

LEVEL 7/8 PRACTICE TEST
AUGUST, 2013

GENERAL LEVEL 7

1. Which of the following is **CORRECT** when determining the allowable range of scores?
 - a. $9.50 - 10.0 = 0.10$
 - b. $9.00 - 9.475 = 0.20$
 - c. $8.00 - 8.975 = 0.30$
 - d. $8.00 - 8.50 = 0.40$
 - e. Below 8.0 = 1.00

2. Which of the following statements is **CORRECT**?
 - a. All exercise start at 10.0
 - b. All A, B, and C acrobatic elements may be performed in an exercise with no penalty.
 - c. The Execution/Presentation category is worth 5.0.
 - d. Compositional deductions may be taken
 - e. All of the above are correct.

3. Which of the following deductions is **CORRECT** for the deliberate omission of a Special Requirement?
 - a. $0.20 + 1.00$
 - b. 0.80
 - c. 0.50
 - d. $0.50 + 0.50$
 - e. 2.00

4. What is **NOT** the responsibility of a **PANEL JUDGE**?
 - a. Record all Value Parts
 - b. Take all execution/amplitude deductions
 - c. Determine the start value for each routine
 - d. Take incorrect attire deductions
 - e. Take spotting deductions

5. What is the **TOTAL MAXIMUM** deduction for the following errors?
 - Lack of artistry (BB,FX)
 - Insufficient dynamics
 - a. 0.30
 - b. 0.40
 - c. 0.50
 - d. 0.60
 - e. 0.70

VAULT LEVEL 7

6. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Too long in support
 - Flashing/announcing the incorrect vault number
- a. Vault is void
b. 1.00
c. 0.80
d. 0.70
e. 0.50
7. What is the penalty if a Level 7 gymnast performs a vault that is not allowed at that level?
- a. No penalty
b. 0.50
c. 0 score for that vault
d. 0 score for the event
e. disqualification from the meet
8. What is the start value of all allowable vaults in Level 7?
- a. 9.20
b. 9.40
c. 9.60
d. 9.80
e. 10.0
9. The gymnast balks on her initial attempt, but does not touch the board or table. She then vaults successfully, receiving a 9.0 average on her first vault, and an 8.8 average on her second vault. Her final score is:
- a. 8.50
b. 8.60
c. 8.90
d. 9.00
e. none of the above
10. Which of the following are **CORRECT** for maximum landing deductions?
- | | |
|--|------|
| a. Small hop or small adjustment of feet | 0.05 |
| b. Large step or jump | 0.20 |
| c. Extra arm swings | 0.20 |
| d. 3 steps and a fall | 0.80 |
| e. Deviation from a straight direction | 0.20 |

UNEVEN BARS LEVEL 7

11. Which of the following is a requirement for a Level 7 bar routine?
- a. Salto dismount of A or B value part
b. B flight element
c. Minimum of 2 bar changes
d. Element with $\frac{1}{2}$ turn
e. All of the above are requirements

12. What is the **TOTAL MAXIMUM** deduction for the following faults?

- Bent arms
- Extra swing
- Leg separation

- a. 0.40
- b. 0.60
- c. 0.80
- d. 0.90
- e. 1.00

13. The performance of which of the following elements will result in a 0.50 deduction at Level 7.

- a. Clear hip circle to handstand with $\frac{1}{2}$ (180°) turn in handstand
- b. Cast to handstand with $\frac{1}{2}$ turn in handstand
- c. Stalder backward to handstand
- d. Clear hip to handstand
- e. None of the above will receive a deduction

14. Which of the following is a **CORRECT** statement?

- a. A cast above 45° is an "A" element for L. 7.
- b. L. 7 requires at least one cast above 45°.
- c. A cast must be at 10° from vertical to be a "B" element
- d. Casts from 20° to 1° from vertical receive a 0.05 amplitude deduction.
- e. The maximum deduction for amplitude on casts is 0.20.

15. What is the deduction under Special Requirements for the following faults?

- Gymnast performs an underswing 1/1 twist dismount
- There are two casts, both at horizontal

- a. 0.20
- b. 0.50
- c. 1.00
- d. 1.50
- e. 2.00

BEAM LEVEL 7

16. The performance of which of the following elements is an unallowable skill in a Level 7 routine?
- Stretched jump with 1/1 (360°) turn
 - Salto backward tucked dismount
 - Straddle jump in side position
 - From extended tuck sit - walkover backward (Valdez)
 - None of the above
17. Which of the following is **NOT** a requirement on beam?
- Acro series of 2 or more elements, flight or non-flight
 - Minimum of 1/1 (360°) turn on one foot
 - Large leap or jump, with a 180° split of the legs
 - One acro element with flight
 - A dance series of two or more elements
18. Which of the following will **NOT** fulfill the dismount requirement for Level 7?
- Salto backward stretched dismount
 - Front salto tucked dismount
 - Gainer salto stretched to the side of the beam dismount
 - Free aerial walkover forward with 1/1 twist (360°) dismount
 - Front handspring with 1/1 (360°) twist dismount
19. Which of the following does NOT fulfill the Special Requirement of an acro series in Level 7?
- Cartwheel, roundoff
 - Handstand forward roll, flic flac
 - Forward roll, flic flac
 - Cartwheel, cartwheel
 - All of the above fulfill the Special Requirement
20. The performance of which of the following elements will result in a 0.50 deduction for Level 7?
- Cartwheel with flight phase before or after hand support
 - Flic flac with support of one arm
 - Salto backward with 1/1 (360°) twist dismount
 - Cat leap 1/2 twist
 - Roll backward to handstand

FLOOR LEVEL 7

21. What is the deduction if a gymnast performs a round-off, flic flac, back salto stretched step-out as her only series with a stretched salto backward?
- 1.00
 - No deduction
 - 0.50
 - 0.80
 - 1.80

22. With the performance of which of the following elements is an unallowable skill in a Level 7 Floor Exercise?
- Front salto in a stretched position
 - Salto backward with 1/1 (360°) twist
 - Side aerial
 - 2/1 (720°) turn on one foot
 - Cat leap with 1/1 (360°) turn
23. Which of the following deductions is **CORRECT** if the leg separation in the large leap is 150°?
- Up to 0.20
 - 0.20
 - Up to 0.50
 - 0.50
 - No deduction
24. Which of the following fulfill a Special Requirement on floor?
- Split leap, split leap
 - Tuck front, roundoff, layout to 2 feet
 - Pike front, forward roll
 - Double turn on 1 foot
 - All of the above
25. Which of the following statements is **CORRECT**?
- A forward roll may be used to fulfill the forward acro series requirement
 - A chasse is an "A" element
 - A split leap forward with leg change (switch leg leap) may fulfill the leap requirement
 - The performance of a Schushunova would Void a Level 7 floor exercise
 - A dance/acro direct connection is required for Level 7 floor.

General Level 8

26. What is the **TOTAL MAXIMUM** deduction for an exercise missing one B value part and 1 A value part?
- 0.40
 - 0.50
 - 0.60
 - 0.80
 - 1.00
27. Which of the following statements is **CORRECT**?
- Value part credit may be awarded two times provided element is performed in a different connection.
 - A "C" dismount will receive 0.40 deduction from the start value
 - Range is determined by the score of the chief judge.
 - Elements performed a third time may fulfill a special requirement
 - Deductions for spotting are taken by the chief judge from the final average score

28. Which of the following is **NOT** included in the calculation of the Start Value?
- Value parts
 - Special requirements
 - No dismount
 - Artistry
 - All of the above are included in the start value
29. Which of the following receives the largest deduction?
- Additional trunk movements to maintain balance
 - Grasp on apparatus to avoid a fall
 - Missing two special requirements
 - Insufficient height of acrobatic elements
 - Insufficient height of dance elements.
30. Which of the following statements is **CORRECT**?
- All "D" acrobatic elements on Floor Exercise will receive "B" value part credit.
 - The performance of a salto element with failure to land on the soles of the feet first may **NOT** be used to fulfill special requirements.
 - The performance of a "C" salto will receive "B" value part credit
 - The performance of a salto element with failure to land on the soles of the feet first will be deducted 1.0 + 0.50
 - Two "A" elements may replace one "B" element

Vault Level 8

31. Which of the following faults has the **LARGEST** deduction?
- Insufficient and/or late extension of the body before landing (tuck and pike vaults)
 - Prescribed LA begun too late in the second phase
 - Arched body in the repulsion phase
 - Bent knees in the first flight phase
 - Insufficient degree of tuck, pike or stretch
32. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent arms in the repulsion phase
 - Leg separation in the pre-flight
 - Insufficient height
- 0.75
 - 0.80
 - 0.90
 - 1.15
 - 1.20
33. What is the penalty for spotting assistance during the vault?
- 0.20
 - 0.30
 - 0.50
 - 1.00
 - Invalid vault

34. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient dynamics
 - Insufficient length
 - Additional trunk movements to maintain balance on landing
- a. 0.70
b. 0.80
c. 0.90
d. 1.00
e. 1.10
35. What is the **TOTAL MAXIMUM** deduction for the following faults?
- All judges recognize touch with only one hand during the repulsion phase
 - Deviation from a straight direction on landing
- a. 0.30
b. 0.60
c. 1.30
d. 2.30
e. Invalid vault

UNEVEN BARS LEVEL 8

36. Which of the following elements will receive "A" value part credit?
- a. Clear hip circle to 45°
 - b. Cast to handstand with legs straddle and hips bent
 - c. Swing down between the bars - swing forward to salto backward stretched (fyaway stretched)
 - d. Glide on LB, stoop through straddle cut backward to hang on same bar
 - e. Giant circle forward
37. Which of the following receives the **LARGEST MAXIMUM** deduction?
- a. Lack of variety in choice of elements
 - b. Performance of a giant circle backward with 1/1 turn in handstand
 - c. Turn completed 60° past vertical
 - d. Double tuck back dismount
 - e. Third run approach
38. Which of the following is **NOT** a Special Requirement for Level 8 bars?
- a. 1 Bar change
 - b. B flight element or LA Turn (not in mount or dismount)
 - c. minimum of a "B" element from groups 3, 6, or 7
 - d. Minimum of an "A" salto or hecht dismount
 - e. all of the above are Special Requirements

39. Which of the following elements would receive "B" Value Part credit at Level 8?
- Uprise backward to clear support
 - (Handstand on HB) Swing down forward in reverse grip between bars salto forward stretched dismount
 - Underswing with $1/2$ (180°) twist dismount
 - (Handstand on HB) Swing down between the bars - swing forward to salto backward tucked dismount (Flyaway)
 - None of the above are "B" value parts
40. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Landing too close to the bars on the dismount
 - Insufficient distribution of elements
- 0.15
 - 0.20
 - 0.25
 - 0.30
 - 0.40

BEAM LEVEL 8

41. Which of the following elements will receive "A" value part credit?
- Split leap with $1/4$ (90°) turn
 - Gainer salto tucked with $1/2$ twist to the side of the beam dismount
 - Salto forward stretched dismount
 - $1-1/2$ (540°) turn on one foot
 - cat leap with $1/2$ (180°) turn
42. Which of the following statements is **INCORRECT** concerning the counting of Value Parts
- Different body positions in make different Value Parts
 - Split jumps and split leaps are different Value Parts
 - The addition of a hand-support flight element makes an acro series different
 - Saltos landing are 1 or 2 feet are considered the same element
 - Elements with different numbers in the JO Code are considered different
43. What is the total number of Special Requirements fulfilled by the following directly connected series?
- Cat leap $1/2$ twist, $1/1$ turn, flic flac, flic flac
- 1
 - 2
 - 3
 - 4
 - 5

44. Which of the following elements will receive "B" Value Part credit?
- Stretched jump forward with $\frac{1}{2}$ (180°) turn
 - Sissone
 - Pike jump from cross position
 - Roll backward
 - Free leap to stand on one leg at the end of the beam (mount)
45. Which of the following deductions is **INCORRECT**?
- | | |
|--|------------|
| a. Bent knees | up to 0.30 |
| b. Insufficient variations in rhythm and tempo | up to 0.20 |
| c. More than two dance elements of same shape | 0.10 |
| d. Missing one movements close to the beam | 0.20 |
| e. Support of one leg against the side of the beam | 0.20 |

FLOOR EXERCISE LEVEL 8

46. How many Special Requirements are fulfilled by the following directly connected elements?
- 2/1 turn on one foot, cat leap with 1/1 turn, pike jump
- 0
 - 1
 - 2
 - 3
 - 4
47. In a Level 8 exercise which of the following elements would be **AWARDED** a B value part?
- Straddle jump with 1/1 (360°) turn (Popa)
 - Wolf jump with 1/1 (360°) turn
 - Side split jump with landing to front lying support (Schushanova)
 - All of above would be awarded a B value part
 - None of the above
48. What is the **TOTAL** Special Requirement deduction for an exercise with the following?
- Round off, salto backward with 1/1 (360°) twist
 - 1-1/2 turn on one foot
 - split leap + split leap
 - salto forward tucked, round off, flic flac, salto back tucked
- no deduction
 - 0.50
 - 1.00
 - 1.50
 - 2.00

49. What is the **TOTAL MAXIMUM** deduction for the following errors?

- 3 dance elements on the same shape
- Lack of balance between dance and acro elements
- Lack of quality of gymnast's movement to reflect personal style

- a. 0.20
- b. 0.25
- c. 0.30
- d. 0.40
- e. 0.60

50. What is the **CORRECT** number of value parts contained in the following?

- Jump backward with $\frac{1}{2}$ twist to handspring forward (Arabian handspring)
- Front aerial
- Tour jete
- 1/1 (360°) illusion turn
- 1/1 (360°) turn with free leg above horizontal from start to end of turn

- a. 2 A's 2 B's 1 gymnastics C
- b. 1 A 4 B's
- c. 0 A 3 B's 1 gymnastics C
- d. 3 A's 1 B 1 gymnastics C
- e. 3 A's 2 B's

ANSWERS TO 7/8 TEST

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