

## LEVEL 7/8 PRACTICE TEST

### LEVEL 7

#### GENERAL

1. Which is correct regarding Level 7 value part requirements?
  - a. 4 A's, 2B's
  - b. 5 A's, 1 B
  - c. 5 A's, 2 B's
  - d. 4 A's 3 B's
2. Which is correct regarding Special Requirements?
  - a. 5 SR at 0.3 each
  - b. Varies per level/event
  - c. 3 SR at 0.2 each
  - d. 4 SR at 0.5 each
3. Which of the following is correct regarding attire?
  - a. As many stud earrings in your ear as you like
  - b. Backless leotards are acceptable
  - c. Lycra shorts or tights are not allowed
  - d. Matching sports bras are acceptable
4. Which is correct regarding fall timing?
  - a. Fall time starts when gymnast touches the floor
  - b. Gymnast is allowed 30 secs to remount apparatus
  - c. Time begins when a gymnast stands on her feet or after injury assessment is complete
  - d. Gymnast may not talk to coach during fall time
5. Which is correct regarding steps on landing?
  - a. If a gymnast takes 3 steps and falls, the deduction is 0.8
  - b. If a gymnast takes 5 running steps, the maximum deduction is 0.4
  - c. If a gymnast takes one large step (3 feet) the deduction is 0.1
  - d. If a gymnast takes a 1 step the deduction is .05

#### VAULT

6. Which of the following is NOT allowed at Level 7?
  - a. Front handspring onto the board entry
  - b. Tsukahara (1/4-1/2 on) entry
  - c. Round-off onto the board entry
  - d. Handspring entry onto the table
7. Which of the following is correct regarding the safety zone?
  - a. It must be used for all Tsukahara entry vaults
  - b. It must be used for all vaults
  - c. The hand placement mat and the safety collar may not be used at the same time
  - d. For round-off entry vaults the safety collar must be snug against the board

8. Which statement is correct?
- A gymnast must perform 2 vaults
  - If a gymnast performs a different vault than the one called there is a 0.5 deduction
  - A coach may ask for the score of the first vault
  - All Level 7 vaults must land feet first
9. Which of the following deduction is correct?
- Failure to create rotation up to 0.3
  - Failure to pass through vertical up to 0.3
  - Hops with both hands simultaneously 0.3
  - All of the above are correct
10. Which of the following is correct?
- Gymnast vaults without signal from Chief Judge – no deduction
  - Gymnast is allowed 3 attempts to successfully complete one or two vaults
  - Coach can assist the gymnast during the vault
  - The coach can stand between the board and table for all vault

## UNEVEN BARS

11. Which of the following is NOT a Special Requirement?
- One 360° clear circling element from groups 3/6/7
  - A “B” salto dismount
  - One clear circling element, minimum “B”
  - One cast to handstand (SR awarded if angle is a minimum of 45° from vertical)
12. Which of the following is NOT an allowable “C”?
- Clear hip to handstand/also with ½ turn to regular grip
  - Back stalker to handstand/also with ½ turn to regular grip
  - Clear hip to handstand/also with ½ turn to reverse grip
  - Cast to handstand with ½ turn
13. How many “B” value parts are in the following:
- Short cast to clear hip circle (not within 20° of HS)
  - Cast to HS to clear hip circle (not within 20° of HS)
- 1
  - 2
  - 3
  - 4
14. What is the maximum deduction for two consecutive extra swings?
- 0.3
  - 0.5
  - 0.6
  - 1.0

15. What is the deduction if all casts are below 45°?
- Deduct 0.5 for missing SR, plus all cast angle deductions
  - Deduct 0.5 for missing SR
  - Deduct for cast angle deductions
  - No deduction

## BALANCE BEAM

16. Which of the following is NOT a Special Requirement?
- Acro series (with/without flight) and one acro flight element
  - One leap or jump with 180° split in a dance series
  - Minimum 360° turn on one foot
  - Aerial/salto dismount, minimum "A"
17. Which is the deduction for "relaxed/incorrect footwork on non-value parts throughout the exercise"?
- No deduction
  - Up to 0.2
  - Up to 0.3
  - Up to 0.5
18. Which of the following is NOT correct regarding handstands in acro series
- Handstand without turn must be held 1 seconds in any leg position for value part credit
  - Turning handstand is allowed for Value Part credit
  - Press handstand has no hold requirement
  - Handstand without turn must be held 2 seconds in any leg position for value part credit
19. Which of the following statements is correct?
- "C" acro elements are allowed
  - One "D" dance element is allowed
  - Unlimited "C" dance elements are allowed
  - One "D" acro is allowed
  - e.
20. Which of the following dismounts do not meet the Special Requirement?
- Front handspring
  - Front aerial with ½ turn
  - Front tuck
  - Cartwheel, back tuck

## FLOOR EXERCISE

21. Which of the following is NOT correct regarding the Special Requirement of Minimum of Two Acro Passes?
- One pass containing a Salto backward with a minimum of two directly connected flight elements
  - One pass containing a Salto forward (additional elements allowed)
  - One pass with two saltos, one forward and one backward
  - One salto must be stretched backward or forward, landing on two feet

22. Which one of the following will fulfill the dance passage special requirement?
- Switch leap, split leap
  - Straddle jump, straddle  $\frac{1}{2}$  jump
  - Assemble, split jump
  - Split leap, split leap
23. Which statement is correct regarding music performance?
- Poor relationship of music and movement throughout the exercise, Up to 0.2
  - Missing synchronization of movement with musical beat at end of routine, 0.05
  - Routine without music 0.2
  - Failure to hold ending pose 0.05
24. Which of the following is correct regarding dance elements?
- "B" turn on one foot is required
  - All "C" dance elements are allowed
  - Dance passage can include an acro skill between the two dance elements
  - One "D" dance element is allowed
25. Which is NOT a Chief Judge deduction on Floor?
- Overtime
  - Coach on the floor
  - Coach spotting gymnast
  - Out of bounds

## LEVEL 8

### GENERAL

26. Which is correct regarding Level 8 value part requirements?
- 4 A's, 3B's, 1 "C"
  - 5 A's, 3 B's
  - 4 A's, 4 B's
  - 4 A's 3 B's
27. Which of the following Chief Judge deduction is correct?
- Coach standing between the bars, 0.1
  - Failure to present after exercise to the CJ or apparatus, 0.2
  - Failure to mark the floor ex boundary on additional matting. 0.05
  - Failure to remove the board after mounting apparatus, 0.2
28. Which statement is correct concerning the use of chalk?
- Chalk can be used on the vault runway
  - Chalk can be used to mark additional mats on FX
  - Any amount of chalk can be used on beam
  - Chalk may be used on the FX mat to mark the hurdle of a tumbling run

29. Which statement is correct regarding the replacement of value parts?
- Two "A" value parts can equal one "B"
  - Lower value parts can replace higher value parts, one to one
  - Higher value parts can replace lower value parts, one to one
  - Restricted element can count as a value part
30. Which is NOT the duty of the Meet Referee
- Run the pre meet meeting
  - Observe and give opinions during conferences
  - Gives technical or judging information pertinent to competition
  - May force a judge to change their score

## VAULT

31. What happens if a gymnast performs a vault not listed on the Level 8 vault chart?
- Nothing
  - Void
  - 0.5 for a restricted element
  - 1.0 CJ deduction
32. Which of the following is correct for Tsukahara vault?
- Gymnast performs a Tsukahara layout
  - Must use the safety collar
  - May use the hand placement mat
  - A slight arm bend of the lead arm is allowed for all Group 3 Vaults
33. Which of the following is correct for spotting assistance during second flight phase of a salto vault?
- 1.0 deduction
  - No deduction
  - Void
  - 0.5
34. Which of the following is correct?
- Poor technique hip angle, Up to 0.2
  - Prescribed LA turn begun too early , Up to 0.5
  - Prescribed LA turn begun too late, 0.5
  - Excessive arch, Up to 0.2
35. Which of the following is NOT a void vault:
- Vault without signal
  - Failure to land on any part of the bottom of the feet
  - Use of alternative springboard
  - Landing on top of vault table

## UNEVEN BARS

36. If a gymnast falls, she can remount the bars by:
- Climbing up onto the low bar
  - Performing a skill from the Code of Points
  - Coach can lift gymnast to high bar
  - All of the above
37. Which statement is correct in the recognition (counting) of value parts?
- A VP may be counted twice as long as the entrance or exit of the skill is different
  - A VP may only be counted once per routine
  - A VP may be counted as many times as it is performed in a routine
  - A VP may be given to a restricted element
38. Which of the following is NOT a compositional deduction?
- Facing same direction throughout
  - Lack of elements that achieve vertical
  - Two bar changes
  - Uncharacteristic element
39. Which dismount would receive a 0.1 compositional deduction?
- Giant to flyaway
  - Tap swing to flyaway
  - Clear hip circle to flyaway
  - Giant to flyaway full twist
40. Which of the following element fulfils the one "B" 360° clear circling element from Groups 3/6/7?
- Clear underswing on LB release and counter movement forward in flight to hang on HB
  - Sole circle forward or backward on low bar or high bar to stand
  - Clear straddle circle backward to clear "L" support
  - Stalder circle backward to clear support

## BALANCE BEAM

41. Which statement is correct regarding pivot turns on beam?
- More than one 180° pivot turn with straight legs, -0.1
  - Gymnast may perform an unlimited number of pivot turns
  - More than 2 pivot turns with straight legs, -0.1
  - No pivot turns are allowed
42. Which of the following can break an acro/dance/mixed series?
- Stops between elements
  - Loss of balance between elements
  - Moving foot/feet between elements
  - All of the above are correct

43. If the gymnast executes the following, what would the compositional deduction be?  
-Backwalkover, back handspring  
-Round-off layout dismount
- 0.05
  - 0.1
  - 0.15
  - 0.2
44. If the gymnast executes the following, what would the compositional deduction be?  
-Switch leap, split jump  
-Full turn
- 0.0
  - 0.05
  - 0.1
  - 0.15
45. Which is true regarding concentration pauses?
- One second pause, -0.1
  - Two second pause -0.1
  - More than two second pause -0.1
  - No deduction for pauses

#### **FLOOR EXERCISE**

46. Which is NOT a Special Requirement?
- Acro series with 2 saltos or 2 directly connected saltos
  - Three different saltos
  - Dance Passage with minimum of two different Group 1 elements, one with a 180° split
  - B turn
47. What is a gymnast able to do if her music stops during the routine?
- Continue her routine
  - Confer with coach to possible repeat routine
  - Discuss with coach to take score of first routine if complete
  - All of the above
48. In a two pass routine, what is the compositional deduction for the following:  
-Front layout, front pike  
-Round-off back handspring layout full twist
- 0.15
  - 0.1
  - 0.05
  - No deduction

49. Which of the following statement is correct?

- a. All "A/B/C" elements are allowed
- b. One "D" dance element is allowed
- c. One "C" acro element is allowed
- d. One "D" acro element is allowed

50. Which of the following is a "C" dance element?]

- e. Wolf 1 ½ turn
- f. Switch leap
- g. Ring jump
- h. Full turn with free leg held at 180° split



Level 7/8 Practice Written Test

GENERAL– Level 7

1. C
2. D
3. A
4. C
5. B

VAULT

6. A
7. D
8. C
9. D
10. B

UNEVEN BARS

11. B
12. C
13. C
14. B
15. A

BEAM

16. B
17. C
18. D
19. C
20. A

FLOOR

21. C
22. A
23. D
24. B
25. C

LEVEL 8

GENERAL

- 26. C
- 27. A
- 28. B
- 29. C
- 30. D

VAULT

- 31. B
- 32. D
- 33. A
- 34. B
- 35. A

UNEVEN BARS

- 36. D
- 37. A
- 38. C
- 39. B
- 40. D

BEAM

- 41. A
- 42. D
- 43. B
- 44. A
- 45. B

FLOOR

- 46. D
- 47. D
- 48. B
- 49. C
- 50. A