

## Level 10 Practice Test

(M. Ripple 6/16/2013)

### General:

1. What is the start value for the following:

1A, 2 B's, 1 C, 3D's, 1 E - all special requirements met

- a) 9.7
- b) 9.8
- c) 9.9
- d) 10

2. What is the average score?

8.5 8.9 9.05 9.3

- a) 8.975
- b) 9.0
- c) 9.05
- d) scores out of range

3. A meet referee may be affiliated.

- a) True
- b) False

4. Gymnast fails to begin exercise within 30 seconds of chief judge signal. Deduct

- a) .1
- b) .2
- c) .3
- d) gymnast not allowed to compete

5. Prior warning on one event for incorrect attire, a gymnast may receive .2 deduction each event she continues to compete on.

- a) True
- b) False

6. One element may fulfill more than one special requirement.

- a) True
- b) False

7. Characteristics of excellent artistry include all EXCEPT

- a) original/creative choreography
- b) optimal body lines, extension and posture
- c) quality of movement to reflect personal style
- d) quality of expression

**Maximum total deductions for the following errors (Bars, Beam, or Floor):**

8. Leg separation, bent arms in support, insufficient height of salto dismount

- a) .6
- b) .7
- c) .8
- d) .9

9. Flexed, sickle feet on 3 value parts, incorrect body posture on landing

- a) .25
- b) .35
- c) .4
- d) .5

10. Deviation from straight direction on landing, insufficient tuck position, brush landing surface with 1 hand

- a) .4
- b) .5
- c) .6
- d) .7

11. Extra arm swing on landing, legs crossed on 1 value part, insufficient split

- a) .3
- b) .4
- c) .5
- d) .6

**Determine the following start values:**

12. 4 A's 2 B's 1 C 1 D  
.2 connection  
All SR met

- a) 9.5
- b) 9.6
- c) 9.7
- d) 9.8

13. 2 A's 3 B's 1 C 1 D 1 E  
.1 connection  
missing 1 SR

- a) 9.1
- b) 9.2
- c) 9.3
- d) 9.4

14. 3 A's 3 B's 2 C's 1 E  
all SR
- a) 9.5
  - b) 9.6
  - c) 9.7
  - d) 9.8

15. 2 A's 2 B's 3 C's 1 D 1 E  
.2 connection  
all SR met
- a) 9.4
  - b) 9.6
  - c) 9.8
  - d) 10

### **Vault**

16. There is a .5 deduction for coach standing between board and vault table on a handspring front.

- a) True
- b) False

17. If a gymnast performs a different vault than the one intended there is a .2 deduction.

- a) True
- b) False

### **Total maximum deductions:**

18. insufficient dynamics, LA turn incomplete 1st phase, insufficient height

- a) .8
- b) .9
- c) 1.0
- d) 1.1

19. bent knees and legs separated in 2 phases of vault

- a) .8
- b) .9
- c) 1.0
- d) 1.1

20. deep squat on landing, support on mat with 1 hand, insufficient or late extension on tuck vault, additional trunk movements to maintain balance

- a) 1.1
- b) 1.15
- c) 1.25
- d) 1.3

21. A vault is considered void "0"if:

- a) during the vault, spotting occurs
- b) gymnast uses safety collar on yurchenko vault
- c) there is a 1 hand touch on the vault
- d) gymnast balks before touching board

22. Bent arms in the repulsion phase is up to:

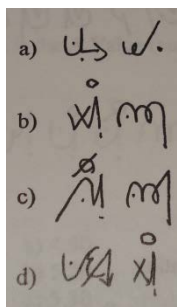
- a) .1
- b) .3
- c) .5
- d) 1.0

**Bars:**

23. A second squat on will receive a \_\_\_\_ deduction

- a) .05
- b) .1
- c) .2
- d) no deduction, only after 3rd squat on is there a deduction

24. Which of the following combinations has more than .4 in additive value?

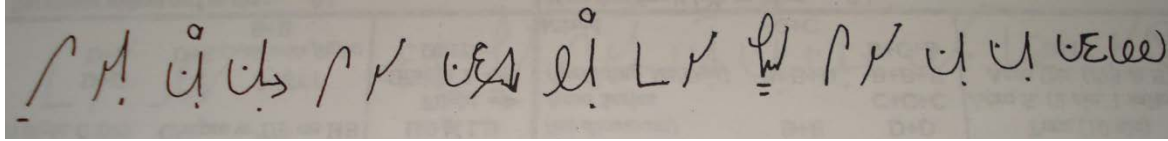


25. How many combinations above have a bar change?

- a) 1
- b) 2
- c) 3
- d) 4



31. How many "C" elements in this routine?



- a) 0
- b) 1
- c) 2
- d) 3

32. What is maximum difficulty value in the above routine?

- a) .1
- b) .2
- c) .3
- d) .4

**Beam:**

33. A beam routine that is 29 seconds would receive a deduction of:

- a) .1
- b) 1.0
- c) 2.0
- d) no deduction

34. Movements/non value parts/choreography lacking forward, backward and sideward

- a) up to .05
- b) up to .1
- c) up to .2
- d) up to .3

35. A backward acro series can have a tempo deduction and still fulfill the SR

- a) True
- b) False

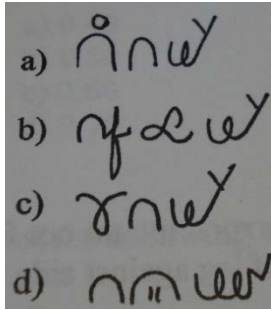
36. A third straight leg pivot turn will result in a \_\_\_ deduction

- a) .05
- b) .1
- c) up to .1
- d) no deduction

37. A kick up to handstand fulfills the forward acrobatic requirement.

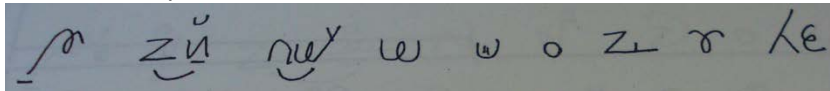
- a) True
- b) False

38. Which combination has the most connective bonus?



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

39. How many SR are met in this routine?



- a) 1
- b) 2
- c) 3
- d) 4

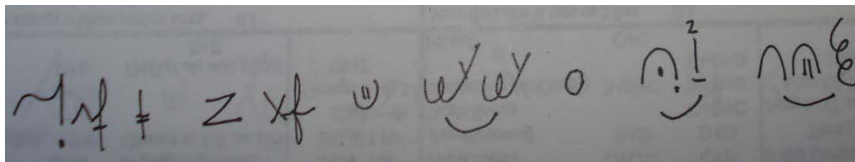
40. What is the start value of the above routine?

- a) 9.4
- b) 9.5
- c) 9.9
- d) 10

41. How many pivot turns in the above routine?

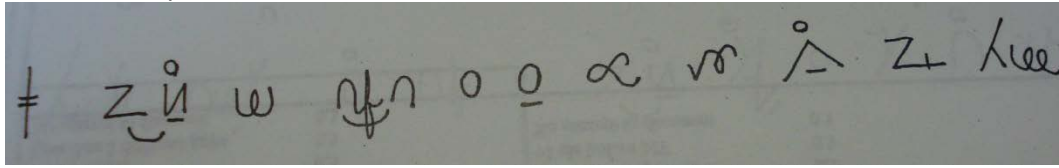
- a) 0
- b) 1
- c) 2

42. The start value of the routine is:



- a) 9.7
- b) 9.8
- c) 9.9
- d) 10

43. How many "E" elements in routine?



- a) 1
- b) 2
- c) 3
- d) 4

44. Total connection bonus in above routine is

- a) .1
- b) .2
- c) .3
- d) .4

**Floor:**

**Total maximum deductions for the following errors**

45. Feet apart on 2 separate jumps on landing, insufficient dynamics, insufficient height on 2 saltos  
All SR met

- a) .4
- b) .6
- c) .8
- d) 1.0

46. Lack of "C" salto, 1 SR missing, 3 times missing synchronization of movement and musical beat

- a) .9
- b) .95
- c) 1.05
- d) 1.0

47. Insufficient split on 2 elements, missing "B" turn, 2 concentration pauses (over 2 seconds)  
All SR met

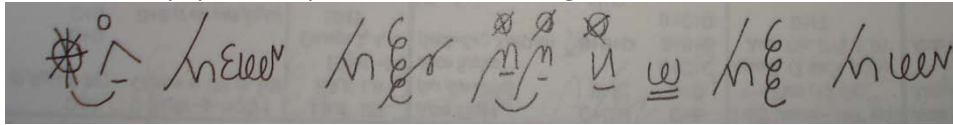
- a) .4
- b) .6
- c) .8
- d) 1.0

48. Lack of "C" dance bonus, 1 SR missing

- a) .5
- b) .6
- c) .7



49. How many special requirements are missing from this routine?



- a) 0
- b) 1
- c) 2
- d) 3

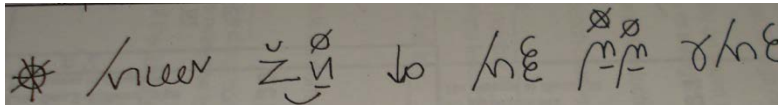
50. What is the total **connective** bonus for all dance connections above?

- a) .1
- b) .2
- c) .3
- d) .4

51. The routine above has a 10 start value.

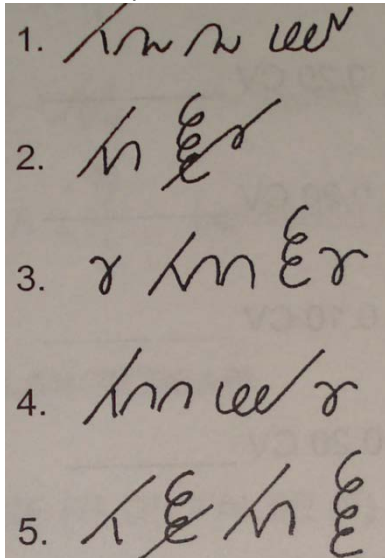
- a) True
- b) False

52. The start value of the routine is:



- a) 9.5
- b) 9.7
- c) 9.9
- d) 10

53. Identify the **connective** value for the following tumbling passes.



### Answer Key

1.	C	26.	D	51.	B	
2.	A	27.	C	52.	A	
3.	A	28.	B	53.	1.	.2
4.	B	29.	C		2.	.2
5.	B	30.	B		3.	.1
6.	A	31.	B		4.	.2
7.	B	32.	D		5.	.2
8.	C	33.	C			
9.	B	34.	B			
10.	C	35.	B			
11.	B	36.	B			
12.	A	37.	B			
13.	D	38.	B			
14.	C	39.	C			
15.	D	40.	B			
16.	A	41.	B			
17.	B	42.	C			
18.	D	43.	B			
19.	C	44.	D			
20.	C	45.	D			
21.	A	46.	B			
22.	C	47.	C			
23.	B	48.	A			
24.	C	49.	B			
25.	B	50.	B			