

POP QUIZ #4 UNEVEN BARS

ANSWERS

1. Which is Correct?
 - a. A gymnast has 30 seconds to remount the uneven bars after a fall.
 - b. 2.00 are taken from the average score for a routine with 5 elements
 - c. A coach may speak to the gymnast during the fall without penalty
 - d. The deduction for exceeding the warm up time is taken by the panel judges
2. Which is correct regarding a spot
 - a. If a spot occurs on a dismount element take .30 for no dismount
 - b. If a coach spots during an element take .50 for the spot and award value part credit
 - c. If the gymnast falls after the spot deduct .50 for the spot and .50 for the fall
 - d. If a coach spots the gymnast upon landing of the dismount each judge deducts .50 for the spot
3. True or False: If a gymnast performs a dismount that is neither a hecht or a salto dismount, deduct .30 for no dismount ___ False _____
4. If a gymnast leaves the apparatus early (either intentionally or due to a fall) deduct:
 - a. .5
 - b. 1.0
 - c. 1.3 (no dismount -.3, No special requirement of C salto or hecht dismount -.5 for the fall, leaving the apparatus early is considered a fall)
 - d. 1.4
 - e. None of the above
5. Which of the following are D elements?
 1. Back Stalder with $\frac{1}{2}$ turn
 2. Cast to handstand with $\frac{1}{2}$ turn to L grip
 3. L grip front giant
 4. Pak Salto
 - a. 1
 - b. 1 and 3
 - c. 3 and 4
 - d. 2 and 3
 - e. None are E elements (should have been none are D elements) - sorry
6. The following sequence gets what is TOTAL bonus?
 - . Cast to Handstand hop to reverse grip

. Front Giant with $\frac{1}{2}$ turn

. Double Layout dismount

a. .2

b. .3

c. .4

d. .5

e. None of the above

7. True or False: Bandages that come loose during the exercise do NOT constitute equipment failure and therefore no repetition of the exercise is allowed. _____ **True** _____

8. A gymnast falls during the performance of a release skill and touches the bar with one hand. Which is correct?

a. Value Part credit is NOT awarded

b. **Bonus is not awarded**

c. Special requirements will be not be fulfilled if applicable

d. Execution deduction will not be taken

e.

9. Which of the following is correct regarding casts to handstands?

a. A cast to 10 degrees will incur a deduction of .05 for angle

b. A cast to 45 degrees is an A element

c. A cast to 20 degrees will incur a deduction of .10

d. **Insufficient will NOT be applied to casts prior to a squat on onto the low bar amplitude**