

**PRACTICE TEST
LEVEL 9
AUGUST, 2013**

GENERAL

1. Which of the following statements is **CORRECT**?
 - a. All "D" elements performed receive "C" Value Part credit.
 - b. The performance of an "E" element voids the exercise.
 - c. The same exact connection may receive Connection Value two (2) times.
 - d. Elements performed for the third time may fulfill a Special Requirement.
 - e. None of the above are correct.

2. What are the difficulty requirements for a Level 9 exercise?
 - a. 4 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - b. 4 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - c. 3 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - d. 3 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - e. 3 A's @ 0.20, 3 B's @ 0.40 2 C's @ 0.60

3. What is the allowable range of scores using the following scores?
 8.90 9.30 9.05 8.80
 - a. 0.10
 - b. 0.20
 - c. 0.50
 - d. 0.70
 - e. 1.0

4. Which of the following is **NOT** a responsibility of a Panel Judge?
 - a. Records the Value Parts and Special Requirements
 - b. Calculates the Start Value
 - c. Evaluates Execution errors
 - d. Deducts for failure to present before/after the exercise
 - e. Deducts for Compositional errors

5. Which of the following is the **LARGEST** deduction?
 - a. Uneven bar exercise comprised of 4 Value Parts
 - b. Insufficient flexibility throughout exercise
 - c. Insufficient height of a gymnastics leap
 - d. Bent arms in support
 - e. Spotting assistance

6. What is the Start Value of a routine comprised of the following?
 3 A's 3 B's 1 C 1 D's
 Missing one Special Requirement
 +0.30 in Connection Value
 - a. 8.50
 - b. 9.00
 - c. 9.40
 - d. 9.50
 - e. 10.0

7. Which of the following is **CORRECT**?
- A salto element failing to land on the bottom of the feet first may be used to fulfill a Special Requirement.
 - A Level 9 gymnast may be awarded +0.30 for Connective Value.
 - Two "B" elements may replace one "C" element for Value Part credit.
 - The deduction for spotting assistance is deducted from the final average score.
 - Value Part credit is awarded if the coach assists during the performance of an element.
8. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Legs crossed during saltos with twists
 - Touch/brush on mat with foot contrary to technique on bars or beam
 - Additional trunk movements on stuck landings on UB/BB to maintain balance
- 0.25
 - 0.30
 - 0.40
 - 0.50
 - 0.60
9. Which of the following is correct?
- | | | |
|---|---|------------|
| a. A twisting salto missing 44 degrees of the twist | = | up to 0.10 |
| b. A turn on beam or floor lacking 80 degrees of the turn | = | 0.30 |
| c. Insufficient dynamics (UB, BB, FX) | = | up to 0.30 |
| d. Very large step or jump on landing | = | 0.30 |
| e. Insufficient extension in preparation for landing (UB, BB, FX) | = | up to 0.20 |
10. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Fall against the apparatus
 - Insufficient exactness of tuck position
 - Incorrect split of the legs when required in dance/non-flight acro elements
- 0.50
 - 0.60
 - 0.70
 - 0.80
 - 0.90

VAULT

11. Which of the following statements is **CORRECT** for Level 9 vaulting?
- The deduction for performing a vault different than the one announced or flashed is 0.20.
 - Only vaults valued at 9.7 or below are permitted.
 - Two vaults maybe performed; the better score counts.
 - There is a deduction of 1.0 for performing only one vault.
 - None of the above is correct.
12. Which of the following landing faults received the **largest** deduction?
- One step on landing
 - Body posture fault
 - Deep squat
 - Very large step or jump
 - Additional trunk movements to maintain balance.

13. What is the **MAXIMUM** deduction for insufficient height?
- 0.20
 - 0.30
 - 0.40
 - 0.50
 - 1.00
14. Which of the following is **CORRECT** if the gymnast performs an unallowable vault for her second vault?
- The gymnast receives a “0” for the event.
 - The gymnast receives a “0” for the vault.
 - The better score is counted.
 - A 1.00 penalty is taken from the better score.
 - There are no unallowable vaults at Level 9.
15. Which of the following is **CORRECT** for failure to land on the bottom of the feet first in a salto vault?
- 0.50
 - 0.50 + 0.30 for absence of extension
 - 1.00
 - The vault is scored a “0”
 - The event is scored a “0”
16. What is the **TOTAL MAXIMUM** deduction for the following faults in a piked Tsukahara vault.
- Total absence of extension
 - Insufficient pike
 - Slight hop on landing
- 0.55
 - 0.60
 - 0.70
 - 0.85
 - 0.90
17. What is the penalty if, after two failed attempts (without touch of board or table), the gymnast successfully completes a vault on her third attempt.
- The vault is scored a “0.”
 - 0.30
 - 0.50
 - 1.00
 - There is no penalty
18. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Touch table with only one hand
 - Insufficient dynamics
 - Hip angle in the first flight
- Invalid vault
 - 1.00
 - 1.10
 - 1.50
 - 1.60

19. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent knees in the first flight **and** in the second flight
 - Failure to maintain a stretched body in the second flight
- a. 0.90
b. 1.00
c. 1.20
d. 1.30
e. 1.50
20. What is the **TOTAL MAXIMUM** deduction for the following faults with a 1/1 twist vault?
- Legs crossed during twist
 - Prescribed LA turn begun too early
 - Body posture fault on landing
- a. 0.60
b. 0.65
c. 0.70
d. 0.75
e. 0.80

UNEVEN BARS

21. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Failure to perform a forward element within the routine
 - Lack of balance between pirouette and flight elements
 - Insufficient distribution of elements
- a. 0.20
b. 0.25
c. 0.30
d. 0.35
e. 0.40
22. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Cast to below 45 degrees
 - Legs separated
 - Hitting the low bar with one foot
- a. 0.40
b. 0.50
c. 0.70
d. 0.80
e. 0.90
23. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Lack of elements that achieve or pass through vertical
 - Turn completed 60 degrees past vertical
 - One intermediate swing
- a. 0.55
b. 0.65
c. 0.70
d. 0.80
e. None of the above

24. What is the **TOTAL** number of Special Requirements fulfilled by the following sequences?
- (Mount) Jump with 1/1 (360) turn and kip to support on LB
 - Cast to handstand with legs straddled and hips bent
 - Glide on LB, stoop through, straddle cut
- a. 0
b. 1
c. 2
d. 3
e. 4
25. Which of the following is a **CORRECT** statement?
- a. Lack of 2 bar changes is a .2 compositional error at Level 9
b. Lack of a dismount comes off the Start Value
c. An underswing from handstand with ½ turn over the low to catch in hang (bail from hand) fulfills both the B flight and the C turn
d. If a gymnast begins her routine but both judges see the entire routine, there is no deduction.
e. A “short” routine has 6 or fewer elements
26. How many of the following elements are allowable D’s at Level 9?
- Back giant full pirouette
 - Cast handstand hop, ½ pirouette
 - Pak salto
 - Stalder full pirouette
- a. 0
b. 1
c. 2
d. 3
e. 4
27. What is the **CORRECT** Value Part credit **AWARDED** to the following sequence?
- Cast hand ½ pirouette
 - Underswing on LB, release and counter movement forward in flight to hang on HB
 - Uprise backward and clear hip circle to handstand
- a. B B B C
b. B C B C
c. C C B C
d. C C C
e. C C B
28. What are the **CORRECT** Value Part and Connection Value credit **AWARDED** to the following sequence?
- Giant circle backward to handstand with 1/2 turn in handstand
 - Swing down between bars, swing forward with 1/1 turn to L hang at height of HB (at horizontal)
 - Counter straddle over LB to hang on LB
- a. C B B No CV
b. D B B No CV
c. C C B +0.20 CV
d. C C C +0.30 CV
e. D C B +0.20 CV

29. Which of the following would receive +0.20 for Connection Value?
- Cast to handstand with hop change to reverse grip + Giant circle forward
 - Giant circle forward with $\frac{1}{2}$ turn + Swing down between the bars-swing forward to salto backwards stretched dismount (Flyaway stretched)
 - Giant circle backward + Giant circle backward with $\frac{1}{2}$ turn in handstand
 - Cast to handstand with $\frac{1}{2}$ turn in handstand + Long swing forward with $\frac{1}{2}$ turn and flight over LB to hang
 - None of the above
30. How many of the following would receive C Value Part?
- Hecht jump (legs together) with hand repulsion over LB to hang on HB mount
 - Clear hip circle to handstand
 - Uprise backward to handstand
 - Handstand on HB-swing down forward in reverse grip between bars, salto forward stretched with 1/1 twist dismount
 - Glide kip on LB with $\frac{1}{2}$ turn and grip change to hang on HB
- 1
 - 2
 - 3
 - 4
 - 5

BEAM

31. Which of the following is **NOT** a “B” element?
- 1/1 turn in tuck stand on one leg, free leg in forward horizontal
 - Mount: Jump to handstand with hip angle (piked) to handspring forward with step out
 - Scale forward in balance stand
 - Dismount: Gainer salto stretched with 1/2 twist to side of beam
 - Wolf jump $\frac{1}{2}$ twist, free leg above horizontal
32. What is the **CORRECT** Start Value of a Level 9 routine comprised of the following?
- 3 A's 3 B's 1 D
+ 0.10 in Connective Value
- 9.1
 - 9.4
 - 9.5
 - 9.6
 - 9.8
33. What is the **TOTAL MAXIMUM** deduction for the following faults?
- More than 2 dance elements of the same shape
 - 4 pivot turns within the exercise
 - Grasp of beam to avoid a fall
- 0.40
 - 0.50
 - 0.60
 - 0.70
 - 0.80

34. Which of the following is **NOT** a Special Requirement?
- "B" dismount
 - 1/1 turn on one foot
 - One dance direct connection with a minimum of 2 elements
 - Leap, jump, or hop with 180 degree split
 - Acro series of 2 or more flight elements
35. Which of the following is **CORRECT** regarding Connection Value?
- B+B+C receives 0.10 for 3 element flight acro series (no exceptions)
 - C+A receives no bonus for a turn
 - C+C receives 0.10 bonus for 2 element acro/dance series including the mount
 - B+C receives 0.20 bonus for 2 element dance series
 - B+C+C receives 0.10 bonus for a 3 element acro flight series
36. How many of the following elements would receive "C" Value Part credit at Level 9?
- Mount: Press to cross handstand with a 1/1 turn lower to end position on beam
 - Hop with 1/2 turn, free leg extended above horizontal
 - Tuck jump with 3/4 turn
 - Flic flac step out with support of 1 arm
 - Gainer salto piked dismount at the end of the beam
- 1
 - 2
 - 3
 - 4
 - 5
37. Which statement is **CORRECT** concerning unallowable elements for Level 9?
- L. 9's may do as many D's as they want without penalty.
 - No D's are allowed.
 - An unallowable skill may be used to fulfill special requirements.
 - An unallowable skill may be used for bonus.
 - A L. 9 may use one D in her routine without penalty.
38. What is the **TOTAL** Connection Value for the following series in one routine?
- Split leap forward with change of legs + split leap forward with change of legs
 - Wolf jump + tuck jump with 3/4 turn
 - Flic flac + salto backward tucked
- 0
 - 0.10
 - 0.20
 - 0.30
 - 0.40
39. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient sureness of performance throughout
 - Additional movement to maintain balance while on the beam
 - Insufficient quality of expression (i.e., projection, emotion, focus)
- 0.40
 - 0.50
 - 0.60
 - 0.70
 - 0.80

40. Which of the following would fulfill the acro series Special Requirement?
- Back walkover, 1-arm flip flac
 - Punch front, kickover front from 1 foot
 - Back extension roll, back tuck
 - Flip flac, 1-arm flip flac
 - None of the above

FLOOR

41. How many of the following combinations would receive +0.10 for Connection Value?
- Front salto tucked, roundoff, flic flac, double back tucked
 - Roundoff, whip salto backward, salto backward with 1 ½ twist, front salto tucked
 - 2/1 turn on one foot, stretched jump with 2/1 turn
 - split leap forward with leg change and ¼ turn, side split jump with landing to front lying support (Schushunova)
 - Wolf jump with 1/1 turn, wolf jump with 1/1 turn
- 0
 - 1
 - 2
 - 3
 - 4
42. Which of the following combinations would fulfill the dance passage requirement?
- Split leap forward + straddle jump
 - Cat leap + cat leap 1/1
 - 1/1 turn + stretch jump 1/1
 - Wolf hop ½ + tuck jump 1/1
 - None of the above
43. How many of the following would receive “B” Value Part credit at Level 9?
- Front aerial
 - Cat leap with ½ turn
 - Schuschunova with 1/1 turn
 - Wolf jump with 1 ½ turn
 - Whip salto backward with ½ turn
- 1
 - 2
 - 3
 - 4
 - 5
44. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Concentration pause (more than 2 seconds)
 - More than 2 jumps in the straddle position
 - Exceeding the border marker
 - Lack of a B turn on 1 foot
- 0.25
 - 0.30
 - 0.35
 - 0.40
 - 0.50

45. What is the **CORRECT** order of Value Part credit **AWARDED** to the following elements in a Level 9 exercise?
- Salto forward stretched with 1/1 twist
 - Tuck jump backward with arch (Sheep jump), feet to head height
 - Wolf jump with 1/2 turn
- a. D C A
b. C A B
c. D B B
d. C B B
e. D B C
46. Which is **INCORRECT** considering the awarding of Value Parts?
- a. 2 connected elements performed in reversed order later in the routine are given Value Parts a 2nd time
b. An unallowable skill may **NOT** be counted as a Value Part
c. The addition/deletion of a hand support flight element will change an acro series for the counting of Value Parts
d. Saltos performed with a different body position are considered different Value Parts
e. Addition of a 1/2 turn in a jump will be considered a different Value Part
47. Which of the following is the largest deduction?
- a. Incorrect rhythm during execution of direct connections
b. Failure to perform Group 2 turns in high releve
c. Relaxed/incorrect footwork on non-value parts throughout the exercise
d. Lack of precision in dance value parts
e. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise
48. What is the **TOTAL MAXIMUM** deduction of the following faults?
- Missing synchronization of movement with musical beat throughout the exercise
 - Insufficient distribution
 - Failure to perform saltos or aerials in 2 different directions (front/side and back)
- a. 0.30
b. 0.40
c. 0.45
d. 0.50
e. 0.60
49. Which of the following combinations would receive 0.10 in Connection Value?
- a. Split leap forward with leg change to ring + tour jete
b. Split leap forward with leg change + split leap forward with leg change
c. Front handspring + flyspring + salto forward stretched with 1/2 twist
d. Tuck jump with 1 1/2 twist + jump with 1/1 twist to front handspring
e. Roundoff + whip salto backward + flic flac + salto backward stretched with 2/1 twist

50. Which of the following would fulfill the Special Requirement for the last “B” salto?
- a. Roundoff, flic flac, salto backward with 1/1 twist, salto forward tucked
 - b. Front salto piked, front handspring, front tuck with ½ twist
 - c. Roundoff, straddle jump, piked front
 - d. Roundoff, flic flac, back salto with a 1/1 twist
 - e. All of the above would fulfill the requirement

ANSWERS

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