

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 staller 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 0.3
 - 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?

- a. Wolf 1 ½ turn
- b. Switch leap
- c. Ring jump
- d. 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

