

PRACTICE TEST
LEVEL 4/5
JULY, 2013

GENERAL

1. Which deduction is taken by each judge?
 - a. Any part of body touching outside the FX
 - b. Spotting assistance from coach
 - c. Springboard on unauthorized surface
 - d. All of the above

2. Which of the following statements is **CORRECT**?
 - a. If a gymnast performs $\frac{1}{2}$ or less of the exercise and does not continue, give credit for elements performed. Do not score from a 10.0.
 - b. The official time stops when a gymnast leaves the beam for her dismount.
 - c. When a gymnast falls from the bars she has 50 seconds to remount and resume her exercise.
 - d. If a coach assists on landing only, no element credit + 0.50 is deducted.

3. Which of the following deductions is **CORRECT**?
 - a. Incorrect foot form on major elements Up to 0.10
 - b. Failure to lever in and out of elements when required Up to 0.20 each
 - c. Failure to perform $\frac{1}{2}$ and $\frac{1}{1}$ turns on 1 foot in high releve 0.05
 - d. Insufficient hip rise on salto/aerial elements Up to 0.30

4. What is the **TOTAL MAXIMUM** deduction for the following errors?
 - Incorrect position of arms, head, or feet throughout the exercise
 - Incorrect position (alignment) in arabesque position on balance beam
 - Overtime on balance beam
 - a. 0.40
 - b. 0.50
 - c. 0.60
 - d. 0.70

5. Which of the following statements is **CORRECT**?
 - a. Deduct all execution/amplitude errors leading to a fall, including balance errors.
 - b. The total execution/amplitude deductions taken on a major element **MAY NOT** exceed the value of the element plus 1.00.
 - c. Deductions for falls, extra swings, or lack of continuity in required series due to a fall are in addition to the execution/amplitude deductions.
 - d. The deduction for a major element performed with additional twist, turn, or major change in flight is 1.00.

6. Which of the following deductions is **INCORRECT**?
 - a. Adding an extra element each 0.30
 - b. Changing, reversing, or omitting a series of connections 0.30
 - c. Failure to complete a major element Up to the value of the element
 - d. Omitting a major element Value of element + 1.0

7. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Movement lacking in artistry and dynamics
 - Grasping the beam in order to avoid a fall
- a. 0.60
 - b. 0.80
 - c. 0.90
 - d. 1.00
8. Which of the following deductions is correct?
- | | |
|---|-----------------|
| a. Bent arms or legs on uneven bars | Up to 0.20 each |
| b. Incorrect body alignment, position, or posture on major elements | Up to 0.30 |
| c. Insufficient hip rise (height) on leaps and jumps | Up to 0.30 |
| d. Extra kick to handstand | 0.30 |
9. Which of the following would receive the **GREATEST MAXIMUM** deduction?
- a. Insufficient split
 - b. Failure to contract or extend when indicated
 - c. Failure to kick leg horizontal or above when required
 - d. All of the above are the same deduction
10. What is the allowable range with the following scores?
- | | | | |
|------|-----|-----|-----|
| 9.00 | 8.9 | 9.4 | 9.3 |
|------|-----|-----|-----|
- a. 0.10
 - b. 0.20
 - c. 0.30
 - d. 0.50

VAULT

11. What is the **CORRECT** deduction for support of only one hand on vault?
- a. 0.50
 - b. 1.0
 - c. 2.0
 - d. Void
12. Which of the following errors receives the **GREATEST MAXIMUM** deduction?
- a. Taking 4 full steps after landing
 - b. Deep squat on landing
 - c. Extra arm swing to maintain balance
 - d. Falling against apparatus
13. What is the **CORRECT** deduction for arms bent in support phase?
- a. Up to 0.30
 - b. Up to 0.50
 - c. Up to 1.0
 - d. 2.0

14. Which of the following errors receives the **SMALLEST MAXIMUM** deduction?
- Shoulders/head out of alignment on support phase
 - Body piked in second flight
 - Slight hop on landing
 - Legs separated in second flight
15. What is the **CORRECT** deduction for performing a headspring (arms bent so head touches)?
- 0.50
 - 1.00
 - 2.00
 - Void
16. What is the **CORRECT** deduction for insufficient distance on the second flight?
- Up to 0.20
 - Up to 0.30
 - Up to 0.40
 - Up to 0.50
17. Which of the following errors receives the **GREATEST MAXIMUM** deduction on the first flight?
- Body piked
 - Body arched
 - Legs separated
 - Legs bent
18. What is the **TOTAL MAXIMUM** deduction for the following error?
- Leaving the vault apparatus at horizontal (angle of repulsion)
 - Insufficient height in second flight
 - Taking 2 full steps after landing
- 1.2
 - 1.4
 - 1.5
 - 1.7
19. What is the deduction is **CORRECT** for assistance by the coach in any phase of **LEVEL 4** only?
- 0.50
 - 1.0
 - 2.0
 - Void
20. Which of the following errors is **NOT** an Up to 0.30 deduction?
- Additional movements to maintain balance
 - Body arched in second flight
 - Poor direction
 - All of the above are up to 0.30

UNEVEN BARS LEVEL 4

21. What is the **TOTAL MAXIMUM** deduction for the following errors in the second counterswing?
- Hips 35 degrees below the height of the high bar
 - Failure to show a straight line from hands to hips with chest in hollow position
- a. 0.40
b. 0.50
c. 0.60
d. 0.70
22. Which of the following deductions is **CORRECT** for the tap swing forward with ½ turn dismount?
- a. Failure to show slight arched position at bottom of swing Up to 0.10
b. Failure to attain straight hollow position on upswing Up to 0.20
c. Beginning to turn prior to 45 degrees below height of high bar Up to 0.30
d. Failure to complete ½ turn prior to re-contact the high bar Up to 0.30
23. What is the **TOTAL MAXIMUM** value of the following elements?
Underswing, 1st counterswing – Tap swing, 2nd counterswing – Tap swing ½ turn dismount
- a. 1.6
b. 1.8
c. 2.0
d. 2.4
24. What is the **TOTAL MAXIMUM** deduction for the errors on the cast to horizontal and return to support?
- 45 degrees below horizontal
 - Incorrect body alignment
 - Lack of control returning to bar
- a. 0.30
b. 0.35
c. 0.40
d. 0.45
25. Which of the following is the correct sequence of elements for Level 4 bars?
- a. Kip – cast to horizontal – cast squat on – long hang kip
b. Cast squat on – underswing – counterswing
c. Glide kip mount – front hip circle – cast squat on – jump to long hang kip
d. Long hang kip – front hip circle – cast to horizontal – underswing, counterswing

BALANCE BEAM LEVEL 4

26. What is the **TOTAL MAXIMUM** value of the following elements?
Leg swing mount – cross handstand – straight leg leap – Scale
- a. 1.20
b. 1.40
c. 1.60
d. 1.80

27. What is the **CORRECT** sequence of elements for Level 4 Beam?
- Straight leg leap – cross handstand – stretch jump
 - Straight leg leap – cross handstand – stretch jump, split jump
 - Straight leg leap – cross handstand – 1/2 turn
 - Cartwheel – scale – straight leg leap
28. Which of the following is an up to 0.30 deduction?
- Failure to keep head in alignment during the cartwheel
 - Failure to pass through vertical in the cartwheel
 - Failure to close legs in the handstand
 - Incorrect hand placement in the cartwheel
29. Warning on Level 4 beam will be called at
- 50 seconds
 - 55 seconds
 - 1 minute
 - 1 minute 5 seconds
30. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Bending the lead leg on the leap
 - Uneven leg separation in split jump
- .15
 - .20
 - .30
 - .40

FLOOR LEVEL 4

31. Which of the following is the **CORRECT** sequence of elements for Level 4 floor?
- 1/1 turn – back walkover – roundoff, flicflac, flicflac
 - Straddle jump – front handspring to 2 feet – straight leg leap
 - Straight leg leap – 1/1 turn – forward split
 - Backward roll to handstand – straight leg leap - split
32. Which would receive the **LARGEST MAXIMUM** penalty?
- Incorrect hand placement on the back walkover
 - Incorrect hand placement during the front handspring
 - Total lack of repulsion on the front handspring
 - Hands placed on mat prior to roll backward to handstand
33. What is the **TOTAL MAXIMUM** deduction for the following errors on the roundoff, flic fac, flic flac?
- Failure to immediately rebound
 - Failure to pass through vertical in roundoff
 - Lack of acceleration in the series
- 0.30
 - 0.40
 - 0.50
 - 0.60

34. Which of the following errors receives the **SMALLEST MAXIMUM** deduction?
- Failure to land with feet closed in the straddle jump
 - Use of heel-snap turn in the 1/1 turn
 - Failure to achieve 180 degree split position during the forward split
 - Total lack of repulsion on the front handspring
35. What is the **TOTAL MAXIMUM** deduction for the following errors in the front handspring?
- Flight prior to hand contact (dive)
 - Failure to land with feet together simultaneously
 - Failure to maintain arms next to ears and focus on hands throughout
- 0.30
 - 0.40
 - 0.50
 - 0.60

UNEVEN BARS

LEVEL 5

36. What is the **TOTAL MAXIMUM** deduction in the clear hip circle?
- Excessive arch on the upswing
 - Extension of upswing at 30 degrees above horizontal
 - Lack of control into glide
- 0.20
 - 0.30
 - 0.40
 - 0.50
37. What is the correct sequence of elements for Level 5 Bars?
- Cast squat on – jump to long hang kip – cast above horizontal – back hip circle
 - Clear hip circle – glide kip – cast squat on – jump to long hang kip
 - Front hip circle – staldler – glide kip – squat on
 - Cast squat on – jump to long hang kip – underswing, counterswing
38. Which of the following deductions is **CORRECT** on the long hang pullover?
- Excessive piking of body Up to 0.20
 - Failure to show slight arch on the bottom of the downswing Up to 0.20
 - Failure to maintain overgrip (hands release bar) Up to 0.30
 - Performing a back hip circle Value of element
39. Which of the following is a 0.40 element?
- Jump to long hang kip
 - Underswing, counterswing
 - Cast above horizontal
 - Glide kip mount
40. Which of the following deduction is **CORRECT**?
- Failure to close legs at end of glide Up to 0.20
 - Insufficient amplitude of the tap swing forward Up to 0.40
 - Failure to show slight arched position at bottom of tap swing forward 0.10
 - Hips below horizontal on the first counterswing Up to 0.40

BEAM**LEVEL 5**

41. What is the **TOTAL MAXIMUM** deduction if the gymnast omits the straight leg leap?
- 1.2
 - 1.4
 - 1.6
 - 2.0
42. Which of the following is a .4 element?
- Back extension roll
 - Scale
 - Handstand $\frac{1}{4}$ turn to side handstand, $\frac{1}{4}$ turn dismount
 - Cross handstand
43. Which of the following is the **CORRECT** sequence of elements in Level 5 beam?
- Full turn – straight leg leap – stretch jump
 - Straight leg leap – stretch jump – cross handstand
 - Full turn – split jump - sissone
 - Scale – back extension roll – straight leg leap – stretch jump
44. Which of the following deductions is correct for the arabesque-scale?
- | | |
|--|------------|
| a. Failure to hold scale one second | Up to 0.10 |
| b. Failure to hold arabesque one second | Up to 0.10 |
| c. Failure to hold scale two seconds | Up to 0.10 |
| d. Failure to hold arabesque two seconds | Up to 0.10 |
45. In the dismount the gymnast attempts the dismount but does not attain vertical and falls. What is the **MAXIMUM** deduction applied to the element?
- 1.0
 - 1.1
 - 1.3
 - 1.6

FLOOR**LEVEL 5**

46. Which of the following is **CORRECT** concerning Level 5 floor?
- The back salto is a 0.4 element
 - The leg separation requirement on the leaps is 180 degrees
 - The leg position on the full turn is forward passe
 - Joining legs prior to the step out on the front handspring is an up to 0.20 deduction
47. The deduction for total lack of repulsion on the front handspring step out is
- up to 0.20
 - up to 0.6
 - 0.60
 - 0.80

48. Which statement is **INCORRECT** for Level 5 Floor?
- The front handspring step-out is a 0.60 element
 - The minimum requirement for the straddle jump is 120 degrees
 - Bending arms in the back extension roll is up to 0.30
 - The flic-flac is a 0.40 element
49. Which of the following is the **CORRECT** sequence of elements for Level 5 floor?
- Straddle jump – stretch jump 1/1 – front tuck salto
 - 1/1 turn – leap - roundoff, flic flac, flic flac
 - Straight arm extension roll – leap – full turn
 - Straight leg leap – full turn – round-off
50. What is the **TOTAL MAXIMUM** deduction for the following errors on the straddle jump?
- Leg separation of 150 degrees
 - Failure to land with feet together
 - Incorrect foot form
- 0.15
 - 0.25
 - 0.35
 - 0.45

ANSWER KEY FOR 4/5

1. b	11. b	21. a	31. a	41. a
2. a	12. d	22. b	32. c	42. b
3. d	13. b	23. b	33. d	43. b
4. c	14. c	24. d	34. a	44. a
5. c	15. c	25. a	35. b	45. b
6. d	16. b	26. d	36. b	46. c
7. b	17. a	27. d	37. b	47. c
8. d	18. d	28. b	38. a	48. b
9. a	19. c	29. b	39. c	49. d
10. d	20. a	30. b	40. c	50. a