

Level 10 Practice Test

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GENERAL

- Which of the following statements is CORRECT?
 - A final score of 2.0 will be awarded for any optional exercise that results in a score equal to or lower than two.
 - Special Requirements are worth .20 each.
 - Scores are out of range if Judge 1 has a 9.6 and Judge 2 has a 9.35
 - If a fall occurs on an element, each judge deducts 0.50 for the fall in addition to any execution/amplitude errors.
- Which of the following statements is INCORRECT?
 - The 0.30 penalty for no dismount is applied when a dismount not listed in the code is performed.
 - An exercise on floor or beam containing 2-A's, 3-B's, 0-C's, 2-D's, 1 dance E, and 0.30 in connective value will be awarded a start value of 10.0 + 0.10.
 - Elements that are not awarded Value Part credit cannot be used to fulfill Special Requirements.
 - "C" elements are worth 0.50.
- Which of the following is not a Chief Judge deductions?

a. Failure to remove authorized spotting device after UB release element	<u>0.30</u>
b. Short exercises	<u>2.00</u>
c. No dismount	<u>0.30</u>
d. A sports bra that is visible due to the cut of the leotard (after a warning)	<u>0.20</u>
- What is the TOTAL MAXIMUM deduction for the following errors?

- Knees bent	- Incorrect body posture on landing	- spot upon landing
a. 0.60		
b. 0.70		
c. 1.0		
d. 1.1		
- Which of the following statements is CORRECT regarding the extra 0.10 bonus?
 - It is included in the Start Value.
 - The routine must have a 10.0 start value with a minimum 0.10 CV and 0.10 D/E to be eligible.
 - An E acro element or dance element may be performed to fulfill the requirement.
 - The routine must have a minimum of 0.50 D/E bonus to be eligible.
- Which of the following deductions is CORRECT?

a. Coach catches a falling gymnast	<u>0.50</u> (spot) + <u>0.50</u> (fall)
b. Legs crossed in twisting elements	<u>0.10</u>
c. Arms bent	Up to 0.20
d. Flexed feet during a Value Part element	<u>0.05</u> each time

7. Which of the following statements is CORRECT?
- A 1 ½ turn on beam/floor that is 80° short of the required 540° will receive a maximum deduction of 0.30.
 - UB, BB, FX each has 4 special requirements.
 - The same D element performed two times within an exercise in different connections is credited a maximum of 0.20 for Difficulty Value.
 - The same exact connection may be awarded Connection Value bonus two times within an exercise.

VAULT


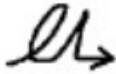
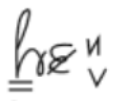

8. Which of the following deductions is INCORRECT?
- | | |
|--|-------------|
| a. Insufficient/late extension of the tuck/pike position | up to 0.25 |
| b. Hop with both hands simultaneously | <u>0.30</u> |
| c. Under rotation of salto vaults | <u>0.10</u> |
| d. Hip angle on first flight phase | Up to 0.20 |
9. Which of the following statements is CORRECT?
- All Tsukahara entry vaults must be performed with a ½ (180 degree) turn onto the horse.
 - A slight arm bend of the lead arm is allowed for all Group 3 (Tsukahara) vaults.
 - Too long in support and angle of repulsion deductions are applied to all non-salto vaults.
 - Both B and C are correct.
10. Which of the following statements is CORRECT?
- Failure to land on the feet first is a void vault (0).
 - The gymnast is allowed to use the hand placement mat on group 1 vaults without penalty.
 - Failure to use the safety collar for round-off entry vaults results in a deduction of 0.30.
 - The deduction for prescribed LA turn begun too late in the second flight phase is up to 0.50.
11. Which of the following incurs the LARGEST deduction?
- Prescribed turn begun too early in the support/repulsion phase
 - Insufficient exactness of LA turn in 2nd Flight
 - Large step or jump on landing
 - Late completion of the twist in the 2nd flight phase for non-salto vaults
12. What is the maximum deduction taken on a Yurchenko tucked full with the following errors?
- Early tuck of knees in repulsion phase
 - Open tuck position during the salto
 - Lands with feet further than hip width apart
- 0.35
 - 0.40
 - 0.65
 - 0.70

13. Which of the following will result in a void vault?
- Touching the horse with only one hand
 - Gymnast runs onto board and comes to rest on top of the table
 - Gymnast vaults without signal from chief judge
 - Head contacting the table during the support phase

14. Which vault is eligible for a +.1 bonus
- Handspring - Front tuck $\frac{1}{2}$
 - FHS onto board, Handspring on - Front pike
 - Handspring - $\frac{1}{2}$ turn off - back pike
 - RO, FF on - $\frac{1}{2}$ off, Front tuck $\frac{1}{2}$

UNEVEN BARS

15. Which of the following is a "D" Value Part?

- Backward giant circle with $\frac{1}{2}$ turn 
- Clear hip circle through HS, count straddle to hang on HB (Hindorff) 
- Toe on salto forward piked with $\frac{1}{2}$ turn 
- Backward stalker through handstand with $\frac{1}{2}$ turn to reverse grip 

16. Which of the following compositional deductions is CORRECT?

- Lack of two bar changes .20
- Facing same direction throughout exercise .20
- Choice of dismount not up to the competitive level Up to .20
- Failure to perform a forward element (circle or release), a pirouette element (minimum 180°), and an element from groups 3,6 or 7 .30

17. How many Special Requirements are fulfilled by the following directly connected elements?

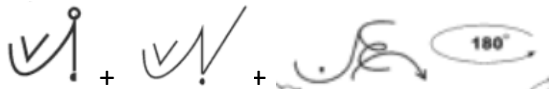
Backward giant circle with hop 1/1 turn + double back tuck



- 0
- 1
- 2
- 3

18. Which of the following statements is INCORRECT?
- The SR of an element with LA turn, minimum of "C", must be a pirouette on the hands.
 - A clear hip circle finishing between 21° to 45° from vertical receives "B" Value Part credit and no amplitude deduction.
 - A cast to handstand to clear hip handstand that follows a cast to 45° to clear hip handstand will receive B + C value part credit.
 - To receive Value Part credit as listed, an element performed with a hop-grip change must initiate the hop-grip change on the ascending phase and finish within 20° of vertical.



19. What is the correct Value Part and Connection Value awarded to the following elements?
 Backward sole circle to handstand with 1/1 turn + Piked sole circle backward through handstand with flight to hang on HB (Maloney) + Long swing forward with ½ turn and flight over LB to hang on LB



- D + D + B +.20 CV
- E + D + B +.30 CV
- D + D + C +.30 CV
- E + D + C +.30 CV

20. Which of the following statements is CORRECT?
- There are only 2 acceptable techniques for the entrance into sole circle elements.
 - Amplitude of cast deductions are applied to casts prior to a squat, stoop, or straddle onto the LB
 - The expected amplitude for a Pak salto will have the hips at high bar level and finish in a clear front support position.
 - An extra swing between two elements will NOT break the connection
21. Which of the following will incur the SMALLEST deduction?
- Facing same direction throughout the entire exercise
 - Arriving on bar 15° from vertical during a flight move to handstand on LB
 - Insufficient extension of glides
 - Landing too close to the bar on dismount

22. How many of the following elements are awarded "D" Value Part credit?

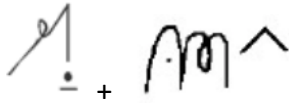
1. Back giant circle with 360° turn  2. Clear hip to HS ½ to mixed L grip 

3. Weiler Kip  4. Uprise to handstand with ½ turn 

- 1
- 2
- 3
- 4

23. What is the CORRECT composition deduction for the following release elements?

Cast handstand with hop to reverse grip directly connected to Jaeger salto



- a. 0
- b. .05
- c. .10
- d. .15

24. How many of the following examples receive 0.20 in Connection Value?

- Thatchev + Long swing with 1/2 turn over LB to hang on LB
- Back sole circle to HS 1/2 pirouette to L-grip + Front giant (L-grip)
- Back giant 1/2 turn + Jaeger salto piked
- Back stalker to HS 1/2 to reverse grip + Double salto forward tucked

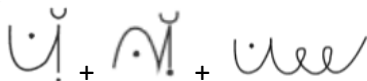
- a. 1
- b. 2
- c. 3
- d. 4

25. Which of the following deductions is INCORRECT?

- a. 2 consecutive extra swings .50
- b. Cast to 29° from vertical No VP + .10
- c. Backward giant 1/1 finishing 35° from vertical 0.25 - 0.30
- d. Landing too close to bar on dismount .10

26. What is the CORRECT composition deduction for the following dismount connection?

Backward giant with 1/2 turn + Front giant with 1/2 turn + Flyaway double salto tucked dismount



- a. 0
- b. .05
- c. .10
- d. .20

BALANCE BEAM

27. Which of the following statements is INCORRECT?

- For turns in a tuck stand, if the free foot lands on the beam prior to the full rotation of the support foot and hips, the turn is considered to be complete and no deduction for incomplete turn would be applied.
- A tic toc can be considered as a forward or backward element (advantage to the gymnast).
- A split leap performed with 120° split will receive A Value part credit and an up to 0.20 deduction for insufficient split.
- If a series of two Front Aerials is considered broken due to repositioning of the foot on the first element, give Value part credit to the first Front Aerial only.

28. Which of the following statements is CORRECT?

- An Arabian walkover or Arabian salto is considered a forward element.
- Dance elements listed under the same number in the JO Code of Points are considered different if an additional $\frac{1}{4}$ turn is performed (split jump and split jump $\frac{1}{4}$).
- A deduction of 0.2 would be applied if a gymnast performed three straight leg pivot turns in her routine.
- A press handstand performed as the mount or within the exercise is required to be held for 2 seconds to receive a Value part credit.

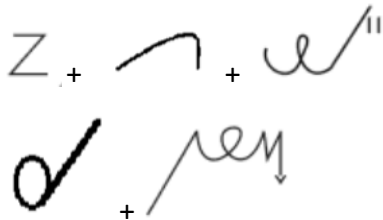
29. Which would incur the largest COMPOSITIONAL deduction?

- Performing a Cartwheel + Gainer Layout 1/1 dismount off the side
- Performing a Switch leap + Aerial walkover forward with 1 $\frac{1}{2}$ twist dismount
- Performing only the following dance elements: Split jump 1/1 and Split jump
- Performing only the following acro elements: Front aerial, Back handspring stepout + Side aerial

30. How many Special Requirements are fulfilled by the following 2 series?

Switch leap + Gainer back handspring + Back layout to two feet

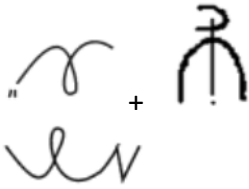
Full turn with free leg above horizontal + Gainer back salto piked off end of beam dismount



- 1
- 2
- 3
- 4

31. What is the CORRECT composition deduction for the following acro elements?

- Front tuck (two foot take off) directly connected to a Flic-flac with 3/4 twist to side HS
- Back Pike



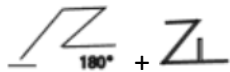
- a. 0
- b. .05
- c. .10
- d. .15

32. Which of the following deductions is CORRECT?

- a. Incorrect body alignment, position or posture in non-Value Parts throughout exercise - Up to 0.20
- b. Lack of dance series with two or more dance elements - 0.50
- c. Failure to show movements/non-VPs/choreography in two of the three directions (Forward/backward/sideward) - 0.05 each
- d. More than two wolf or tuck elements with or without turn - .20 each

33. What is the CORRECT composition deduction for the following dance elements?

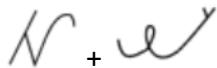
Split leap with leg change at end of beam mount + Switch leap with leg change and ¼ turn to side split



- a. 0
- b. .05
- c. .10
- d. .15

34. What is the CORRECT Value part and Connection Value award to the following elements?

Roundoff, back handspring mount, Back salto stretched step-out



- a. B + C 0.10 Connection Value
- b. C + C 0.20 Connection Value
- c. D + C 0.20 Connection Value
- d. D + D 0.20 Connection Value

35. Which of the following Specific Execution deductions incurs an up to 0.20 deduction?

- a. Insufficient exactness of tuck/pike position in VP elements
- b. Directional error on a gainer salto off the end of the beam
- c. Two second concentration pause prior to an acro flight series
- d. Brush/touch landing surface with one hand

36. What is the LARGEST deduction?

- a. Landing a front salto tucked in a squat position with buttocks close to the heels
- b. Landing a dismount too close to the beam
- c. Lack of tempo between elements
- d. Landing a straddle jump ¼ turn with feet apart

37. What is the CORRECT compositional deduction for the following dismount?

Back handspring, layout step-out, layout full dismount



- a. 0
- b. .05
- c. .10
- d. .15

38. Which of the following is not an E skill?

a. Mount: Round-off at end of beam-Salto backward tucked/piked



b. 1½ (540°) Turn with hand(s) holding leg upward in 180° split position throughout turn



c. From 2-foot take-off, Salto forward tucked to cross or side stand



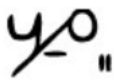
d. Flic-flac 1/1 twist swing down to cross straddle sit



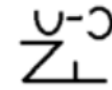
FLOOR EXERCISE

39. How many of the following would receive D Value Part credit?

Tour Jeté with 1/1 (360°) turn



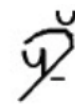
Switch side leap with ½ turn



3/1 turn in tuckstand on one leg



Tour Jeté ring with ½ turn



- a. 1
- b. 2
- c. 3
- d. 4

40. Which of the following statements is CORRECT?

- a. A maximum of three skill cushions may be placed on the floor exercise area at the same time.
- b. Aerials and saltos may be used to fulfill Acro compositional requirement of salto/aerial in two directions (backward & forward/sideward)
- c. In the event of music failure, the gymnast may stop immediately, request permission from the CJ to repeat the routine, and if permission is granted, complete the routine from the point of interruption.
- d. The deduction for a coach being on the floor area to remove a mat is 0.50 (taken by the CJ).

41. What is the CORRECT connective value for the following acro skills?

1st pass: Front salto tucked, Round-off, back handspring, Double salto backward tucked



2nd pass: Round-off, back handspring, back salto stretched with 2 ½ twist



3rd pass: Round-off, whip salto with ½ twist, flyspring forward, salto forward tucked with full twist, front salto piked



- a. 0.10
- b. 0.20
- c. 0.30
- d. 0.40

42. Which statement is CORRECT?

- a. Value Part credit is awarded if the take-off for any element is initiated outside of the boundary line.
- b. The deduction for relaxed/incorrect footwork on non-VP throughout exercise is up to 0.20.
- c. A line violation is taken if the gymnast steps on or over the boundary line.
- d. The deduction for incorrect body alignment, position or posture on non-VPs throughout exercise is up to 0.30.

43. Which of the following execution/amplitude deductions is CORRECT?



- a. Insufficient height of a front aerial Up to 0.20
- b. Legs not parallel to floor in a switch leap Up to 0.10
- c. 40 degrees missing on a triple turn on one foot 0.15 - 0.20
- d. Double back salto tucked with insufficient extension prior to landing Up to 0.20

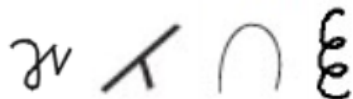
44. What is the CORRECT compositional deduction for the following last acro connection?
Roundoff, Flic-flac, Back salto stretched with 2/1 twist, front salto tucked



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

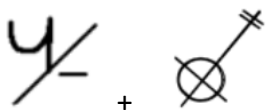
45. What is the Start Value for an exercise that meets all Difficulty and Special Requirements and has the following bonus possibilities?

- Round-off, back handspring, double back salto stretched 
- Round-off, whip salto backward, double back salto tucked 
- Front salto piked step-out, round-off, back handspring, back salto stretched with 2/1 twist







- a. 9.8
- b. 9.9
- c. 10.0
- d. 10.0 + 0.10

46. What is the CORRECT compositional deduction for the following dance elements?
Tour jete + 2/1 (720°) Turn with hand(s) holding leg upward in 180° split position throughout turn



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

47. Which of the following elements is awards "C" Value Part credit?

- | | |
|---|---|
| 1. Switch-split leap  | 2. Double turn on one foot  |
| 3. Wolf jump 1/1 turn  | 4. Switch-split leap 1/1 turn  |

- a. 1 and 2
- b. 2 and 3
- c. 3 and 4
- d. 1 and 3

48. How many Special Requirements are fulfilled by the following three series?

1st pass: Front aerial, Round-off, back handspring, Double salto backward tucked



2nd pass: Round-off, back handspring, back salto stretched with 3/1 twist



Last pass: Front handspring, front salto stretched with 1/1 twist



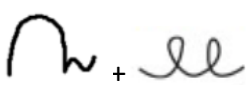
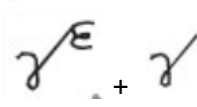
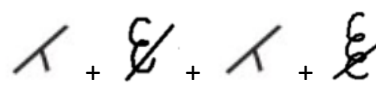
- a. 0
- b. 1
- c. 2
- d. 3

49. What is the MAXIMUM Deduction for the following errors?

- Insufficient dynamics
- Relaxed/incorrect footwork on non-VP throughout exercise
- Failure to hold ending pose for one second
- Missing synchronization of movement with musical beat at the end of the exercise

- a. 0.55
- b. 0.60
- c. 0.65
- d. 0.70

50. Which of the following series receives 0.10 Connection Value bonus?

- a. Double turn + tuck jump 1 ½ ~~⊗~~ + ~~⊗~~
- b. Whip salto + Double back salto tucked 
- c. Front salto stretchd with 1/1 twist + front salto stretched 
- d. Round-off + back layout ½ + Round-off + back layout 1 ½ 

Practice Test Answers

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