

PRACTICE TEST:

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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. .50
 - C. 0.60
 - D. 0.70
 - E. 0.80

3. **Which of the following applies to Chief Judge only**
 - A. Deducts for Special Requirements
 - B. Deducts for missing Value Parts
 - C, Awards Additive Value
 - D. Deducts for spotting assistance
 - E. Deducts for missing presentation before or after an 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 9.5
 - C. There is a 0.20 deduction for each Special Requirement
 - D. An exercise with 0.60 total c\Connective 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 Connective Value
 - Missing one 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, 1C, 1D, and 1 E
- +1 in Connective Value
- No Dismount
- No C Dismount

- A. 8.6
- 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 a straight direction Up to 0.10
- C. Illegal placement of supplementary mats 0.20
- D. Very large steps on landing 0.10
- E. Stretched body position – pike down early (UB,BB,FX) up to 0.30

8. Which of the following statements is CORRECT?

- A. A 0.30 deduction on a DE element makes it ineligible for bonus
- B. The exact same connection may receive Connective Value twice
- 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 bottom of the feet do not touch first on landing?

- A. Value Part and Special Requirement credit are awarded, execution errors plus 0.50 for the fall are deducted
- B. Value Part and Special Requirement credit are not awarded and 0.50 is deducted for the fall
- C. Special Requirement credit is awarded, Value Part 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 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 on - 1/1 twist off vault?

- Arch in first flight
- Insufficient exactness of LA turn in second flight phase
- Arch in second flight
- Late completion of LA twist

- A. 0.50
- B. 0.60
- C. 0.70
- D. 0.80
- E. 0.90

13. What is the TOTAL MAXIMUM deduction for the following faults for a Handspring on – 1/1 off vault

- Staggered hand placement
- Deviation from straight direction
- Trunk movements to maintain balance

- A. 0.60
- B. 0.70
- C. 0.80
- D. 0.90
- E. 1.00

14. What is the penalty if a 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 the body in the second flight
- B. Touching the table with one hand on repulsion
- C. 3 large steps on landing
- D. Under rotation of Salto Vaults
- E. Coach standing between the board and the table on a group 3 vault

16. What is the TOTAL MAXIMUM deduction for the following faults in a Tsukahara Stretched Vault

- Legs separated in first flight
- Shoulder angle in support phase
- Failure to maintain stretched body in 2nd flight.

- 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 2 more vaults
- C. CJ applied a 0.50 penalty to the average score of the first vault
- D. The penalty may or may not affect the final score
- E. All of the above.

18. What is the TOTAL MAXIMUM deduction for the following faults in a Tsukahara Tuck vault?

- Early Tuck in support phase
- Total absence of extension

- 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 Yurchenko 1/1?

- shoulder angle in repulsion phase
- under rotation

- 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 hands on vault table 2.00
- B. Spotting assistance during vault 0.50
- C. Coach standing between board and table on handspring vault Void
- D. Failure to use safety collar for RO entry vaults Void

UNEVEN BARS

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

- Insufficient tuck position on a 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?

- A. Jump with 1/1 turn to hang HB – Mount
- B. Jump with 1/1 turn, glide kip to front support on LB – Mount
- C. From HS, 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?

- ½ completed between 31° – 45°
- 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 LARGEST deduction?

- A. Lack of 2 bar changes
- B. Facing the same direction throughout exercise
- C. More than one squat on
- D. Choice of dismount not up to competitive level
- E. $\frac{3}{4}$ giant swing forward

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

- A. Jaeger Salto Piked
- B. Giant Circle backward with 1/1 turn in Handstand
- C. Straddle back to Handstand on LB
- D. Double Back Salto dismount
- E. Front Giant with 1/1 turn in Handstand

26. Which of the following is an INCORRECT statement?

- A. A giant swing with hop in handstand is considered a flight element
- B. Swing down between the bars to Double Back tucked fulfills the dismount Special Requirement
- C. An exercise containing: Hecht mount and Straddle back to HS on LB would fulfill 2 Special Requirements
- D. An exercise containing 1 bar change, 1 B flight, 1 C turn and a C dismount receives 1.00 deducted from the Start Value

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

- A. Uprise to Handstand with a 1/1 turn after Handstand
- B. Clear Hip Circle to HS with Hop in Handstand
- C. Giant Circle Backward with ½ turn in Handstand
- D. L grip front giant 1/1 in Handstand
- E. Clear Hip Circle with 1 ½ turn in Handstand

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

- Stalder Backward to Handstand
- Clear Hip Circle to Handstand
- Tkatchev

- A. C + D + D 0.20 CV
- B. C + C + D 0.30 CV
- C. C + C + D 0.20 CV
- D. B + C + D no CV

29. Which of the following will receive + 0.20 in Connection Value:

- A. Schaposhnikova, Bail to Handstand
- B. Clear Hip to Handstand, Tkatchev
- C. Back Giant 1/1, Double Flyaway Dismount
- D. Back Giant ½, Deltchev Salto
- E. Cast Handstand Hop, Jaeger Salto

30. Which “Up to the Competitive Level – Releases” deduction would appropriate for an exercise” that contained the following skills?

- Straddle Back to hang on low bar
 - Clear Underswing on LB, Counter Movement with flight to catch HB
- A. 0.00
 - B. 0.05
 - C. 0.10
 - D. 0.15
 - E. 0.20

BALANCE BEAM

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

- Handspring Mount
- Wolf jump, wolf jump ½ turn
- Front walkover, Front Salto pike
- Stretched Jump 1/1 turn
- Front Salto piked, Pike Jump
- Gainer Salto ½ twist to side of beam

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

32. What is the TOTAL CONNECTIVE VALUE awarded for the following 4 series performed in a routine?

- Stretched Jump, Sheep Jump
- Flic Flac, Back Salto stretched step-out
- Flic Flac, Flic Flac, Back Salto piked
- Aerial Cartwheel, Back Salto stretched-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 the mount
- 3 dance elements of the same shape
- Concentration pause greater than 2 seconds
- Grasp of the 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 2 sec to remount the beam – deduct 2.00
- B. If the gymnast lands at the sound of the 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 no 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 CORRECT Value Part and Connection Value for the directly connected series below?

- | | | |
|---|-------|----------|
| A. Full turn, Full Turn with leg extended at horizontal | A + C | 0.10 CV. |
| B. Switch Leap, Straddle Jump (cross) | C + C | 0.20 CV |
| C. Switch Leap, Wolf Jump | D + A | 0.10 CV |
| D. Tour Jeté, Tuck Jump ½ | D + A | 0.10 CV |
| E. Straddle jump ½, Split Jump ½ | C + C | 0.20 |

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

- | | |
|--|------------|
| A. Choice of Acro not up to Competitive Level | Up to 0.10 |
| B. Fail to perform Acro elements in two directions | 0.05 |
| C. Choice of Dismount not up to Competitive Level | Up to 0.20 |
| D. Choice of Dance not up to Competitive Level | Up to 0.10 |
| E. Lack of Series with 2 dance elements | 0.20 |

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

- Straddle jump, Straddle jump, Onodi
- Flic Flac, Layout step out, Flic Flac
- Front Walkover Front Handspring with one arm
- Round-off, Flic Flac Salto Backward 2/1 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 |

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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 on one leg to 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 Back Salto Layout Mount, Flic Flac ½ turn
- B. Flic Flac 1/1 to swing down to cross straddle sit, Roll backward to Handstand
- C. Free Aerial Walkover, wolf jump
- 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. Split leap forward
- B. Leap with leg grab to split scale (Dillman)
- C. Tsukahara Pike Dismount (Keck)
- D. Split Leap Fwd, with leg change to cross sit split (Whitney)
- E. 2/1 turn in tuck stand

Floor Exercise

41. How many of the following would receive “C” Value Part?

- Tour jeté with additional $\frac{1}{2}$ turn
 - Side split jump $\frac{1}{2}$ turn landing front lying support (Schuschunova)
 - Side split jump 1/1 turn
 - Wolf jump $\frac{1}{2}$ turn
 - Sheep Jump 1/1 turn (Dunn)
 - Switch split $\frac{1}{2}$ turn to Ring (Trevor)
- A. 1
 - B. 2
 - C. 3
 - D. 4
 - E. 5

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

- Last tumbling pass is awarded C + A (+0.10)
 - Fail to perform Saltos in two different directions
- A. 0.05
 - B. 0.10
 - C. 0.15
 - D. 0.20
 - E. 0.25

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

- Lack of originality of choreography
 - Lack of 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 CONNECTIVE VALUE?

- A. Round-off, Flic Flac, Whip Salto, Double Back Stretched
- B. Round-off, Salto Backward Stretched 1 $\frac{1}{2}$ twist, Round-off, Double Back Tuck 1/1
- C. Front Handspring, Front Salto Stretched 1/1 twist, Front Salto Stretched, Front Salto Piked
- D. Round-off, Flic Flac, Double Salto Backward Stretched, Salto Forward Tucked
- E. They all receive the same amount of Connective Value

45. How many Special Requirements are fulfilled in an exercise containing the following combinations?

- Front Handspring, Flyspring, Front Salto Stretched 2/1 twist
- Front Salto Stretched with 1 ½ twist, Back Salto Stretched, step out
- 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 CONNECTIVE VALUE awarded an exercise containing the following combinations?

- Cat Leap 1 ½, Cat Leap 2/1
- Straddle Jump, Tuck jump 2/1
- 2/1 turn on one foot, Wolf jump 1/1

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

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

- A. Switch Leap 1/1
- B. Cat Leap 1/1
- C. Salto Backward 3/1 twist
- D. Arabian Double Salto
- E. Salto Forward Stretched 1/1

48. What is the CORRECT Value Part credit for the following exercise?

- Salto Backward Stretched 2 ½ twist
- Tour Jeté with additional 1/1 turn
- Whip Salto ½ twist
- Cat Leap 2/1
- Wolf Jump 1/1

- 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 fulfill the Dance Series Special Requirement?

- 2/1 turn on one foot, Ring Leap
- Switch Leg Leap, split Leap
- Straddle Jump ½ turn, Split Jump 1/1
- Cat Leap 1 ½, Chassé, Wolf Jump 1/1

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

50. Which of the following would receive +0.20 CONNECTIVE VALUE?

- A. Front Salto Tucked, Front Handspring, Front Salto Stretched, Front Salto Stretched
- B. Front Salto Tucked, Front Handspring, Front Salto Stretched 1/1 twist, Front Salto Piked
- C. Round-off, Whip Salto, Whip Salto, Back Salto 1/1 twist
- D. Front Handspring, Front Salto Stretched ½ twist, Back Salto 1/1 twist
- E. None of the above

Answer Key

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