

**GENERAL**

1. Which of the following statements is CORRECT?

- a. Deduct all execution/amplitude errors leading to a fall; however balance errors leading to a fall are not deducted.
- b. The total execution/amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.
- c. Incorrect attire is deducted by the Chief Judge after a warning.
- d. Additional trunk movements to maintain balance on UB, BB, FX landings; deduct up to .2
- e. All of the above are correct

2. Which of the following deductions is CORRECT?

- a. Bent arms or legs - up to .20
- b. Leg separation - up to .15
- c. Fail to perform turns on 1 foot in high relevé - up to .20
- d. Failure to kick leg to horizontal or above when required - up to .10
- e. Extra swing or cast on bars - 0.50

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

- Lack of coordination on connections
- Brush /touch the apparatus or mat with feet /foot
- Error in line of direction or placement of whole section of floor pattern
- Incorrect position of head, arms, legs or feet – text errors -maximum, in general

- a. .50
- b. .60
- c. .70
- d. .80
- e. .90

4. True or False

A major element performed with additional turn: Deduct up to the value of the element

- a. True
- b. False

5. Which of the following receives the SMALLEST deduction?

- a. Lack of continuity (tempo) between elements in a directly connected series
- b. Extra arm swings upon landing
- c. Movement lacking dynamics (whole exercise)
- d. Coach assists (touches) on landing

6. Which of the following deductions is CORRECT?

- a. Adding an extra element .20 each
- b. Changing reversing or omitting a series of connections .30
- c. Substituting or omitting a major element Value + .50
- d. Reversing a major element Double the value of the element
- e. Changing, reversing or omitting a small part .20

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

- Incorrect body alignment, position or posture on major elements
- Insufficient split in leaps/jumps
- Insufficient height (hip rise) on salto elements

- a. .45
- b. .50
- c. .60
- d. .70
- e. .75

8. The allowable range of scores for an average score of 8.325 is:

- a. .20
- b. .30
- c. .50
- d. .70
- e. 1.00

9. Which of the following errors receives the GREATEST MAXIMUM penalty?

- a. Insufficient internal body amplitude (stretch/tightness) during extended positions UB
- b. Concentration pause (more than 2 seconds) before or after single elements
- c. Failure to use levering action in or out of elements when required BB, FX
- d. Incorrect foot form (flexed/sickled) on major elements

10. Which deduction is taken by each judge?

- a. Overtime
- b. Spotting assistance from coach
- c. Lack of presentation by gymnast after exercise
- d. Use of unauthorized mats
- e. Any part of body touching outside the FX area

#### **VAULT LEVELS 4 AND 5**

11. What is the CORRECT deduction for brush, touch or hit of body on far end of the vault table after landing?

- a. Up to .30
- b. .30
- c. Up to .50
- d. .50
- e. Up to 1.00

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

- Arms bent in support phase
- Insufficient distance on 2nd flight
- Take one full step after landing

- a. .70
- b. .90
- c. 1.10
- d. 1.40
- e. 1.60

13. Which of the following receives the LARGEST deduction?

- a. Legs separated in 1<sup>st</sup> and also in 2nd flight
- b. Incorrect head alignment in 1st flight
- c. Arched body
- d. Piked body
- e. Legs bent in 1st flight

14. Which of the following deductions is INCORRECT?

- a. Incorrect shoulder alignment in support phase up to .2
- b. Lack of dynamics (speed/power) up to .30
- c. Aid of coach on landing .50
- d. Support of only 1 hand on vaulting apparatus CJ 1.00
- e. Coach aids gymnast on first flight (Level 5) VOID

15. Which of the following receives the GREATEST deduction?

- a. Squat upon landing
- b. Taking four (4) full steps after landing
- c. Touch of both hands on the mat 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 a .30 deduction?

- a. Additional trunk movements to maintain balance on landing
- b. Brush, touch or hit 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?

- a. VOID
- b. 2.00
- c. 1.00
- d. 0.50
- e. 0.30

19. Which of the following would result in a **VOID vault at level 5**?

- a. Aid of coach on second flight
- b. Aid of coach on support phase
- c. Performing incorrect vault
- d. Aid of coach on first flight
- e. 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
- Very large step on landing

- a. 1.50
  - b. 1.10
  - c. 1.00
  - d. .90
  - e. .80
- 

## **LEVEL 4**

### **LEVEL 4 BARS**

21. What is the deduction for full weight on mat with foot/feet?

- a. up to .3
- b. .3
- c. .5

22. True or False

When the gymnast falls from the bars, she has 45 seconds to remount and resume her exercise

- a. True
- b. False

23. What is the MAXIMUM deduction for insufficient amplitude of cast to horizontal?

- a. Up to .30
- b. Up to .35
- c. Up to .40
- d. Up to .50
- e. Up to .60

24. Which of the following deductions for the back hip circle is CORRECT?

- a. Fail to maintain straight-hollow body throughout circle .2
- b. Fail to maintain hip or upper thigh contact on bar throughout circle up to .1
- c. Lack of continuity of circle up to .1

25. Which of the following is the CORRECT sequence of elements for level 4 bars?

- a. Glide kip mount - cast to horizontal and return to front support - cast, squat on
- b. Underswing – counterswing – tap swing forward with 1/2 (180°) turn dismount
- c. Glide kip mount – back hip circle – cast squat on – jump to long hang kip
- d. Cast, squat on – jump to long hang kip – front hip circle – underswing

26. Which of the following deductions is CORRECT for the tap swing forward with ½ (180°) turn dismount?

- a. Failure to attain straight-hollow position on upswing up to .20
- b. Beginning turn prior to 45° below height of High Bar .20
- c. Failure to re-contact the bar with the free hand as the ½ turn is completed .20
- d. Failure to complete ½ (180°) turn prior to regrasp up to .30
- e. Failure to show slight arched position at bottom of swing up to .10

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

- Alternate foot placement on squat on
- Insufficient amplitude on tap swing forward (feet not at HB height)
- Hips below 15° on second counterswing

- a. .60
- b. .70
- c. .80
- d. .90
- e. 1.00

#### **LEVEL 4 BEAM**

28. Which of the following statements is CORRECT?

- a. The timing of the beam routine starts when the gymnast touches the beam.
- b. The timing of the beam routine stops when the gymnast leaves the beam for her dismount.
- c. If the second fall occurs before the official time begins, there is no deduction
- d. The deduction for overtime is .10, taken by the chief judge
- e. The warning is called or signaled 5 seconds before the maximum time limit.

29. Which of the following is the CORRECT sequence of elements for level 4 beam?

- a. Cross handstand, cartwheel, scale
- b. Cross handstand, split jump, stretch jump, ½ passé turn
- c. Cross handstand, straight leg leap, scale
- d. Cross handstand, split jump, straight leg leap

30. What is the TOTAL MAXIMUM deduction for the following errors in the cross handstand?

- Failure to attain vertical
- Failure to close (join) legs
- Incorrect (staggered) hand placement

- a. .40
- b. .50
- c. .60
- d. .80

31. Which of the following deductions is CORRECT for the straight leg leap?

- a. Bending lead (front) leg on take-off .10
- b. Insufficient leg separation (less than 90°) up to .10
- c. Failure to pause in low arabesque position on landing .10
- d. Uneven leg separation in leap up to .10
- e. Insufficient split up to .10

32. What is the TOTAL MAXIMUM deduction if the gymnast attempts the dismount, does not attain vertical, and then falls? (And does not resume the routine)

- a. .80
- b. 1.00
- c. 1.10
- d. 1.20
- e. 1.50

#### **LEVEL 4 FLOOR**

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

- Bending the lead front leg on take-off of the straight leg leap
- Insufficient quickness off hands in front handspring
- Squat into both flic flacs

- a. .40
- b. .50
- c. .70
- d. .90
- e. 1.20

34. What is the TOTAL MAXIMUM deduction for the following errors in the backward roll to handstand with straight arms?

- Hands placed further than shoulder-width apart
- 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

35. Which of the following would receive the SMALLEST penalty?
- a. Failure to show continuous leg lift into walkover
  - b. Failure to land with feet simultaneously on front handspring
  - c. Failure to maintain arms next to ears and focus on hands throughout front handspring
  - d. Staggered hand placement on back walkover
  - e. Failure to pause in "controlled stick" after rebound of back handspring

36. Which of the following is the CORRECT sequence for the level 4 floor routine?
- a. Front handspring to 2 feet; straddle jump; stretch jump ½ turn
  - b. Front handspring to 2 feet; straight leg leap; forward splits
  - c. Front handspring to 2 feet; back walkover; back roll to handstand
  - d. Front handspring to 2 feet; back roll to handstand; forward splits
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## LEVEL 5

### LEVEL 5 BARS

37. What is the TOTAL MAXIMUM deduction for the piked flyaway dismount?
- Insufficient pike of hips
  - Insufficient rise of salto
  - Five steps on the landing
- a. .70
  - b. .80
  - c. .90
  - d. 1.00
  - e. 1.10
38. Which of the following faults would receive the LARGEST deduction during the clear hip circle?
- a. Excessive pike on downswing
  - b. Hips touching bar as upswing finishes
  - c. Insufficient height and extension of upswing
  - d. Lack of control into glide
39. 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
- a. .60
  - b. .50
  - c. .40
  - d. .30
  - e. .20

40. What is the TOTAL MAXIMUM deduction for the following errors in the long hang pullover?

-Fail to show slight arched position on bottom of downswing

-Bent arms

-Legs separated

-Legs bent

- a. .70
- b. .80
- c. .90
- d. 1.00

41. Which of the following is the CORRECT sequence of elements for the level 5 bar routine?

a. Glide kip mount – cast to above horizontal – clear hip circle to above horizontal

b. Long hang kip – cast to above horizontal – flyaway dismount

c. Long hang pullover – tap swing – counterswing – flyaway dismount

d. Back sole circle – jump to long hang kip – clear hip circle to above horizontal

#### **LEVEL 5 BEAM**

42. What is the TOTAL MAXIMUM deduction for the following errors in the split jump/sissonne series?

- Fail to land with feet closed in the split jump

- Fail to land on both feet simultaneously in the split jump

- Insufficient continuity between jumps

- a. .30
- b. .40
- c. .50
- d. .60
- e. .70

43. What is the TOTAL MAXIMUM deduction for the following errors in the full turn?

- Incorrect leg position (not in forward passé)

- Use of heel-snap turn technique

- a. .55
- b. .50
- c. .45
- d. .40
- e. .35

44. Which of the following is the CORRECT sequence of elements for level 5 beam?

a. Scale, handstand, back walkover

b. Scale, stretch jump, full turn

c. Scale, back walkover, split ump

d. Scale, straight leg leap, stretch jump

45. Which of the following deductions is INCORRECT for the following errors in the scale?

- a. Failure to lift free leg to a min of 45° above beam before the rond de jambe .1
- b. Failure to pause in the arabesque .05
- c. Failure to hold scale one second up to .1

#### LEVEL 5 FLOOR

46. Which of the following is the CORRECT sequence for the level 5 routine?

- a. Front salto, front handspring, full turn
- b. Front salto, back roll to handstand, forward split
- c. Front salto, straight leg leap, back roll to handstand
- d. Front salto, stretch jump 1/1 turn, straddle jump

47. Which of the following would receive the LARGEST penalty?

- a. Lack of acceleration in round off, flick flac, back salto series
- b. Hands placed further than shoulder width apart in the backward roll to handstand
- c. Joining legs prior to step out on front handspring step out

48. True or false

Any step designated as “not in relevé” may be performed in relevé without penalty.

- a. True
- b. False

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

- Flight prior to hand contact in the front handspring to 2 feet
- Insufficient quickness off the hands in front handspring step out
- Fail to rebound immediately in front handspring to two feet

- a. .30
- b. .40
- c. .50
- d. .60

50. What is the TOTAL MAXIMUM deduction for the following errors in the forward salto tucked?

- Performs a pike salto
- Fail to pause in controlled stick
- Very large step on landing

- a. .85
- b. 1.00
- c. 1.20
- d. 1.30
- e. 1.50

## ANSWER KEY

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