

GENERAL

- 1 What is the Allowable Range of Scores for 9.00 - 9.475?
 - a) 0.20
 - b) 0.30
 - c) 0.50
 - d) 0.70
 - e) 1.00

- 2 What is the deduction for substituting or omitting a major element?
 - a) 0.30
 - b) half the value of the element
 - c) up to the value of the element
 - d) value of the element
 - e) double the value of the element

- 3 What is the deduction for changing, reversing, or omitting a series of connections?
 - a) 0.10
 - b) 0.20
 - c) up to 0.20
 - d) 0.30
 - e) up to 0.30

- 4 The total execution +/- or amplitude deductions on a major element may not exceed
 - a) value of the element
 - b) value of the elements plus 0.50
 - c) half the value of the element
 - d) half the value of the elements plus 0.50
 - e) value of the element plus 1.00

- 5 What is the deduction for text errors throughout the routine? - deduct in general
 - a) up to 0.50
 - b) up to 0.40
 - c) up to 0.30
 - d) up to 0.20
 - e) up to 0.10

VAULT

- 1 What is the total maximum deduction for piked body position in first flight, lack of dynamics and bent arms?
 - a) 1.00
 - b) 0.90
 - c) 0.80
 - d) 1.30
 - e) 1.50

- 2 What is the maximum deduction for leaving the table at 89° past vertical?
 - a) 1.00
 - b) 0.50
 - c) 0.40
 - d) 0.30
 - e) 0.80

- 3 What is the maximum deduction for completely bending the arms so the head contacts the table, too long in support, and insufficient distance?
 - a) 1.50
 - b) 1.80
 - c) 2.00
 - d) 2.50
 - e) 2.80

- 2 What is the total maximum deduction for attempting the Level 4 beam dismount, not attaining vertical, and falling?
 - a) 1.00
 - b) 1.10
 - c) 1.20
 - d) 0.70
 - e) 0.80

- 3 What is the total maximum deduction for a Level 4 leap on beam that is 90°, lead leg is bent, and does not pause in arabesque on landing?
 - a) up 0.40
 - b) up 0.35
 - c) up to 0.30
 - d) 0.30
 - e) 0.40

- 4 What is the required split in the back walkover in Level 5 beam?
 - a) 90°
 - b) 120°
 - c) 140°
 - d) 150°
 - e) 180°

- 5 What is the maximum total deduction for the full turn in Level 5 where the free leg is not in forward passe' and a heel snap technique is executed?
 - a) 0.50
 - b) 0.40
 - c) 0.30
 - d) up to 0.30
 - e) up to 0.20

FLOOR EXERCISE

- 1 Which of the following deductions is not correct?
 - a) failure to land jumps with feet closed (up to 0.10)
 - b) hands are placed more than shoulder width apart (up to 0.10)
 - c) failure to rebound immediately after 2nd front handspring (up to 0.10)
 - d) failure to maintain arms next to ears in front handsprings (up to 0.10)
 - e) failure to keep legs joined in air on stretched jump (up to 0.10)

- 2 Which of the following elements are not valued at 0.60 each?
 - a) front handspring step out
 - b) front handspring to two feet
 - c) leap
 - d) back extension roll
 - e) back salto tucked

- 3 Which of the following groups are in the correct sequential order for Level 5?
 - a) front handspring to two feet, front salto, back extension roll, leap
 - b) leap, full turn, round-off, back handspring, back salto tucked
 - c) straddle jump, full turn, front handspring step out, front salto
 - d) back extension roll, split jump, split leap, round off, back handspring
 - e) jump full turn, front handspring step out, front handspring to two feet, split

- 4 What is the total maximum deduction for performing a piked front salto on Level 5 floor?
- a) 0.30 d) up to 0.60
 b) up to 0.30 e) 1.20
 c) 0.60
- 5 What is the deduction for not having acceleration into an acro series?
- a) up to 0.30
 b) 0.30
 c) up to 0.20
 d) 0.20
 e) up to 0.10

ANSWERS

GENERAL	VAULT	BARS	BEAM	FLOOR
1 C	D	C	D	C
2 E	A	B	A	D
3 D	E	B	B	B
4 B	B	A	D	D
5 B	A	E	B	C