

**LEVEL 7/8 PRACTICE TEST**  
**October, 2015 (REVISED 7/17)**



Hilary Carlson, IL

**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 (UB, BB, FX)
  - 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 or hecht dismount of A 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, minimum 45° above horizontal
- 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 for 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 a restricted skill in a Level 7 routine?
- Stretched jump with 1 1/2 (540°) 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?
- a. Front salto in a stretched position
  - b. Salto backward with 1/1 (360°) twist
  - c. Side aerial
  - d. 2/1 (720°) turn on one foot
  - e. None of the above
23. Which of the following deductions is **CORRECT** if the leg separation in the large leap is 150°?
- a. Up to 0.20
  - b. 0.20
  - c. Up to 0.50
  - d. 0.50
  - e. No deduction
24. Which of the following fulfill a Special Requirement on floor?
- a. Split leap, split leap
  - b. Tuck front, roundoff, layout to 2 feet
  - c. Pike front, forward roll
  - d. Cat leap, wolf jump
  - e. All of the above
25. Which of the following statements is **CORRECT**?
- a. A forward roll may be used to fulfill the forward acro series requirement
  - b. A chasse is an "A" element
  - c. A split leap forward with leg change (switch leg leap) may be used to fulfill part of the leap requirement
  - d. The performance of a Schushunova would void a Level 7 floor exercise
  - e. 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?
- a. 0.40
  - b. 0.50
  - c. 0.60
  - d. 0.80
  - e. 1.00
27. Which of the following statements is **CORRECT**?
- a. Value part credit may be awarded two times provided element is performed in a different connection.
  - b. A "C" dismount will receive 0.40 deduction from the start value
  - c. Range is determined by the score of the chief judge.
  - d. Elements performed a third time may fulfill a special requirement
  - e. 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 (flyaway 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. Pirouette completed 60° past vertical
- d. Double tuck back dismount (only "C" in the routine)
- e. Insufficient height of a salto dismount.

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" circling 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  $1/2(180^\circ)$  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  $\frac{1}{4}$  ( $90^\circ$ ) turn
- Gainer salto tucked with  $\frac{1}{2}$  twist to the side of the beam dismount
- Salto forward stretched dismount
- $1\frac{1}{2}$  ( $540^\circ$ ) turn on one foot
- cat leap with  $\frac{1}{2}$  ( $180^\circ$ ) turn

42. Which of the following statements is **INCORRECT** concerning the counting of Value Parts

- Different body positions are considered 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 on 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  $\frac{1}{2}$  twist, 1/1 turn, flic flac, flic flac

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

44. Which of the following elements will receive "B" Value Part credit?

- a. Stretched jump forward with  $\frac{1}{2}$  (180°) turn
- b. Sissone
- c. Pike jump from cross position
- d. Roll backward
- e. 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

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4

47. In a Level 8 exercise which of the following elements would be **AWARDED** a B value part?

- a. Straddle jump with 1/1 (360°) turn (Popa)
- b. Wolf jump with 1/1 (360°) turn
- c. Side split jump with landing to front lying support (Schushanova)
- d. All of above would be awarded a B value part
- e. 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

- a. no deduction
- b. 0.50
- c. 1.00
- d. 1.50
- e. 2.00

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

- more than 2 straddle jumps, with or without a turn
- 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 ½ 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.	a	21.	c	31.	b	41.	b
2.	a	12.	c	22.	e	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.	c	35.	c	45.	d
6.	e	16.	a	26.	a	36.	c	46.	a
7.	d	17.	e	27.	a	37.	b	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

Send any questions or corrections to:

[hilarycarlson@comcast.net](mailto:hilarycarlson@comcast.net)