

**LEVEL 9 PRACTICE TEST
2010 – 2011**

General

1. Which of the following is **CORRECT** when determining the allowable range of scores?
 - a. 9.50 – 10.00 = 0.10
 - b. 9.20 – 9.50 = 0.20
 - c. 9.00 – 9.475 = 0.30
 - d. 8.00 – 8.975 = 0.50
 - e. Below 8.00 = 1.00

2. Which of the following statements is **CORRECT**?
 - a. All exercises start at 10.0
 - b. All A, B, C elements, plus a max of 2 D elements may be performed in an exercise with no penalty
 - c. Level 9's are required to have 4 A's, 4 B's and 1 C
 - d. Additive Value (bonus) may be earned from Connective Value (CV) only
 - e. Coach on the FX mat is a Chief Judge deduction of 1.00

3. Which of the following deductions is **CORRECT** for the deliberate omission of a Special Requirement?
 - a. 0.20 + 1.00
 - b. 0.80
 - c. 0.50
 - d. 0.80 + 0.50
 - e. 2.00

4. What is **NOT** the responsibility of a **PANEL JUDGE**?
 - a. Record all Value Parts
 - b. Take all execution/amplitude deductions
 - c. Determine the start value for each routine
 - d. Take incorrect attire deductions
 - e. Take spotting deductions

5. What is the **TOTAL MAXIMUM** deduction for the following errors?
 - Insufficient artistry throughout (BB, FX)
 - Insufficient dynamics
 - a. 0.20
 - b. 0.30
 - c. 0.40
 - d. 0.50
 - e. 0.60

6. What is the Start Value of an exercise comprised of the following?

- 3 A's, 3 B's, 1 C, 2 D's
- 0.10 in Connective Value
- A Dismount

- a. 8.70
- b. 8.80
- c. 9.00
- d. 9.20
- e. 9.80

7. Which of the following statements is **CORRECT** for the awarding of Value Parts?

- a. An element may receive credit a second time if performed in a different connection.
- b. Three A's worth 0.10 may replace one B worth 0.30.
- c. An element which does not receive Value Part credit may still receive Special Requirement credit.
- d. Inability to land on the soles of the feet first may still receive Special Requirement credit.
- e. None of the above

8. What is the Start Value of an exercise comprised of the following?

- 5 A's, 4 B's, 0 C's, 1 D
- 0.20 in Connective Value
- Missing 1 Special Requirement

- a. 8.90
- b. 9.40
- c. 9.50
- d. 9.70
- e. 10.00

9. Which of the following deductions is **CORRECT**?

- a. Legs crossed during Value Part elements with twist up to 0.10
- b. Deviation from straight direction on landing up to 0.20
- c. Failure to remove board after the mount 0.20 CJ
- d. Insufficient exactness of body positions up to 0.20
- e. All of the above

10. Which of the following statements is **INCORRECT**?

- a. Absence of music is a Chief Judge deduction of 1.00
- b. C's are worth 0.50
- c. Difficulty Value is not allowed at Level 9
- d. The same exact connection may receive Connective Value 2 times
- e. Additional D's or E's are deducted at 0.50 each

11. What is the deduction for performing a different vault than the one flashed?

- a. 0.20
- b. 0.30
- c. 0.50
- d. VOID
- e. No penalty

12. What is the **TOTAL MAXIMUM** deduction for the following faults?

- Bent arms in first and second flight
- Arched body in repulsion phase
- Additional trunk movements to maintain balance in landing

- a. 1.60
- b. 1.40
- c. 1.20
- d. 1.00
- e. 0.90

13. What is the **TOTAL MAXIMUM** deduction for the following faults in a Handspring on 1/1 twist off?

- Hip angle in the first flight
- Legs crossed in the second flight
- Prescribed LA turn over rotated by 60° upon landing

- a. 0.50
- b. 0.60
- c. 0.70
- d. 0.80
- e. 0.90

14. Which of the following is a **CORRECT** statement?

- a. Spotting assistance during the landing will result in a VOID score
- b. There is no deduction for failure to flash or announce the intended vault
- c. The deduction for head contacting the table during support phase is 1.00
- d. Touch with only 1 hand on the vault table is a Chief Judge deduction of 1.00
- e. Failure to use the safety collar on round off entry vaults is a deduction of 1.00

15. Which of the following IS NOT a 0.50 deduction?

- a. Insufficient height
- b. Prescribed LA turn begun too late in the second flight phase
- c. Prescribed LA turn over or under-rotated upon landing
- d. Fall against apparatus
- e. Lands on hands & soles of feet simultaneously

16. Which of the following would receive the largest deduction?

- a. Insufficient height in second flight phase
- b. Additional hand placements in repulsion phase
- c. Insufficient length in second flight phase
- d. Bent knees in first flight phase
- e. Deep squat upon landing

17. Which of the following would receive the smallest deduction?

- a. Incorrect body posture on landing
- b. 2 steps on landing
- c. Legs separated in first flight phase
- d. Brush of body on vault table in second flight phase
- e. Extra arm swings on landing

18. What is the **TOTAL MAXIMUM** deduction for the following faults in a Tsuk Pike vault?

- Prescribed LA turn incomplete in first flight phase
- Incorrect foot form in repulsion phase
- Insufficient extension of body before landing

- a. 1.20
- b. 1.00
- c. 0.90
- d. 0.80
- e. 0.60

19. Which of the following is **INCORRECT**?

- a. There are no restrictions and a Level 9 may perform any vault listed.
- b. Failure to use the safety collar on a Handspring Front Tuck will result in a VOID score.
- c. Failure to land on the soles of the feet first will result in a VOID score for the vault.
- d. Vaulting before being signaled is a 0.50 CJ deduction.
- e. Coach standing between the board and vault on a Tsuk Layout is 0.50

20. Which of the following is an up to 0.20 deduction?

- a. Insufficient exactness of LA turn in second flight phase
- b. Very large step on landing
- c. Insufficient dynamics
- d. All of the above
- e. None of the above

Bars

21. What is the **TOTAL MAXIMUM** deduction for the following errors?

- Hesitation during jump to high bar
 - Insufficient dynamics throughout
 - Landing too close to the bar on dismount
- a. 0.25
 - b. .030
 - c. 0.40
 - d. 0.45
 - e. 0.50

22. Which of the following is a “B” value part?

- a. Jump with $\frac{1}{2}$ (180°) turn over LB – kip to support on HB - mount
- b. Glide kip on LB with 1/1 (360°) turn and grip change to hang on HB - mount
- c. Hang on HB – uprise backward to handstand on HB
- d. Stalder forward to clear support
- e. Flyaway 1 $\frac{1}{2}$ dismount

23. What is the **TOTAL MAXIMUM** deduction for the following faults in a cast to HS with $\frac{1}{2}$ turn in HS?

- $\frac{1}{2}$ turn completed 30° from vertical
 - Legs straddled on cast
- a. No deduction
 - b. 0.05
 - c. 0.10
 - d. 0.20
 - e. 0.30

24. Which of the following is the **SMALLEST** deduction?

- a. Failure to perform elements (circles, releases) both forward and backward within the exercise
- b. $\frac{3}{4}$ Giant circle forward with or without a grip change
- c. Uncharacteristic elements
- d. Insufficient distribution of the elements
- e. Insufficient change of direction

25. Which of the following is an **INCORRECT** statement?

- a. Backward giant to handstand with hop change in handstand is considered a flight element
- b. Double salto backward tucked fulfills the dismount Special Requirement
- c. Level 9's are required to have 2 bar changes and 2 B flights
- d. A fall from high bar with remount onto low bar is considered a bar change
- e. Routines start from 9.70

26. Which of the following is **NOT** a “D” Value Part?

- a. Clear hip circle to handstand with 1/1 (360°) turn on 1 arm after handstand to L grip
- b. Piked Geinger salto
- c. Double salto backward piked dismount
- d. Salto backward stretched with 2 ½ (900°) twist dismount (flyaway)
- e. Uprise backward to handstand on HB with 1/1 (360°) turn in handstand phase

27. Which of the following statements is **INCORRECT** regarding cast to handstand?

- a. 1° - 10° from vertical = “B” value part is awarded, no deduction
- b. 11° - 20° from vertical = “B” value part is awarded, 0.10 deduction
- c. 21° - 30° from vertical = No Value Part awarded, 0.10 deduction
- d. 31° - 45° from vertical = No Value Part awarded, 0.15-0.20 deduction
- e. 46° from vertical & below = No Value Part awarded, 0.25-0.30 deduction

28. What is the correct Value Part and Connective Value for the following directly connected elements?

- Stalder backwards to handstand
 - Clear Hip circle to handstand
 - Giant circle backward, counter straddle – reverse hecht (Tkatchev)
- a. C C + 0.10 CV
 - b. C C D + 0.20 CV
 - c. C C D + 0.30 CV
 - d. C C C + 0.20 CV
 - e. C C C + 0.30 CV

29. What is the Start Value of a routine comprised of the following?

- 6 A’s, 2 B’s, 1 C, 1 D
 - No dismount
 - 0.10 in Connective Value
- a. 8.50
 - b. 8.60
 - c. 8.70
 - d. 9.00
 - e. 9.50

30. What is the correct Value Part and Connective Value for the following directly connected elements?

- On HB – cast to handstand with ½ (180°) turn in HS
 - Swing down between the bars and counter swing to a straddle backwards to HS on low bar
- a. C C + 0.10 CV
 - b. C C + 0.20 CV
 - c. C D + 0.10 CV
 - d. C D + 0.20 CV
 - e. C C + No CV

Beam

31. Which of the following statements is **CORRECT**?

- If the gymnast takes longer than 30 seconds to remount the beam after a fall, deduct 2.00
- The timing of the exercise begins when the gymnast touches the beam
- If the gymnast lands at the sound of the second signal, deduct 0.10
- The timing of the fall begins when the gymnast lands on the mat
- The duration (time) of the exercise may not be less than 1 minute and 10 seconds

32. What is the **TOTAL MAXIMUM** deduction for the following faults?

- Third run approach for mount
 - Grasp beam to avoid a fall
 - Three dance elements with same shape
- 0.50
 - 0.60
 - 0.70
 - 0.80
 - 0.90

33. Which of the following principles is **INCORRECT** regarding Connective Value?

- 2 acro flight (not mount/dismount) B+C salto = 0.10
- 2 acro flight (not dismount) C+C = 0.20
- 3 acro flight B+B+C = 0.10
- Dance or Mix (not dismount) B+C = 0.10
- Dance or Mix (not dismount) C+C = 0.10 (different elements)

34. What is the **CORRECT** value part credit awarded for the following series all performed in a routine?

- Straddle jump, straddle jump $\frac{1}{2}$ (180°) turn
 - Flic flac step out, back salto stretched with step out, flic flac step out
 - Front walkover, front handspring on 1 arm
 - Round off, flic flac step out, salto backward stretched with 2/1 (720°) twist dismount
- 1A, 5B, 4C
 - 6B, 3C
 - 7B, 2C, 1D
 - 2A, 4B, 4C
 - 1A, 5B, 3C, 1D

35. Which of the following is the **CORRECT** Value Part and Connective Value for these connected series?

- Full turn, full turn with leg extended above horizontal.....A+C, 0.10 CV
- Switch leg leap, straddle jump (cross).....C+C, 0.20 CV
- Wolf jump, wolf jump $\frac{3}{4}$B+C, 0.10 CV
- Tour jete, tuck jump with $\frac{1}{2}$ turn.....D+B, 0.20 CV
- Straddle pike jump $\frac{1}{2}$ turn, straddle pike jump $\frac{1}{2}$ turn.....C+C, 0.20 CV

36. What is the **TOTAL** Connection Value for the following connected series in an exercise?

- Stretch jump, sheep jump
- Round off, back salto tucked
- Round off, flic flac, double salto backward dismount

- a. None
- b. 0.10
- c. 0.20
- d. 0.30
- e. 0.40

37. Which of the following series would receive 0.10 in Connective Value?

- a. 1 arm flic flac, back salto stretched with step out
- b. Side aerial, back salto piked
- c. Round off flic flac mount, flic flac, flic flac
- d. Switch leg leap, switch leg leap, cat leap 1/1 (360°) turn
- e. Salto backward tucked, ring jump

38. Which of the following deductions is **CORRECT**?

- a. Insufficient variation in rhythm and tempo throughout the exercise = up to 0.30
- b. Legs not parallel to beam in split or straddle pike leaps/jumps = 0.20
- c. Directional error on gainer salto dismounts off the end of the beam = up to 0.20
- d. Support of one leg against the side surface of the beam to maintain balance = 0.30
- e. Choice of acro elements not up to the competitive level = up to 0.20

39. Which of the following elements would receive “B” Value Part credit?

- a. Valdez
- b. Wolf jump from 2 feet
- c. Straddle pike jump with $\frac{1}{4}$ (90°) turn
- d. $\frac{1}{2}$ (180°) illusion turn
- e. 1/1 (360°) turn in knee scale

40. How many Special Requirements are fulfilled with the following elements and/or series?

- Flic flac step out, back salto tucked
- Full twisting stretch jump
- Wolf jump, pike jump
- Gainer salto stretched with $\frac{1}{2}$ (180°) twist to side of beam dismount

- a. None
- b. 1
- c. 2
- d. 3
- e. 4

Floor

41. Which of the following elements are awarded “C” value part credit?
- Straddle pike jump with 1/1 (360°) turn
 - Salto backward stretched with 2 ½ (900°) twist
 - Salto forward stretched with 1/1 (360°) twist
 - None of the above
 - All of the above
42. Which of the following would receive the **HIGHEST** amount of Connective Value?
- Wolf jump with 1/1 (360°) turn, straddle jump with 1/1 (360°) turn, tuck jump with 1/1 (360°) turn
 - Round off, back salto stretched 1 ½ (540°) twist, front salto stretched
 - Front salto stretched with 1/1 (360°) twist, front salto stretched, front salto piked
 - Round off, whip salto, whip salto, back salto stretched with 3/1 (1080°) twist
 - All receive the same amount of CV
43. What is the **TOTAL** Connective Value awarded in an exercise containing the following combinations?
- Switch side leap, Schuschunova
 - Cat leap 1 ½ turn, tuck jump 1 ½ turn
 - Straddle jump, tuck jump 1 ½ turn
 - 2/1 turn on 1 foot, wolf jump 1/1 turn
- None
 - 0.10
 - 0.20
 - 0.30
 - 0.40
44. Which of the following series would receive 0.20 in Connective Value?
- Front salto tucked, front handspring, front salto stretched, front salto stretched
 - Switch leg ring leap, tour jete ring leap
 - Whip salto with ½ (180°) twist, front salto stretched with 1/1 (360°) twist
 - Whip salto, whip salto, salto backward stretched with 2/1 (720°) twist
 - Front salto stretched with 1/1 (360°) twist, front salto tucked, front salto tucked
45. Which of the following deductions is **INCORRECT**?
- | | |
|---|------------|
| a. Failure to perform saltos in 2 different directions | 0.10 |
| b. More than 1 leap/jump/hop element to prone position | 0.10 |
| c. Lack of a minimum of a “B” salto in exercise | 0.30 |
| d. Acro elements throughout not up to the competitive level | up to 0.30 |
| e. Insufficient use of the FX area, spatially | up to 0.10 |

46. Which of the following Connective Value principles is **INCORRECT**?

- a. Indirect Acro C+C = 0.20
- b. Indirect Acro A+A+C = 0.10
- c. Direct Acro A+C = 0.10
- d. Direct Acro B+B = 0.10
- e. Dance C+C = 0.10 (must be different)

47. Which of the following would be **AWARDED** a “C” value part?

- a. Straddle jump with $\frac{1}{2}$ (180°) turn
- b. Side split jump with landing to front lying support (Schuschunova)
- c. Wolf jump with $\frac{1}{1}$ (360°) turn
- d. All of the above
- e. None of the above

48. How many Special Requirements are fulfilled by the following directly connected/chronological series?

- Front handspring, flyspring, salto forward stretched with $\frac{1}{1}$ (360°) twist
- Round off, flic flac, salto backward stretched with $1 \frac{1}{2}$ (540°) twist, salto forward tucked
- Round off, straddle jump, salto forward tucked

- a. 1
- b. 2
- c. 3
- d. 4
- e. None

49. What is the **TOTAL MAXIMUM** deduction for the following errors?

- Lack of a turn on 1 foot, minimum of B
- Lack of a minimum of a B salto in exercise
- Insufficient distribution of the Value Parts

- a. 0.30
- b. 0.40
- c. 0.50
- d. 0.60
- e. 0.80

50. What is the correct number of value parts **AWARDED** for the following?

- Salto backward stretched with $2 \frac{1}{2}$ (900°) twist
- Salto forward piked with $\frac{1}{1}$ (360°) twist
- Tour jete
- $\frac{1}{1}$ (360°) illusion turn
- $\frac{1}{1}$ (360°) turn with free leg above horizontal from start to end of turn

- a. 0 A 3 B 1 C 1 D
- b. 0 A 3 B 2 C
- c. 1 A 2 B 2 C
- d. 0 A 3 B 0 C 2 D
- e. 0 A 2 B 3 C

ANSWER KEY: Level 9 Practice Test

1. e (*9.50-10.0 = 0.20 *9.0-9.475 = 0.50 *8.0-8.975= 0.70 *below 8.0 = 1.00)
2. d (a. 9.70 start value, b. ABC ok, max of 1 D/E, c. L9's are required to have 3 A's & 4 B's, 1 C
e. Coach on FX mat is CJ deduction of 0.50)
3. c
4. d
5. d (0.30 + 0.20 = 0.50)
6. b (- 0.50 extra D, + 0.10 CV, - 0.50 dsmt SR)
7. a
8. b (- 0.50 SR + 0.20 CV)
9. d (a. 0.10, b. ↑0.10, c. 0.30 CJ)
10. d
11. e
12. b (0.50 x 2 + 0.20 + 0.20 = 1.40)
13. a (0.20 + 0.10 + 0.20 = 0.50)
14. d (0.50, 0.20, 2.00, Void)
15. c (up to 0.30)
16. a (↑0.50, ↑0.30, ↑0.30, ↑0.30, ↑0.30)
17. e (↑0.20, 0.20, ↑0.20, ↑0.20, ↑0.10)
18. e (↑0.30 + ↑0.10 + ↑0.20 = 0.60)
19. b
20. b (↑0.10, ↑0.20, ↑0.30)
21. c (↑0.10 + ↑0.20 + 0.10 = 0.40)
22. d (1.306, 1.301, 2.303, **6.201**, 8.303)
23. c (straddle cast is OK with no deduct)
24. a (**0.05**, 0.10, ↑0.10, ↑0.10, ↑0.10)
25. c
26. a (**3.305**, 4.407, 8.405, 8.407, 2.403)
27. b (B value part is awarded, **0.05** deduction)
28. d (No turn/flight in first 2 skills)
29. c (-.30 missing B, -.30 no dsmt, -.50 dsmt SR, + .10 CV)
30. b
31. d
32. e (0.50 + 0.30 + 0.10 = 0.90)
33. e (C+C = 0.20 if different & 0.10 if same)
34. b (D=C and no B for 3rd flic flac)
35. a (b. CB=.1, c. AC=0, d. CB=.1, e. CC=.1)
36. b AC=0 (D=C), BC=.1, BBD=0 (2nd D)
37. c (all others equal .2 except d. is .3)
38. e (↑0.20, ↑0.20, ↑0.30, 0.20, ↑**0.20**)
39. a (**B**, A, C, C, A)
40. c (acro series + B dismount)
41. e (1 D/E allowed and awarded C)
42. c (CC=.1, CB=.2, **CBB=.3**, AAC=.1)
43. b (CB=0, CC=.1, BC=0, turn+jump=0)
44. c (BB=.1, CC=.1, **BC=.2**, AAC=.1, CAA=.1)
45. d (0.10, 0.10, 0.30, ↑**0.20**, ↑0.10)
46. a (Indirect C+C = 0.10)
47. c (Others are B's)
48. b (Missing dance passge + B dsmt)
49. d (0.20 + 0.30 + 0.10 = 0.60)
50. b (D is awarded C,C, B, B, B)