This project is one of the NAWGJ 2021 RFP Winners



Level 8 Practical Practice Test

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Instructions for taking the Level 8 Practical Practice Test – (Read all the instructions before beginning.)

- 1. Print the Demo Sheet for the scores of the Demo routines.
- 2. Have your materials ready to assist you in judging each event.
- 3. Play the video [Click Here] You will see each vault number, the vault will play two times, then you will have one minute to score the vault.
- 4. You may stop the video after each Demo routine to look at the Demo scores.
- 5. Once you start an event you need to continue without stopping. Each event is timed. For Bars, Beam, & Floor Exercise you will have two minutes to score the routine before the next routine begins.
- 6. Upon completion you may print the scripts/score sheet to compare your Start Values/Scores. Remember, you do not need to have the exact score. There is a range in which you receive points. We do not know exactly what that range is but it is assumed that the higher the score the tighter the range is.

Special Thanks to Eric Pung for all his work on the video. Also, thank you to the judges who assisted in scoring these routines; Courtney Campbell, Debbie Campbell, Sue Kane, Linda Morton, and Nichole Otterson.

Vault Demo		
#3.201	1ST FLIGHT	
Tsuk Pike	Body Position - Pike	0.10
	Early Tuck	0.10
SV - 10.00		
	SUPPORT/REPULSION	
	Bent Arms	0.1
	Angle of Repulsion	0.1
	SECOND FLIGHT	
	Height	0.2
	Body Position	0.1
	Lack of Open	0.2
	LANDING/GENERAL	
	Body Posture on Landing	0.2
	Step	0.1
	Dynamics	0.1
	TOTAL DEDUCTIONS	1.3
	SCORE	8.7

BARS DEMO		
VALUE PARTS	4 A's	0.00
	4 B's	0.00
SPECIAL REQ	1 BAR CHANGE	0.00
	2 B - ELEMENTS	
	B FLIGHT/TURN	0.00
	B 3/6/7 CIRCLE	0.00
	DISMOUNT A SALTO	0.00
EXECUTION		1.00
COMPOSITION		
Lack of Elements		
thru vertical		0.00
Choice of Dismount		0.10
Dynamics		0.10
TOTAL DEDUCTIONS		1.20
SCORE		8.80
1		

BEAM DEMO		-2
VALUE PARTS	4 A's	0.00
	4 B's	0.00
SPECIAL REQ.	Acro series - 1 flight min.	0.00
	180° Split in Leap/Jump	0.00
	Full Turn	0.00
	Dis. A Salto/Aerial	0.00
Dance ≠ CL		0.00
Acro ≠ CL		0.00
Dismt. ≠ CL		0.00
EXECUTION		0.60
ARTISTRY		0.10
RESTRICTED	Back Tuck = Unallowable	0.50
SCORE	2nd Acro C	8.80
1		

FX DEMO		
VALUE PARTS	4 A's	0.00
	4 B's	0.00
SPECIAL REQ.	2 Salto Series	0.00
	3 Different Saltos	0.00
	Dance Passage w/ Leap	0.00
	Dismount - A Salto	0.00
Dance ≠ CL		0.00
Acro ≠ CL		0.00
Last Salto ≠ CL		0.00
EXECUTION	***	1.20
ARTISTRY		0.00
TOTAL DEDUCTIONS		1.20
SCORE	is .	8.80

SV		Demo-BARS
SV 10.0		T M
SCORE 89	1,0 exe	2 2 2 4B
<u>lhru-</u>	DMT#CL 1.1 Uncharacteristic	10.0 SV B VP 0.3 A VP 0.1 SR 0.5 'RE' 0.5 No Dmt 0.3
<i>Thru-aut:</i> Dynamics ↑.2 HS Precision ↑.1	↑.2 3/4 Fwd Giant 0.1 ea	1 Bar Change 1 Bar Change 2 B-Elements, same or different: 5 B Flight* or Turn** B 3/6/7 clear circle* 1 Dismount A Salto 1 Not in DMT **Not in Mt or DMT

SV -10.0	y y mark	Jours - LX	51-05		10-			Demo-BEAM
Score 8.8-8.9	LOC - MILLS EXECUTION	Sold.	State States	**	17-8 EXECUTION		1 2M marketing W	A B , <u>10.</u> 1
Thru-aut Art ↑.3 Foot ↑.2 MM≠Sync ↑.3 Dyn ↑.2 Pos/Fix ↑.3 Rhy ↑.2 MM≠Relate ↑.2	Dance≠CL ↑.2 No B Salto 0.3 Acro≠CL ↑.2 No B Turn 0.2 Last Salto≠CL ↑.1 No FS&B Salto,Aer 0.1 Spatial use ↑.1 >2ea Λοτ иw 0.1	-A VP 0.1 2-1 -SR 0.5 31 -RE' 0.5 Da	Thru-out: Art 1.3 Foot 1.2 Dyn 1.2 Pos/Flex 1.3 Rhy 1.2 Sure 1.2 10.0 SV -B VP 0.3 SP 0.5 ca	-Levels ↑1 >2 N straddles 9.1 -Spatial ↑.1 >2 Pivots straight legs 0.1	Acro≠CL ↑.2 Dmt≠CL ↑.1	-No Dmt 0.3 Dismount A Salto/Aeı Dance≠CL ↑.2 No Dance Series		10.0 SV -B VP 0.3 SR 0.5 ea -A VP 0.1 Acro flight series (1 flight)

VAULT #1		
#1.101	1ST FLIGHT	
Handspring SV - 9.00	Body Position- Pike	0.15
	SUPPORT/REPULSION	
	Angle of Repulsion	0.30
	Too Long in Support	0.25
	SECOND FLIGHT	
	Height	0.30
*	Body Position	0.10
	LANDING/GENERAL	
	Step	0.10
	Dynamics	0.10
	TOTAL DEDUCTIONS	1.30
	SCORE	7.70

VAULT #3		
#1.105	1ST FLIGHT	
1/2 On - 1/2 Off SV - 9.2	Legs bent/separated	0.20
3.2	SUPPORT/REPULSION	
	Not thru vertical	0.20
7-	Bent Arms	0.20
"	SECOND FLIGHT	
	Height	0.30
	Body Position	0.20
	LANDING/GENERAL	
	Landing	0.10
	Dynamics	0.10
¢	TOTAL DEDUCTIONS	1.30
	SCORE	7.90

VAULT #2		
#4.304	1ST FLIGHT	
Yurchenko Pike	Body Position/Arch	0.05
SV - 10.0		gr.
	SUPPORT/REPULSTION	
	Shoulder Angle	0.05
	2ND FLIGHT	ě
	Height	0.20
	Slight Knee Bend	0.05
	Lack of Open	0.20
		4
	LANDING/GENERAL	4
	Landing	0.10
	Dynamics	0.20
	TOTAL DEDUCTIONS	0.85
	SCORE	9.15

VAULT #4		
#4.101	1ST FLIGHT	
Yurchenko on- Repulsion Off	Body Position - arch	0.10
SV - 9.0	SUPPORT/REPULSION	
	Head Alignment	0.10
	Shoulders	0.10
	Angle of Repulsion	0.15
	Long in Support	0.15
	2ND FLIGHT	
	Height	0.30
	Arch	0.15
	Pike down	0.15
	LANDING/GENERAL	
	Landing	0.20
	Dynamics	0.10
	TOTAL DEDUCTIONS	1.50
7	SCORE	7.50

VAULT #5		
#3.303	1ST FLIGHT	
Tsukahara Pike	Leg Separation	0.20
SV - 10.0		
	SUPPORT/REPULSION	
	2ND FLIGHT	
	Height	0.25
	Knee Bend	0.50
	Lack of Open	0.30
	LANDING/GENERAL	
	Landing	0.20
	Dynamics	0.20
	TOTAL DEDUCTIONS	1.10
	SCORE	8.90

		J J	N	J.	# V # N N N N N N N N N N N N N N N N N	A series		1	#/	00	BARS
54-10.0	9.	STAN S	V - 10.0	in Con Con		0.00		- 43.	The same of the sa	A 0.10	B or BA 0.00
	3. S.	and The	(^	1			•	N. S.		NO Amplitude deduction	Cast before: Peach Salto or
9.0 - 9.15		4A 4B	core 2,7-8.8		ies el	4A 4B		- 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2	4A 4B	= No VP & 0.5 off SV if Dismount, also -0.3 off \$V	RESTRICTED 'RE' More than 1 C (or any D/E) attempted
8/2/19 D.Hanford Thru-put	Vertical ↑.2 ¾ DMT≠CL ↑.1 Ur	10.0 SV B VP 0.3 1 A VP 0.1 2 SR 0.5 RE' 0.5 No Dmt 0.3 PM	Thru-out:	Vertical ↑.2 3/4 DMT≠CL ↑.1 Ur	B VP 0.3 A VP 0.1 SR 0.5 'RE' 0.5 No Dmt 0.3	-	Vertical ↑.2 DMT≠CL ↑.1	A VP 0.1 SR 0.5 'RE' 0.5	0.3	Clear Hip HS±½ 1 st Restricted O	Allowable "C"s
Dynamics †.2 HS Precision †.1	3/4 Fwd Giant 0.1 ea Uncharacteristic 0.1 ea	1 Bar Change 2 B-Elements, same or different: B Flight* or Turn** B 3/6/7 clear circle* Dismount A Salto *Not in DMT **Not in Mt or DMT	Dynamics ↑.2 HS Precision ↑.1	3/4 Fwd Giant 0.1 ea Uncharacteristic 0.1 ea		00	3/4 Fwd Giant 0.1 ea Uncharacteristic 0.1 ea Uncharacteristic 0.1 ea Uncharacteristic 0.1 ea	2 B-Elements, same or different: B Flight* or Turn** B 3/6/7 clear circle* · B 3/6/7 clear circle* · Dismount A Salto *Not in DMT **Not in Mt or DMT	SR 0.5 ea 1 Bar Change	er HS ± ½ B (4)	on HS ± ½

Dynamics †.2 HS Precision †.1

8/2/19 D.Hanford

Ihru-out:

3

BEAM ACRO SERIES: BWD or SWD-BWD Flight DANCE SERIES 2 VP	RESTRICTED 'RE'	NO DISMOUNT	'AV'
Arms move as low as thighs into 2nd element	= No VP credit & 0.5 off SV	or restricted element dismount = - 0.3 off SV	1 st 'RE' Acro C ≈ B B (4) 0.3
# /	A B	-A VP 0.3	SR 0.5 ea Acro flight series (1 flight)
	The Xe	-SR 0.5	180° Split in Leap / Jump
1 E 0 - 0 . + 11	(=		Dismount A Salto/Aerial
	. 0	1	1
		Roy the Acro#CL 12:	No Fwd/Swd & Bwd Acr 0.1.
	./ /	→ 	>2 A straddles
		-Levels -1	>2 NW tuck/wolf 0.1
	2000	1	Foot ↑.2
	Orosilo olo	D UD 03	POS/FIEXT, 3 KNY T. Z DUPET, Z
H2			Acro flight series (1 flight) , 5
7 26/2 6/6 0	16 X 26	-SR	180° Split in Leap / Jump
460		-No Dmt 0.3	Dismount A Salto/Aerial
	1.0-1.	Dance≠CL	No Dance Series 0.2 , 2
Ne X/X	1 500 K	FOOTSON Acro#CL ↑2	No Fwd/Swd & Bwd Acr 0.1
		-Move FB&S 1	
		-Levels1	>2 MW tuck/wolf 0.1
511 95	SANDE 71	1 p	Foot † .2 D
	A B	10.0 SV -B VP 0.3 ,	
#3		-A VP 0.1	Acro flight series (1 flight)
00 / 100	(5) IIC Xe	-SR 0.5	Full Turn
11			Dismount A Salto/Aerial
	1.55-	1.65 EX Dance#CL 1.2.	15 No Fwd/Swd & Bwd Acr 0.1
		$\stackrel{\cdot}{\rightarrow}$	in dsmt only
		-Spatial 1.1	>2 Pivots straight legs 0.1
Diffusion SI 01		Thru-aut:	Art †.3 Foot †.2 Dyn †.2 Pos/Flox†.3 Khy †.2 Sura†.2
01 7.7	SCORE 7.	3-7.4	

D. Hantord	# 4	BEAM
	SV-95 -6 N-10.0 -10.0 -10.0 -10.0	ACRO SERIES: BWD or SWD-BWD Flight Broken if NOT immediate take-off of 2 nd element • Arms move as low as thighs into 2nd element • Cautious or slow attempt to connect
•	-0 -N	DANCE SERIES 2 VP Dance Mounts Leaps/Hops/Jumps Turns
▶	1 9 1 - 34 8 3 10	RESTRICTED 'RE' More than 1 Acro C (or any D/E) attempted = No VP credit & 0.5 off SV
10.0 SV -B VP 0.3 -A VP 0.1 -SR 0.5 -'RE' 0.5 -No Dmt 0.3 Dance≠CL ↑.2 Acro≠CL ↑.2 Dmt≠CL ↑.1 -Move FB&S ↑.1 -Spatial ↑.1 Thru-aut: Pus	-A VP 0.1 -RE' 0.5 -RE' 0.5 -RE' 0.5 -No Dmt 0.3 -No Dmt €CL ↑.2 -Aro≠CL ↑.2 -Aro≠CL ↑.2 -Aro≠CL ↑.1 -Spatial ↑.1 -Spatial ↑.1 -RE' 0.5 -RE' 0.5 -RE' 0.5 -RE' 0.5 -No Dmt 0.3 -A VP 0.1 -SR 0.5 -RE' 0.5 -No Dmt 0.3 -A VP 0.1 -Spatial ↑.1 -Move FB&S ↑.1 -Levels ↑.1 -Spatial ↑.1 -Spatial ↑.1 -Spatial ↑.1 -Spatial ↑.1 -Spatial ↑.1	not initiated t dismount
Acro flight series (1 flight) 180° Split in Leap / Jump Full Turn Dismount A Salto/Aerial No Dance Series No Fwd/\$wd & Bwd Acro 0.1 in dsmt anly 0.1 >2 N straddles >2 NW tuck/wolf >2 Pivots straight legs 0.1 Art 1.3 Fant 1.2 Dyn 1.2 Pus/Flex 1.3 Rhy 1.2 Suru 1.2	Acro flight series (1 flight) 180° Split in Leap / Jump Full Turn Dismount A Salto/Aerial No Dance Series 2 No Fwd/Swd & Bwd Acn 0.1 2 No Fwd/Swd & Bwd Acn 0.1 2 Pivots straight legs 0.1 Art ↑.3 Fout ↑.2 Dyn ↑.2 Pos/Flex ↑.3 Rhy ↑.2 Sure ↑.2 Pos/Flex ↑.3 Rhy ↑.2 Sure ↑.2 No Dance Series (1 flight) 180° Split in Leap / Jump Full Turn Dismount A Salto/Aerial No Dance Series No Fwd/Swd & Bwd Acn 0.1 in dsmt anly 0.1 2 No Fwd/Swd & Bwd Acn 0.1 2 No Fwd/Swd &	VALUE PARTS 'VP' All Dance C = B

D.Hamford	the state of the s	#	ELOOR PLOOR
6 1	SV -10.0	S. V10.0	Common B Acro Front Pike or Layout Back ½ or Full Arabian any positon
2	- A.		Dance Passage Must be 2 different Group 1 VP, one must be 1800 leap in cross or side
The state of the s	Scope 2	1.0-1.7 ("A" salto in last pass or isolated No VP for Last Salto = No Dismount NO Dismount (or RE DMT) = 0.3 off SV
A VP -A VP -SR -RE -No Dmt Dance≠CL Acro≠CL Last Salto≠CL Spatial use Thru-aut Dyn↑.2	B 10.0 SV -N Dan Ac Last Sa Spat Dyn	A B 10.0 SV -B VP -A VP -A VP -A VP -No Dmt -RE -No Dmt -	RESTRICTED 'RE' re than 1 Acro C (or any D/E) attempted = No VP credit & 0.5 off SV flast salto, then take -0.3 off SV
0.1 0.5 0.5 0.5 0.5 0.5 0.5 0.7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0.3 0.1 0.5 0.5 0.3 0.3 0.3 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1	0.3 0.1 0.5 0.5 0.5 0.3 0.3 1.2 1.1 1.1 Art 1.3 Pos/Fkx 1.3	All Dance C = B 1 st 'RE' Acro C = B
2-Salto Series 3 Different Saltos Dance Passage-180° leap Dismount A Salto No B Salto No B Turn No FS&B Salto,Aer 2ea \(\chi_0\) \(\text{im}\) \(\frac{0.2}{2}\) Fight \(\frac{1.2}{2}\) \(\text{MM} \neq \text{Relate 1.2}\)	SR 0.5 ea 2-Salto Series 3 Different Saltos Dance Passage-180° leap Dismount A Salto No B Salto No B Turn No FS&B Salto,Aer >2ea A or иw front ↑.2 Rhy ↑.2 MM≠Relate↑.2	SR 0.5 ea 2-Salto Series 3 Different Saltos Dance Passage-180° leap Dismount A Salto No B Salto No B Turn No FS&B Salto,Aer PassB Salto,Aer 2 MM≠Sync 1.3 Rly 1.2 MM≠Relate1.2	A (4) 0.1 B (4) 0.3

D.Hanford

10:00

M %