

Pop Quiz #1 General

Myra Elfenbein

1. Which of the following are Chief Judge ONLY deductions:
 - a. Failure to observe specified warm up time (after a warning)
 - b. Unallowable element
 - c. Missing a value part
 - d. Missing a Special Requirement
 - e. None of the above

2. Starting the exercise prior to the signal being given is the following deduction.
 - a. .20
 - b. .50
 - c. .30
 - d. .4
 - e. None of the above

3. An Uneven Bar routine consists of 4 elements. The deduction for this short exercise is:
 - a. .50 taken by the Chief Judge
 - b. 1.00 taken by all the Panel Judges
 - c. .3 taken by all the Panel Judges
 - d. 2.00 taken by the Chief Judge
 - e. None of the above

4. The Jury of Appeals consists of:
 - a. The Meet Referee, the Chief Judge of the event involved and the Meet Director
 - b. The Chief Judge of the Event, the Meet Director and a representative of USAG (State/Regional and or Regional/National JO Committee Chairman)
 - c. Chief Judges of all the Events, the Meet Director and a representative of USAG (State/Regional and or Regional/National JO Committee Chairman)
 - d. The Meet Referee, Chief Judges on all events, the Meet Director and a representative of USAG (State/Regional and or Regional/National JO Committee Chairman)
 - e. None of the above

5. The average of score of the two judges on the event is 8.6. The range of the two scores must be:
 - a. .5
 - b. .3
 - c. .4
 - d. .6
 - e. None of the above

6. The scores of a 4 Judge Panel consist of 9.45, 9.3, 9.25, 8.95. The gymnast also has exceeded the fall time on the event. Her final average score would be:
- 9.2
 - 9.3
 - 9.275
 - 9.25
 - None of these
7. On beam a gymnast performs a switch side leap connected to a straddle jump in a side position. Later in the routine she performs a switch side leap. Her TOTAL bonus is:
- .1
 - .2
 - .3
 - .4
 - .5
8. A gymnast performs a back handspring where her feet never touch the beam. She then performs back handspring connected to another back handspring. Which statement is true?
- She gets no credit for a series because it is the third back handspring
 - She gets credit for a Special Requirement series at Level 10
 - She gets credit for a Special Requirement series at Level 9
 - The series would be noted as a B + 0.
 - None of the above
9. A Level 10 gymnast performs 4 A elements 2 B elements 1 C element, and 1 D element. She has all her Special Requirements. Her Start Value would be:
- 9.2
 - 9.3
 - 9.4
 - 9.5
 - 9.6

(revised 6-29-13 Quiz 2, #2)

Pop Quiz #1 General

Answers— I think!!!

1. A Failure to observe specified warm up time (after a warning)
2. B .50
3. D 2.00 taken by the Chief Judge X (Taken from the average score)
4. D The Meet Referee, Chief Judges on all events, the Meet Director and a representative of USAG (State/Regional and or Regional/National JO Committee Chairman X (Page 9)
5. E None of the above It is 0.70 pts (Page 11)
6. E None of these (Myra writes: Really poor question because it assumes that she fell and didn't complete the exercise. In that case she would be missing a dismount .5 for no SR,(or last salto pass if it was floor) , the fall which is -.50 and no dismount for .3. There is NO WAY she could have gotten the above scores so the answer is none of these. Sorry for the bad question.
7. C .3 .1 for the Switch side which is a D and .2 for the combination of Switch Side (D) to straddle jump which we assume is in the side position because that is where she lands. That makes .3 altogether. She cannot get a bonus D for the remaining switch side leap since it was already performed.
8. C She gets credit for a Special Requirement series at Level 9X The first BHS gets a 0 so she can count this series for a special requirement.
9. B 9.3 Missing a B + .1 for a bonus D

Pop Quiz #2

General Deductions

Answers

1. C 3
2. C .4 Deviation from straight direction –up to .10, Legs crossed – up to .10, Fail to maintain stretched body (pikes down) up to .2
3. C 3
4. D Award Value Part, Special Requirement, no bonus +.50 deduction X
5. C 6

Pop Quiz #2

Myra Elfenbein

General Deductions

1. Which of the following are compositional deductions:
 1. Originality of choreography
 2. Maximum amplitude or range of movement of the body
 3. Changes in tempo and rhythm
 4. Quality of expression (projection, focus)
 5. Optimal body lines, extension and posture
 - a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5

2. What is the **MAXIMUM** deduction for the following errors:
 - . Deviation from a straight direction on landing
 - . Legs crossed during value part elements with twist
 - . Failure to maintain straight body (pikes down)
 - a. .2
 - b. .3
 - c. .4
 - d. .5
 - e. None of the above

3. Which is the **LARGEST** general fault:
 1. Leg or knee separations
 2. Incorrect body posture on landing
 3. Insufficient height on salto dismount
 4. Flexed feet during value part elements
 5. Insufficient split when required
 - a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5

4. A coach assists upon landing of the dismount element. Which is correct?
- a. Award value part and bonus
 - b. No Value part, no Special Requirement, no Bonus + .50 deduction
 - c. Award Value part, No Special Requirement, no bonus, +.50 deduction
 - d. Award Value Part, and Special Requirement, no bonus +.50 deduction
 - e. None of the above
5. What is the **MAXIMUM** deduction for the following errors?

. Squat on landing

. Additional movements to maintain control

- a. .4
- b. .5
- c. .6
- d. .7
- e. None of the above

Pop Quiz #3 Vault

1. True or False: If the hand placement mat slips on the runway, it is considered apparatus or equipment failure. _____

2. True or False. The safety zone mat can ONLY be used on round off entry vaults. _____
3. The deduction for performing a vault other than the announced or flashed vault is:
 - a. .1
 - b. .2
 - c. .3
 - d. .4
 - e. None of the above
4. A coach stands between the board and the vault apparatus on round off entry vaults (inside the domain of the apparatus) The deduction is:
 - a. .1

 - b. .2

 - c. .3
 - d. 0
 - e. None of the above

5. A gymnast performs a vault prior the Chief Judge's signal. The following occurs:
 - a. The Chief judge applies no deduction on the second vault
 - b. The Chief judge applies a deduction of .3 on the second vault
 - c. The gymnast then performs a successful 3rd vault and receives no penalty
 - d. The third vault is a void
 - e. None of the above

6. A gymnast successfully performs a Yurchenko 1 ½ vault. Her ONLY deductions are the MAXIMUM of the following:
 - . Big step on landing
 - .Legs crossed during the 2nd flight phaseHer score would be a:
 - a. 9.6
 - b. .9.7
 - c. 9.8

- d. 9.9
- e. None of the above

7. A gymnast has her knees bent during ALL phases of a Tsukahara Piked Vault. Her maximum deduction would be:

- a. .9
- b. .8
- c. .7
- d. .6
- e. None of the above

8. What is the maximum deduction for the following errors on vault:

- . Arched body in preflight
- . Shoulder angle in the support phase of the vault
- . Insufficient exactness of LA turn in second flight phase
- . Insufficient length of the vault

- a. .6
- b. .7
- c. .8
- d. .9
- e. None of the above

Pop Quiz #3 Vault answers

1. False
2. False
3. E
4. D
5. C
6. C (this vault gets + .1 bonus)
7. D
8. C

Mrya's Pop Quiz #4 Uneven Bars

1. Which is Correct?
 - a. A gymnast has 30 seconds to remount the uneven bars after a fall.
 - b. 2.00 are taken from the average score for a routine with 5 elements
 - c. A coach may speak to the gymnast during the fall without penalty
 - d. The deduction for exceeding the warm up time is taken by the panel judges
2. Which is correct regarding a spot
 - a. If a spot occurs on a dismount element take .30 for no dismount
 - b. If a coach spots during an element take .50 for the spot and award value part credit
 - c. If the gymnast fall after the sport deduct .50 for the spot and .50 for the fall
 - d. If a coach spots the gymnast upon landing of the dismount each judge deducts .50 for the spot
3. True or False: If a gymnast performs a dismount that is neither a hecht or a salto dismount, deduct .30 for no dismount_____
4. If a gymnast leaves the apparatus early (either intentionally or due to a fall) deduct:
 - a. .5
 - b. 1.0
 - c. 1.3
 - d. 1.4
 - e. None of the above
5. Which of the following are D elements?
 1. Back Stalder with $\frac{1}{2}$ turn
 2. Cast to handstand with $\frac{1}{2}$ turn to L grip
 3. L grip front giant
 4. Pak Salto
 - a. 1
 - b. 1 and 3
 - c. 3 and 4
 - d. 2 and 3
 - e. None are E elements
6. The following sequence gets what is TOTAL bonus?
 - . Cast to Handstand hop to reverse grip
 - . Front Giant with $\frac{1}{2}$ turn
 - . Double Layout dismount

- a. .2
 - b. .3
 - c. .4
 - d. .5
 - e. None of the above
7. True or False: Bandages that come loose during the exercise do NOT constitute equipment failure and therefore no repetition of the exercise is allowed. _____
8. A gymnast falls during the performance of a release skill and touches the bar with one hand. Which is correct?
- a. Value Part credit is NOT awarded
 - b. Bonus is not awarded
 - c. Special requirements will be not be fulfilled if applicable
 - d. Execution deduction will not be taken
 - e.
9. Which of the following is correct regarding casts to handstands?
- a. A cast to 10 degrees will incur a deduction of .05 for angle
 - b. A cast to 45 degrees is an A element
 - c. A cast to 20 degrees will incur a deduction of .10
 - d. Insufficient amplitude will NOT be applied to casts prior to a squat on onto the low bar

Pop Quiz #4 Uneven Bars

Answers

1. Which is Correct?
 - a. A gymnast has 30 seconds to remount the uneven bars after a fall.
 - b. 2.00 are taken from the average score for a routine with 5 elements
 - c. A coach may speak to the gymnast during the fall without penalty
 - d. The deduction for exceeding the warm up time is taken by the panel judges
2. Which is correct regarding a spot
 - a. If a spot occurs on a dismount element take .30 for no dismount
 - b. If a coach spots during an element take .50 for the spot and award value part credit
 - c. If the gymnast falls after the spot deduct .50 for the spot and .50 for the fall
 - d. If a coach spots the gymnast upon landing of the dismount each judge deducts .50 for the spot
3. True or False: If a gymnast performs a dismount that is neither a hecht or a salto dismount, deduct .30 for no dismount False
4. If a gymnast leaves the apparatus early (either intentionally or due to a fall) deduct:
 - a. .5
 - b. 1.0
 - c. 1.3 (no dismount -.3, No special requirement of C salto or hecht dismount -.5 for the fall, leaving the apparatus early is considered a fall)
 - d. 1.4
 - e. None of the above
5. Which of the following are D elements?
 1. Back Stalder with $\frac{1}{2}$ turn
 2. Cast to handstand with $\frac{1}{2}$ turn to L grip
 3. L grip front giant
 4. Pak Salto
 - a. 1
 - b. 1 and 3
 - c. 3 and 4
 - d. 2 and 3
 - e. None are E elements (should have been none are D elements) - sorry
6. The following sequence gets what is TOTAL bonus?

- . Cast to Handstand hop to reverse grip
 - . Front Giant with $\frac{1}{2}$ turn
 - . Double Layout dismount
- a. .2
 - b. .3
 - c. .4
 - d. .5
 - e. None of the above
7. True or False: Bandages that come loose during the exercise do NOT constitute equipment failure and therefore no repetition of the exercise is allowed. _____ **True** _____
8. A gymnast falls during the performance of a release skill and touches the bar with one hand. Which is correct?
- a. Value Part credit is NOT awarded
 - b. **Bonus is not awarded**
 - c. Special requirements will be not be fulfilled if applicable
 - d. Execution deduction will not be taken
 - e.
9. Which of the following is correct regarding casts to handstands?
- a. A cast to 10 degrees will incur a deduction of .05 for angle
 - b. A cast to 45 degrees is an A element
 - c. A cast to 20 degrees will incur a deduction of .10
 - d. **Insufficient will NOT be applied to casts prior to a squat on onto the low bar amplitude**

Pop Quiz #5

Beam

1. If a routine is clocked at over 1:30 at 130.68, the following is correct
 - a. Deduction .1 for overtime
 - b. Any elements performed after 130.00 are NOT evaluated
 - c. No timing deduction applies
 - d. The routine is over at 1:30.00.
 - e.
2. Which of the following is correct.
 - a. Following a fall, the routine resumes when the gymnast touches the beam to remount
 - b. The gymnast has 45 seconds to remount the beam after a fall.
 - c. The coach may speak to the gymnast during the fall time
 - d. A gymnast may perform an element on the mat prior to remounting without penalty
 - e.
3. Which is correct?
 - a. The addition of a $\frac{1}{4}$ turn make the element different
 - b. A Split jump with $\frac{1}{4}$ turn and a split leap with $\frac{1}{4}$ turn are different elements
 - c. A Front handspring step out and a front handspring to two feet are the same element
 - d. BHS step out, BHS step out layout salto step out, and BHS step out, Layout salto step out are different series.
4. A side aerial connected to a BHS which is directly connected to a layout full dismount satisfies how many special requirements?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
5. Which of the following are C elements?
 - a. Straddle jump in cross position with $\frac{1}{4}$ turn to end in side position
 - b. Straddle jump with $\frac{1}{4}$ turn to side position to end in side position
 - c. Full turn with the leg at 45 below horizontal degrees throughout the turn
 - d. Tourjeté
6. A gymnast has the following errors on Balance Beam. What is the MAXIMUM deduction for the following errors:
 - . Insufficient height on leaps
 - . Incorrect boy/posture alignment during dance value parts
 - . Additional trunk movements to maintain balance on "stuck dismount".
 - a. 3
 - b. .4

- c. .5
 - d. .6
7. A gymnast lands an acro element in a deep squat and then falls off the beam. In addition, she has bent arms on two acro elements. Her MAXIMUM deduction is:
- a. 1.10
 - b. 1.20
 - c. 1.30
 - d. 1.40
 - e. None of the above

Pop Quiz #5

Beam Answers

1. If a routine is clocked at over 1:30 at 130.68, the following is correct
C. No timing deduction applies
2. Which of the following is correct.
C. The coach may speak to the gymnast during the fall time
3. Which is correct?
B. A Split jump with $\frac{1}{4}$ turn and a split leap with $\frac{1}{4}$ turn are different elements
4. A side aerial connected to a BHS which is directly connected to a layout full dismount satisfies how many special requirements?
b. 2
5. Which of the following are C elements?
b. Straddle jump with $\frac{1}{4}$ turn to side position to end in side position
6. A gymnast has the following errors on Balance Beam. What is the MAXIMUM deduction for the following errors:
 - . Insufficient height on leaps
 - . Incorrect boy/posture alignment during dance value parts
 - . Additional trunk movements to maintain balance on “stuck dismount”.**c. .5**

Insufficient height on one leap should be .2 (max), Incorrect body posture on dance value parts – 0.10, Additional movements to maintain balance on stuck dismount - .2 (max)

7. A gymnast lands an acro element in a deep squat and then falls off the beam. In addition, she has bent arms on two acro elements. Her MAXIMUM deduction is:
d. 1.40