching bar as upswing finishes
  - Upswing finishing 15° below horizontal
38. What is the TOTAL MAXIMUM deduction for the following errors in the straddle or pike glide kip mount?
- Failure to lead with the feet in the forward glide swing
  - Failure to take off both feet simultaneously
  - Insufficient extension at end of glide
- .25
  - .40
  - .45
  - .50
  - .60
39. What is the TOTAL MAXIMUM deduction for the following errors in the 2<sup>nd</sup> Counterswing?
- Hips not level with the HB (at horizontal)
  - Bent legs
  - Failure to show a straight line from hands to hips with chest in hollow position
  - Bent arms
- .70
  - .80
  - .90
  - 1.00
  - 1.20
40. Which of the following is the CORRECT sequence of elements for the level 6 bar routine?
- Glide kip mount – cast to 30° above horizontal – clear hip circle to 30° above horizontal
  - Back sole circle – jump to long hang kip – clear hip circle to 30° above horizontal
  - Glide kip mount – front hip circle – cast to 30° above horizontal
  - Long hang kip – cast to 30° above horizontal – back hip circle
  - Long hang pullover – tap swing – counterswing – flyaway dismount

## Beam Level 6

41. Which element series has the GREATEST value?
- Mount – Rond de Jambe –  $\frac{1}{2}$  (180°) turn in forward coupe (heel snap)
  - Weight transfer - Back walkover
  - $\frac{1}{2}$  (180°) pivot lunge turn – Dismount
  - Straight leg leap (120°) – Weight transfer
  - 1/1 (360°) turn in forward passé – tuck jump – split jump
42. What is the TOTAL MAXIMUM deduction for the following errors in the Arabesque & Scale?
- Failure to lift free leg above 45° in arabesque
  - Failure to hold arabesque 1 second
  - Failure to lift free leg to 45° above horizontal in scale
- .30
  - .40
  - .50
  - .60
  - .70
43. What is the TOTAL MAXIMUM deduction for the following errors in the back walkover?
- Failure to show continuous leg left into the walkover
  - Incorrect hand placement
  - Insufficient leg separation
  - Incorrect foot form
- .30
  - .35
  - .40
  - .45
  - .50
44. Which of the following is the INCORRECT sequence of elements for level 6 beam?
- Rond de jamb –  $\frac{1}{2}$  (180°) turn in forward coupe (heel snap) – straight leg leap
  - Pivot turns – 1/1 (360°) turn in forward passé – tuck jump
  - Arabesque to scale –  $\frac{1}{2}$  (180°) pivot lunge turn – Dismount
  - 1/1 (360°) turn in forward passé – tuck jump – split jump – Arabesque to scale
  - None of the above
45. Which of the following deductions is INCORRECT for the following errors in the dismount?
- Failure to attain vertical up to 0.20
  - Failure to hold cross handstand 1 second up to 0.10
  - $\frac{1}{4}$  turn to hold side handstand 2 seconds up to 0.20
  - $\frac{1}{4}$  turn off incomplete or overturned up to 0.10
  - Failure to maintain straight body position up to 0.20

## Floor Level 6

46. Which of the following is the CORRECT sequence for the level 6 floor routine?
- Weight transfer – forward split sit – straight arm backward roll to handstand
  - Straight leg leap – side leap – forward split sit
  - Hitch kick – 1/1 (360°) turn in forward passé – back walkover
  - Front handspring step out – front handspring to two feet – Straddle jump
  - Straddle jump – flic-flac step out – Forward salto tucked
47. Which of the following would receive the LARGEST penalty?
- Failure to show “rocking action” through use of plie
  - Failure to land with feet together on straddle jump
  - Joining legs prior to step out on front handspring step out
  - Lack of acceleration in series
  - Incorrect hand placement in backward roll to handstand
48. Which of the following is NOT a .60 element?
- Flic-flac step out
  - Straight arm back roll to handstand
  - Side leap (150°)
  - Straddle jump (150°)
  - Back walkover
49. What is the TOTAL MAXIMUM deduction for the following errors?
- Failure to pass through vertical in the backward roll to handstand
  - Insufficient quickness off the hands in front handspring step out
  - Insufficient leg separation in the back walkover
- .30
  - .40
  - .50
  - .60
  - .70
50. What is the TOTAL MAXIMUM deduction for the following errors in the forward salto tucked?
- Performs a pike salto
  - Insufficient hip rise on salto
  - Very large step on landing
- .80
  - 1.20
  - 1.30
  - 1.40
  - 1.50

## ANSWER KEY

- 1) A
- 2) C
- 3) D  $.3+.2+.4=.90$
- 4) E
- 5) C  $.1, .1, \mathbf{.05}, .1, .1$
- 6) B
- 7) D  $.1+.3+.3=.70$
- 8) D
- 9) E  $.3, .2, .3, .3, \mathbf{.4}$
- 10) A
- 11) B
- 12) D  $.3+.5+.3=1.1$
- 13) C  $.1, .2, \mathbf{.5}, .3, .3$
- 14) B  $.3$
- 15) E  $.3, .4, .3, 2.00, \mathbf{.5+2.00}$
- 16) E
- 17) A up to  $.3, .3$ , up to  $.5$ , up to  $.5$ , up to  $.1$
- 18) B
- 19) D
- 20) B  $.5+.3+.3=1.10$
- 21) A
- 22) C  $.6$
- 23) D
- 24) E
- 25) A  $.1+.2+.2=.50$
- 26) B
- 27) B
- 28) C  $.1+.2+.05=.35$
- 29) D
- 30) C
- 31) A  $.1+.2+.1=.40$
- 32) C  $.1+.3+.3+.3=1.00$
- 33) D
- 34) B
- 35) E
- 36) C  $.4+.2+.3=.90$
- 37) D  $.2, .1, .2, \mathbf{.8}, .4$
- 38) B  $.1+.1+.2=.40$
- 39) D  $.2+.3+.2+.3=1.00$
- 40) A
- 41) E  $.2+.6, .2+.8, .2+.4+.4, .4+.4+.4, .6+.2$
- 42) C  $.2+.1+.2=.50$
- 43) D  $.1+.1+.2+.05=.45$
- 44) E
- 45) A up to  $.30$
- 46) B
- 47) D up to  $.1, .1, .1$ , **up to  $.2$** ,  $.1$
- 48) D
- 49) E  $.3+.2+.2=.70$
- 50) C  $.8+.3+.2=1.30$