

**Robin and Liz's Evil Mock Test 2022-2026 Level 7/8**

**Prepared by Liz Hampe and Robin Ruegg. Updated 9/4/2024**

**The intent of this test is to ask questions about changes since the prior Code—and to challenge you.**

**It is SIGNIFICANTLY HARDER than the actual written test.**

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**(10 general, 10 vault, 10 bars, 10 beam, 10 floor with questions on both Level 7 and 8. We also added some bonus questions based on the May 2024 Dev/Tech Committee changes)**

**General**

1. Which is/are correct regarding exercises without a dismount:
  - a. Each judge deducts 0.3 execution/amplitude for a routine without a dismount
  - b. Each judge deducts 0.3 from the Start Value for a routine without a dismount
  - c. The Chief Judge deducts 0.3 from the average score for a routine without a dismount
  - d. The no dismount deduction is taken if a routine is terminated early
  - e. The no dismount deduction is taken if Level 8 athlete does a flyaway double back off bars
  - f. None of the above are correct
  - g. a., c. and e.
  - h. b. and d.
  
2. Which is the LARGEST deduction?
  - a. Gymnast does not attempt to salto on her beam dismount and falls
  - b. Bends her knees and has insufficient split on a split leg leap on beam (it's UGLY)
  - c. Coach catches a falling gymnast on bar dismount
  - d. Insufficient height of salto on a flyaway back layout bar dismount
  - e. Insufficient opening of body prior to landing on a tucked back salto on floor
  - f. Takes a large step and 3 additional steps upon landing a bar dismount
  
3. Which is/are CORRECT?
  - a. Any change of score after an inquiry is unofficial and will not change placement
  - b. Inquiries are allowed for Level 8 compositional deduction for choice of acro not up to level on beam
  - c. Inquiries must be illegibly written on the official inquiry form
  - d. For state qualifier meets, if a gymnast's all-around score is within 0.1 of the qualifying score to state, the coach may inquire on gymnast's lowest scoring event
  - e. Coaches may approach the panel judge to ask about the inquiry and why it was denied
  - f. An inquiry can never lower a score as we are always to err to the benefit of the gymnast
  - g. None of the above are correct
  - h. a. and b.
  - i. e. and f.

4. What is the average score for these scores on a 4-judge panel?  
J1: 6.9 J2: 8.3 J3: 8.2 J4: 7.2
- a. 7.05
  - b. 7.55
  - c. 7.65
  - d. 7.7
  - e. 7.75
  - f. 8.25
  - g. Wait a minute! These scores are out of range and CJ needs to call a conference
  - h. None of the answers are correct
5. Level 8 gymnast has 1A, 3B's, and 2C's in her routine. One C is a dance element; the other is a restricted acro element. She fulfills all her Special Requirements. What is her Start Value?
- a. 9.2
  - b. 9.3
  - c. 9.4
  - d. 9.5
  - e. 9.6
  - f. 9.7
  - g. 9.8
  - h. 9.9
  - i. 10.0
  - j. Really? This doesn't happen in competition, does it?
6. What is the MAXIMUM total deduction for the following errors on gymnast's beam routine?  
Squats with hips lower than knees on landing her beam dismount  
Incomplete turn on a full turn  
Flexed feet on a back handspring
- a. 0.5
  - b. 0.55
  - c. 0.6
  - d. 0.65
  - e. 0.7
  - f. 0.75
  - g. 0.8

7. Which of the following CHIEF JUDGE deductions is/are CORRECT?
- Failure to present before and after exercise each time 0.1
  - Gymnast fails to begin exercise within 30 seconds after CJ signal 0.2
  - Technical verbal cues by a coach to own gymnast that judge does not hear 0.2
  - Incorrect attire (after a warning) 0.3
  - Starting exercise before signal is giving 0.3
  - All of the above are correct
  - a) and b)
  - c), d) and e)
8. Level 7 gymnast has 4 A's, 1 B and 1 restricted C element. She fulfills all Special Requirements. What is her Start Value?
- 10.0
  - 9.9
  - 9.8
  - 9.7
  - 9.6
  - 9.5
  - 9.4
  - 9.3
  - 9.2
  - 9.1
  - 9.0
9. Which is INCORRECT regarding Start Values (SV)?
- SV must be flashed AFTER the score has been submitted
  - Judges are responsible for flashing their own Start Value at all Level 7 & 8 meets. Alternatively, the judge may write it on the competitor's score card.
  - There is no bonus awarded at Level 7 or Level 8
  - The host club must provide each judge with a SV flashing unit
  - The maximum SV for Level 7 is 10.0
10. Which is correct if J2 is on a break to the restroom, and J1 signals the athlete to go?
- The coach is advised of the score from the one judge and can accept that score
  - The coach does not get to know the score from the one judge, but gymnast can repeat the routine for a score by two judges
  - The coach is advised of the one-judge score, and after a rest, the gymnast can repeat and get a score from two judges
  - The coach is advised of the one-judge score, and after a rest, the gymnast can repeat and take the higher score
  - None of the above is correct
  - a) and c)
  - b) and d)

## Vault

11. Level 7 or 8: Gymnast performs one vault, hurts her ankle and decides to stop. Fortunately, this was her last event for the competition so she doesn't have to scratch other events. The score was 9.0 on the vault performed. What is her final score?
- 9.0
  - 8.7
  - 8.5
  - 8.0
  - 7.5
  - 4.5
  - None of the above
12. Level 8 gymnast performs a Handspring 1/1 turn (1.201: Start Value is 9.5) You deduct the MAXIMUM for the following. What is her final score?
- Flexed feet on the first flight phase
  - Shoulder angle on the support phase
  - Under-rotation as she steps back toward the table on landing
  - Step on landing
- 9.05
  - 9.1
  - 9.0
  - 8.95
  - 8.9
  - 8.85
  - 8.7
  - None of the above
13. Level 8 gymnast performs a Handspring with 2/1 twist off (1.301—10.0 SV). She has the following errors. Taking the MAXIMUM deductions, what is her final score?
- Pikes on the first flight phase
  - In the support phase, starts turning too early (we might call that “cheating” the turn)
  - Flexes feet in the second flight phase
  - Twists all the way to the ground; barely completes twist before landing on the second flight phase
  - Takes a huge step upon landing
- 8.45
  - 8.5
  - 8.55
  - 8.6
  - 8.65
  - 8.7
  - 8.75
  - 8.8
  - 8.85
  - 8.79

14. Level 8 gymnast calls Round-off, flic-flac 1/1 twist off (4.201—9.4 SV) Gymnast runs slowly, so you're expecting a weak vault. She gets to a handstand on the table and hops off both hands back to a handstand and then does a poor full twist off the table. Is there a deduction for the hop?
- Yes, take it as dynamics ^0.3
  - Yes, steps on hands are each 0.1 so deduct 0.1
  - Yes, deduct 0.2 for hop off both hands simultaneously
  - Yes, deduct 0.3 for hop off both hands simultaneously
  - No, just deduct the overall problems with the vault like height, dynamics, landing etc.
15. Level 8: Which of the following statements is/are CORRECT?
- If gymnast squats upon landing with her hips significantly below her knees (almost hitting her heels with her butt), deduct 0.3
  - If gymnast lands with her chest down, deduct up to 0.2 for incorrect body posture
  - If coach stands between the board and the table on a Tsukahara tuck vault, deduct 0.5
  - If gymnast goes before the chief judge signals, CJ deducts 0.5 from the average of the next completed vault
  - If gymnast has a shoulder angle during the support phase, deduct Up to 0.2
  - All of the above are correct
  - a., c. and d.
  - b. and e.
16. Level 8: Which is the LARGEST MAXIMUM deduction?
- Coach standing between board and table on a Yurchenko tuck back vault
  - Insufficient dynamics
  - Coach spots during the second flight phase of a Tsukahara piked
  - Too long in support on a non-salto vault
  - Insufficient height
  - Fall against the vault table
17. Level 8: What is the total MAXIMUM deduction for the following landing errors?
- Direction  
 LA turn is incomplete by 85°  
 Lands with feet more than hip-width apart  
 Arm swings to maintain balance
- 0.7
  - 0.75
  - 0.8
  - 0.85
  - 0.9
  - 0.95
  - 1.0

18. Level 7: Gymnast runs and balks, runs and balks, then runs and performs a vault scoring 8.15. Which is correct?
- She can do another vault and take the highest score of the two vaults performed
  - She gets 0.5 deducted from the vault she did (thus scoring 7.65) and then can do a 2<sup>nd</sup> vault. Whichever score is higher counts
  - She is done and takes the 8.15 score
  - She scores a zero
  - None of the above are correct
19. Level 7: What is the total MAXIMUM deduction on a Round-off entry (Yurchenko) vault?
- Coach stands between the board and the table  
 Insufficient dynamics  
 Legs apart on the 1<sup>st</sup> flight phase  
 Fail to maintain neutral head position on the 1<sup>st</sup> flight phase  
 Lands on neck on mat stack
- VOID vault
  - 0.6
  - 1.1
  - 1.6
  - 2.1
  - 2.6
  - None of the above
20. Level 7 athlete does a front handspring timer with the following errors. What is the total MAXIMUM deduction?
- Hip angle on the 1<sup>st</sup> flight phase  
 Excessive arch on the support phase  
 Angle of repulsion is horizontal  
 Fail to create rotation
- 1.0
  - 1.2
  - 1.3
  - 1.4
  - 1.5
  - 1.8
  - To infinity and beyond

## Bars

21. Level 8: Which of the following statements is/are CORRECT?
- A cast HS hop grip change with a  $\frac{1}{2}$  turn is considered one element
  - If a Level 8 gymnast does 2 squat/stoop onto low bar, deduct 0.1 compositionally
  - If gymnast does a cast to handstand that is short (gets 0 Value Part credit) followed by a clear hip circle, then later in routine does the same combination but the cast handstand is within  $20^\circ$  of HS, she receives a “B” value for the second clear hip circle.
  - All of the above are correct
  - a. and c.
22. Level 7 or 8: How many “Up to 0.2” deductions are listed?
- Arm swings on landing
  - Amplitude of a counter-swing to low bar release element
  - Bent arms on a clear hip circle to handstand
  - Insufficient dynamics throughout
  - Hit LB with feet when doing a giant
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
23. Level 7: How many “B” elements are listed?
- Mount: Hecht jump (legs together) with hand repulsion over LB to hang on HB
  - Cast between  $21^\circ$  and  $45^\circ$  from vertical, with  $\frac{1}{2}$  turn (cast and turn occur on same side of bar)
  - Hang on HB—uprise backward to clear support on HB
  - Stalder forward to clear support
  - From hang on HB—long swing forward with  $\frac{1}{2}$  turn and flight over LB to hang on LB
  - Dismount: From HB, swing forward in reverse grip, salto forward tucked with  $\frac{1}{2}$  turn
- 1
  - 2
  - 3
  - 4
  - 5
  - 6
24. Level 7 or 8: Gymnast runs to do her mount and balks. She then runs a second time and touches the springboard but doesn’t mount. On the third attempt she successfully mounts. Which is/are CORRECT
- There is NO DEDUCTION for this
  - The chief judge deducts 0.5 from the average score
  - Each judge deducts 0.5
  - Each judge deducts 0.5 for a fall and 0.5 for third approach
  - None of the above are correct

25. Level 8: How many “allowable” “C” level skills are listed?
- A flyaway double tuck dismount that is the only C in the routine
  - A clear hip circle to handstand
  - A flyaway double tuck dismount in a routine that contains a counter-swing to HS on LB
  - A cast HS  $\frac{1}{2}$  turn
  - A Front stalder to HS
  - Backward pike sole circle to HS (toe on to HS)
- a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
26. Level 7: Gymnast mounts from LB and does glide kip, cast to 50°, clear hip circle to handstand, glide kip, squat on, long hang kip, cast HS, giant, giant, double back tucked flyaway dismount. What is her Start Value?
- a. 8.7
  - b. 9.0
  - c. 9.5
  - d. 9.8
  - e. 9.9
  - f. 10.0
27. Level 8 mounts on LB and does: Glide Kip, Cast HS  $\frac{1}{2}$  turn, Glide kip, squat on, Long hang kip, Cast handstand, flyaway layout dismount. What is the Start Value and the Compositional Deduction for Choice of Bar Dismount?
- a. 10.0 SV, 0.1 Choice
  - b. 10.0 SV, No deduction Choice
  - c. 9.4 SV, 0.1 Choice
  - d. 9.4 SV, No deduction Choice
  - e. 9.2 SV, 0.1 Choice
  - f. 9.2 SV, No deduction Choice
  - g. 8.9 SV, 0.1 Choice
  - h. 8.9 SV, No deduction Choice



28. Level 7 or 8: What is the total MAXIMUM deduction for the following errors? Assume you are the Chief Judge

- Insufficient extension of a glide kip
  - Hesitates by adjusting her grips before jumping to HB
  - Hits the mat/floor with her feet when doing a glide kip
  - Lands so close to the HB on dismount that the judges jump out of their seats
  - Coach quickly sprays the low bar with water while the gymnast is on the high bar.
- a. 0.6
  - b. 0.65
  - c. 0.7
  - d. 0.75
  - e. 0.8
  - f. 0.85
  - g. 0.9

29. Level 7 or 8: Which is/are the LARGEST deduction(s)?

- a. Gymnast does a “B” clear hip circle and completes circle below horizontal
- b. Gymnast takes 5 running steps on dismount
- c. Gymnast squats with hips below her knees upon landing
- d. Gymnast hits the low bar with her feet when doing a giant
- e. Gymnast does an extra swing after kipping before casting to HS
- f. a) and b)
- g. c) and e)
- h. These are all Up to 0.3 deductions

30. Level 7: Gymnast mounts from LB and does: Glide kip, cast handstand, clear hip circle, glide kip, cast squat on LB, Long hang kip, cast to toe on—underswing to stand dismount. What is the Start Value?

- a. 10.0
- b. 9.9
- c. 9.7
- d. 9.5
- e. 9.4
- f. 9.2
- g. 9.0
- h. 8.9
- i. 8.7
- j. There’s not enough information for me to answer this question, or maybe I’m just confused.

## Beam

31. Level 8: Which is/are the CORRECT deduction(s)?

- a. Gymnast performs three 180° turns on two feet (pivot) with straight legs 0.2
- b. Gymnast performs choreography in forward and backward direction only 0.05
- c. Gymnast does only back acro elements on the beam but dismounts with a punch front tucked 0.05
- d. Insufficient variation in rhythm and tempo throughout the exercise ^0.1. Consider insufficient variation in rhythm/tempo in non-value part movements and lack of fluid connection/series of disconnected elements/movements
- e. Relaxed/incorrect footwork on non-value parts throughout exercise ^0.2
- f. Incorrect body alignment, position or posture in non-Value parts throughout exercise ^0.2
- g. a. and b. are correct
- h. c., d. and e. are correct

32. How many “C” elements are listed?

1/1 (360°) Turn with hand(s) holding leg upward in 180° split position throughout turn

Mount: Free (aerial) walkover forward to rear support

Straddle Pike jump in cross position with 90° turn to finish in side position

1 ½ turn in tuck stand on one leg, free leg in forward or sideward horizontal

Mount: Jump to roll forward at end or middle of the beam

Salto backward tucked

Split side leap (take-off from on leg with ¼ turn to straddle position)

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7

33. Which is the LARGEST Chief Judge deduction?

- a. Failure to remove mounting apparatus after the mount
- b. Warming up on mat before routine starts
- c. 3rd attempt at the mount
- d. Overtime
- e. Coach standing on a chair to spot a back handspring
- f. Coach standing next to beam throughout entire exercise
- g. These are all Up to 0.2 Chief Judge deductions
- h. a. and e.
- i. c. and f.

34. Which is/are correct?

- a. We care more about footwork in this Code than in past Code as it is now an <sup>^</sup>0.3 deduction
- b. We don't really care about unusual or creative choreography in this Code, now we care about lack of variety in choreography poses, phrases, connections such as unnecessary adjustments or steps without choreography for a 0.05-0.1 deduction
- c. A concentration pause of four seconds is deducted 0.2
- d. Insufficient split on a switch leg leap that has 50° missing receives a lesser Value Part of "A" and does not fulfill the special requirement for leap/jump with 180°.
- e. All series are considered broken when there is any deviation of body movement NOT in line with the beam.
- f. All of the above are correct
- g. a) and c) are correct
- h. c) and e) are correct

35. Level 8 Gymnast performs a routine with the following skills. What would be the Start Value of the routine?

Mount: Jump with Hecht phase to Round-off mount, back-handspring on the beam  
beat jump, split jump that would make a Bulgarian rhythmic gymnast cry with joy  
360° turn that would impress The Bolshoi  
Cartwheel  
Round-off, back layout full dismount

- a. 10.0
- b. 9.9
- c. 9.7
- d. 9.5
- e. 9.2
- f. 9.0
- g. What's The Bolshoi?!

36. How many "B" elements are listed?

Cartwheel with flight after hand support  
Mount: Cartwheel with hands on springboard to finish in front support on beam  
1/1 turn in tuck stand with leg at sideward horizontal  
Dive to cross handstand from 1 foot, holding the handstand 2 seconds or more  
Body wave sideward to balance stand for 2 seconds on both legs  
Free back shoulder roll

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6

37. A level 7 gymnast is attempting her acro series. She does a back walkover, gets a foot on the beam, but then falls off. She regroups, gets back up on the beam, then does a back walkover cleanly into another back walkover. Would this count towards the Special Requirement?
- Yes
  - No
  - Can't tell from just the information provided
38. Gymnast has following errors. What is the total MAXIMUM deduction?
- Gymnast's coach stands next to the beam throughout the entire exercise
  - Gymnast's routine is 1:33
  - Gymnast falls and warms up on the mat next to the beam after the fall
- Every judge deducts 0.9
  - The chief judge alone deducts 0.9
  - Every judge deducts 0.4 and the chief judge deducts an additional 0.5
  - Every judge deducts 0.5 and the chief judge deducts an additional 0.4
  - Every judge deducts 0.5 and the chief judge deducts an additional 0.3
39. L8 gymnast performs the following elements. What is the composition deduction for Choice of Acro Elements, Choice of Dance Elements and Dismount Not up to the competitive level?
- Jumps up to beam (non "A" mount)
  - Backward roll
  - Full turn
  - Back walkover + Back handspring
  - Switch leg leap + split jump
  - Cartwheel + back tuck dismount
- 0 Acro, 0.05 Dance, 0.05 Dismount
  - 0.05 Acro, 0.05 Dance, 0.05 Dismount
  - 0.1 Acro, 0 Dance, 0.05 Dismount
  - 0.1 Acro, 0.1 Dance, 0 Dismount
  - 0.1 Acro, 0.05 Dance, 0 Dismount
  - No deduction for composition up to the level acro, dance or dismount
40. For the following L7 routines, how many fulfill the special requirements?
- Free fwd roll (mount) to cartwheel; wolf tum full; Hop with leg above horizontal - stride leap forward with leg change to wolf position; Cartwheel - back tuck dismount
  - Cartwheel kick to horizontal - round-off; full turn; split jump; gainer layout off the side
  - 1 ½ (540°) turn; back walkover - back walkover; switch leap - straddle jump with half tum; back handspring; handspring forward dismount
  - Split jump, beat jump; full turn; back walkover-back handspring; cartwheel - back tuck dismnt
- 0
  - 1
  - 2
  - 3
  - 4

## Floor

41. Which is/are CORRECT?
- Chief judge takes a 0.2 deduction from the average score if gymnast uses 3 mats
  - The maximum time for a Level 7 and a Level 8 routine is 1:30.
  - If a coach goes onto the FX area twice to “be there” on two tumbling passes, CJ deducts 0.3 from the average
  - If gymnast falls out of bounds, each judge deducts 0.5 for the fall and the CJ deducts 0.1 from the average
  - If gymnasts stand around the floor exercise to cheer and CJ gives a warning because they are blocking the view of a judge but the gymnasts don’t move, CJ deduct 0.2 from the average of the competing gymnast
  - All of the above are correct
  - a) and b) are correct
  - c) and d) are correct
42. Which is the SMALLEST maximum deduction?
- Fail to hold ending pose for one second
  - Failure to show synchronization of music with ending pose
  - Relaxed/incorrect footwork on non-VP throughout exercise
  - Fail to perform turns in high relevé’ (each)
  - Leg separations (each)
  - Incomplete twist on acro elements
  - Insufficient height on aerials
  - a. and b.
  - d. and e.
43. Level 8: Gymnast has a chaos of a routine. What is the total Chief Judge deduction for these errors?  
Routine is 1:34 long  
Gymnast goes out of bounds on her first two tumbling passes  
After the first two out of bounds, the coach goes onto the floor to be there for her third pass, doesn’t touch her, but she goes out of bounds again.  
The music ends and gymnast runs off the floor without holding her last pose for at least one second
- 0.6
  - 0.65
  - 0.7
  - 0.75
  - 0.8
  - 0.85
  - Just give the gymnast a courtesy score and forget all these deductions. This routine was a mess!

44. Level 8 gymnast does the following routine:  
Front tuck salto, round-off, back handspring, back layout full  
Layout front salto + layout front salto (connected)  
Straight-leg split leap + cat leap  
1 ½ turn on 1 foot

What is the deduction for composition?

- a. 0
  - b. 0.05
  - c. 0.1
  - d. 0.15
  - e. 0.2
45. Level 8: Which is the LARGEST MAXIMUM deduction?
- a. Lack of minimum of “B” turn on one foot
  - b. Lack of definite arm position on a turn or leap
  - c. Fail to land with feet together on a Popa
  - d. Fail to hold ending pose for one second
  - e. Fail to do a full turn in high relevé
  - f. Fail to show synchronization of music with ending pose
  - g. Music with voice
  - h. a) and f)
  - i. These are all 0.1 or up to 0.1 deductions

46. How many of the following statements are TRUE:

Maximum time limit for Level 7 is 1:20

Level 7 routine must have 5 A's and 1 B

Level 8 can do no more than 2 C acro skills

split leap - full turn - split leap is an acceptable dance passage

the coach goes out on the floor to pick up a fallen item (scrunchie). While there, it's OK to stay if the gymnast needs a spot.

The gymnast's team is standing around the floor and blocking the view of judges and spectators, even after a warning. The Chief Judge can only apply a deduction of 0.20 to the gymnast's score.

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6

47. Level 7: How many of the following tumbling pass routines fulfill the Special requirements?  
 Round-off, back handspring, back layout; front handspring, front tuck; Round-off, back LO full  
 Front tuck, front tuck; Round-off, back handspring, layout-step out  
 Front layout, straddle jump; Round-off, back layout full  
 Front handspring, front layout full; Round-off, back handspring, back layout; RO, back tuck;
- 1
  - 2
  - 3
  - 4
48. What is the total MAXIMUM deduction for the following errors?  
 Insufficient height on a back tuck full  
 Insufficient dynamics throughout the routine  
 Incomplete or “cheated” turn on a Popa of 75°  
 Legs not parallel to floor on a straddle-pike jump  
 Flexed feet on a front tuck salto
- 0.7
  - 0.75
  - 0.8
  - 0.85
  - 0.9
  - 0.95
  - 1.0
  - 1.05
49. Which of these leaps or jumps is/are “C” level?
- Side leap
  - Split jump with 1/1 turn
  - Pike jump (min 90° hip) with 180° turn to front lying support
  - Tour jeté with additional 1/2 (180°) turn landing in split-sit position
  - Tour jeté to ring leap
  - b. and c.
  - b. d. and e.
  - a., d. And e.
  - All of the above leaps/jumps are “C” level
50. Which of the following statements for Level 7 are correct?
- The routine must have 3 different tumbling passes
  - Dance passage can be 2 of the same skill as long as they are directly connected
  - Backspins will fulfill the the turn requirement, as long as the 360° turn is complete
  - Anyone using music from Pirates of the Caribbean automatically receives -0.20 deduction
  - Level 7 can perform a maximum of 2 “C” dance elements, but will count as “B’s”
  - a), c), and e)
  - b), and d)
  - All
  - None

51. GENERAL: Which of the following is/are correct?
- If there's delay of competition due to equipment failure or athlete injury, the Meet Referee alone determines whether to allow additional warm-up time
  - The judging panel can review a submitted video after the video review process has been finalized
  - With no warning given, apply a 0.2 Chief Judge deduction if a coach sprays water or adds chalk to the bar once the exercise has begun.
  - All of the above are correct
  - a. and b. are correct
  - b. and c. are correct
52. VAULT Level 7: True or False: Apply a 0.3 Chief Judge deduction if the mat stack does not meet the minimum height required to align with the underside of the top of the table.
53. VAULT Level 8: True or False: Gymnast performs a handspring full and steps backward towards the table upon landing. Do NOT deduct for under rotation.
54. VAULT Level 8: Gymnast performs a  $\frac{1}{4}$  on-  $\frac{1}{4}$  off vault, landing facing away from the table. SV is 9.0. The chief judge awards an 8.0; the acting judge awards a 6.8. They conference, and the acting judge insists that the gymnast touched only 1 hand. What should they do?
- The acting judge should come up to a 7.0 to be in range
  - Nothing—because there was a 1.0 deduction, they are allowed to be out of range.
  - Only the chief judge takes a 1.0 deduction. Since she didn't see it, the acting judge MUST come up to a 7.8 score and no further deduction is taken
  - Why are there so many questions about vault?
55. BEAM or FLOOR Level 7 or 8: Gymnast starts a cartwheel from her knee and lands it on her knee. What is the value?
- 0
  - A
  - B
  - C
  - D
  - E
56. FLOOR Level 8: Gymnast performs 3 "A" saltos in her routine. What is the deduction for Floor Acro (Salto ) Elements not up to the competitive level?
- No deduction
  - 0.05
  - 0.1
  - 0.15
  - 0.2
  - 0.25
  - g.



57. BARS Level 8: Gymnast performs a forward stalker to handstand in her routine. What do you do?
- a. Nothing, this is an allowable “C,” just give it “B” value
  - b. Deduct 0.3 for doing a restricted “C” element
  - c. Deduct 0.5 from the Start Value for doing a restricted element; award NO value part or special requirement
  - d. Punt

## Answer Sheet

### General

1. h. b. and d. Each judge deducts 0.3 from the SV and takes this deduction if the routine is terminated early. Assuming the flyaway double back tucked is the only restricted “C” performed, do not deduct 0.3 for no dismount.
2. a. The fall is 0.5 as all judges know. However, there is also a 0.3 deduction from the Start Value for not initiating the dismount, so technically this is a total of a 0.8 deduction and the largest. Yup, did we confuse you? Bends knees ^0.3, split ^0.2, Catching falling gymnast is 0.5, Height of salto dismount ^0.3, Opening ^0.3, Steps maximum of 0.4
3. d. Within 0.1 of all-around score to qualify to the next level, the coach can inquire on the lowest scoring event. Read the rest of the responses closely—the rest are incorrect. For example, inquiries should be LEGIBLE (not illegible).
4. d. 7.7 The two middle scores are 7.2 and 8.2 which are 1.0 apart and average to 7.7. The allowable range if the average is below 8 is 1.0, so this average is in range.
5. g. 9.8 She needs 4 A’s and 4 B’s but has a total of 6 elements. She is allowed one restricted C which can replace the missing B. Her C dance element is allowed and can replace a missing A. She is missing 2 “A’s” so deduct 0.2 from 10.0 to get 9.8 SV.
6. b. 0.55 ^0.3 squat, ^0.2 Incomplete turn, 0.05 flexed feet
7. g. a) and b) Judge MUST HEAR the coach cueing gymnast for the 0.2 deduction (read the questions carefully). Incorrect attire is 0.2 and starting before the signal is 0.5
8. j. 9.1 She is short one A -0.1, and short 1 B – 0.3. She also gets a 0.5 deduction for the restricted C and no value part credit AND a 0.5 deduction from her Start Value. Total of 0.9 deducted from 10.0 = 9.1
9. d. The judge must provide her/his own SV flashing unit. The rest of the answers are correct.
10. f. a) and c) Basically there are two choices. The coach and athlete get to know the score from the one judge and can either take that score or rest a bit and repeat the routine and is stuck with the score from the two judges. Don’t laugh—this has happened more than once and even at high-level (state, regional, national) meets.

### Vault

11. a. 9.0 Gymnast does not have to do a second vault
12. c. 9.0 Flexed feet ^0.1, Shoulder angle ^0.2, Underrotate any vault ^0.1 (5/13/2024 Dev/NTC: under rotation applies to all vaults including non-salto vault), Step 0.1
13. h. 8.8 Pike (hip angle) ^0.3, LA turn too early ^0.3 (8/1/23 update), Flexed feet ^0.1, Late completion of twist ^0.3, Large step 0.2. That adds up to 1.2. Take 10.0 SV – 1.2 = 8.8
14. d. Deduct 0.3 for hopping off both hands simultaneously. Note that this is a NEW deduction for this Code.
15. f. All are correct
16. c. Coach spots level 8 vaulter during section phase of salto vaults 1.0. No deduction for standing between board and table on Yurchenko vaults, ^0.3 dynamics, Too long in support non salto vault ^0.5, Height ^0.5, Fall against table 0.5
17. c. 0.8 Up to 0.3 direction, Incomplete turn 0.25-0.3 (use 0.3), Feet > hip width apart 0.1, Arm swings ^0.1
18. c. She is done and takes the score of the vault she completed. Remember—3 attempts for 1 vault!

19. a. VOID VAULT No deduction on Yurchenko for coach between the board and table. ^0.3 dynamics, ^0.2 legs apart on 1<sup>st</sup> flight phase, ^0.1 for failure to maintain neutral head position on 1<sup>st</sup> flight phase. Vault is VOID for Level 7 athlete landing on her neck.(Dev/NTC May 13, 2024)
20. c. 1.3 Hip angle ^0.3, Excessive arch ^0.2, Angle of repulsion ^0.5 (Changed 5/13/2024 Dev/NTC), Fail to create rotation ^0.3

## Bars

21. e. Note that a short cast handstand is now considered a different connection than a hit cast handstand prior to the same element and is considered a different connection. And only in Level 10 do we deduct compositionally for 2 squat-ons. And really, will a level 8 do a hop grip element with a turn? A little unlikely.
22. c. 2 Amplitude of release and dynamics throughout are each Up to 0.2 deductions. Arm swings on landing ^0.1, Bent arms ^0.3, Hit bar is a flat 0.2
23. e. All are “B’s” except the Cast HS ½ turn (45° or less) on same side of bar is an “A.”
24. c. Each judge deducts 0.5 for third approach
25. e. 4 Only 1 restricted “C” element is allowed, so the flyaway double back in a dismount with another restricted C (the counter to HS) is not allowable. And only backward stalders etc. are allowable so the front stalder isn’t allowable (it would be a restricted element). Ok, we worded this one oddly—sorry not sorry, it made you look it up!
26. A. 8.7 She fulfills all difficulty and special requirements, however her dismount is a restricted C and you deduct 0.5 from her SV for the restricted element, 0.5 dismount SR and 0.3 no dismount. See BARS Section VI in COP under B. dismounts—example 4.b if a Level 7 performs a “C” dismount, deduction total 1.3 from SV.
27. h. 8.9 SV, No deduction Choice. She has 5A’s and 2 B’s in this routine, so is short 2 B’s (-0.6). She is also missing a Special Requirement of a 3/6/7 “B” clear circling skill (-0.5). So 10.0 – 0.6 – 0.5 = 8.9 SV. She has a “B” with the cast handstand into an “A” dismount, and per the composition chart, there is no deduction for level of dismount.
28. e. 0.8 ^0.1 for extension of glide kip, ^0.1 for hesitating on jump to HB, 0.3 for hitting the mat with her feet, 0.1 for landing too close to the bar on dismount. PLUS a 0.2 CJ deduction for spraying bar while routine is in progress. (DEV/NTC 5/13/2024)
29. f. a) and b) Clear hip amplitude ^0.4. Maximum for steps is 0.4. Squat ^0.3, Hit bar with feet 0.2, Extra swing 0.3
30. g. 9.0. She has full difficulty with 7 elements. The “B’s” are the cast HS and the clear hip circle. She fulfills special requirements of cast HS and ONE clear circling element. She is missing a second clear circling element and a SALTO dismount, so subtract 0.5 for each of those missing special requirements. Tricky, but a reminder to always count elements and check special requirements closely when you judge!

## Beam

31. c. is correct, deduct 0.05 if only forward/sideward element is in the dismount. Deduction for more than ONE pivot turn is flat 0.1. Note that choreography in 2/3 directions incurs no deduction (a change). Rhythm & tempo throughout exercise is up to 0.2. Relaxed footwork on non-value parts throughout exercise is now ^0.3. And Body alignment/position/posture on non-value parts throughout is ^0.3
32. e. 4 Both turns and the back salto tucked are “C’s” as is the side leap (upgraded Dev/NTC 5/13/24). The aerial walkover mount and straddle jump 90° are “B’s” and the jump to roll is an “A”.

33. h. a. And e. Failure to remove mounting apparatus after mount is 0.3 CJ deduction. No deduction for warming up on mat before the routine starts, 3rd attempt at a mount is not a CJ deduction although it would be 0.5 for all judges, overtime is 0.1, coach standing on a chair (not a permissible surface) is 0.3 and coach standing next to beam throughout is 0.1
34. f. All are correct.
35. d. The acro series requirement must start and finish on the beam, so she loses 0.5 from SV for no acro series. She has enough difficulty and fulfills the other Special Requirements.
36. d. 3 The cartwheel mount from the springboard is an “A,” the body wave to 2 feet is an “A” and the free back shoulder roll is a “C.” The rest are “B’s.”
37. b. No. While she did connect 2 back walkovers, because she performed an isolated one prior to the fall, the 3<sup>rd</sup> back walkover performed does not receive VP. If it does not receive VP it cannot be counted for SR.
38. d. Every judge deducts 0.5 for the fall and the chief judge additionally deducts 0.4 (CJ deductions are 0.1 for coach next to beam throughout, 0.1 for overtime and 0.2 for warming up on the mat after a fall.)
39. c. . 0.1 Acro, 0 Dance, 0.05 Dismount
40. b. Only the 4<sup>th</sup> one fulfills all special requirements  
 1st - mount cannot be included for an acro series. Is also missing 180° leap/jump  
 2nd - the kick to horizontal between the cartwheel and round-off breaks the connection. Is also short “As”  
 3rd – Does not have aerial or salto dismount, also the straddle jump-½ is a restricted element and would incur a 0.50 deduction  
 4th - This is a very common L7 routine

## Floor

41. h. b. and c. are correct. For too many mats CJ deducts 0.3 from average score, Level 8 routine time is 1:30 but Level 7 routine time is 1:15. For obstructing view (after warning) the CJ deducts 0.2 from the gymnast’s AA score who obstructed the view, or from the team score of the team obstructing the view.
42. a. Failure to hold ending pose for one second is 0.05. Synchronization of music at end of routine 0.1, relaxed/incorrect footwork throughout ^0.3, turns not in relevé’ ^0.1, Leg separations ^0.2, Twists on acro ^0.2, Height on aerials ^0.2
43. a. 0.1 overtime + 0.2 for out of bounds 2 times + 0.3 for coach on the floor = 0.6. Not holding her ending pose is 0.05 deduction but is taken by all judges, not a chief judge deduction. Tricky—did we fool you?
44. c. 0.1 Gymnast has 4 saltos, 3 are B’s, one is A. Per updated chart (5/13/24 Dev/NTC), this is NO deduction. For dance she has 2 A’s and 1 B, per chart 0.1 deduction. She ends with a B salto so no deduction for the dismount.
45. a. Lack of “B” turn is 0.2, Arm position ^0.1 (lack of precision in dance VP), Not land with feet together on jump to 2 feet ^0.1, Not holding ending pose one second 0.05, Not in high relevé on a turn ^0.1, Synchronization of music with ending pose 0.1. No deduction for music with voice in 2024-25, but there will be a deduction in 2025-26. (NTC 5/15/2024)
46. a. These are all false
47. b. 2. A back layout step out does not land on 2 feet, front layout full is a restricted skill.
48. f. 0.95 Insufficient height of salto ^0.3, Dynamics ^0.2, Dance turn ^0.2, Legs not parallel to floor ^0.2, Flexed feet 0.05
49. g. b), d) and e) The side leap and pike jump (min 90° hip) with 180° turn to front lying support, are both B’s. The rest are C’s

50. i. None. Routine must have a minimum of 2 passes. Dance passage must have 2 different group 1 elements, directly or indirectly connected. Full turn requirement must be on foot only. If only I could apply deductions for Pirates music! L7 can perform unlimited “C” dance elements, and they all count as “Bs”
51. f. b. and c. are correct. (the meet referee must consult with the meet director to determine if additional warm-up time is given.) (Dev/NTC minutes 5/13/2024)
52. True. No more trying to fake out the judges by having a lower mat stack! (Dev/NTC 5/13/2024)
53. False. ^0.1 Under rotation is now applied to ALL vaults, salto and non-salto alike (Dev/NTC 5/13/2024)
54. b. nothing Because one judge had a 1.0 deduction, they are allowed to be out of range (NTC 5/15/2024)  
And note that the 1.0 one-arm vault deduction is now for ALL judges, not just the chief judge.
55. b. A All variations of root acro skills will be awarded an “A” Value part, regardless of entrance, exit, or final position on Beam and Floor.
56. f. 0.25 She has NO “B” saltos which is a 0.2 deduction but she also has a salto missing (from the 4 needed for full composition) so deduct an additional 0.05 = 0.25 total (Dev/NTC 5/13/2024)
57. c. Deduct 0.5 from the Start Value for doing a restricted element; award NO value part or special requirement. This is now a “D” element and a restricted element #6.401 (Dev/NTC 5/13/2024)

Congratulations! You made it through the Evil Level 7/8 Test. Our hope is that it has challenged you to look up rules, read current technical minutes, and to assure that you know the changes since the prior code. May you be calm and confident when you take your actual test. You’ve got this!