

2013 Practice Test – Level 7/8

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Read the following pdf's from USA Gymnastics for all the 2014 updates and changes.

http://www.nawgjwa.com/pdfs/ntc_MAY%202014.pdf

http://www.nawgjwa.com/pdfs/njoc_ntc_May%2011,%202014.pdf

GENERAL

1. 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. 3 A's worth 0.10 each may replace 1 B element worth 0.30.
 - C. An element which does not receive a Value Part may still receive Special Requirement credit.
 - D. None of the above

2. What is the TOTAL MAXIMUM deduction for the following errors?
 - Bent knees
 - Legs crossed during salto
 - Insufficient exactness of tuck, pike or stretched position
 - A. 0.40
 - B. 0.50
 - C. 0.60
 - D. 0.70
 - E. 0.80

3. Which of the following is applied by the Chief Judge only?
 - A. Deducts for missing Special Requirements
 - B. Deducts for missing Value Parts
 - C. Deducts for spotting assistance during the exercise
 - D. Deducts for missing presentation before or after exercise

4. Which of the following statements is INCORRECT?
 - A. A higher value part may replace a missing lower value part.
 - B. The Start Value of exercises on Bars, Beam and Floor is 10.00.
 - C. Composition deductions may be taken at both level 7 and level 8.
 - D. Flashing of the start value is required at all Jr. Olympic Optional levels.
 - E. A final score of 1.0 will be awarded for a routine that results in a score equal to or less than 1.0.

5. What is the Start Value of a Level 7 exercise comprised of the following:
 - 6 A's, 1 B's, 0 C
 - Missing 1 Special Requirement
 - A. 9.50
 - B. 9.40
 - C. 9.30
 - D. 9.20

6. What is the Start Value of a Level 8 exercise comprised of the following:
 - 3 A's, 3 B's, 1 allowable C
 - No Dismount
 - A. 8.20
 - B. 8.50
 - C. 9.10
 - D. 9.20
 - E. 9.50

7. Which of the following deductions is CORRECT?
- | | |
|--|-------------|
| A. Legs crossed | up to .10 |
| B. Deviation from straight direction on landing (UB,BB,FX) | <u>0.10</u> |
| C. Illegal placement of supplementary mats | <u>0.20</u> |
| D. Very large step or jump on landing | <u>0.10</u> |
| E. Trunk movements on UB and BB dismount landings for balance and FX across. | up to .30 |
8. Which of the following statements is CORRECT?
- | | |
|--|-------------|
| A. Insufficient exactness of body shape: tuck, pike, stretch | up to .03 |
| B. The same exact connection may receive Connection Value two times. | |
| C. Support on the mat with one hand | <u>0.30</u> |
| D. Quality of movement reflects personal style | up to .10 |
9. Which of the following is CORRECT when the bottoms of the feet do not touch first on the landing of salto elements?
- | |
|--|
| A. Value Part credit and Special Requirement credit are awarded plus 0.50 for the fall is deducted. |
| B. Value Part credit and Special Requirement credit are not awarded and 0.50 is deducted for the fall. |
| C. Special Requirement credit is awarded but Value Part credit is not awarded and 0.50 is deducted for the fall. |
| D. Value Part credit is awarded but no Special requirement is awarded and 0.50 is deducted for the fall. |
10. What is the TOTAL MAXIMUM deduction for the following errors?
- Spotting assistance during an element
 - Squat on landing
 - Extra arm swing
- | |
|---------|
| A. 1.00 |
| B. 0.90 |
| C. 0.80 |
| D. 0.70 |
| E. 0.60 |

VAULT

11. What is the penalty for performing a different vault than the one flashed/announced?
- | |
|---------------|
| A. 0.20 |
| B. 0.30 |
| C. 0.50 |
| D. 1.00 |
| E. No penalty |
12. What is the TOTAL MAXIMUM deduction for the following errors in a Handspring 1/1 twist off vault?
- Arch in 1st flight
 - Insufficient exactness of turn in the second flight phase
 - Arch in 2nd flight
 - LA turn incomplete upon landing
- | |
|--------|
| A. 0.5 |
| B. 0.6 |
| C. 0.7 |
| D. 0.8 |
| E. 0.9 |
13. What is the TOTAL MAXIMUM deduction for the following faults in a Handspring on -1/1 twist off vault?
- Staggered hand placement
 - Deviation from a straight direction
 - Trunk movements to maintain balance
- | |
|---------|
| A. 0.6 |
| B. 0.7 |
| C. 0.8 |
| D. 0.9 |
| E. 1.00 |

14. What is the penalty if a Level 8 gymnast performs a Piked Tsukahara and fails to land on the bottoms of her feet first?
- 0.30
 - 0.50
 - 1.00
 - Void vault
 - None of the above
15. What is the TOTAL MAXIMUM deduction for the following faults?
- Brush/hit of body on the vault table in the second flight
 - Touching the horse with only one hand
 - 3 large steps and a fall upon landing
 - Total lack of extension before landing of tuck or pike vault
- 1.75
 - 1.8
 - 1.95
 - 2.00
16. What is the TOTAL MAXIMUM deduction for the following faults?
- Knees bent in first flight phase
 - Legs crossed in second flight phase
 - Fall against apparatus upon landing
- 0.70
 - 0.80
 - 0.90
 - 1.00
 - 1.20
17. What is the TOTAL MAXIMUM deduction for the following faults?
- Head touching the table in support phase
 - Prescribed LA turn begun too early in the repulsion phase
- 0.80
 - 1.00
 - 1.50
 - 2.00
 - 2.30
18. What is the TOTAL MAXIMUM deduction for the following faults for a Level 7 handspring vault?
- Legs apart in first flight phase
 - Total absence of extension before landing
 - Too long in support
 - Angle of repulsion at horizontal
- 1.50
 - 1.80
 - 2.00
 - 2.20
 - 2.50
19. What is the TOTAL MAXIMUM deduction for the following faults?
- Shoulder angle in repulsion phase
 - One extra arm swing upon landing
- 0.20
 - 0.30
 - 0.40
 - 0.50
 - 0.60
20. Which of the following is CORRECT?
- | | |
|---|------|
| A. No touch of the hands on vault table | 2.00 |
| B. Third run approach with no touch of the springboard or table | 0.30 |
| C. Spotting assistance during the vault | 0.50 |
| D. Coach standing between board and table on handspring vault | Void |
| E. Failure to use safety collar for round off entry vaults | Void |

UNEVEN BARS

21. What is the TOTAL MAXIMUM deduction for the following errors?
-No changes of direction in the routine
-Touch on mat with feet on glide kip
-Bent arms on two giant circles backwards
- A. 0.60
 - B. 0.80
 - C. 0.90
 - D. 1.00
 - E. 1.20
22. Which of the following is a “B” Value Part?
- A. Jump with 1/1 (360°) to hang on HB – Mount
 - B. Jump with ½ (180°) turn, glide kip grip change to hang on HB – Mount
 - C. Clear hip circle to handstand
 - D. Tuck double back dismount
23. What is the TOTAL MAXIMUM deduction for the following faults in a cast to handstand with ½ (180°) turn in handstand?
- ½ turn completed 45° past vertical
- Legs bent on cast
- A. 0.25
 - B. 0.30
 - C. 0.35
 - D. 0.45
 - E. 0.50
24. Which of the following is the SMALLEST deduction?
- A. Flexed feet on an element.
 - B. Hit on the mat with foot on glide kip
 - C. Poor rhythm in elements/connections
 - D. Under rotation of release/flight elements
25. Which of the following is a “B” element?
- A. Handstand on HB – underswing with ½ turn and flight over LB to hang on LB
 - B. Straddle Cut
 - C. Clear hip circle to handstand with ½ turn
 - D. Handstand on HB – swing down between bars, swing forward to double salto backward piked – dismount
26. Which of the following is an INCORRECT Level 7 Special Requirement?
- A. One cast minimum of 45°
 - B. Min of one bar change
 - C. Two 360° clear circling elements – same or different
 - D. Salto or hecht dismount “A” value
27. Level 8 – which of the following is INCORRECT?
- A. All allowable “C’s” will receive “B” value part credit
 - B. A back stalder to handstand is an allowable “C”
 - C. Insufficient distribution is up to .1
 - D. Lack of elements that achieve (or pass thru) vertical is a flat .2 deduction
28. At Levels 7 and 8, there is no penalty for amplitude if the high bar cast does not go to handstand before an underswing with ½ turn with flight to low bar. (Bail)
- A. True
 - B. False
29. Concerning clear hip circles: Which is CORRECT?
- A. Clear hip circles receive either B or C value part depending on the degree of angle from vertical achieved.
 - B. 90° from vertical is a .3 deduction
 - C. At levels 6-8, there are no amplitude deductions applied from 45° to vertical
 - D. All of above are correct

30. Which of the following deductions is CORRECT?
- A. Full support of feet on the mat is .3
 - B. 3 extra swings in a row is .9
 - C. Insufficient amplitude on "B" clear hip circles is an up to .4
 - D. Hesitation in jump or swing to handstand is up to .2

BALANCE BEAM

31. How many Special Requirements are missing from the following Level 8 routine?
- Jump to a stand (mount)
 - Wolf jump from both feet, wolf jump from both feet with ½ turn
 - Back handspring, back walkover
 - Stretched jump
 - Gainer salto stretched with ½ twist to side of beam dismount
- A. 0
 - B. 1
 - C. 2
 - D. 3
 - E. 4
32. Which is INCORRECT in a Level 7 Beam routine?
- A. Maximum time is 1:20
 - B. The acro series must have two elements with flight
 - C. One acro flight element may be included in the acro series
33. What is the TOTAL MAXIMUM deduction for the following faults?
- Third run approach for mount
 - 3 dance elements of the same shape
 - Lack of rhythm during execution of a dance connection
 - Grasp of beam to avoid a fall
 - Dismount too close to the beam
- A. 1.30
 - B. 1.20
 - C. 1.10
 - D. 0.90
 - E. 0.80
34. Which of the following statements is CORRECT?
- A. If the gymnast takes longer than 30 seconds to remount the beam after a fall the deduction is 2.00.
 - B. If the gymnast lands at the sound of the second signal the deduction is 0.10.
 - C. The timing of the exercise begins when the gymnast touches the beam.
 - D. The duration (time) of the exercise may not be less than 1 minute, 10 seconds.
 - E. The timing of the fall period begins when the gymnast lands on the mat.
35. Which of the following is the CORRECT Value Part?
- A. Full turn - B
 - B. Switch leg leap - D
 - C. Wolf jump - B
 - D. Tuck jump with ½ turn - A
 - E. From cross position – jump with ¼ turn to split jump in the side position - C
36. Which of the following deductions is CORRECT?
- A. Two leap/jump/hop elements that land in prone or front support position 0.20
 - B. Insufficient height of saltos up to .30
 - C. Insufficient distribution up to .20
 - D. None of the above are correct

37. What is the CORRECT Value Part credit awarded for the following elements performed in a routine?
- A. From cross position, jump with a $\frac{1}{4}$ turn to straddle pike jump in side position - B
 - B. 1 arm Flic flac step out - B
 - C. Front walkover - B
 - D. Salto backward stretched with $\frac{1}{1}$ twist dismount - A
38. A. What is the TOTAL number of Special Requirements fulfilled by the following elements?
- Split leap, $1\frac{1}{2}$ turn on one foot, drive forward roll into an immediate flic-flac
- A. 0
 - B. 1
 - C. 2
 - D. 3
 - E. 4
39. If the same element is performed a third time, value part credit is awarded.
Example: back walkover /fall; / back walkover, back walkover
- A. True
 - B. False
40. Which of the following is a “B” element?
- A. Straddle Jump in cross position with $\frac{1}{4}$ turn to finish in side position
 - B. Handstand forward roll
 - C. Valdez
 - D. All of the above

FLOOR EXERCISE

41. How many of the following would receive “B” Value Part credit?
- Side split jump landing in front lying support (Schuschunova)
 - Split jump
 - Wolf jump with $\frac{1}{1}$ turn
 - Ring jump
 - Switch leap
- A. 1
 - B. 2
 - C. 3
 - D. 4
 - E. 5
42. What is the TOTAL MAXIMUM deduction for the following faults in a Level 8 routine?
- Split leap missing 20° of split position
 - Fail to perform saltos/aerials in two different directions
 - Deviation from straight direction on landing
 - Lack of minimum of a “B” salto
- A. 0.20
 - B. 0.30
 - C. 0.40
 - D. 0.50
 - E. 0.60

43. What is the TOTAL MAXIMUM deduction for the following errors?
- Lack of originality of choreography
 - Feet apart on landing of a jump
 - Exercise not ended with music
- A. 0.20
 B. 0.30
 C. 0.40
 D. 0.50
44. Only with the addition or deletion of salto elements, acro elements with out hand support (aerials) or “B” acro flight elements with hand support, will a series be considered different.
- A. True
 B. False
45. How many Special Requirements are fulfilled in a Level 7 routine containing the following combinations?
- 1st Front handspring, Salto forward stretched
 2nd Round off, back handspring, back salto stretched to two feet
 3rd Round off, Straddle jump
- A. 0
 B. 1
 C. 2
 D. 3
 E. 4
46. What is the TOTAL MAXIMUM deduction for the following errors?
- Legs not parallel to floor in a split jump
 - Insufficient height of a salto
 - Missing synchronization of movement –whole exercise
- A. 0.60
 B. 0.70
 C. 0.80
 D. 0.90
47. Which of the following is a “C” Value Part?
- A. Switch leap ½ turn
 B. Cat leap with 1/1 turn
 C. Salto backward with 1/1 twist
48. What is the CORRECT Value Part credit for an exercise containing the following elements?
- Salto backward stretched with 1/1 twist
 - Tour jeté
 - Whip salto with ½ twist
 - Wolf jump
- A. 2A 2B
 B. 1A 3B
 C. 3A 1B
49. How many of the following would fulfill the Dance Series requirement on Floor Exercise?
- 1/1 turn on one foot, Ring leap
 - Switch leg leap, split jump
 - Straddle jump with ½ turn, Split jump with 1/1 turn
 - Cat leap 1/1 turn, chasse, Wolf jump with 1/1 turn

- A. 0
- B. 1
- C. 2
- D. 3
- E. 4

50. Level 8 – If the final salto was never initiated, which of the following is true?
- A. Deduct .5 from the start value for SR of “A” last salto missing and .3 from start value for no attempt to perform a last salto.
 - B. Deduct .5 from the start value for SR of “A” last salto missing and .5 from start value for no attempt to perform a last salto.
 - C. Deduct .2 from the start value for missing the SR.

ANSWER KEY

1.	A		26.	B	
2.	C	→.30, →.10, →.20	27.	D	
3.	D		28.	A	
4.	C		29.	D	
5.	D	-.5 SR, -.3 missing B	30.	C	
6.	C	-.5 SR dsmt, -.3 no dsmt, -.1 “A”	31.	C	180° leap and 360° turn
7.	A	→.1, →.1, .3, .2, →.2	32.	B	
8.	D		33.	B	.50, .10, →.20, .30, .10
9.	B		34.	E	
10.	B	.50, →.30, →.10	35.	E	New #2.301
11.	E		36.	D	
12.	E	→.20, →.10, →.30, →.30	37.	C	
13.	A	→.10, →.30, →.20	38.	D	
14.	D		39.	B	
15.	D	→.20, 1.0, .5 (if take steps and then fall – just take for the fall) .3	40.	D	
16.	C	→.30, →.10, .50	41.	C	
17.	E	2.00, →.30	42.	E	→.10, .10, →.10, .3
18.	C	→.20, .30 →.50, →.10	43.	B	→.10, →.10, .10
19.	B	→.20, →.10	44.	A	
20.	E		45.	C	
21.	B	→.10, →.10, →.30 →.30	46.	C	
22.	B		47.	A	
23.	E	→.20, →.30	48.	B	
24.	A	.05	49.	B	
25.	B		50.	A	