

1. Which of these is the LARGEST maximum deduction?
  - a. Leg separation
  - b. Arm swings on landing
  - c. Incomplete turn
  - d. Insufficient height of dismount
  
2. Which statement is NOT correct?
  - a. If a gymnast falls and fails to land a salto dismount on the bottom of the feet first, award value part and special requirement, and deduct for the fall.
  - b. Deduct up to 0.20 for incorrect body posture on landing of straddle jump.
  - c. Deduct a flat 0.20 for a large step on landing a dismount (3 feet or more).
  - d. If a gymnast touches the mat with one hand on the dismount (no support), deduct up to 0.30
  
3. What is the TOTAL MAXIMUM deduction for these beam faults?  
Insufficient split on switch leg leap  
bent knees on flic-flac  
insufficient extension (open) of body prior to landing dismount  
small adjustment of feet on landing dismount
  - a. 0.70
  - b. 0.80
  - c. 0.90
  - d. 1.00
  
4. Which of these chief judge deductions is CORRECT?
  - a. Incorrect attire – flat 0.20 after warning
  - b. Floor exercise performed without music – flat 0.50
  - c. Failure to mark the boundary lines on extra mat on FX – flat 0.20
  - d. Use of hand placement mat for handspring vault – flat 0.20
  
5. Which of these is the SMALLEST maximum deduction on FX elements?
  - a. Insufficient stretched position (arched) on front layout salto
  - b. Legs crossed during back layout full twist
  - c. Flexed feet during split leap
  - d. Incomplete turn/twist
  
6. Which of these statements is CORRECT?
  - a. The deduction for a fall on or against an apparatus is less than the deduction for a fall to the knees on the mat.
  - b. The deduction for lack of dynamics is the same on all four events.
  - c. The ideal tuck position requires the knees to be above horizontal with the feet touching the back of the legs.
  - d. none of these

7. Which of these deductions is NOT "up to 0.20"?
- insufficient pike position on backward salto piked
  - squat on landing of acro element
  - additional trunk movements to maintain balance on landing bars dismount
  - insufficient stretched position (piked) on salto backward stretched
8. Which of these statements is NOT correct?
- If the average score is 9.25, the range of the two counting scores must be within 0.50
  - If the two counting scores are 7.80 and 8.10, the average will be 7.95
  - If a level 7 gymnast performs 5 A's and 1 B, and is missing one special requirement, the start value will be 9.30
  - Judges do NOT have to agree on start value.
9. Which of the following items will NOT be deducted from the Start Value?
- performance of a Restricted Element
  - missing Special Requirement
  - missing Value Part
  - Short Exercise deduction
10. Which of the following procedures should take place during a judges' conference when scores are out of range on a particular routine?
- The coach of the gymnast is allowed to participate in the discussion.
  - A slow motion video review is allowed.
  - All arithmetic should be checked for accuracy.
  - If the judges are unable to compromise, the Chief Judge can postpone the decision until the end of the session.

(Answers on next page)

1. d 0.2, 0.1, 0.2, 0.3
2. a No Value Part, No Spec Req, No Composition credit
3. c  $0.2 + 0.3 + 0.3 + 0.1$
4. a
5. c 0.2, 0.1, 0.05, 0.2
6. d
7. b up to 0.3
8. c start value = 9.20
9. d Short exercise deduction is taken from the average by the chief judge.
10. c

1. Which of these statements is CORRECT?
  - a. Level 7 gymnasts may perform any vault from Group 1 with 1/1 twist or less.
  - b. The start value for all level 7 vaults is 9.80
  - c. The Hand Placement mat may be used for any level 7 vault.
  - d. The gymnast should finish in a controlled standing position before saluting the judge.
  
2. Which of these statements is INCORRECT for level 7 vault?
  - a. Deduct up to 0.2 for excessive arch in the support phase.
  - b. If the head contacts the table during the support phase, deduct 2.00
  - c. The coach is allowed to stand between the board and the table without penalty on any level 7 vault.
  - d. Deduct up to 0.50 for insufficient height in the second flight phase.
  
3. What is the TOTAL MAXIMUM deduction for these faults?  
Failure to maintain neutral head position in first flight and in support  
incorrect body posture on landing  
angle of arrival at approximately 50° from vertical  
insufficient dynamics
  - a. 0.8
  - b. 0.9
  - c. 1.0
  - d. 1.3
  
4. Which of these statements is CORRECT?
  - a. A gymnast is allowed to "flip" a Yurchenko vault; judges will ignore any salto deductions and judge only the landing.
  - b. Body position will not be evaluated after the feet contact the mat stack.
  - c. Each level 7 gymnast is guaranteed two touch warm-up vaults.
  - d. All steps will be deducted, whether forward or backward, after the initial contact with the mat stack.
  
5. Which of these situations will NOT result in a VOID vault?
  - a. Performs handspring 1/1 twist vault
  - b. Fails to use safety zone mat for round-off entry vault
  - c. Use of alternative springboard
  - d. Balks on first approach
  
6. Which of these deductions is CORRECT for a level 7 Tsukahara entry vault?
  - a. lands on feet alternately – flat 0.20
  - b. one large step forward (toward the vault table) – flat 0.10
  - c. incomplete turn in first flight (¼ on) – up to 0.30
  - d. one large step backward (away from the vault table) – flat 0.20

(answers on next page)

1. d
  - a. only 3 choices : Round-off entry (Yurchenko), Tsukahara entry or handspring
  - b. start value is 10.0 for all three choices
  - c. Hand Placement mat allowed for Round-off entry (Yurchenko) only
2. c Deduct 0.5 if vault is Tsukahara entry or handspring;  
no penalty if vault is Round-off entry (Yurchenko)
3. c  $(0.1 \times 2) + 0.5 + \text{no deduction} + 0.3 = 1.0$
4. b
  - a. if gymnast flips, vault is void
  - c. guaranteed 3 touch-warmup vaults
  - d. only deduct steps toward the vault table
5. d
6. a
  - b. deduction is 0.20
  - c.  $\frac{1}{4}$  turn gets no deduction on tsuk entry vault
  - d. no deduction for steps moving backward on tsuk entry vault

1. Which of these is NOT a 0.50 maximum deduction?
  - a. Gymnast falls, landing on hands and bottom of feet simultaneously
  - b. Gymnast takes five steps on landing
  - c. Insufficient height
  - d. Bent arms in support phase
  
2. Which statement is CORRECT?
  - a. Deduct a flat 0.20 if the gymnast performs a vault that is different from the announced (or flashed) vault.
  - b. If neither hand makes contact with the vault table, deduct a flat 1.00
  - c. The vault performed determines the start value, not the announced vault.
  - d. The safety zone mat cannot be used for handspring vaults.
  
3. What is the TOTAL MAXIMUM deduction for these faults?  
Coach standing between board and vault table on Group 1 vault  
Poor technique – piked in the first flight phase  
LA turn begun too early (in support phase)  
Insufficient stretch position in the second flight phase
  - a. 0.8
  - b. 1.2
  - c. 1.3
  - d. 1.4
  
4. Which of these chief judge deductions is the LARGEST?
  - a. Gymnast performs a one-arm vault
  - b. Gymnast vaults without signal from chief judge
  - c. Using tape on the vault table
  - d. Gymnast fails to start the run within 30 seconds of the chief judge signal
  
5. Which of these deductions is CORRECT?
  - a. (support phase) Poor Technique – shoulder angle – up to 0.30
  - b. (2<sup>nd</sup> flight) Under-rotation of salto vault – up to 0.30
  - c. (landing) Missing 45° of LA turn – up to 0.10
  - d. (landing) Incorrect body posture – up to 0.20
  
6. Which of these statements is CORRECT?
  - a. Timed warm-up begins on vault when a team starts a drill like handstand hops.
  - b. If a gymnast is injured on her first vault, she has five minutes to recover and get ready for her second vault.
  - c. A video review may be allowed at state meet and above to help determine whether a gymnast landed feet first on a vault.
  - d. If a gymnast does a “belly flop” and comes to rest on the top of the vault table, that counts as one of her three attempts but judges do not score that attempt.

7. Which of these is NOT an item for consideration when deciding whether a vault has "insufficient length"?
- size of athlete
  - type of vault
  - where the hands contact the table
  - whether the legs are crossed
8. Which of these faults have the same amount of penalty?
- X: legs crossed  
Y: legs bent  
Z: arched body in 2<sup>nd</sup> flight
- X and Y
  - X and Z
  - Y and Z
  - X, Y, and Z
9. Which of these statements is INCORRECT?
- Deduct 0.05 if gymnast lands with feet slightly apart but never joins heels.
  - A level 8 gymnast can perform a group 2 vault like Handspring front tuck, as long as there is no twist added.
  - Some level 8 vaults have a 10.0 start value.
  - If a gymnast performs a restricted vault, the vault is "void" and she will receive a final score of "zero" for the event.
10. Which of these deductions is the SMALLEST maximum deduction?
- coach spots level 8 gymnast during the 2<sup>nd</sup> flight
  - bent legs in support phase
  - additional trunk movements to maintain balance on landing
  - deviation from straight direction on landing

(Answers on next page)

1. b      maximum 0.4 deduction on steps
2. c
3. c       $0.5 + 0.2 + 0.3 + 0.3 = 1.3$
4. a      1.0, 0.5, 0.2, 0.2
5. d       $^0.2$ , 0.1, 0.15-0.20,  $^0.2$
6. c
7. d
8. c       $X^{0.1}$ ,  $Y^{0.3}$ ,  $Z^{0.3}$
9. b
10. c      1.0, 0.3, 0.2, 0.3

1. Which of the following would NOT be considered a “B” value part?
  - a. clear hip circle
  - b. back giant circle
  - c. front giant circle
  - d. full twist dismount
  
2. Which tally shows the correct number of value parts in this level 7 routine?  
glide kip mount, cast to horizontal, clear hip circle to 45°, glide kip, cast squat on, jump to long hang kip, cast to horizontal, layout flyaway
  - a. 7 A            1 B
  - b. 7 A            0 B
  - c. 4 A            2 B
  - d. 5 A            1 B
  
3. Which of the following mounts are “A” value parts?
  - a. Hecht jump mount (legs together) with hand repulsion over LB to hang on HB
  - b. glide kip mount with reverse grip
  - c. pullover mount
  - d. none of these are “A” value parts
  
4. Which of these elements are from groups 3, 6, or 7?
  - a. pike sole circle backward to handstand
  - b. back uprise to clear support
  - c. back giant circle
  - d. clear hip circle to hecht dismount

Use this **level 8** routine to answer questions 5 and 6:

Glide kip mount, cast squat on, jump to long hang kip, cast to HS ½ turn, long hang swing with flight and ½ turn over LB to hang on LB, glide kip, cast squat on, jump to long hang kip, cast to 60°, layout flyaway dismount with ½ twist

5. How many skills will receive “B” value part?
  - a. 1                      b. 2                      c. 3                      d. 4
  
6. How many restricted elements are included in the routine?
  - a. 0                      b. 1                      c. 2                      d. 3
  
7. Which of the following are restricted elements for level 8 gymnasts?
  - a. back stalder to handstand
  - b. double back dismount
  - c. clear hip circle to handstand ½ turn
  - d. all of these are restricted

A. Label each of these skills with the correct value part designation. Choose one of these 5 designations:

A / B / Allowable C / Restricted C / no value

B. Draw the shorthand symbol for each element

8. clear hip circle to handstand

9. long hang pullover

10. clear pike circle backward arriving in a clear pike support position

11. Pike sole circle on LB, release and counter movement forward in flight to hang on HB

12. tap swing forward with  $\frac{1}{2}$  turn dismount

13. back giant with  $\frac{1}{2}$  turn in handstand

14. clear hip circle below horizontal

15. cast to horizontal

16. stalder forward to handstand

17. from hang on HB, counterswing backward in straddle position with flight over LB to hang on LB

18. stride circle forward

19. from HB, swing down forward in reverse grip between the bars, salto forward tucked ( front flyaway dismount)

20. (mount) jump to brief hang on HB, kip to support

Answers on next page

1. c front giant circle is a "C" value part
2. d 5 A and 1 B  
glide kip mount (A), cast to horizontal (no value), clear hip circle to 45° (B),  
glide kip (A), cast squat on (A), jump to long hang kip (A), cast to horizontal  
(no value), layout flyaway (A)
3. b a. hecht mount is a "B"  
c. pullover mount has no value
4. a a. pike sole circles are in group 7  
b. uprises are in group 2  
c. back giant circles are in group 4  
d. dismounts are group 8
5. c award 3 B's  
Glide kip mount (A), cast squat on (A), jump to long hang kip (A), cast to HS  
½ turn (allowable C=B), long hang swing with flight and ½ turn over LB to  
hang on LB (restricted C=B), glide kip (A), cast squat on (no value), jump to  
long hang kip (A), cast to 60° (no value), layout flyaway dismount with ½  
twist (B)
6. b one restricted C - #4.304
7. b a and c are allowable C's
8. 3.304 allowable "C" (will be awarded "B" credit)
9. 4.102 "A"
10. 7.213 "B"
11. 7.310 restricted "C"
12. no value
13. 4.303 restricted "C"
14. 3.204 "B" (deduct up to 0.4 for amplitude, but give it "B" value)
15. no value
16. 6.301 restricted "C"
17. 2.205 "B"
18. no value
19. 8.107 "A"
20. 1.106 "A"

1. Which of the following is NOT a Special Requirement for **level 7** bars?
  - a. salto dismount, minimum "A" value
  - b. 360° clear circling element, minimum "B" value
  - c. one bar change
  - d. 360° clear circling element from groups 3,6,7
  
2. Which statement is CORRECT?
  - a. A back hip circle will satisfy one of the Level 7 circling requirements.
  - b. A judge should NOT take an 0.05 amplitude deduction when a level 7 gymnast performs a clear hip circle between 11° – 20° from vertical.
  - c. There are five level 7 special requirements on bars, worth 0.5 each.
  - d. This element will satisfy the level 7 dismount requirement: double salto backward tucked.
  
3. How many **level 7** special requirements are satisfied in this routine?  
Glide kip mount, cast to horizontal, clear hip circle to 45°, glide kip, cast squat on, jump to long hang kip, cast to 45°, tucked flyaway dismount
  - a. 4
  - b. 3
  - c. 2
  - d. 1
  
4. Which statement is NOT correct for **level 7** Special Requirements?
  - a. A gymnast must perform one required circling element on LB and one on HB.
  - b. A staldler forward to HS will NOT satisfy either of the circling requirements.
  - c. Cast to HS ½ turn (180°) will satisfy the cast requirement.
  - d. A flyaway dismount must be performed from the HB to receive credit.

Consider this **level 7** bar routine for questions 5 and 6:

glide kip mount, cast to HS, clear hip circle to 45°, glide kip,  
cast squat on, jump to long hang kip, cast to 60°, back giant, layout flyaway

5. Which special requirements are missing (if any)?
  
6. What is the start value for that routine?

Consider this **level 7** bar routine for questions 7 and 8:

glide kip mount, cast squat on, jump to long hang kip, cast to 60°, clear hip circle to 30°, back giant definitely assisted (spotted) by coach, layout flyaway with 1 ½ twist (540°)

7. Which special requirements have been met?
  
8. What is the start value for that routine?

Consider this **level 7** bar routine for questions 9 and 10:

glide kip mount, cast to 45°, clear hip circle to 45°, glide kip, cast squat on, jump to long hang kip, cast to 45°, back giant, layout flyaway with fall on back without initiating the salto

9. Which special requirements have been met?

10. What is the start value for that routine?



## Level 8 Bars – Special Requirements

11. Which of these is NOT special requirement for **Level 8**?

- minimum "B" flight element or minimum "B" element with at least 180° turn
- cast to handstand
- minimum "B" 360° clear circling element from groups 3, 6, or 7
- salto dismount, minimum "A" value

12. Which of these statements is correct concerning special requirements?

- If a gymnast performs a clear hip circle to handstand with ½ turn, that element will satisfy both the "B" turn and the "B" from groups 3,6,7 requirements.
- If a coach inadvertently touches a gymnast (without assisting) during the dismount, special requirement is NOT awarded and 0.5 is deducted for the spot.
- If a gymnast performs front giant ½ turn on HB + long swing forward with ½ turn over LB to hang, she has satisfied two special requirements.
- The mount, hecht jump (legs together) with hand repulsion over LB to hang on HB, will satisfy the bar change requirement.

13. Which of these elements will satisfy the "turn/flight" requirement?

- straddle cut catch on LB
- back salto stretched with 1/1 twist (360°) dismount
- (mount) jump with 1/1 turn (360°), kip to front support on LB
- all of these will satisfy that requirement

14. A **level 8** gymnast attempts a counter swing straddle back over the LB to hang on the LB. She grasps the LB with one hand and then falls. Which of these statements is true?

- award "B" value part for the straddle back
- award special requirement credit for "B" flight
- deduct 0.5 for the fall
- all of these are true

Consider this **level 8** bar routine for questions 15 and 16:

Glide kip mount, cast to  $45^\circ$ , clear underswing with release and counter movement forward in flight to hang on HB, long hang kip, cast to HS, back giant, back giant, layout flyaway

15. Which special requirements are missing (if any)?

16. What is the start value for that routine?

Consider this **level 8** bar routine for questions 17 and 18:

(mount from outside the HB) jump to brief hang on HB and kip to front support, cast to  $60^\circ$ , long swing with release and  $\frac{1}{2}$  turn ( $180^\circ$ ) in flight over the LB to hang on LB, glide kip, cast squat on, long hang kip, cast to HS with  $\frac{1}{2}$  turn ( $180^\circ$ ), back giant with  $\frac{1}{2}$  turn ( $180^\circ$ ), layout flyaway with  $\frac{1}{2}$  twist ( $180^\circ$ )

17. Which special requirements have been met?

18. What is the start value for that routine?

Consider this **level 8** bar routine for questions 19 and 20:

glide kip mount, cast squat on, jump to long hang kip, cast to  $45^\circ$ , clear hip circle to  $60^\circ$ , back giant, underswing dismount with  $1\frac{1}{2}$  twist ( $540^\circ$ )

19. Which special requirements have been met?

20. What is the start value for that routine?

Answers begin on next page.

1. c
2. b
  - a. back hip circle is not "clear" circling element
  - c. only 4 special requirements worth 0.5 each
  - d. that's a restricted "C" element
3. b          Cast requirement, one clear circle, dismount
4. a
5. no special requirements are missing

glide kip mount (A), cast to HS (B), clear hip circle to 45° (B), glide kip (A), cast squat on (A), jump to long hang kip (A), cast to 60° (no value), back giant (B), layout flyaway (A)

6. 10.0 start value
7. two special requirements have been met : cast and one clear circle

glide kip mount (A), cast squat on (A), jump to long hang kip (A), cast to 60° (no value), clear hip circle to 30° (B), back giant definitely assisted (spotted) by coach (no value), layout flyaway with 1 ½ twist (540°) (restricted C – bad news)

8. 7.7 start value    (missing 2 A's and 1 B, missing 2 special requirements, plus 0.5 for restricted element and 0.3 for no dismount)

9. three special requirements have been met – cast and both circles

glide kip mount (A), cast to 45° (no value), clear hip circle to 45° (B), glide kip (A), cast squat on (A), jump to long hang kip (A), cast to 45° (no value), back giant (B), attempts layout flyaway but falls on back without initiating the salto (no value)

10. 9.10 start value    (missing 1 A, missing 1 special requirement, plus 0.3 for no dismount)

11. b

12. d            a. one element cannot satisfy both of those requirements  
                  b. dismount special requirement will be awarded  
                  c. that's 2 restricted C's; 2<sup>nd</sup> one will not count

13. a            cannot count mount or dismount

14. d

15. missing one special requirement – “B” circle from groups 3,6,7,

Glide kip mount (A), cast to 45° (no value), clear underswing with release and counter movement forward in flight to hang on HB (restricted C=B), long hang kip (A), cast to HS (B), back giant (B), back giant (B), layout flyaway (A)

16. 9.40 start value – missing 1 A and one special requirement

17. three special requirements have been met – bar chg, B flight (or turn), dismount – missing B circle from 3,6,7

(mount from outside the HB) jump to brief hang on HB and kip to front support (A), cast to 60° (no value), long swing with release and ½ turn (180°) in flight over the LB to hang on LB (B), glide kip (A), cast squat on (A), long hang kip (A), cast to HS with ½ turn (180°) (allowable C=B), back giant with ½ turn (180°) (restricted C=B), layout flyaway with ½ twist (180°) (B)

18. 9.50 start value    value parts are OK; missing one special requirement

19. two requirements have been met – bar chg and 3,6,7 circle

glide kip mount (A), cast squat on (A), jump to long hang kip (A), cast to 45° (no value), clear hip circle to 60° (B), back giant (B), underswing dismount with 1 ½ twist (540°) (B – but not a salto)

20. 8.60 start value – missing 1 A and 1 B, missing 2 special requirements

1. Which of these is the LARGEST maximum deduction?
  - a. lack of amplitude on back stalker – finishes 30° from vertical
  - b. hit foot on LB during back giant circle
  - c. legs crossed during full twist dismount
  - d. swing backward under horizontal
  
2. Which statement is CORRECT?
  - a. Each judge deducts 2.0 for a routine that contains fewer than 5 value parts.
  - b. The deduction for hitting the mat with both feet is a flat 0.20
  - c. The deduction for insufficient extension (open) of body prior to landing the dismount is up to 0.20
  - d. The deduction for landing too close to the bar on the dismount is a flat 0.10
  
3. What is the total maximum deduction for these faults?  
Cast below horizontal  
Clear hip circle to horizontal  
Insufficient height of tuck flyaway dismount
  - a. 0.70
  - b. 0.80
  - c. 0.90
  - d. 1.0
  
4. Which of these is NOT a chief judge deduction?
  - a. gymnast fails to land on bottom of feet first on dismount
  - b. coach fails to remove board after mount
  - c. coach stands between the bars throughout the routine
  - d. all of these are chief judge deductions
  
5. Which of these is an “up to 0.20” deduction?
  - a. Insufficient extension of glide kip mount
  - b. Intermediate (extra) swing
  - c. Poor rhythm in elements/connections
  - d. Insufficient exactness of stretched position – arched
  
6. Which of these situations would result in the SMALLEST deduction?
  - a. full support on feet on the mat during exercise
  - b. six steps on the dismount
  - c. three extra swings before the dismount
  - d. spotting assistance by coach on landing of dismount
  
7. Which of these statements is NOT correct for **level 8**?
  - a. Deduct up to 0.10 for hesitation during jump to HB
  - b. Deduct up to 0.10 overall for lack of precision of handstand positions.
  - c. Deduct 0.05 if the gymnast performs a clear hip circle to handstand and is within the 11°-20° from vertical range.
  - d. Deduct 0.25 – 0.30 if the gymnast performs cast to handstand ½ turn and completes the turn more than 45° from vertical.

For questions 8 – 20:

- a. State the deduction for each fault (if any).
- b. Indicate whether it is a "flat" deduction or an "up to" deduction, and
- c. Mark whether it's a Chief Judge deduction only.

8. Clear hip circle finishes between  $46^{\circ}$  and  $89^{\circ}$  from vertical

9. Grasp on apparatus to avoid a fall

10. cast to horizontal on HB before long swing forward with  $\frac{1}{2}$  turn ( $180^{\circ}$ ) and flight over LB to hang on LB

11. Coach fails to remove the board after mount

12. Cast finishes between  $21^{\circ}$  and  $30^{\circ}$  from vertical

13. Insufficient exactness of stretched position – piked

14. Pike sole circle backward finishes  $15^{\circ}$  from vertical

15. Incomplete twist on dismount

16. on clear hip to handstand with  $\frac{1}{2}$  turn ( $180^{\circ}$ ), turn finishes  $10^{\circ}$  from vertical

17. Insufficient dynamics throughout routine

18. Coach leans against the LB but does not actually touch the gymnast

19. Additional trunk movements to maintain balance on landing dismount

20. Insufficient exactness of body shape – tuck position

Answers on next page.

1. b no deduction, 0.2, 0.1, 0.1
2. d
  - a. chief judge deduction
  - b. flat 0.30
  - c. up to 0.30
3. c  $0.3 + 0.3 + 0.3 = 0.90$
4. a
5. d  $\wedge 0.1$ , 0.30,  $\wedge 0.1$
6. b 0.5, 0.4, 0.6, 0.5
7. c Level 8 gymnast cannot receive C value part; so no deduction for clear hip circle above  $45^\circ$
8. 0.05 – 0.25
9. 0.30
10. no deduction (for level 7/8)
11. Chief Judge 0.30
12. 0.10
13.  $\wedge 0.2$
14. no deduction – Level 7/8 gymnast cannot receive C value part; so no deduction if element finishes above  $45^\circ$
15.  $\wedge 0.2$
16. no deduction if turn finishes within  $20^\circ$  of vertical
17.  $\wedge 0.2$
18. no deduction
19.  $\wedge 0.2$
20.  $\wedge 0.2$

1. Which of these is NOT a composition deduction to consider for level 8?
  - a. uncharacteristic element
  - b. choice of dismount not up to competitive level
  - c. facing the same direction throughout routine
  - d. elements that achieve or pass through vertical
  
2. Which statement is CORRECT?
  - a. The deduction for performing an uncharacteristic element can be taken for both level 7 and level 8 routines.
  - b. A level 8 gymnast must perform circling elements both forward and backward.
  - c. Deduct up to 0.10 if the gymnast performs all "B" elements on the high bar and none on the low bar.
  - d. none of these statements is correct
  
3. What is the total maximum deduction for these composition faults?  
More than one squat/stoop onto the low bar  
 $\frac{3}{4}$  giant circle forward  
uncharacteristic element
  - a. 0.30
  - b. 0.25
  - c. 0.20
  - d. 0.15
  
4. Which of these elements will NOT satisfy the concept of "pass through or attain vertical"?
  - a. clear hip circle to handstand
  - b. layout flyaway dismount
  - c. cast to handstand
  - d. back giant
  
5. Which of these would result in the LARGEST maximum deduction for **level 8**?
  - a. choice of release elements not up to competitive level
  - b. uncharacteristic element
  - c. lack of elements that achieve or pass through vertical
  - d. gymnast performs an element from groups 3,6,7 but no forward element and no pirouette
  
6. Which of the following dismount sequences would result in NO DEDUCTION for "choice of dismount not up to competitive level"?
  - a. layout flyaway with  $\frac{1}{2}$  twist (180°)
  - b. back giant + layout flyaway
  - c. neither a nor b
  - d. both a and b

7. Which of these statements is CORRECT concerning composition deductions?
- $\frac{3}{4}$  giant circle forward will result in a "flat" deduction of 0.10
  - one-arm back giant circle is an uncharacteristic element
  - deduct 0.10 for a level 8 routine with no flight elements
  - deduct 0.10 for a level 8 routine with no turn elements
8. Which statement is CORRECT?
- No more than 0.30 total composition deductions should be taken on any level 8 routine.
  - Deduct 0.1 in composition if there are no "C" elements in a routine.
  - Composition deductions are deducted from the start value.
  - none of these
9. Which of these dismount sequences would result in the MAXIMUM DEDUCTION for "choice of dismount not up to competitive level"?
- clear hip circle to  $45^\circ$  + layout flyaway
  - cast to horizontal + layout flyaway
  - back giant + tuck flyaway
  - all of the above
10. Which of these elements would receive a deduction for "uncharacteristic element"?
- squat on the low bar facing out, stand with  $\frac{1}{2}$  turn on feet to grasp high bar
  - elliptical shaped giant
  - low bar giant
  - all of the above

Answers on next page

1. c facing the same direction applies only to levels 9 & 10
2. d
3. c no deduction for level 8, 0.1, 0.1
4. b
5. c b. 0.1 c. 0.2 (a and d do not apply to level 8)
6. d
7. a
8. d
9. b
10. a

1. Which of the following would NOT be awarded a "B" value part?
  - a. flic-flac landing on both legs in stand
  - b. split jump in side position with both legs straight
  - c. round-off
  - d. stag leap forward with leg change
  
2. Which tally shows the correct number of value parts in this level 7 routine?  
 Jump to front support with  $\frac{1}{4}$  turn to straddle sit mount, straddle jump in cross position, back walkover, (complete stop – shift foot), back walkover, full turn on toe, flic-flac step out, cartwheel + salto backward tucked dismount
  - a. 5 A          2 B
  - b. 4 A          2 B
  - c. 6 A          2 B
  - d. 5 A          1 B
  
3. Which of the following mounts is NOT an "A" value part?
  - a. from diagonal approach, scissors leap to cross sit on L or R thigh
  - b. from side stand facing beam, flank over to rear support
  - c. jump with  $\frac{1}{2}$  turn ( $180^\circ$ ) to sit on beam with support of one hand
  - d. from side stand facing beam, back pullover
  
4. Which of these pairs of elements would be considered "different" for the counting of value parts?
  - a. walkover forward; one-arm walkover forward
  - b. tuck jump; tuck jump with  $\frac{1}{4}$  turn ( $90^\circ$ )
  - c. arch jump; stretched jump with change/beat of legs
  - d. split jump in cross position; split jump in cross position with  $\frac{1}{4}$  turn ( $90^\circ$ ) after split to land in side stand

Use this **level 8** routine to answer questions 5 and 6 (connected elements are enclosed in parentheses):

jump to side handstand mount (not held for 2 seconds), lower to sit on beam, switch leg leap, (back walkover + flic flac), full turn on one leg with heel of free leg forward at  $45^\circ$  throughout turn, salto backward tucked, salto forward tucked dismount at end of beam

5. How many skills will receive "B" value part credit?
  - a. 1
  - b. 3
  - c. 5
  - d. none of these
  
6. How many restricted elements are included in the routine?
  - a. 0
  - b. 1
  - c. 2
  - d. 3

7. Which of the following is a restricted element for **level 8** gymnasts?
- dive cartwheel
  - stag ring jump
  - gainer flic-flac
  - tuck jump with arch (sheep jump)

A. Label each of the skills in questions 8-20 with the correct value part designation. Choose one of these 5 designations:

A / B / Allowable C / Restricted C / no value

B. Draw the shorthand symbol for each element

8. (mount) from side stand facing beam, jump to squat through to rear support

9. cat leap

10. 1 ½ turn (540°) on one leg

11. salto forward stretched with ½ twist (180°) dismount at end of beam

12. one-arm flic flac

13. split leap forward (take-off from one leg)

14. (mount) jump to chest stand, ½ turn (180°) over shoulder to shoulder stand

15. tuck jump with ¾ turn (270°)

16. walkover forward, backward (tic-toc)

17. 1/1 turn (360°) in tuck stand on one leg, free leg in forward horizontal

18. free aerial walkover forward with ½ twist (180°) dismount at end of beam

19. pike jump from side position (hip angle 90°)

20. ½ illusion turn (180°)

1. d stag leap forward with leg change = "A" value part
2. b 4A and 2B  
Jump to front support with  $\frac{1}{4}$  turn to straddle sit mount (no value), straddle jump in cross position (B), back walkover (A), (complete stop – shift foot), back walkover (no value), full turn on toe (A), flic-flac step out (B), cartwheel (A) + salto backward tucked dismount (A)
3. c no value
4. a
5. c There are 5 "B" value parts  
jump to side handstand mount (not held for 2 seconds) (B), lower to sit on beam, switch leg leap (allowed C=B), (back walkover (A) + flic flac (B)), full turn on one leg with heel of free leg forward at  $45^\circ$  throughout turn (B), salto backward tucked (restricted C = B), salto forward tucked dismount at end of beam (A)
6. b One restricted element
7. d Sheep jump = "D" value part
8. #1.106 (2nd diagram) "A"
9. #2.109 (2nd diagram) "A"
10. #3.201 "B"
11. #9.204 (2nd diagram) "B"
12. #7.308 (1st diagram) restricted "C"
13. #2.201 (1st diagram) "B"
14. #1.208 (1st diagram) "B"
15. #2.310 (2nd shorthand symbol) allowable "C"
16. #7.105 "A"
17. #3.206 (1st diagram) "B"
18. #9.102 (2nd diagram) "A"
19. #2.306 (1st diagram) allowable "C"
20. #3.305 allowable "C"

1. Which of the following is NOT a Special Requirement for level 7 beam?
  - a. minimum 1/1 turn on one foot
  - b. leap or jump with 180° split
  - c. acro series containing at least one flight element
  - d. minimum "A" salto or aerial dismount
  
2. Which statement is CORRECT?
  - a. Level 7 gymnasts must perform the equivalent of 5 "A" value parts and 2 "B" value parts.
  - b. A straddle jump mount can fulfill the leap/jump requirement.
  - c. Salto forward tucked with 1/1 twist dismount will fulfill the dismount requirement.
  - d. All of these are correct
  
3. How many level 7 special requirements are satisfied in this routine? (connected series are enclosed in parentheses)  
(mount) Scissors leg swing with ½ turn (180°) to cross straddle sit, flic-flac, (walkover backward + walkover backward), 1/1 turn (360°) in prone position, (stretched jump with beat of legs + split jump in cross position – 140° split), salto forward piked dismount
  - a. 4
  - b. 3
  - c. 2
  - d. 1
  
4. Which statement is NOT correct for level 7 Special Requirements?
  - a. Wolf jump will NOT satisfy the leap/jump requirement.
  - b. 1 ½ turn (540°) on toe will satisfy the turn requirement.
  - c. Arabian salto tucked will satisfy the dismount requirement.
  - d. If a level 7 routine has no acro flight element and the gymnast performs "cartwheel, fall, cartwheel" as her acro series, the judges should deduct 1.0 for missing two special requirements.

Consider this level 7 beam routine for questions 5 and 6: (connected series in parentheses)

leg swing mount with ½ turn to cross straddle sit, (back walkover + back walkover with stoop through of one leg to cross split sit), full turn on toe, switch leg leap, (round-off + salto backward tucked dismount)

5. Which special requirements are missing (if any)?
  
6. What is the start value for that routine?

7. Which of these situations will NOT break the acro series?
  - a. complete stop between two flic-flacs
  - b. continuous but slow connection between two cartwheels
  - c. slide feet closer together between back walkover and flic-flac
  - d. severe loss of balance between two front walkovers
  
8. Which of these examples will satisfy the level 7 acro series requirement?
  - x. tic-toc + flic-flac
  - y. kick to handstand – hold one second + flic-flac
  - z. front walkover mount to straddle sit at end of beam + forward roll

a. x only      b. x and y      c. x and z      d. none of these

Consider this level 7 beam routine for questions 9 and 10: (connections in parentheses)

from side stand facing beam - back pullover mount, (back walkover + back walkover), straddle jump in cross position, flic-flac, 1/1 turn (360°) in tuck stand on one leg – free leg in forward horizontal, attempts salto forward dismount but misses her footing and falls onto mat without initiating the salto – does not remount

9. Which special requirements have been met?

10. What is the start value for that routine?



### **Level 8 Beam – Special Requirements**

11. Which of these is NOT special requirement for Level 8?
  - a. minimum 1/1 turn on one foot
  - b. leap or jump with 180° split
  - c. acro series containing at least one flight element
  - d. minimum "B" salto or aerial dismount
  
12. Which of these statements is correct concerning special requirements?
  - a. A split leap with 120° split will satisfy the special requirement, but a deduction of up to 0.2 should be taken.
  - b. Once the heel drops onto the beam during the turn on toe, it is considered complete.
  - c. The dismount must be directly connected to another acro element in order to fulfill the special requirement.
  - d. This series will satisfy the acro requirement for level 8: kick to handstand – hold 2 seconds + flic-flac

13. Which of these elements will satisfy the "jump/leap" requirement?
- stag split leap (front leg never extends)
  - cat leap with  $\frac{1}{2}$  turn ( $180^\circ$ )
  - sissonne
  - assemble
14. Which of these statements is true if a Level 8 gymnast performs a "D" dismount?
- If this is the only restricted acro element in the routine, it is legal.
  - Deduct 0.5 for missing the dismount special requirement, but do not take any execution deductions.
  - Deduct from the start value : 0.5 for missing special requirement plus 0.3 for no dismount plus 0.5 for performing a restricted element.
  - none of these
15. How many level 8 special requirements are satisfied in this series?  
Ring jump + flic-flac + flic-flac + salto backward stretched dismount
- a. 4                      b. 3                      c. 2                      d. 1

Consider this level 8 beam routine for questions 16 and 17:  
press to handstand mount, full turn on toe, (back walkover + flic-flac), (split leap + tuck jump with  $\frac{1}{2}$  turn ( $180^\circ$ )), salto forward piked dismount

16. Which special requirements have been met?
17. What is the start value for that routine?

Consider this level 8 beam routine for questions 18 - 20:  
jump to front support – swing leg over to cross straddle sit, back walkover with fall to mat after foot touches beam, flic-flac, switch-leg leap, 1/1 turn ( $360^\circ$ ) in knee scale, roll backward to handstand, (cartwheel + salto backward tucked dismount)

18. Are any value parts missing?
19. Which special requirements have been met?
20. What is the start value for that routine?

(Answers begin on next page)

1. c acro series can be two non-flight acro elements with flight element performed separately from the acro series
2. a b. Mount cannot be used to satisfy jump/leap requirement.  
c. front tuck 1/1 twist is a Restricted "C" acro
3. b missing full turn on toe
4. d deduct 0.50 for missing ONE special requirement
5. Acro series won't count because of restricted C acro

leg swing mount with ½ turn to cross straddle sit (no value), (back walkover (A) + back walkover with stoop through of one leg to cross split sit (restricted C), full turn on toe (A), switch leg leap (allowable C=B), (round-off (B) + salto backward tucked dismount (A))

6. 8.8 start value (missing 2 A's and acro series special requirement, plus deduct 0.5 for restricted element)
7. b
8. a x will satisfy  
y. must hold handstand for **two** seconds  
z. acro series must start and end on the beam
9. Acro requirement, turn, and jump are OK – missing the dismount

from side stand facing beam - back pullover mount (A), (back walkover (A) + back walkover (A)), straddle jump in cross position (B), flic-flac (B), 1/1 turn (360°) in tuckstand on one leg – free leg in forward horizontal (B), attempts salto forward dismount but misses her footing and falls onto mat **without initiating the salto** (no value)– does not remount

10. 9.1 start value (missing one A and dismount special requirement, plus deduct 0.30 for "no dismount" since salto was not initiated)



1. Which of these is the LARGEST maximum deduction?
  - a. insufficient height of round-off
  - b. relaxed leg positions and body posture in non-value parts
  - c. legs not parallel to beam in split leap
  - d. insufficient variation in rhythm and tempo
  
2. Which statement is CORRECT?
  - a. on a pike jump, deduct up to 0.10 if the hip angle is between  $91^{\circ}$  and  $134^{\circ}$
  - b. deduct 0.20 for a concentration pause of more than two seconds
  - c. on a dance value part, deduct up to 0.20 for lack of precision
  - d. on a wolf jump, deduct up to 0.20 if the extended leg is below horizontal
  
3. What is the total maximum deduction for these faults?  
Failure to reach horizontal on either leg on cat leap  
Insufficient sureness of performance  
Support of one leg against side of beam to maintain balance
  - a. 0.30
  - b. 0.40
  - c. 0.50
  - d. 0.60
  
4. Which of these is NOT a chief judge deduction?
  - a. dismount lands too close to beam
  - b. routine is overtime
  - c. coach stands next to beam throughout routine
  - d. gymnast wears tennis shoes
  
5. Which of these is NOT an "up to 0.20" deduction?
  - a. incomplete twist on dismount
  - b. insufficient height of split leap
  - c. lack of creativity of choreography
  - d. insufficient dynamics
  
6. Which of these situations would result in the SMALLEST maximum deduction?
  - a. squat on landing of dismount
  - b. incorrect body posture during dance value part
  - c. additional trunk movements to maintain balance on landing dismount
  - d. bent arms on handstand
  
7. Which of these statements is NOT correct?
  - a. deduct up to 0.10 for hesitation during press to handstand mount
  - b. deduct up to 0.30 for bent legs on a flic-flac
  - c. on a sissonne, deduct up to 0.10 if the front leg is less than  $45^{\circ}$  from the beam
  - d. deduct up to 0.20 for failure to land with feet together on split jump with  $\frac{1}{4}$  turn ( $90^{\circ}$ ) landing in side position

For questions 8 – 20:

- a. State the deduction for each fault (if any).
- b. Indicate whether it is a "flat" deduction or an "up to" deduction, and
- c. Mark whether it's a Chief Judge deduction only.

8. use of supplemental support (foot contacts mat in cross straddle sit)
9. insufficient exactness of tuck position on salto forward tucked dismount
10. failure to perform 1/1 turn (360°) on toe in high relevé
11. lack of tempo between elements in a dance series (level 8)
12. insufficient extension (open) of body prior to landing of dismount
13. missing 45°-89° of 1/1 turn (360°) on toe
14. relaxed footwork on non-value parts throughout routine
15. exercise shorter than 30 seconds
16. legs crossed during salto backward stretched dismount with 1/1 twist (360°)
17. directional error on gainer salto backward tucked dismount at end of beam
18. deviation from straight direction on landing salto backward tucked dismount
19. additional movements to maintain balance on the beam
20. flexed feet during straddle jump
21. failure to maintain stretched body position (pikes down dismount)
22. insufficient height of dismount

1. b     0.2, 0.3, 0.2, 0.2
2. b     a.  $\wedge 0.2$     b. correct    c.  $\wedge 0.1$     d.  $\wedge 0.1$
3. d      $(0.1 \times 2) + 0.2 + 0.2 = 0.60$
4. a
5. c      $\wedge 0.1$
6. b     0.3, 0.1, 0.2, 0.3
7. d      $\wedge 0.1$
8.     0.30
9.      $\wedge 0.2$
10.     $\wedge 0.1$
11.     $\wedge 0.2$
12.     $\wedge 0.3$
13.    0.15 – 0.20
14.     $\wedge 0.2$
15.    CJ 2.0
16.     $\wedge 0.1$
17.     $\wedge 0.3$
18.     $\wedge 0.1$
19.     $\wedge 0.3$
20.    0.05
21.     $\wedge 0.2$
22.     $\wedge 0.3$

1. Which of these is a composition deduction to consider for level 8 (but which cannot be taken for level 7)?
  - a. failure to perform a turn in high relevé
  - b. relaxed footwork on non-value parts
  - c. lack of a dance series
  - d. concentration pause
  
2. Which of the following partial routines would result in NO DEDUCTION for “choice of acro elements not up to the competitive level” for level 8?
  - a. Back walkover + FF; front walkover; round-off
  - b. FF + 1-arm FF; back salto tucked; round-off
  - c. FF + FF; back walkover; FF
  - d. FF + FF; valdez; cartwheel
  
3. What is the total maximum deduction for these composition faults?  
4 jumps with tuck/wolf shape  
four pivot turns with straight legs  
More than one element before the mount
  - a. 0.40
  - b. 0.30
  - c. 0.25
  - d. 0.20
  
4. Which of these combinations will NOT satisfy the dance series requirement?
  - a. switch-side leap + straddle jump in side position
  - b. straddle jump mount at end of beam + wolf jump
  - c. 1/1 turn (360°) with free leg at horizontal + 1/1 turn (360°) on toe
  - d. none of these will satisfy the dance series
  
5. Which of these is the LARGEST maximum composition deduction?
  - a. lack of movements that are low down on the beam
  - b. choice of dance not up to competitive level
  - c. entire routine is performed in the middle section of the beam
  - d. more than two straddle jumps in the routine
  
6. Which of the following partial routines would result in the MAXIMUM DEDUCTION for “dance not up to the competitive level” for level 8?
  - a. switch leg leap; full turn on toe
  - b. split jump + beat jump; 1 ½ turn on toe
  - c. tuck jump + wolf jump; full turn on toe
  - d. tuck jump ½ turn + sissonne; switch leg leap

7. Which of these statements is CORRECT concerning "failure to perform acro elements in two different directions"?
- If a level 8 gymnast does NOT perform a forward acro element anywhere in her routine, deduct a flat 0.10
  - A tic-toc is always considered a forward element.
  - If the dismount is the only backward acro element, deduct 0.05
  - A kick-up to handstand – step down is considered a forward acro element.
8. Which of these dismounts will result in NO DEDUCTION for "choice of dismount not up to the competitive level" for level 8?
- round-off + back salto tucked dismount
  - isolated front salto stretched dismount
  - FF + back salto stretched with 1/1 twist dismount
  - all of these will result in no deduction
9. Which of these partial routines would result in the MAXIMUM DEDUCTION for "choice of acro elements not up to the competitive level" for level 8?
- back walkover + FF; attempted dive cartwheel but feet did not touch beam
  - valdez + FF: cartwheel
  - FF + FF (fall after feet touch beam); back walkover
  - all of these will result in maximum deduction
10. Which of these would be considered "allowable" 180° turns (not to be counted in the limited number of pivot turns)?
- turn in squat
  - ¼ turn – ¼ turn
  - turn in demi-plié
  - all of these are allowable
11. Which of the following partial routines would result in NO DEDUCTION for "dance not up to the competitive level" for level 8?
- split jump; straight jump ¾ turn; attempted full turn but heel drops at 200°
  - tuck jump ¾ turn; wolf jump; full turn
  - pike jump + beat jump; full turn in tuckstand
  - none of these

Answers on next page

1. c
2. d
  - a. acro series needs two flight elements
  - b. two Restricted "C" acro elements; 2<sup>nd</sup> "C" acro will not count
  - c. three flic-flacs; 3<sup>rd</sup> one will not count
3. d  $0.1 + 0.1 + 0$  (no longer listed as a deduction) = 0.2
4. a switch-side leap is a Restricted "D"
5. b 0.1, 0.2, 0.1, 0.1
6. c all elements are "A" value parts
7. c
  - a. gymnast can perform forward or sideward element
  - b. tic-toc can be forward or backward to benefit the gymnast
  - d. cannot use group 5 elements; handstand will not count
8. d
  - a. B acro + A dismount
  - b. B dismount
  - c. B dismount
9. a acro series with one "B" flight; no other acro
10. d
11. c need 2 B's and 1 A for no deduction
  - a. B; B; no value on turn
  - b. B; A; A
  - c. B + A; B

1. Which of the following would NOT be awarded a “B” value part?
  - a. switch leg leap
  - b. 1 ½ turn (540°) on toe
  - c. salto forward piked
  - d. free (aerial) cartwheel
  
2. Which tally shows the correct number of value parts in this **level 7** routine? (Round-off + flic-flac + salto backward stretched), 1/1 turn (360°) on toe, back walkover, (ring jump + straddle jump), (front handspring + salto forward tucked)
  - a. 7 A          2 B
  - b. 6 A          3 B
  - c. 8 A          1 B
  - d. none of these
  
3. Which of the following is CORRECT?
  - a. If a gymnast takes off her salto backward stretched while inside the boundary line but lands out of bounds, value part is NOT awarded.
  - b. If a coach spots the landing of an acro element, value part is NOT awarded.
  - c. If the same element is performed a third time, value part is NOT awarded.
  - d. all of these are correct
  
4. Which of these pairs of tumbling passes would be considered “different” for the counting of value parts?
 

X. RO + FF + salto backward tucked;    RO + FF + FF + salto backward tucked

Y. RO + FF + salto backward stretched with 1/1 twist (360°);    front salto tucked with stepout + RO + FF + salto backward stretched with 1/1 twist (360°)

Z. RO + FF + salto backward piked;    RO + FF + salto backward tucked

  - a. Y only                  b. Y and Z                  c. all of these                  d. none of these

Use this **level 8** routine to answer questions 5 and 6 (connected elements are enclosed in parentheses):

1/1 turn (360°) with leg at horizontal throughout, (front handspring + salto forward stretched + salto forward piked), (switch leg leap + running steps + tour jete), (RO + FF + salto backward stretched with 2/1 twist (720°))

5. How many skills will receive “B” value part credit?
  - a. 2                          b. 4                          c. 6                          d. none of these
  
6. How many restricted elements are included in the routine?
  - a. 0                          b. 1                          c. 2                          d. 3

7. Which of the following is a restricted element for **level 8** gymnasts?
- cat leap with 1 ½ turn (540°)
  - flic-flac with 1/1 twist (360°)
  - switch ring leap
  - salto forward tucked with 1/1 twist (360°)

A. Label each of the skills in questions 8-20 with the correct value part designation **for Level 8**. Choose one of these 5 designations:

A / B / Allowable C / Restricted / no value

B. Draw the shorthand symbol for each element

8. whip salto backward

9. straddle jump with 1/1 turn (360°)

10. stretched jump

11. free (aerial) walkover forward

12. arabian salto tucked

13. salto backward stretched with 1 ½ twist (540°)

14. 1/1 illusion (360°) without touching floor

15. 2/1 turn (720°) on toe

16. walkover forward

17. wolf jump with ½ turn (180°)

18. switch leg leap with 1/1 turn (360°)

19. flyspring forward – Take-off from both legs, landing on two feet

20. salto backward stretched with ½ twist (180°)

Answers on next page.

1. d that's an "A" value part

2. a 7 A and 2 B

(Round-off (A) + flic-flac (A) + salto backward stretched (A)), 1/1 turn (360°) on toe (A), back walkover (A), (ring jump (B) + straddle jump (B)), (front handspring (A) + salto forward tucked (A))

3. c

4. b Y and Z are different; the two passes in item X are not considered different since the extra FF is not a salto, aerial, or "B" acro flight.

5. C 6 B

1/1 turn (360°) with leg at horizontal throughout (B), (front handspring (A) + salto forward stretched (B) + salto forward piked (B)), (switch leg leap (B) + running steps + tour jete (B)), (RO (A) + FF (A) + salto backward stretched with 2/1 twist (720°) (C=B))

6. b 1 restricted C element

7. d that's a "C" acro

8. #8.102 "A"

9. #1.307 first symbol – allowable "C" (one C dance allowed for level 7)

10. no value on FX

11. #5.103 first symbol "A"

12. #7.202 first symbol "B"

13. #8.301 first symbol – restricted "C" (one allowed at level 8 only)

14. #2.205 "B"

15. #2.301 allowable "C" (one C dance allowed for level 7)

16. #5.101 first symbol "A"

17. #1.216 second symbol "B"

18. #1.404 restricted "D" (not allowed at level 7 or 8)

19. #5.202 second symbol "B"

20. #8.201 first symbol "B"

1. Which of the following is NOT a Special Requirement for **level 7** FX?
  - a. forward acro connection, both flight elements, one a salto or aerial
  - b. dance passage with 2 different Group 1 elements, one a 180° leap in cross or split position
  - c. acro series containing 2 saltos
  - d. minimum 1/1 turn on one foot
  
2. Which of these will satisfy the dance passage requirement for **level 7**?
  - a. sissonne + split jump
  - b. switch-side leap + popa
  - c. side leap + straddle jump + flic-flac to 2 feet
  - d. switch-leg leap + running steps + switch-leg leap
  
3. How many **level 7** special requirements are satisfied in this routine?  
(connected combinations are enclosed in parentheses)  
(front handspring + salto forward stretched), (switch-leg leap + tuck jump),  
1 ½ turn (540°) on toe, (RO + FF + salto backward tucked)
  - a. 4
  - b. 3
  - c. 2
  - d. 1
  
4. Which statement is NOT correct for **level 7** Special Requirements?
  - a. Illusion 1/1 turn (360°) with brief touch of floor with one hand will satisfy the turn requirement.
  - b. (Split leap + full turn on toe + sissonne) will satisfy two special requirements.
  - c. (forward salto tucked + front handspring) will count as the forward acro series.
  - d. If a level 7 performs (RO + FF + back salto stretched with step-out), this will fulfill the backward acro series requirement with a small deduction for the step.

Consider this **level 7** FX routine for questions 5 and 6: (connections in parentheses)

(salto forward tucked with step-out + RO + FF + salto backward stretched to 2 ft), 1/1 turn (360°) on toe, (cat leap + tour jete), front handspring with fall – injury to elbow, does not continue

5. Which special requirements are missing (if any)?
  
6. What is the start value for that routine?

7. Which of these statements is NOT correct?
- A routine must contain 3 tumbling passes to avoid a composition deduction.
  - The maximum time limit for a level 7 floor routine is 1:30
  - Up to two manufactured mats may be placed separately on the FX area.
  - all of these statements are correct
8. Which of these examples will satisfy one of the **level 7** acro series requirements?
- salto forward stretched + salto forward stretched with 1/1 twist (360°)
  - round-off + arabian salto
  - salto forward tucked with step-out + RO + salto backward stretched to 2 ft
  - none of these

Consider this **level 7** FX routine for questions 9 and 10: [connections in brackets] [RO + FF + salto backward stretched with 1/1 twist (360°)], roll around on the floor, [front handspring + salto forward piked], [switch ring leap + straddle jump with ½ turn (180°)], [RO + FF + salto backward stretched to 2 ft]

9. Which special requirements have been met?
10. What is the start value for that routine?



## Level 8 FX – Special Requirements

11. Which of these is NOT a special requirement for **Level 8**?
- minimum "B" turn
  - three different saltos
  - acro series containing two saltos
  - dance passage with 2 different Group 1 elements, one a 180° leap in cross or split position
12. Which of these statements is NOT correct concerning the dance passage?
- Rebounding out of a leap or jump is allowed.
  - The objective is to create a large, flowing movement pattern.
  - The Group 1 elements can both be "A" value parts, as long as they are different.
  - "D" or "E" value parts can be included as part of the passage.

13. Which of these combinations will NOT satisfy the "2-salto pass" requirement?
- RO + whip salto backward + FF + salto backward tucked
  - salto forward stretched + salto forward piked
  - front salto tucked + straddle jump + front salto tucked
  - free (aerial) cartwheel + FF + salto backward with 1/1 twist (360°) + front salto tucked
14. Which of these groups of elements will satisfy the "3 saltos" requirement?
- salto backward piked, salto backward tucked, salto backward stretched
  - front salto tucked, front salto piked, kickover front salto to valdez position
  - salto forward stretched, free (aerial) walkover, back salto tucked
  - both a and b will satisfy

Consider this **level 8** FX routine for questions 15 - 17:

(salto forward tucked + salto forward piked), 1 ½ turn (540°) on toe, (RO + FF + salto backward stretched), (wolf jump + straddle jump), (front handspring + salto forward piked)

15. Are any value parts missing?
16. Which special requirements have been met?
17. What is the start value for that routine?

Consider this **level 8** FX routine for questions 18 - 20:

(front handspring + front salto piked), (switch-leg leap + tuck jump), (front handspring + front salto piked + front salto tucked), 1/1 turn (360°) on toe, (RO + wolf jump)

18. Are any value parts missing?
19. Which special requirements have been met?
20. What is the start value for that routine?

Answers begin on next page.

1. c
2. c
  - a. neither element is a leap with one-ft take-off
  - b. both elements are "C" dance; 2<sup>nd</sup> element will not count
  - d. elements must be different
3. b forward acro series, dance passage, turn  
(missing backward salto stretched to two feet)
4. d layout step-out will NOT satisfy requirement
5. forward acro series is missing  
  
(salto forward tucked with step-out (A) + RO (A) + FF (A) + salto backward stretched to 2 ft (A)), 1/1 turn (360°) on toe (A), (cat leap (A) + tour jete (B)), front handspring (A) with fall – injury to elbow, does not continue
6. 9.20 start value missing 1 B and 1 special requirement
7. a No composition deductions are taken at level 7
8. c
  - a. front full is restricted "C" – no credit for level 7
  - b. round-off is NOT a forward element
9. both acro series and dance passage have been met (missing turn)  
  
[RO (A) + FF (A) + salto backward stretched with 1/1 twist (360°) (B)], roll around on the floor, [front handspring (A) + salto forward piked (B)], [switch ring leap (allowable C=B) + straddle jump with ½ turn (180°) (B)], [RO (A) + FF (A) + salto backward stretched to 2 ft (A)]
10. 9.50 start value – missing 1 special requirement

(answers for level 8 on next page)

11. a B turn is a composition deduction, not a special requirement
12. d D/E elements are restricted; no credit will be awarded
13. c dance element breaks the acro series
14. a b. salto must land on feet  
c. aerial walkover is not a salto
15. no value parts are missing – 6 A and 4 B

(salto forward tucked (A) + salto forward piked (B)), 1 ½ turn (540°) on toe (B), (RO (A) + FF (A) + salto backward stretched (A)), (wolf jump (A) + straddle jump (B)), (front handspring (A) + salto forward piked (B))

16. 2 salto pass, 3 diff saltos, last salto connection have been met – missing dance passage
17. 9.50 start value – missing 1 special requirement
18. missing 1 B – 7 A and 3 B
- (front handspring (A) + front salto piked (B)), (switch-leg leap (B) + tuck jump (A)), (front handspring (A) + front salto piked (B) + front salto tucked (A)), 1/1 turn (360°) on toe (A), (RO (A) + wolf jump (A))
19. 2 salto pass, dance passage, last salto connection have been met – missing 3 different saltos
20. 9.20 start value – missing 1 B and 1 special requirement

1. Which of these is the LARGEST maximum deduction on FX?
  - a. Poor relationship of music and movement throughout
  - b. Insufficient extension (open) of body prior to landing an acro element
  - c. Relaxed/incorrect footwork on non-value parts throughout
  - d. Additional trunk movements to maintain balance upon landing an acro element
  
2. Which statement is NOT correct concerning a ring leap?
  - a. A head release backward past the vertical line is required.
  - b. The deduction for insufficient arch is up to 0.10
  - c. The rear foot is required to be at shoulder height.
  - d. If the front leg is less than 45° from the floor, deduct up to 0.10
  
3. What is the TOTAL maximum deduction for these faults?  
Bent knees on an acro element  
Insufficient height of salto element  
Lack of expression overall
  - a. 0.50
  - b. 0.60
  - c. 0.70
  - d. 0.75
  
4. Which of these chief judge deductions is NOT correct?
  - a. Music contains human voices singing words – flat 1.00
  - b. Coach stands on floor ex mat, ready to spot if needed – flat 1.00
  - c. Gymnast falls on first tumbling pass (10 seconds into routine) and does not continue – Short routine – flat 2.00
  - d. Gymnast runs out of bounds – flat 0.10
  
5. Which of these is NOT an “up to 0.10” deduction?
  - a. concentration pause in corner before tumbling pass
  - b. deviation from straight direction on landing at end of tumbling pass
  - c. lack of precision in wolf jump with 1/1 turn
  - d. failure to land with feet together on straddle jump
  
6. Which of these situations would result in the SMALLEST maximum deduction?
  - a. bent arms on handstand pirouette
  - b. squat on landing of front tuck
  - c. brush the mat with hand on landing of acro element (no support)
  - d. insufficient dynamics overall
  
7. Which of these deductions is CORRECT for a switch leg leap?
  - a. insufficient split, 1° - 20° missing – deduct 0.1 – 0.2
  - b. insufficient height – deduct up to 0.2
  - c. incorrect body alignment in the air – deduct up to 0.2
  - d. legs not parallel to the floor – deduct up to 0.1

8. Which of these statements is NOT correct concerning the landing of the last salto in an acro series?
- a. It is acceptable to land a backward salto and take a controlled step backward.
  - b. Deduct up to 0.1 for landing with feet staggered.
  - c. If gymnast lands in solid or loose foam pit, do NOT award value part or special requirement.
  - d. If the coach spots the landing, do NOT award value part or special requirement.
9. What is the TOTAL maximum deduction for these faults?
- Incomplete turn on wolf jump with full turn
  - arched body on front layout salto
  - flexed feet on straddle jump
  - slight hop on landing of salto element
- a. 0.35                  b. 0.45                  c. 0.55                  d. 0.65
10. Which of these is NOT an "up to 0.20" deduction?
- a. legs apart on front salto stretched
  - b. insufficient height of free (aerial) cartwheel
  - c. failure to maintain stretched body position (pikes down)
  - d. arm swings on landing to maintain balance

Answers on next page

1. b 0.2, 0.3, 0.2, 0.2
2. c rear foot should be at height of top of head
3. c  $0.3 + 0.3 + 0.1 = 0.7$
4. b coach on fx mat ready to spot is 0.50
5. a flat 0.1
6. d 0.3, 0.3, 0.3, 0.2
7. b
  - a.  $1^\circ - 20^\circ$  missing - deduct 0.05 - 0.10
  - c. body alignment - deduct ^0.1
  - d. not parallel to floor - deduct ^0.2
8. d if coach spots landing, award value part and special requirement, but deduct for spot and coach on the FX
9. c  $0.2 + 0.2 + 0.05 + 0.1 = 0.55$
10. d arms swings deduction is ^0.1

1. Which of these is a composition deduction to consider for **level 8** (but which cannot be taken for level 7)?
  - a. coach on floor exercise mat
  - b. quality of movement to reflect personal style
  - c. failure to end routine with music
  - d. overuse of dance elements with the same shape
  
2. Which of these partial routines would result in NO deduction for “choice of acro (saltos) not up to the competitive level”?
  - a. RO + FF + back salto stretched with 1/1 twist; front lay + front lay; front handspring + front pike
  - b. front lay + front tuck; RO + FF + back salto stretched with ½ twist + front tuck
  - c. RO + whip salto backward + back salto stretched; front lay + front tuck; front lay + front pike
  - d. all of these will result in no deduction
  
3. What is the total maximum deduction for these composition faults?  
Lack of a minimum “B” turn  
Insufficient use of floor ex area spatially  
More than two straddle jumps
  - a. 0.30
  - b. 0.40
  - c. 0.50
  - d. 0.60
  
4. Which of these elements will NOT satisfy the “B turn” composition requirement?
  - a. 2/1 turn (720°) on one leg
  - b. 2/1 illusion turn (720°)
  - c. 1/1 turn (360°) on one leg with free leg at horizontal throughout
  - d. all of these will satisfy
  
5. Which of these is the LARGEST maximum composition deduction?
  - a. acro (salto) elements not up to competitive level
  - b. four jumps with wolf/tuck shape
  - c. last salto/acro connection not up to competitive level
  - d. failure to perform three minimum “A” saltos
  
6. Which of the following sets of elements will result in the MAXIMUM deduction for “dance elements not up to competitive level”?
  - a. 1 ½ turn on toe; stag switch leg leap; ring jump
  - b. switch leg leap + tuck jump; full turn on toe
  - c. sissonne; split leap; wolf jump
  - d. tour jete; full illusion without touching floor; cat leap

7. Which of these sets of elements will NOT satisfy the composition requirement of "acro elements without hand support performed in two different directions"?
- front pike salto; back salto tucked
  - front tuck salto; arabian salto
  - back salto stretched; free (aerial) cartwheel
  - all of these will satisfy that requirement
8. Which of these elements will result in NO DEDUCTION for "last salto/acro connection not up to competitive level"?
- front pike + front tuck
  - front tuck stepout + RO + FF + back salto stretched
  - attempts RO + FF + back salto stretched with 1/1 twist but falls on hands and knees (not on bottom of feet)
  - none of these

For questions 9 - 11, state the composition deductions which should be taken (if any); indicate the amount of the deduction(s) and whether "flat" deduction or "up to".

9. Gymnast performs these acro passes in this order:  
Pass 1 : front salto tucked stepout + RO + FF + back salto tucked  
Pass 2 : RO + FF + back salto stretched
10. Gymnast performs these acro passes in this order:  
Pass 1 : front salto stretched + front salto tucked  
Pass 2 : front salto stretched + front salto piked
11. Gymnast performs these dance elements:  
tuck jump 1/1 turn (360°)  
wolf jump 1/2 turn (180°)  
1 1/2 turn (540°) on toe  
split leap + tuck jump

Answers on next page

1. d other items are execution deductions or chief judge deduction
2. d
3. b  $0.2 + 0.1 + 0.1 = 0.4$
4. b that's a restricted "D" element; will not count
5. d 0.2, 0.1, 0.1, 0.3
6. c all "A" elements
7. b both are considered forward elements
8. a "B" salto in last connection
9. Acro (salto) elements not up to the competitive level – deduct 0.20  
and Last salto not up to competitive level – deduct 0.10
10. Failure to perform saltos/aerials in 2 different directions – deduct 0.1
11. More than 2 elements with wolf/tuck position – deduct 0.1