

## **PRACTICE TEST:**

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### **GENERAL**

**1. Which of the following statements is CORRECT for the awarding of Value Parts?**

- A. An element may receive credit a second time if performed in a different connection.
- B. D and E elements replacing missing B's and C's cannot count for Additive Value
- C. 3 A's worth 0.10 each may replace 1 B element worth 0.30
- D. An element which does not receive a Value Part may still receive Special Requirement credit
- E. . None of the above

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

- Bent knees
  - Legs crossed during salto
  - Insufficient exactness of tuck, pike or stretched position
- A. 0.40
  - B. .50
  - C. 0.60
  - D. 0.70
  - E. 0.80

**3. Which of the following applies to Chief Judge only**

- A. Deducts for Special Requirements
- B. Deducts for missing Value Parts
- C. Awards Additive Value
- D. Deducts for spotting assistance
- E. Deducts for missing presentation before or after an exercise

**4. Which of the following statements is incorrect?**

- A. An exercise missing one or more required Value Parts may still be awarded Additive Value
- B. The Start Value of Level 10 routines on Bars, Beam and Floor is 9.5
- C. There is a 0.20 deduction for each Special Requirement
- D. An exercise with 0.60 total c\Connective Value and no Difficulty Value will be awarded 0.40 Additive Value
- E. None of the above

**5. What is the Start Value of an exercise comprised of the following?**

- 5 A's, 3 B's, 0 C, 1 D and 1 E
  - + 0.20 Connective Value
  - Missing one Special Requirement
- A. 9.60
  - B. 9.50
  - C. 9.40
  - D. 9.30
  - E. 9.20

**6. What is the Start Value of an exercise Comprised of the following**

- 2 A's, 2 B's, 1C, 1D, and 1 E
- +1 in Connective Value
- No Dismount
- No C Dismount

- A. 8.6
- B. 8.70
- C. 9.00
- D. 9.30
- E. 9.80

**7. Which of the following deductions is CORRECT?**

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

**8. Which of the following statements is CORRECT?**

- A. A 0.30 deduction on a DE element makes it ineligible for bonus
- B. The exact same connection may receive Connective Value twice
- C. Support on the mat with one hand is deducted 0.30
- D. Quality of movement reflects personal style – deduct up to 0.10
- E. E Elements are worth 0.30 Difficulty Value

**9. Which of the following is CORRECT when the bottom of the feet do not touch first on landing?**

- A. Value Part and Special Requirement credit are awarded, execution errors plus 0.50 for the fall are deducted
- B. Value Part and Special Requirement credit are not awarded and 0.50 is deducted for the fall
- C. Special Requirement credit is awarded, Value Part is not awarded and 0.50 is deducted for the fall
- D. Value Part credit is awarded, no Special Requirement is awarded and 0.50 is deducted for the fall
- E. Value Part and Special Requirement credit are not awarded, execution errors plus 0.30 for a large error are deducted

**10. What is the total maximum deduction for the following errors?**

- Spotting assistance during the exercise
- Deep squat upon landing
- Extra Arm Swing

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

## **VAULT**

**11. What is the penalty for performing a different vault than the one flashed?**

- A. 0.20
- B. 0.30
- C. 0.50
- D. 1.00
- E. No penalty

**12. What is the TOTAL MAXIMUM deduction for the following errors in a Handspring on - 1/1 twist off vault?**

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

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

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

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

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

**14. What is the penalty if a gymnast performs a piked tsukahara and fails to land on her feet first?**

- A. 0.30
- B. 0.50
- C. 1.00
- D. Void vault
- E. None of the above

**15. Which of the following would receive the LARGEST deduction?**

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

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

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

- A. 0.70
- B. 0.80
- C. 0.90
- D. 1.00
- E. 1.20

**17. Which of the following is TRUE concerning the performance of a vault without a signal from the Chief Judge?**

- A. Vault is ignored, even if both judges see it
- B. Gymnast has the option to perform 2 more vaults
- C. CJ applied a 0.50 penalty to the average score of the first vault
- D. The penalty may or may not affect the final score
- E. All of the above.

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

- Early Tuck in support phase
- Total absence of extension

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

**19. What is the TOTAL MAXIMUM deduction for the following faults in a Yurchenko 1/1?**

- shoulder angle in repulsion phase
- under rotation

- A. 0.20
- B. 0.30
- C. 0.40
- D. 0.50
- E. 0.60

**20. Which of the following is correct?**

- |   |      |
|---|------|
| A. No touch of hands on vault table                           | 2.00 |
| B. Spotting assistance during vault                           | 0.50 |
| C. Coach standing between board and table on handspring vault | Void |
| D. Failure to use safety collar for RO entry vaults           | Void |

## UNEVEN BARS

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

- Insufficient tuck position on a flyaway double back dismount
- Touch on mat with feet on glide kip
- Bent arms on two giant circles backwards
- Three extra swings in a row

- A. 1.40
- B. 1.50
- C. 1.60
- D. 1.70
- E. 1.80

### 22. Which of the following is a “B” value?

- A. Jump with 1/1 turn to hang HB – Mount
- B. Jump with 1/1 turn, glide kip to front support on LB – Mount
- C. From HS, clear pike circle backward to rear inverted pike support
- D. Clear hip circle backward on LB with hecht to hang on HB
- E. Jump to brief hang on HB, salto roll backward, tucked with grip change to hang on LB-Mount

### 23. What is the TOTAL MAXIMUM deduction for the following?

- ½ completed between 31° - 45°
- Legs bent on cast
- Feet flexed
- Legs separated

- A. 0.45
- B. 0.50
- C. 0.60
- D. 0.75
- E. 0.80

### 24. Which of the following is the LARGEST deduction?

- A. Lack of 2 bar changes
- B. Facing the same direction throughout exercise
- C. More than one squat on
- D. Choice of dismount not up to competitive level
- E. ¾ giant swing forward

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

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

**26. Which of the following is an INCORRECT statement?**

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

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

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

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

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

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

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

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

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

- Straddle Back to hang on low bar
- Clear Underswing on LB, Counter Movement with flight to catch HB

- A. 0.00
- B. 0.05
- C. 0.10
- D. 0.15
- E. 0.20

## **BALANCE BEAM**

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

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

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

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

- Stretched Jump, Sheep Jump
- Flic Flac, Back Salto stretched step-out
- Flic Flac, Flic Flac, Back Salto piked
- Aerial Cartwheel, Back Salto stretched-step-out

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

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

- Third run approach for the mount
- 3 dance elements of the same shape
- Concentration pause greater than 2 seconds
- Grasp of the beam to avoid a fall
- Dismount too close to the beam

- A. 1.30
- B. 1.20
- C. 1.10
- D. 0.90
- E. 0.80

**34. Which of the following statements is CORRECT?**

- A. If the gymnast takes longer than 2 sec to remount the beam – deduct 2.00
- B. If the gymnast lands at the sound of the signal the deduction is 0.10
- C. The timing of the exercise begins when the gymnast touches the beam
- D. The duration (time) of the exercise may no be less than 1 minute 10 seconds
- E. The timing of the fall period begins when the gymnast lands on the mat.

**35. Which of the following is CORRECT Value Part and Connection Value for the directly connected series below?**

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

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

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

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

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

- |          |       |       |           |
|----------|-------|-------|-----------|
| A. 5 B's | 5 C's | 1 D   | +0.40     |
| B. 6 B's | 3 C's | 1 E   | +0.40     |
| C. 5 B's | 6 C's |       | +0.60     |
| D. 1 A   | 5 B's | 4 C's | 1 D +0.50 |
| E. 4 B's | 5 C's | 1 D   | +0.60     |

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**38. What is the TOTAL number of Special Requirements fulfilled by the following directly connected series?**

- Split leap
- 1 ½ turn on one foot
- Front Handspring step-out, Salto Forward with take-off on one leg to scale

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

**39. Which of the following would receive 0.10 in Connective Value?**

- A. Round-off Back Salto Layout Mount, Flic Flac ½ turn
- B. Flic Flac 1/1 to swing down to cross straddle sit, Roll backward to Handstand
- C. Free Aerial Walkover, wolf jump
- D. Hop with free leg above horizontal, 1/1 turn on one leg with free leg above horizontal
- E. Press to cross Handstand with 1/1 turn step down, pike jump



**40. Which of the following is a “B” element?**

- A. Split leap forward
- B. Leap with leg grab to split scale (Dillman)
- C. Tsukahara Pike Dismount (Keck)
- D. Split Leap Fwd, with leg change to cross sit split (Whitney)
- E. 2/1 turn in tuck stand

**Floor Exercise**

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

- Tour jeté with additional ½ turn
  - Side split jump ½ turn landing front lying support (Schuschunova)
  - Side split jump 1/1 turn
  - Wolf jump ½ turn
  - Sheep Jump 1/1 turn (Dunn)
  - Switch split ½ turn to Ring (Trevor)
- A. 1
  - B. 2
  - C. 3
  - D. 4
  - E. 5

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

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

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

- Lack of originality of choreography
  - Lack of minimum “C” Salto
  - Exercise not ended with music
- A. 0.40
  - B. 0.50
  - C. 0.60
  - D. 0.70
  - E. 0.80

**44. Which of the following would receive the MOST CONNECTIVE VALUE?**

- A. Round-off, Flic Flac, Whip Salto, Double Back Stretched
- B. Round-off, Salto Backward Stretched 1 ½ twist, Round-off, Double Back Tuck 1/1
- C. Front Handspring, Front Salto Stretched 1/1 twist, Front Salto Stretched, Front Salto Piked
- D. Round-off, Flic Flac, Double Salto Backward Stretched, Salto Forward Tucked
- E. They all receive the same amount of Connective Value

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

- Front Handspring, Flyspring, Front Salto Stretched 2/1 twist
- Front Salto Stretched with 1 ½ twist, Back Salto Stretched, step out
- Round-off, Straddle Jump, Salto forward Stretched with ½ twist

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

**46. What is the TOTAL CONNECTIVE VALUE awarded an exercise containing the following combinations?**

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

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

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

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

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

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

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

**49. How many of the following fulfill the Dance Series Special Requirement?**

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

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

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

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

**Answer Key**

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

