

2013-2017 Practice Test – Level 10 by Lee Bjella

(email Lee at leebjella@gmail.com if you see errors, or have suggestions. More judging helps at www.nawgjwa.com)

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

The following updates are to be kept in mind as you study: (taken from the above PDF's)

**UPDATE AUG. 1, 2014 JOINT MEETING JUNIOR OLYMPIC & TECHICAL COMMITTEES MINUTES May 11, 2014
Beginning August 1, 2014**

UNEVEN BARS In order to fulfill the **compositional requirement of sufficient change of direction at Levels 9 and 10**, the routine must include two elements (pirouette or release), one of which has a 180° or 540° turn and a second which has a minimum of 180° turn. The deduction is "up to 0.10".

Examples of applying the up to 0.10 deduction:

0.10 No elements with a minimum of 180° turn

0.05 Only one element with 180° or 540° turn

Only one element with 360° turn

Both elements with 360° turn

No deduction Two elements with 180° and/or 540° turn

One element with 180° or 540° turn and one element with 360° turn

UNEVEN BARS Clarification: The Weiler Kip elements (#3.207, 3.407) may be performed with legs straddled (hips bent) or together (hips extended) to receive "B" or "D" credit at the JO level.

UNEVEN BARS Whenever a "B" release element with flight over LB is directly connected with no counterswing to a "D" or "E" release element on HB, the "B" release will receive "C" value-part credit.

UNEVEN BARS A back uprise directly connected to a Group 3, 6 or 7 circling element to handstand may be counted as either one "C" or may be separated into two elements, to the gymnast's benefit.

FLOOR Clarification: Stag-split leap, and split leap on Floor are considered the same element – all listed as element #1.101 in the JO Code of Points.

Clarification for the landing of the last element in an Acro series on floor:

There is no deduction for landing with feet a maximum of hip-width. A small step backward to a lunge is acceptable.

BEAM Clarification - Stag-split leap and split leap on Beam are considered the same element, both listed as element #2.101 in the JO Code of Points.

BEAM Elements 1.208 and 1.308, the Silivas-type mounts, are considered sideward beam elements for compositional credit.

Regarding landings on Vault and dismounts on Uneven Bars and Balance Beam:

No deduction for landing with feet a maximum of hip width apart, provided that they join (slide) the heels together on the controlled extension. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and a deduction of up to 0.10 would be applied. Landing with feet further than hip-width apart will receive a 0.10 deduction. (up to 0.10 would be applied for landing with feet staggered (one in front of the other).

PRACTICE TEST:

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. D and E elements replacing missing B's and C's cannot count for Additive Value.
- C. 3 A's worth 0.10 each may replace 1 B element worth 0.30.
- D. An element which does not receive a Value Part may still receive Special Requirement credit.
- E. 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. Awards Additive Value
- D. Deducts for spotting assistance during the exercise
- E. Deducts for missing presentation before or after exercise

4. Which of the following statements is INCORRECT?

- A. An exercise missing one or more required Value Parts may still be awarded Additive Value.
- B. The Start Value of level 10 routines on Bars, Beam and Floor is 9.50.
- C. There is a 0.20 deduction for each missing Special Requirement.
- D. An exercise with 0.60 total Connection Value and no Difficulty Value will be awarded 0.40 Additive Value.
- E. None of the above.

5. What is the Start Value of an exercise comprised of the following:

- 5 A's, 3 B's, 0 C, 1 D and 1 E
- +0.20 Connection Value
- Missing 1 Special Requirement

- A. 9.60
- B. 9.50
- C. 9.40
- D. 9.30
- E. 9.20

6. What is the Start Value of an exercise comprised of the following:

- 2 A's, 2 B's, 1 C, 1 D, and 1 E
- +0.10 Connection Value
- No Dismount
- No C Dismount

- A. 8.60
- B. 8.70
- C. 9.00
- D. 9.30
- E. 9.80

7. Which of the following deductions is CORRECT?

- A. Legs crossed 0.10
- B. Deviation from straight direction up to 0.10
- C. Illegal placement of supplementary mats 0.20
- D. Very large step or jump on landing 0.10
- E. Stretched body position - pikes down early (UB, BB, FX) up to 0.30

8. Which of the following statements is CORRECT?

- A. A .030 deduction on a D element makes it ineligible for Bonus.
- B. The same exact connection may receive Connection Value two times.
- C. Support on the mat with one hand is deducted 0.30.
- D. Quality of movement reflects personal style - deduct up to 0.10.
- E. E elements are worth 0.30 Difficulty Value.

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 and Special Requirement credit 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
- Deep squat upon 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?

- 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 LA 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 the gymnast performs a piked tsukahara and fails to land on her feet first?

- 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. Brushing the vault table with body in the second flight
- B. Touching the table with only one hand on repulsion
- 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 table 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. Which of the following is TRUE concerning the performance of a Vault without a signal from the Chief Judge:

- A. Vault is ignored, even if both judges see it.
- B. Gymnast has the option to perform two more vaults.
- C. CJ applies a 0.5 penalty to the average score of the next completed vault.
- D. The penalty may or may not affect the final score.
- E. All of the above are true.

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. Spotting assistance during the vault | 0.50 |
| C. Coach standing between board and table on handspring vault | Void |
| D. Failure to use safety collar for round off entry vaults | Void |

UNEVEN BARS

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

- Insufficient tuck position on flyaway double back dismount
- Touch on mat with feet on glide kip
- Bent arms on two giant circles backwards
- Three extra swings in a row

- A. 1.40
- B. 1.50
- C. 1.60
- D. 1.70
- E. 1.80

22. Which of the following is a "B" Value Part?

- A. Jump with 1/1 (360°) to hang on HB – Mount
- B. Jump with 1/1 (360°) turn, glide kip to front support on LB – Mount
- C. From handstand, clear pike circle backward to rear inverted pike support
- D. Clear hip circle backward on LB with hecht to hang on HB
- E. Jump to brief hang on HB, salto roll backward, tucked with grip change to hang on LB - Mount

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
- Feet flexed
- Legs separated

- A. 0.45
- B. 0.50
- C. 0.60
- D. 0.75
- E. 0.80

24. Which of the following is the SMALLEST deduction?

- A. Fail to perform both forward and backward circles and releases
- B. Lack of variety of elements and connections
- C. Hit on the mat with foot on glide kip
- D. Lack of precision of handstand positions throughout
- E. Under rotation of release/flight elements

25. Which of the following is an "E" element?

- A. Jaeger salto piked
- 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
- E. Forward giant circle with 1/1 (360°) turn in handstand to L or mixed L grip

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. Special Requirements: An exercise containing 1 bar change and 1 B flight element, 1 C turn, and a C dismount receives a total of 1.00 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 with hop in handstand phase

- C. Giant circle backward to handstand with ½ turn in handstand to mixed L grip
- D. L grip front giant to handstand with 1/1 turn in handstand
- E. Giant circle forward to handstand with initiation of 1/1 turn on one arm before handstand phase

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

- Stalder back to handstand
- Clear hip circle to handstand
- Giant circle backward, counter straddle – reverse hecht (Tkatchev)

- A. C + D + D 0.20 Connection Value
- B. C + D + D 0.30 Connection Value
- C. C + C + D 0.20 Connection Value
- D. B + C + D no 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. LB 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 with stated errors?

- 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, 0.10 Connection Value
- C. C + C no 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
- Front walkover, one-foot take-off front salto piked
- Stretched jump 1/1 (360°) turn
- Salto forward piked, 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 4 series performed in a routine?

1st series – Stretched jump, sheep jump

2nd series – Flic flac step out, salto backwards stretched with step out

3rd series – Flic flac to two feet, flic flac to two feet, salto backwards piked

4th series – Free (aerial) cartwheel, salto backwards stretched with step out

- A. 0.10
- B. 0.20
- C. 0.30
- D. 0.40
- E. 0.50

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 ½ turn | D + A, 0.10 Connection Value |
| E. Straddle jump with ½ turn, split jump with ½ turn | C + C, 0.20 Connection Value |

36. Which of the following deductions is CORRECT for Beam?

- A. Choice of acro elements not up to the competitive level up to .10
- B. Two leap/jump/hop elements that land in prone or front support position 0.20
- C. Insufficient height of saltos/aerials up to .30
- D. Insufficient distribution - Dismount is a single element of minimal required difficulty for level 0.05
- E. None of the above is correct

37. What is the CORRECT Value Part credit and what is the TOTAL CONNECTIVE VALUE BONUS awarded for the following four (4) series performed in a routine?

1st series – Straddle jump, straddle jump, Onodi (jump backward – flic flac take off with ½ twist to walkover forward)

2nd series – Flic flac step out, salto backward stretched with step out, flic flac step out

3rd series – Front walkover, front handspring on one arm

4th 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 +0.40
- B. 6 B's 3 C's 1 E +0.40
- C. 5 B's 6 C's +0.60
- D. 1 A 5 B's 4 C's 1 D +0.50
- E. 4 B's 5 C's 1 D +0.60

38. What is the TOTAL number of Special Requirements fulfilled by the following directly connected series?

- Split leap, 1 ½ turn on one foot, front handspring step out, salto forward with take-off from one leg swing through to stand in scale

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

39. Which of the following would receive 0.10 in CONNECTIVE VALUE?

- A. Round off in front of the beam and salto backward stretched with step out mount, flic flac with ½ turn
- B. Flic flac with 1/1 twist to swing down to cross straddle sit, roll backward to handstand
- C. Free aerial walkover, wolf jump with take off from two feet
- 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

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

- A. Straddle Jump in cross position with ¼ turn
- B. Handstand forward roll
- C. Valdez
- D. All of the above
- E. None of the above

FLOOR EXERCISE

41. How many of the following would receive "C" Value Part credit?

- Tour jete with additional $\frac{1}{2}$ turn to split sit position
- Side split jump with $\frac{1}{2}$ turn landing in front lying support (Schuschunova)
- Side split jump with 1/1 turn
- Wolf jump with $\frac{1}{2}$ turn
- Ring leap 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 to 160° (20° is missing – look at the USAG Dance Technique Chart or pg 249)
- Fail to perform saltos 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 "C" 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, Double salto backward stretched.
- B. Round-off, Salto backward stretched with 1 $\frac{1}{2}$ twist, Round-off, Double salto backwards tucked with 1/1 twist.
- C. Front handspring, Front salto stretched with 1/1 twist, Front salto stretched, Front salto piked.
- D. Round-off, Flic flac, Double salto backward stretched, 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?

- 1st Front handspring, Flyspring, Salto forward stretched with 2/1 twist.
 - 2nd Salto forward stretched with 1 ½ twist, Salto backward stretched with step out.
 - 3rd Round off, Straddle jump, Salto forward stretched with ½ twist
- A. 0
 - B. 1
 - C. 2
 - D. 3
 - E. 4

46. What is the TOTAL CONNECTION 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, Cat leap with 2/1 turn
 - Straddle jump, Tuck jump with 2/1 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 "D" Value Part?

- A. Switch leap 1/1 turn (360°)
- B. Cat leap with 1/1 turn
- C. Salto backward with 3/1 twist
- D. Arabian double salto forward
- 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 ½ twist
- Tour jete with an additional 1/1 turn
- Whip salto with ½ twist
- Cat leap with 2/1 turn
- Wolf jump with 1/1 turn

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

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 ½ turn, Split jump with 1/1 turn

- Cat leap 1 ½ 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 CONNECTIVE 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 ½ twist, Salto backward tucked with 1/1 twist.
- E. None of the above.

51. Which of the following gets .1 Bonus for the combination?

- A. Double turn, Straddle jump 1/1
- B. Double turn, Wolf Hop 1/1
- C. Wolf Hop 1/1, Double turn
- D. None of the above
- E. A and B
- F. B and C

ANSWER KEY

1.	A		27.	B	C, D, C, E, E
2.	C	.30, .10, .20	28.	C	
3.	E		29.	D	B, E, D, C, D
4.	C		30.	B	
5.	B	-.5 SR, +.2 CV, +.3 DV	31.	D	Dsmt is "B" / Acro series ok/ no turn/ no 180° leap= 3 SR missing
6.	C	-.1 "A", -.5 SR, -.3 no DSmt, +.4 CV	32.	D	AD+.10, BC+ .10, BBC+.10, DC+.20 but can only award .4 CV (The question was what was the CV- not total bonus....)
7.	B	≥ .1, ≥.1, .3, .2, ≥ .2	33.	B	.50, .10, .20, .30, .10
8.	D		34.	E	
9.	B		35.	A	
10.	B	.50, .30, .10	36.	D	
11.	E		37.	B	3 element series- pg 172 A; No VP for 3 rd Flic Flac step out; and the front handspring is not a salto for B+C
12.	E	.20, .10, .30, .30	38.	D	
13.	A	.10, .30, .20	39.	C	
14.	D		40.	D	
15.	B		41.	C	
16.	C	.30, ≥.10, .50	42.	C	.10, .10
17.	E		43.	B	.10, .30, .10
18.	A	.20, .30	44.	C	+.30 CV
19.	B	.20, .10	45.	C	
20.	D		46.	D	New- pg 255 turns to hops
21.	B	.20, .10, .60, .60	47.	A	D, B, E, E, C
22.	B		48.	C	D, D, B, D, C
23.	D	.20, .30, .05, .20	49.	B	2 nd example (3 rd has split JUMP, 4 th has no 180° split)
24.	A	.05	50.	B	
25.	A		51.	F	Pg 255 of code. new
26.	D				