

LEVEL 8 TEST
(Revised 1/2020)

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General

1. 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

2. 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.

3. Which of the following is **NOT** included in the calculation of the Start Value?
 - a. Value parts
 - b. Special requirements
 - c. No dismount
 - d. Artistry
 - e. All of the above are included in the start value

4. Which of the following receives the largest deduction?
 - a. Additional trunk movements to maintain balance
 - b. Grasp on apparatus to avoid a fall
 - c. Missing two special requirements
 - d. Insufficient height of acrobatic elements
 - e. Insufficient height of dance elements.

5. Which of the following statements is **CORRECT**?
 - a. All "D" acrobatic elements on Floor Exercise will receive "B" value part credit.
 - b. 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.
 - c. The performance of a "C" salto will receive "B" value part credit
 - d. The performance of a salto element with failure to land on the soles of the feet first will be deducted 1.0 + 0.50
 - e. Two "A" elements may replace one "B" element

Vault Level 8

6. Which of the following faults has the **LARGEST** deduction?
- Insufficient and/or late extension of the body before landing (tuck and pike vaults)
 - Angle of repulsion for salto vaults
 - Arched body in the repulsion phase
 - Bent knees in the first flight phase
 - Under rotation of salto vaults
7. 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
8. What is the penalty for spotting assistance during the vault?
- 0.20
 - 0.30
 - 0.50
 - 1.00
 - Void vault
9. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient dynamics
 - Insufficient length
 - Additional trunk movements to maintain balance on landing
- 0.70
 - 0.80
 - 0.90
 - 1.00
 - 1.10

10. 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

11. 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. Dismount: 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
12. Which of the following receives the **LARGEST MAXIMUM** deduction?
- a. Choice of dismount not up to the competitive level
 - b. Performance of a giant circle backward with 1/1 turn in handstand
 - c. Pirouette completed 60° past vertical
 - d. Missing a "B" value part
 - e. Insufficient height of salto dismount
13. 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 dismount
 - e. all of the above are Special Requirements

14. Which of the following elements would receive "B" Value Part credit at Level 8?
- Uprise backward to clear support
 - Dismount: (Handstand on HB) Swing down forward in reverse grip between bars salto forward stretched dismount
 - Underswing with $1/2(180^\circ)$ twist dismount
 - 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
15. Which of the following would receive a deduction for the dismount not being up to the competitive level?
- Flyaway full twist
 - Back Giant into a tuck flyaway
 - Cast handstand into a layout flyaway
 - Underswing full twist
 - None would receive a deduction

BEAM LEVEL 8

16. Which of the following elements will receive "A" value part credit?
- Straight leg split leap
 - Gainer salto tucked with $1/2$ twist to the side of the beam dismount
 - Salto forward stretched dismount
 - $1-1/2$ (540°) turn on one foot
 - cat leap with $1/2$ (180°) turn
17. Which of the following statements is **INCORRECT** concerning the counting of Value Parts
- Acro elements taking off or landing on 1 or 2 legs are different Value Parts
 - Jumps and leaps taking off 1 or 2 legs are different Value Parts
 - A element performed twice in the same connection are considered different Value Parts
 - Saltos performed with different body positions are considered different Value Parts
 - Elements with different numbers in the JO Code are considered different

18. 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

19. 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)

20. What would the deduction be for the Level of Acro not to the competitive Level be if the gymnast had no acro series?

- a. 0
- b. 0.05
- c. 0.10
- d. 0.15
- e. 0.20

FLOOR EXERCISE LEVEL 8

21. 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

22. In a Level 8 exercise which of the following elements would be **AWARDED** a B value part?
- Straddle jump with 1/1 (360°) turn (Popa)
 - Wolf jump with 1/1 (360°) turn
 - Side split jump full twist landing in front lying support (Schushanova 1/1)
 - All of above would be awarded a B value part
 - None of the above
23. 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
- no deduction
 - 0.50
 - 1.00
 - 1.50
 - 2.00
24. What is the deduction for the dance elements not being to the competitive level if the routine contains only a series fo a switch leg into a side leap?
- 0
 - 0.05
 - 0.10
 - 0.15
 - 0.2

25. What is the **CORRECT** number of value parts contained in the following?

- Jump backward with $\frac{1}{2}$ 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
b. 1 A 4 B's
c. 2 A 3 B's
d. 3 A's 1 B
e. 3 A's 2 B's

ANSWERS TO 8 TEST

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|------|-------|-------|
| 1. a | 10. c | 19. c |
| 2. a | 11. c | 20. e |
| 3. d | 12. b | 21. a |
| 4. c | 13. e | 22. d |
| 5. b | 14. a | 23. b |
| 6. d | 15. | 24. b |
| 7. e | 16. b | 25. c |
| 8. e | 17. c | |
| 9. b | 18. b | |

Send any questions or corrections to:

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