

## 2013 Practice Test – Level 9 Lee Bjella

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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/ntc_MAY%202014.pdf)

[http://www.nawgjwa.com/pdfs/njoc\\_ntc\\_May%2011,%202014.pdf](http://www.nawgjwa.com/pdfs/njoc_ntc_May%2011,%202014.pdf)

### GENERAL

- Which of the following statements is CORRECT for the awarding of Value Parts?
  - An element may receive credit a second time if performed in a different connection.
  - 3 A's worth 0.10 each may replace 1 B element worth 0.30.
  - An element which does not receive a Value Part may still receive Special Requirement credit.
  - None of the above
- What is the TOTAL MAXIMUM deduction for the following errors?
  - Bent knees
  - Legs crossed during salto
  - Insufficient exactness of tuck, pike or stretched position
  - 0.40
  - 0.50
  - 0.60
  - 0.70
  - 0.80
- Which of the following is applied by the Chief Judge only?
  - Deducts for missing Special Requirements
  - Deducts for missing Value Parts
  - Awards Additive Value
  - Deducts for spotting assistance during the exercise
  - Deducts for missing presentation before or after exercise
- Which of the following statements is INCORRECT?
  - An exercise missing one or more required Value Parts may still be awarded Additive Value.
  - The Start Value of exercises on Bars, Beam and Floor is 9.70.
  - "C" elements are worth .30 each
  - None of the above.
- What is the Start Value of an exercise comprised of the following:
  - 5 A's, 4 B's, 0 C, 1 D
  - +0.20 Connection Value
  - Missing 1 Special Requirement
  - 9.60
  - 9.50
  - 9.40
  - 9.30
- What is the Start Value of an exercise comprised of the following:
  - 3 A's, 3 B's, 1 C, 1 unallowable D
  - +0.10 Connection Value
  - No Dismount
  - 8.20

- B. 8.50
- C. 9.00
- D. 9.30
- E. 9.80

7. Which of the following deductions is CORRECT?

- A. Legs crossed .10
- B. Deviation from straight direction (UB, BB, FX) up to .10
- C. Illegal placement of supplementary mats 0.20
- D. Very large step or jump on landing 0.10
- E. Trunk movements on dismount landings (UB, BB) up to .30

8. Which of the following statements is CORRECT?

- A. Insufficient exactness of body positions: 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 deduct 0.30
- D. Quality of movement reflects personal style deduct 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, execution errors plus 0.50 for the fall are deducted.
- B. Value Part credit, Special Requirement credit and Bonus are not awarded and 0.50 is deducted for the fall.
- C. Special Requirement credit is awarded, Value Part credit is not awarded and 0.50 is deducted for the fall.
- D. Value Part credit is awarded, no Special requirement is awarded and 0.50 is deducted for the fall.
- E. Value Part credit and Special Requirement credit are not awarded, execution errors plus 0.30 for a large error are deducted.

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

- Spotting assistance during the exercise
- 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 1<sup>st</sup> flight
- Insufficient exactness of turn in the second flight phase
- Arch in 2<sup>nd</sup> 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 the gymnast performs a Piked Tsukahara and fails to land on the bottoms of her feet?
- A. 0.30  
B. 0.50  
C. 1.00  
D. Void vault  
E. None of the above
15. Which of the following would receive the LARGEST deduction?
- A. Brush/hit of body on the vault table in the second flight  
B. Touching the horse with only one hand  
C. 3 large steps and a fall upon landing  
D. Insufficient extension before landing of tuck or pike vault  
E. Coach standing between the board and horse on a group 3 vault
16. What is the TOTAL MAXIMUM deduction for the following faults in a Tsukahara Stretched vault?
- Knees bent in first flight phase
  - Legs crossed in second flight phase
  - Fall against apparatus upon landing
- A. 0.70  
B. 0.80  
C. 0.90  
D. 1.00  
E. 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
- A. 0.80  
B. 1.00  
C. 1.50  
D. 2.00  
E. 2.30
18. What is the TOTAL MAXIMUM deduction for the following faults in a Tsukahara Tuck vault?
- Legs apart in first flight phase
  - Total absence of extension before landing
- A. 0.50  
B. 0.60  
C. 0.70  
D. 0.80  
E. 0.90
19. What is the TOTAL MAXIMUM deduction for the following faults in a Handspring  $2/1$  Twist off?
- Shoulder angle in repulsion phase
  - One extra arm swing upon landing

- A. 0.20
- B. 0.30
- C. 0.40
- D. 0.50
- E. 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 | Void |
| 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. Hang on HB – uprise backward and clear hip circle to handstand
- D. From handstand, clear pike circle backward to rear inverted pike support
- E. Clear pike circle backward with hecht flight to hang on HB

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. Fail to perform both forward and backward circles and releases
- B. Lack of variety in choice of elements
- C. Hit on the mat with foot on glide kip
- D. Poor rhythm in elements/connections
- E. Under rotation of release/flight elements

25. Which of the following is an “D” element?

- A. Handstand on HB – underswing with ½ turn and flight over LB to hang on LB
- B. Giant circle backward to handstand with 1/1 (360°) turn in handstand
- C. Handstand on HB – swing down forward, back facing LB, straddle back to handstand on LB
- D. Handstand on HB – swing down between bars, swing forward to double salto backward piked – dismount

26. Which of the following is an INCORRECT statement concerning Special Requirements?

- A. Giant circle backward to handstand with hop-change to reverse grip in handstand phase is considered a flight element.

- B. Swing down between the bars to double salto backward tucked dismount fulfills the dismount Special Requirement.
- C. An exercise containing a hecht jump with legs together and hand repulsion over low bar to hang on HB (mount) and a straddle back with flight to handstand on LB would fulfill the 2 flight Special Requirements.
- D. An exercise containing only 1 bar change and 1 B flight element receives a total of .5 deduction for missing Special Requirements.

27. Which of the following is a “D” Value Part?

- A. Uprise to handstand with 1/1 turn after handstand
- B. Clear hip circle to handstand
- C. Giant circle backward to handstand with ½ turn in handstand to mixed L grip
- D. L grip front giant to handstand

28. What is the CORRECT Value Part and Connection Value for the following directly connected LB elements?

- Stalder back to handstand
- Stalder back to handstand
- Clear underswing on LB with release and counter movement forward in flight to hang on HB

- A. D + D + D 0.20 Connection Value
- B. D + C + D 0.20 Connection Value
- C. C + C + C 0.10 Connection Value
- D. C + C + C no Connection Value
- E. C + C + C 0.20 Connection Value

29. Which of the following is a “C” Value Part?

- A. Seat circle forward with straddle cut backward to hang on the same bar
- B. Clear hip circle to handstand with 1 ½ turn in handstand
- C. Clear hip circle through handstand with flight to hang on HB (Schaposhnikova)
- D. Front stalder circle to handstand with full turn after handstand to mixed L grip
- E. L grip front giant to handstand with half turn in handstand

30. What is the CORRECT Value Part and Connection Value for the following directly connected elements?

- On HB – Cast handstand ½ (180°) turn in handstand
- Swing down between the bars and counter swing to a straddle backwards to handstand on the LB

- A. D + D 0.20 Connection Value
- B. C + C 0.20 Connection Value
- C. C + C 0.10 Connection Value
- D. C + B no Connection Value
- E. B + C no Connection Value

## **BALANCE BEAM**

31. How many Special Requirements are missing from the following exercise?

- Jump to a handstand with hip angle (pike) to handspring forward with step out mount (1 element)
- Wolf jump from both feet, wolf jump from both feet with ½ turn
- Back handspring, back tuck salto
- Full twisting stretched jump
- Salto forward tucked, pike jump
- Gainer salto stretched with ½ twist to side of beam dismount

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

32. What is the TOTAL Connection Value awarded for the following 3 series performed in a routine?

- 1<sup>st</sup> series – Stretched jump, sheep jump
- 2<sup>nd</sup> series – Flic flac step out, salto backwards stretched with step out
- 3<sup>rd</sup> series – Flic flac to two feet, flic flac to two feet, salto backwards piked

- A. 0.10
- B. 0.20
- C. 0.30
- D. 0.40

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 and Connection Value for these directly connected series?

- |  |                              |
|--|------------------------------|
| A. Full turn, Full turn leg extended   | A + C, 0.10 Connection Value |
| B. Switch leg leap, straddle jump (cross)                                    | C + C, 0.20 Connection Value |
| C. Switch leg leap, wolf jump  | D + A, 0.10 Connection Value |
| D. Tour jete, tuck jump with $\frac{1}{2}$ turn                              | D + A, 0.10 Connection Value |
| E. Straddle jump with $\frac{1}{2}$ turn, split jump with $\frac{1}{2}$ turn | C + C, 0.20 Connection Value |

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 four (4) series performed in a routine?

- 1<sup>st</sup> series – Straddle jump, straddle jump
- 2<sup>nd</sup> series – Flic flac step out, salto backward stretched with step out, flic flac step out
- 3<sup>rd</sup> series – Front walkover, front handspring on one arm
- 4<sup>th</sup> series – Round off, flic flac step out, salto backward stretched with 2/1 (720°) twist dismount

- A. 5 B's    5 C's    1 D
- B. 6 B's    3 C's

- C. 7 B's 3 C's
- D. 1 A 5 B's 4 C's 1 D
- E. 4 B's 5 C's 1 D

38. A. What is the TOTAL number of Special Requirements fulfilled by the following elements?

- Split leap, 1 ½ turn on one foot, drive forward roll into an immediate flic-flac

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

39. Which of the following would receive 0.10 in Connection Value?

- A. Round off in front of the beam and back hand spring step out mount, flic flac
- B. Flic flac with 1/1 twist to swing down to cross straddle sit, roll backward to handstand
- C. Straddle Jump, Straddle Jump in cross position with ¼ turn to finish in side position
- D. Hop with free leg above horizontal, 1/1 turn on one leg with free leg above horizontal
- E. Press to cross handstand with 1/1 turn step down, pike jump
- F. None would receive Bonus

40. Which of the following is a "B" element?

- A. Straddle Jump in cross position with ¼ 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 "C" Value Part credit?

- Tour jete with additional ½ turn
- Side split jump landing in front lying support (Schuschunova)
- Split jump with 1/1 turn
- Wolf jump with ½ turn
- Ring jump with 1/1 turn
- Switch leap with 1/1 (360°)

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

42. What is the TOTAL MAXIMUM deduction for the following faults?

- Split leap missing 20° of split position
- Fail to perform saltos/aerials in two different directions

- A. 0.10
- B. 0.15
- C. 0.20
- D. 0.25
- E. 0.30

43. What is the TOTAL MAXIMUM deduction for the following errors?
- Lack of originality of choreography
  - Lack of a minimum "B" salto
  - Exercise not ended with music
- A. 0.40  
 B. 0.50  
 C. 0.60  
 D. 0.70  
 E. 0.80
44. Which of the following would receive the MOST amount of CONNECTIVE value?
- A. Round-off, Flic Flac, Whip salto, Back Salto stretched with 2/1 twist.  
 B. Round-off, Salto backward stretched with 1 ½ twist, front salto stretched.  
 C. Front handspring, Front salto stretched with 1/1 twist, Front salto stretched, Front salto piked.  
 D. Round-off, Flic flac, Back Salto stretched with 2/1 twist, Salto forward tucked.  
 E. All receive the same amount of Connective Value.
45. How many Special Requirements are fulfilled in an exercise containing the following combinations?
- 1<sup>st</sup> Front handspring, Flyspring, Salto forward stretched with 1/1 twist.  
 2<sup>nd</sup> Salto forward stretched with ½ twist, Salto backward stretched with step out.  
 3<sup>rd</sup> Round off, Straddle jump, Salto forward stretched.
- A. 0  
 B. 1  
 C. 2  
 D. 3  
 E. 4
46. What is the TOTAL CONNECTIVE VALUE awarded in an exercise containing the following combinations?
- Split leap forward with change of legs and ¼ turn to side split leap (switch side leap), Side split jump with landing to front lying support (Schuschunova)
  - Cat leap with 1 ½ turn, Tuck jump with 1 ½ turn
  - Straddle jump, Tuck jump with 1 ½ turn
  - 2/1 turn on one foot, Wolf hop with 1/1 turn
- A. 0.10  
 B. 0.20  
 C. 0.30  
 D. 0.40  
 E. 0.50
47. Which of the following is a "C" Value Part?
- A. Switch leap 1/1 turn (360°)  
 B. Cat leap with 1/1 turn  
 C. Salto backward with 3/1 twist  
 D. Double salto backwards  
 E. Salto forward stretched with 1/1 twist
48. What is the CORRECT Value Part credit for an exercise containing the following elements?
- Salto backward stretched with 2 twist
  - Tour jete with an additional 1/2 turn
  - Whip salto with ½ twist
  - Wolf jump with 1/1 turn
- A. 2B    0C    2D



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

49. How many of the following would fulfill the Dance Series requirement on Floor Exercise?

- 2/1 turn on one foot, Ring leap
- Switch leg leap, split jump
- Straddle jump with 1/2 turn, Split jump with 1/1 turn
- Cat leap 1 1/2 turn, chasse, Wolf jump with 1/1 turn

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

50. Which of the following series would receive +0.20 for Connection Value?

- A. Salto forward tucked, Front handspring, Salto forward stretched, Salto forward stretched.
- B. Salto forward tucked, Front Handspring, Salto forward stretched with 1/1 twist, Salto forward piked.
- C. Round-off, Whip salto backward, Whip salto backward, Salto backward stretched with 2/1 twist.
- D. Front handspring, Salto forward stretched with 1/2 twist, Salto backward tucked with 1/1 twist.
- E. None of the above.

**ANSWER KEY**

1.	A		26.	D	
2.	C	→.30, →.10, →.20	27.	D	
3.	E		28.	C	3,6,7 elements must be different
4.	C		29.	D	B, E, D, C, D
5.	C	-.5 SR, +.2 CV	30.	B	
6.	A	-.5 SR dsmt, -.3 no dsmt, - 5 for unallowable D , -.3 missing B +.1 CV	31.	C	180° leap and 360° turn
7.	B		32.	B	AC for level 9 – no bonus; BC+ .10, BBC+.10
8.	D		33.	B	.50, .10, →.20, .30, .10
9.	B		34.	E	
10.	B	.50, → .30, → .10	35.	A	
11.	E		36.	D	
12.	E	→ .20, → .10, →.30, →.30	37.	B	No VP for 3 <sup>rd</sup> Flic Flac step out
13.	A	→.10, →.30, →.20	38.	D	
14.	D		39.	F	
15.	B		40.	D	
16.	C	→.30, →.10, .50	41.	C	
17.	E	2.00, →.30	42.	C	→.10, .10
18.	A	→.20, .30	43.	B	→.10, .30, .10
19.	B	→.20, →.10	44.	C	+.30 CV
20.	E		45.	D	
21.	B	→.10, →.10, →.30 →.30	46.	B	DBL turn to hop ok – pg 255/ new
22.	B		47.	E	D, B, E, D, C
23.	E	→.20, →.30	48.	C	C, C, B, C
24.	A	.05	49.	B	2 <sup>nd</sup> example (4 <sup>th</sup> has no 180° split)
25.	B		50.	B	