

GENERAL

1. What is the deduction for adding an element in a routine?
  - A. 0.10
  - B. 0.20
  - C. 0.30
  - D. 0.40
  - E. 0.50
  
2. What is the deduction for substituting or omitting an element in a routine?
  - A. 0.30
  - B. 0.50
  - C. Half the value of the element
  - D. The value of the element
  - E. Double the value of the element
  
3. What is the deduction for repetition of a missed element?
  - A. No penalty
  - B. 0.20
  - C. 0.30
  - D. 0.50
  - E. VOID
  
4. What is the total execution and/or amplitude deductions taken on a major element?
  - A. Half the value of the element plus 0.30
  - B. Half the value of the element plus 0.50
  - C. The value of the element plus 0.30
  - D. The value of the element plus 0.50
  - E. Double the value of the element plus 0.50
  
5. Which of the following is NOT a general (overall) deduction?
  - A. Insufficient dynamics
  - B. Insufficient amplitude on non-value part choreography/dance steps
  - C. Incorrect body alignment, position or posture during connections
  - D. Failure to perform steps (when indicated), and pivot turns (not major elements) in high relevé position
  - E. All are general deductions

6. What is the maximum deduction for incorrect position of the head, arms, legs or feet (text errors)?
- A. 0.10
  - B. 0.20
  - C. 0.30
  - D. 0.40
  - E. 0.50
7. What is the deduction for failure to finish with the music?
- A. 0.10
  - B. 0.30
  - C. 0.50
  - D. 1.00
  - E. No deduction
8. Which of the following is not a chief judge deduction?
- A. Failure to remove board after mount
  - B. Incorrect attire
  - C. Error in line of direction or placement of whole section of floor pattern
  - D. Any part of body touching outside the floor area
  - E. Use of unauthorized mats
9. What is the deduction for failure to perform 180° and 360° turns on one foot in high relevé?
- A. ↑0.10 (each time)
  - B. ↑0.20 (each time)
  - C. ↑0.10 (general deduction throughout routine)
  - D. ↑0.20 (general deduction throughout routine)
  - E. ↑0.30 (general deduction throughout routine)
10. Which of the following is incorrect regarding average score range between 2 judges?
- A.  $9.500-10.000 = 0.20$
  - B.  $9.000- 9.475 = 0.30$
  - C.  $8.000- 8.975= 0.70$
  - D. Below 8.00 = 1.00
  - E. None of the above

#### VAULT

11. Which of the following is not an up to deduction (L4&5)?
- A. Incorrect shoulder alignment
  - B. Incorrect posture on landing
  - C. Incorrect foot form
  - D. Lands with feet hip-width apart or closer but never joins feet
  - E. Slight hop, small adjustment of feet or staggered feet

12. What is the total maximum deduction for the following errors in a front handspring vault? (L4&L5)
- Bent arms in support phase
  - Too long in support
  - Additional trunk movements to maintain balance
- A. 0.90  
B. 1.00  
C. 1.20  
D. 1.30  
E. 1.50
13. Which of the following is incorrect regarding a vault performed with no signal from chief judge (L4&5)?
- A. Gymnast does not get another attempt  
B. Vault is not scored even if both judges see it  
C. Gymnast has opportunity to perform 2 more vaults  
D. Deduct 0.50 penalty by CJ to average of next completed vault  
E. Penalty may or may not affect final score
14. Which of the following would receive the largest deduction (L4&5)?
- A. Failure to land on any part of the bottom of the feet first for a front handspring vault  
B. 7 steps after landing  
C. Angle of repulsion  
D. Finishes in a sitting, lying or standing position on the vault table after passing through the vertical plane in an inverted (handstand) position  
E. Two large jumps after landing
15. What is the total maximum deduction for the following errors in a front handspring vault? (L4&L5)
- Coach stands between board/table
  - Failure to maintain neutral head position in support phase
  - Squat upon landing
- A. 0.30  
B. 0.40  
C. 0.90  
D. 1.10  
E. VOID
16. What is the total maximum deduction for the following errors in a front handspring vault? (L4&L5)
- Insufficient height
  - Insufficient length
  - Additional trunk movements to maintain balance
- A. 0.80  
B. 0.90  
C. 1.00  
D. 1.20  
E. 1.30

17. What is the total maximum deduction for the following errors in a front handspring vault? (L4&L5)
- Pike body position in support phase
  - Brush, touch, or hit of body on far end of vault table
  - Incorrect posture on landing
- A. 0.70  
B. 0.80  
C. 0.90  
D. 1.00  
E. 1.10
18. Which of the following would not result in a VOID vault at Level 5?
- A. Performing incorrect vault  
B. Assistance of coach upon landing  
C. Assistance of coach on first flight  
D. Performing 3 balks  
E. No hand support on vault table
19. What is the deduction for staggered/alternate hand placement (L4&5)?
- A. No deduction  
B. 0.05  
C. 0.10  
D. ↑0.10  
E. ↑0.20
20. Which of the following is incorrect?
- A. Three attempts are permitted to successfully complete one or two vaults  
B. Each vault is scored and averaged differently  
C. Better score is counted  
D. No hand support on vault table will result in a VOID  
E. L4 – Assistance of coach during first flight, support, or second flight phase will result in a VOID vault

## UNEVEN BARS

(Level 4)

21. What is the total maximum deduction for the following errors in a Level 4 bar routine?
- Performs a run-out glide
  - Failure to maintain neutral head position during underswing, first counterswing
  - Lack of continuity of back hip circle
- A. 0.30  
B. 0.35  
C. 0.40  
D. 0.45  
E. 0.50

22. Which of the following is the correct sequence of elements for the level 4 bar routine?
- Kip → cast → back hip circle → cast squat on
  - Long hang kip → cast to horizontal → back hip circle
  - Kip → cast squat on → jump to high bar long hang kip
  - Kip → cast → clear hip circle → kip → cast squat on
  - Cast → back hip circle → back hip circle → front hip circle
23. What is the deduction for body arching and/or hips opening to an extended position with the feet over LB during the counterswing?
- 0.05
  - 0.10
  - 0.20
  - 0.30
  - 0.50
24. Which of the following is not an up to 0.20 deduction?
- Failure to maintain straight-hollow body position throughout on underswing
  - Failure to show slight arch position during tap swing forward
  - Insufficient amplitude of swing (feet not at HB height)
  - Insufficient extension at end of glide kip
  - Failure to maintain hip or upper thigh contact on bar throughout back hip circle
25. Which of the following elements is not worth 0.60?
- Glide kip
  - Tap swing forward, second counter swing
  - Tap swing forward with  $\frac{1}{2}$  (180°) turn dismount
  - Cast to horizontal and return to front support
  - All the above are worth 0.60
26. Which is the correct deduction for hesitation during jump to high bar?
- No deduction
  - 0.05
  - ↑0.05
  - 0.10
  - ↑0.10

(Level 5)

27. Which of the following is the correct sequence of elements for the level 5 bar routine?
- Kip → cast handstand → kip → cast squat on
  - Long hang kip → cast handstand → flyaway
  - underswing, 1<sup>st</sup> counterswing → tap swing fwd, 2<sup>nd</sup> counterswing → tap swing fwd,  $\frac{1}{2}$  turn dismount
  - Kip → cast handstand → clear hip → staldler → kip
  - Cast pike on → long hang kip → cast above horizontal → long hang pullover

28. What is the total maximum deduction for the following errors?

- One intermediate extra swing
  - Grasp bar to avoid fall
  - Insufficient dynamics throughout
- A. 0.50  
B. 0.60  
C. 0.70  
D. 0.80  
E. 0.90

29. Which of the following elements is not worth 0.60?

- A. Glide kip  
B. Long hang pullover  
C. Clear hip circle  
D. Tap swing forward to flyaway dismount  
E. All the above are worth 0.60

30. What is the deduction for performing a back hip circle at the completion of the long hang pullover? (L5)

- A. No deduction  
B. 0.10  
C. 0.30  
D. 0.50  
E. 0.60

## BALANCE BEAM

(Level 4)

31. Which of the following is the correct sequence of elements for the level 4 beam routine?

- A. Split jump + stretch jump → fwd passé  $\frac{1}{2}$  (180°) turn → cartwheel handstand  $\frac{1}{4}$  turn dismount  
B. Cartwheel → scale → split leap + straight jump → cross handstand  
C. Scale → split leap → cartwheel to side handstand  $\frac{1}{4}$  turn dismount  
D. Stretch jump + stretch jump → fwd passé  $\frac{1}{2}$  (180°) turn → cartwheel  
E. Split leap → cross handstand → scale → cartwheel handstand  $\frac{1}{4}$  turn dismount

32. What is the deduction for reversing the order of two elements in any of the directly connected dance series in a beam routine? (L4 & L5)

- A. No deduction  
B. 0.10  
C. 0.20  
D. 0.30  
E. 0.50

33. Which of the following is not a flat deduction?
- Failure to attain vertical in the cross handstand
  - Failure to close (join) legs (side by side) in cross handstand
  - Leg in incorrect position (during forward passé turn)
  - Incorrect (simultaneous) hand placement (during cartwheel)
  - Failure to perform the  $\frac{1}{4}$  ( $90^\circ$ ) turn in the dismount
34. Which of the following elements is worth 0.40?
- Split leap
  - Stretch jump
  - Scale
  - Cross handstand
  - None of the above are worth 0.40
35. Which of the following is not an up to 0.20?
- Insufficient sureness of performance during beam routine
  - Additional trunk movements to maintain balance/control on the beam
  - Uneven leg separation in split jump
  - Failure to lift free leg a minimum of horizontal in scale
  - Insufficient height (hip rise) on leaps/jumps/hops

(Level 5)

36. Which of the following is the correct sequence of elements for the level 5 beam routine?
- Sissonne + sissonne → fwd passé  $\frac{1}{1}$  ( $360^\circ$ ) turn → cartwheel + straight jump
  - Front walkover → fwd passé  $\frac{1}{1}$  ( $360^\circ$ ) turn → split jump + sissonne
  - Stretch jump + split jump → fwd passé  $\frac{1}{2}$  ( $180^\circ$ ) turn → cartwheel handstand  $\frac{1}{4}$  turn dismount
  - Back walkover → scale → split jump + sissonne
  - Back handspring → split jump + sissonne → scale → fwd passé full turn
37. Which of the following would receive the smallest deduction?
- Use of heel-snap turn technique
  - Closing second foot in front of first foot on landing
  - Failure to pause in low arabesque position on landing of sissonne
  - Incorrect (staggered or alternate) hand placement (back walkover)
  - Bending lead (front) leg on take-off (of split leap)
38. What is the total maximum deduction for the following errors?
- Insufficient leg separation in back walkover (less than  $150^\circ$ )
  - Failure to land with feet closed (after split jump)
  - Insufficient lift of the back leg on sissonne (less than horizontal)
- 0.20
  - 0.25
  - 0.30
  - 0.35
  - 0.40

39. Which of the following elements is not worth 0.40?

- A. Full turn
- B. Scale
- C. Split jump
- D. Sissonne
- E. All the above are worth 0.40

40. What is the largest deduction?

- A. Adding a cartwheel to the routine
- B. Omitting split jump
- C. Grasping the beam to avoid a fall
- D. Falling off the beam
- E. Failure to present after exercise

#### FLOOR EXERCISE

(Level 4)

41. Which of the following is the correct sequence of elements for the level 4 floor routine?

- A. Back walkover → fhs step out + cartwheel + straight arm backward roll to handstand
- B. Round-off → fhs + cartwheel step in + straight arm backward roll to handstand → back walkover
- C. Round-off + bhs + bhs → straddle jump + stretch jump with  $\frac{1}{2}$  (180°) turn → back walk over
- D. Dive roll → leap passage → full turn in forward passé → back walkover
- E. Stretch jump + straddle jump → dive roll → full turn in forward passé

42. What is the maximum deduction for failing to pass through vertical on a round-off?

- A. 0.30
- B. 0.50
- C. 1.00
- D. Half the value of the element
- E. The value of the element

43. Which of the following elements is not worth 0.60?

- A. Front handspring
- B. Back handspring
- C. Round-off
- D. Straight leg split leap
- E. All the above are worth 0.60

44. What is the total maximum deduction for a coach on the floor without spotting?

- A. No deduction
- B. 0.10 (each time)
- C. 0.30 (each time)
- D. 0.50 (each time)
- E. 1.00 (only taken once regardless of number of times)

45. What is the total maximum deduction for the following errors?
- Failure to perform the  $\frac{1}{4}$  (90°) turn in the side handstand dismount
  - Failure to pause in a controlled “stick” after back handspring
  - Hands placed on floor during squat phase prior to rolling backward (st. arm bwd roll to handstand)
- A. 0.30
  - B. 0.40
  - C. 0.45
  - D. 0.50
  - E. 0.55

(Level 5)

46. Which of the following is the correct sequence of elements for the level 5 floor routine?
- A. Straddle jump + stretch jump 1/1 turn → front tuck → full turn in forward passé
  - B. Switch leap → straddle jump → splits → full turn in forward passé
  - C. Fhs step out + fhs step out + round-off + back handspring
  - D. Back walkover → split leap → full turn in fwd passé → round-off + bhs + bhs
  - E. Side aerial → split leap → straddle jump + stretch jump 1/1 turn
47. What is the deduction for stopping between elements in an acro (tumbling) series during a floor exercise?
- A. Up to the value of the element
  - B. Double the value of the element
  - C. 0.10
  - D. 0.30
  - E. 0.50
48. Which of the following would receive the smallest deduction?
- A. Missing synchronization of movement with musical beat throughout floor exercise
  - B. Prior flight to hand contact (dive) before front handspring
  - C. Lack of acceleration in front handsprings pass
  - D. Error in line of direction or spacing of a single element
  - E. Taking additional running steps into forward tumbling pass
49. Which of the following elements is not worth 0.40?
- A. Switch-leg leap
  - B. Straddle jump
  - C. Full turn in forward passé
  - D. Flic-flac
  - E. Straight arm backward roll to handstand
50. What is the total maximum deduction for an athlete going out of bounds? (L4/5)
- A. No deduction. Compulsories are allowed to go out of bounds.
  - B. 0.10 (each time)
  - C. 0.10 (only taken once regardless of number of times)
  - D. 0.30 (each time)
  - E. 0.50 (only taken once regardless of number of times)

ANSWER KEY – page numbers correspond to digital Code of Points

GENERAL	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
1. C	11. D 0.20, 0.20, 0.10, <u>0.05</u> , 0.10	21. E <u>0.30</u> , 0.10, 0.10	31. C	41. A
2. E	12. C 0.50, 0.50, 0.20	22. B	32. D	42. A
3. A start judging again at the point of interruption	13. A	23. D	33. A 0.30, <u>0.10</u> , <u>0.10</u> , <u>0.10</u> , <u>0.20</u>	43. C <u>0.40</u>
4. D	14. D <u>2.00</u> , <u>0.10</u> (each & <u>0.40</u> max), 1.00, <u>2.50</u> , <u>0.40</u> (max & <u>0.20</u> each)	24. B <u>0.10</u>	34. C 0.60, 0.20, 0.40, 0.60	44. A
5. E 0.20, 0.10, 0.30, 0.20	15. B no deduction, 0.10, 0.30	25. D <u>0.40</u>	35. B	45. E <u>0.20</u> , <u>0.05</u> , <u>0.30</u>
6. C	16. C 0.50, 0.30, 0.20	26. E	36. B	46. B
7. A	17. C 0.50, <u>0.20</u> , 0.20	27. E	37. C <u>0.30</u> , <u>0.20</u> , <u>0.05</u> , <u>0.10</u> , 0.10	47. D
8. C <u>0.30</u> , <u>0.20</u> , 0.30, <u>0.10</u> (each time), <u>0.30</u>	18. B <u>0.50</u>	28. D <u>0.30</u> , <u>0.30</u> , 0.20	38. E 0.20, 0.10, 0.10	48. E 0.30, 0.20 (each), 0.20, <u>0.10</u> , <u>0.05</u> Not applied to front salto tucked
9. A	19. D	29. E	39. D 0.20	49. A <u>0.60</u>
10. B should be <u>0.50</u>	20. E <u>2.00</u> (VOID for L5)	30. A	40. B <u>0.30</u> , <u>0.80</u> , <u>0.30</u> , <u>0.50</u> , <u>0.10</u>	50. B

\*For errors please contact Briana Hetrick → brianapz@yahoo.com