

Robin's Evil Mock Test 2022-2026 Level 10

Prepared by Robin Ruegg. Updated 11/21/2024

The intent of this test is to ask questions about changes since the prior Code—and to challenge you. Questions are MUCH HARDER than your actual written test.

robinruegg@gmail.com if you find errors, please!

(7 general, 7 vault, 12 bars, 12 beam, 12 floor for written test. I've added 5 bonus questions you don't want to miss!)

General

1. A judge is affiliated for which of the following reasons?
 - a. A judge who critiques or coaches at a particular club twice or more per month
 - b. A judge who is a club owner of a competing gymnast
 - c. A judge who is a choreographer paid for ongoing services for a competing gymnast
 - d. A judge who lives in the same household as a competing gymnast
 - e. A judge whose child takes recreational classes at a competing club
 - f. All of the above
 - g. a., c. and e.
 - h. a., b., d. and e.
 - i. a., b., c. and d.

2. Which of the following is NOT a chief judge deduction?
 - a. Out of bounds on floor
 - b. Deduction of 1.0 for gymnast performing a 1-arm vault
 - c. Failure to remove board/mounting apparatus after mount on bars
 - d. Coach goes on the FX mat to remove a scrunchie that flew off the gymnast's head
 - e. Bar routine with only 4 value parts
 - f. Starting a routine before judge signals (Advice—use a green flag so this is obvious)
 - g. All of the above are NOT chief judge deductions
 - h. a. and c.
 - i. b. and d.

3. Which is the LARGEST chief judge deduction?
 - a. A beam routine that is less than 30 seconds
 - b. No music on floor
 - c. Wearing a backless leotard (after warning)
 - d. Using incorrect spring configuration on vaulting springboard
 - e. Fail to mark floor boundary lines on additional mat

4. Which is/are CORRECT?
 - a. If a judge inadvertently misses the exercise on a 4-judge panel, the gymnast may accept the average score of the 3 judges or may repeat the exercise after a reasonable rest period.
 - b. A coach may see only the average score of the judges
 - c. Inquiries must be submitted within 5 minutes of the completion of the gymnasts' routine and can include questions about "up to" compositional deductions
 - d. If a Chief Judge calls a conference because she doesn't like the final average, the meet referee must be included in the discussion
 - e. All of the above are correct
 - f. a. and b.
 - g. c. and d.
 - h. None of these choices is correct

5. What is the average score for these scores on a 4-judge panel?
 J1: 7.8 J2: 8.7 J3: 7.9 J4: 8.65
- 8.25
 - 8.275
 - 8.2625
 - 8.3
 - Wait a minute! These scores are out of range and CJ needs to call a conference
 - None of the answers are correct
6. Level 10 gymnast has 2A's, 2B's, 2C's and 1 E. She fulfills all her Special Requirements and has 0.2 in CV (Connective Value Bonus). What is her Start Value?
- 9.5
 - 9.6
 - 9.7
 - 9.8
 - 9.9
 - 10.0
 - 10 + 0.1
 - Gah! Are you really making me figure this out?!
7. What is the MAXIMUM total deduction for the following errors on UB, BB or FX?
- Arm swings on landing to maintain balance
 - Pikes down on an element
 - Bent legs on an element
- 0.5
 - 0.55
 - 0.6
 - 0.65
 - 0.7
 - 0.75
 - 0.8

Vault

8. Gymnast starts running down the vault runway, and the chief judge looks up just as she hits the vault table. The chief judge never raised her flag. Which is CORRECT?
- Judge the vault and apply a 0.5 penalty to the score
 - Gymnast can compete only 1 more vault
 - Gymnast can compete 2 more vaults; CJ applies 0.5 penalty to the next completed vault
 - Gymnast can compete 2 more vaults; CJ applies 0.5 penalty to the score of the highest vault
 - Gymnast gets a talking to by her coach and never makes this mistake again
 - Gymnast's parent realizes she needs glasses and makes an appointment with an optometrist

9. What is the total MAXIMUM deduction for:
- Flexed feet on the first flight phase
 - Hip Angle on the first flight phase
 - Prescribed LA turn begun too early in the support/repulsion phase
- a. 0.3
 - b. 0.4
 - c. 0.5
 - d. 0.6
 - e. 0.7
 - f. 0.9
 - g. Void the vault
10. Which deduction is CORRECT regarding twisting (Long axis turns also called LA turn)?
- a. LA turn begun too late in the second flight phase ^0.5
 - b. Late completion of the twist in the second flight phase ^0.3
 - c. Incomplete LA turn on the first flight phase ^0.2
 - d. Prescribed LA turn begun too early in the support/repulsion phase ^0.5
 - e. Insufficient exactness of LA turn in second flight phase ^0.2
 - f. A twisting vault cannot be deducted for under rotation ^0.1
11. True or False: If gymnast hops with both hands at the same time (simultaneously) during the support/repulsion phase, deduct a flat 0.3
12. Which of the following statements is CORRECT?
- a. If coach spots during vault deduct 0.5
 - b. Failure to use safety zone mat for front handspring onto board or round-off entry vaults VOID
 - c. Gymnast runs and stops, then runs again but hits board and hits the vault table and bounces off. She then does a vault and scores 9.3. Her final score is 8.8
 - d. Coach announces that gymnast will do a Tsukahara layout but gymnast performs a piked Tsukahara. Judge the vault with a 9.5 Start value for the piked Tsukahara with no other penalty
 - e. Deduct 0.5 for coach standing between the board and vault table for a Yurchenko-full vault
 - f. If coach catches a falling gymnast, deduct 0.5 for the spot and 0.5 for the fall
 - g. All of the above statements are correct
 - h. a. and b.
 - i. c. and d.
 - j. b. and d.
13. What is the total MAXIMUM deduction for the following errors?
- Insufficient dynamics
 - Feet flexed on the first flight, support and second flight phases
 - shoulder angle on the support/repulsion phase
- a. 0.6
 - b. 0.65
 - c. 0.7
 - d. 0.75
 - e. 0.8
 - f. 0.85
 - g. 0.9

14. What is the total MAXIMUM deduction for the following landing errors?

- Direction
- Incorrect body posture
- Trunk movements to maintain balance
- a. 0.7
- b. 0.75
- c. 0.8
- d. 0.85
- e. 0.9
- f. 0.95
- g. 1.0

Bars

15. Which of the follow statements is CORRECT?

- a. Gymnast gets credit for 2 clear hip circles to handstands if she performs a short cast to handstand (<20° of vertical) to a Clear hip to handstand AND a cast to handstand to Clear hip to handstand
- b. Any uneven bar element may receive value part credit three times if preceded or followed by a different element listed in the COP
- c. The same "D" or "E" element performed a second time in a different connection receives D/E bonus twice
- d. If the same element is performed a third time, award the Special Requirement
- e. The same element performed a 3rd time can be used for CV Bonus
- f. All of the above are correct
- g. a. and c.
- h. b. and d.

16. How many flat 0.1 deductions are listed?

- Facing the same direction throughout exercise
- Does only an element with C turn (does NOT have forward element or element from Group 3/6/7)
- Lacking 2 bar changes
- Does a squat on the LB, then falls on the HB and crawls up and does a cast squat on to resume her routine
- a. 0
- b. 1
- c. 2
- d. 3
- e. 4

17. How many "D" elements are listed?

- Clear hip circle to handstand with ½ turn to reverse, L or mixed L grip
- Stalder backward to handstand with hop-grip change in handstand phase
- Stalder backward to handstand with ½ turn in handstand phase to reverse, L or mixed-L grip
- Stalder backward on HB through handstand with counter straddle to hand on HB (Ricna-Straddle)
- Front stalder to handstand
- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5

18. Gymnast attempts a Tkatchev, touches the HB but falls. She then repeats the Tkatchev, this time successfully completing it. What value does she get for the second Tkatchev?
- No VP credit—it's the 2nd time doing the same skill
 - Gets VP credit but no D bonus
 - Gets no SR, no VP and no D bonus credit
 - Receives VP and D bonus but no SR credit as she got the SR the first time
 - Receives VP, D bonus and SR credit
 - I don't know what you're talking about! (Ok, VP is Value Part and SR is Special Requirement. Learn the lingo!)
19. Which of the following elements are "E" level skills?
- Clear hip circle to handstand with 1/1 pirouette
 - Giant circle backward to handstand with 1 ½ turn in handstand phase
 - Stalder circle backward to handstand with 1/1 pirouette in handstand phase
 - Pike sole circle backward to handstand with 1/1 turn in handstand phase (Maloney)
 - Dismount: Toe-on to salto forward piked with 1/1 turn
 - All of the above are "E" level skills
 - a., c., d. and e.
 - b. and e.
 - a., b., and c.
 - b., c, d., and e.
20. Gymnast does a Piked sole circle backward to handstand with ½ turn in handstand phase to reverse grip connected to a Jaeger piked. What is the value?
- C + D +0.1 CV
 - D + E +0.2 CV
 - C + E +0.1 CV
 - D + D +0.2 CV
 - E + E +0.2 CV
 - None of the above
21. Gymnast does a giant with 1/1 turn + Clear hip circle to HS + Double back tucked dismount. What is the value?
- D + C + C +0.2 CV total
 - C + C + C +0.2 CV total
 - D + C + C +0.1 CV total
 - D + C + C +0.3 CV total
 - C + D + C +0.2 CV total
 - A, B, C, D, E, F, G...la-la-la
22. What is the total MAXIMUM deduction for the following errors?
- Legs are apart on a double back tucked flyaway dismount
 - Amplitude on a Tkatchev
 - Bent arms on a Clear hip to handstand
- 0.5
 - 0.6
 - 0.65
 - 0.7
 - 0.75
 - 0.8
 - 0.85
 - 0.9

23. Which is the LARGEST deduction?
- Gymnast does a giant $\frac{1}{2}$ turn and finishes 50° below vertical
 - Gymnast does a "B" clear hip circle and completes circle below horizontal
 - Gymnast takes one large step and three small steps on her dismount
 - Gymnast squats upon landing
 - Gymnast hits mat with her feet
 - Gymnast takes a third run approach to mount but doesn't complete the mount
24. Gymnast's routine contains a Front stalder to HS $\frac{1}{2}$ turn, then later on in routine a front stalder to HS with full turn. She dismounts with a giant to Flyaway full twisting double back dismount. She fulfills all of her special requirements and difficulty. What is the Start Value?
- 10.1
 - 10.0
 - 9.9
 - 9.8
 - 9.7
 - 9.6
 - There's not enough information for me to answer this question.
25. Which is CORRECT regarding technique?
- A hop grip change with LA turn is considered ONE element
 - Hop grip change to a reverse grip can be completed after the initiation of the turn to be considered flight element
 - Giant circle backward hop $\frac{1}{1}$ turn is not counted as a flight element because the grip is the same after the turn
 - Ideal amplitude for a Pak salto is with hips at HB level at the peak of the salto and it should finish in definite clear front support position on LB
 - A hop-grip change to a reverse grip, followed by a $\frac{1}{2}$ turn (180°) is considered two elements
 - All of the above are correct
 - a. and d.
 - b. and c.
 - b., c. and d.
26. What is the total MAXIMUM deduction for the following errors?
- Gymnast catches her Tkatchev successfully but then does two extra swings
 - Gymnast hits her feet on the LB while doing an accelerated giant into her dismount
 - Gymnast lands too close to the bar on her dismount; the judges jump in terror
- 0.5
 - 0.6
 - 0.7
 - 0.8
 - 0.9
 - 1.0
 - 1.1
 - 1.2

Beam

27. Which is CORRECT deduction?
- Gymnast performs two or more 180° turn on two feet (pivot) with straight legs 0.1
 - Gymnast performs choreography in forward and backward direction only 0.05
 - 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
 - Relaxed/incorrect footwork on non-value parts throughout exercise ^0.2
 - Incorrect body alignment, position or posture in non-Value parts throughout exercise ^0.2
 - a. and b. are correct
 - c., d. and e. are correct
28. How many “D” elements are listed?
- Mount: switch leg leap
--Aerial round-off
--1 ½ turn with hand(s) holding leg upward in 180° split position throughout turn
--Mount: Round-off, flic-flac through HS to cross stand
- 0
 - 1
 - 2
 - 3
 - 4
29. Which is the LARGEST Chief Judge deduction?
- Failure to remove mounting apparatus after the mount
 - Warming up on mat after a fall
 - Overtime
 - Coach standing next to beam throughout entire exercise
 - These are all Up to 0.2 Chief Judge deductions
30. Regarding turns in tuck stand, which is INCORRECT?
- If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam
 - Turn is completed with the support foot and hips have reached 270° rotation and the free leg touches the beam.
 - Deduct according to the degree of rotation of the support foot and hips at the time when free leg touches the beam.
 - All of the above are INCORRECT
 - a. and b. are incorrect
 - b. and c. are incorrect
31. Gymnast performs a Round-off flic-flac mount directly connected into a back tuck salto. What is the value?
- B+C no CV bonus
 - B+C + 0.1 CV
 - C+C no CV bonus
 - C+C + 0.2 CV
 - D+C no CV bonus
 - D+C +0.2 CV bonus
 - B+D no CV bonus
 - B+D +0.2 CV bonus

32. Which is INCORRECT regarding deductions for artistry?
- Quality of expression (projection, focus) is 0.05-0.1
 - Quality of movement to reflect personal style is 0.05-0.1
 - Lack of originality in choreography is 0.05-0.1
 - Lack of variety in choreography (poses, phrases, connections) for example unnecessary adjustments and/or steps without choreography is 0.05-0.1
 - Artistry is in the eye of the beholder so there is no deduction
 - c. and e.
 - d. and e.
 - c. and d.
 - a., b. and c.
33. How many "E" elements are listed?
- Salto forward tucked or piked to cross/side stand mount
 - Round-off at end of beam-flic-flac with $\frac{3}{4}$ -1/1 twist mount
 - Round-off at end of beam-salto backward tucked or piked mount
 - From 2-foot take-off, salto forward tucked to cross or side stand
 - 1/1 turn with hand(s) holding leg upward in 180o split position throughout turn
- 0
 - 1
 - 2
 - 3
 - 4
 - 5
34. Gymnast has the following errors. What is the total MAXIMUM deduction?
- Does only backward acro elements
 - Does 2 straddle jumps, then later in routine does a straddle jump $\frac{1}{2}$ turn
 - Flexes her feet on a back handspring
 - Has directional error on a gainer back salto piked dismount off end of beam
- 0.55
 - 0.6
 - 0.65
 - 0.7
 - 0.75
 - 0.8
 - 0.85
 - 0.9
 - 0.95
 - 1.0
35. Gymnast does a beam routine that is 20 seconds long. After calculating her SV and deductions, the average score is 6.1. What is the final score?
- 4.1
 - 5.1
 - 5.6
 - 6.0
 - 6.1

36. Which of the following element values is/are correct?
- Mount: Cartwheel with hands on springboard to finish in front support on beam: A
 - Dismount: Salto forward tucked with $\frac{1}{2}$ turn from 1-foot (and swing through): B
 - Gainer salto backward stretched with leg change in flight to step-out: E
 - Flic-flac 1/1 twist swing down to cross straddle sit: E
 - Side leap: B
 - Salto backward tucked in side position (across the beam): D
 - Jump to cross or side handstand from 1- foot (dive) or 2 feet (jump) (2 sec.): C
 - Starting on her knees, gymnast does a cartwheel to land on her knees: No value
 - b., c. and f. are correct
 - a., c. and d. are correct
37. Gymnast fulfills all her special requirements and difficulty. Additionally, she has the following elements/connections. What is her Start Value?
- Mount is a switch-leg leap
 - Flic-flac with $\frac{3}{4}$ twist to side handstand (no hold required)
 - 2/1 (720°) turn with hand holding leg upward in 180° split position throughout the turn
- 9.7
 - 9.8
 - 9.9
 - 10.0
 - 10.0 + 0.1
38. How many “B’s” does gymnast get credit for, assuming these are all isolated elements?
- Dive forward roll mount with extended hip angle in flight phase
 - Dive cartwheel
 - Wolf jump with $\frac{1}{2}$ turn
 - Round-off
 - Arabian salto tucked dismount (jump backward, $\frac{1}{2}$ turn, salto forward)
- 0
 - 1
 - 2
 - 3
 - 4
 - 5

Floor

39. The gymnast has the following acro elements. What is the total compositional deduction?
- Aerial front walkover, round-off, back handspring, Double back tucked
 - Round-off, whip back, Double twisting back salto stretched
 - Front handspring step-out, round-off, back handspring back 2 $\frac{1}{2}$ twisting back salto stretched
- No deduction
 - 0.05
 - 0.1
 - 0.15
 - 0.2

40. What is the MAXIMUM deduction for the following errors?
- Lack of a "B" or higher turn
 - No "C" salto or higher in exercise
 - Fail to hold ending pose for one second
 - Concentration pause of 3 seconds before final tumbling pass
- a. 0.5
 - b. 0.55
 - c. 0.6
 - d. 0.65
 - e. 0.7
 - f. 0.75
 - g. 0.8
 - h. 0.85
41. Which is the LARGEST maximum deduction?
- a. Failure to show synchronization of music with ending pose
 - b. Relaxed/incorrect footwork on non-VP throughout exercise
 - c. Fail to perform turns in high relevé' (each)
 - d. Leg separations (each)
 - e. Incomplete twist on acro elements
 - f. Insufficient height on aerials
 - g. e. and f.
 - h. d. and f.
42. Which is CORRECT Chief Judge deduction?
- a. Absence of music 2.0
 - b. Music with whistles or animal sounds 1.0
 - c. Exercise shorter than 30 seconds 1.0
 - d. Coach on FX mat No deduction
 - e. Overtime 0.2
 - f. Gymnast hops both feet out of bounds 0.3
 - g. All of the above deductions are correct
 - h. None of the deductions listed are correct
43. Gymnast does a Round-off, back handspring, whip back full twist to back handspring, Back 2/1 twisting layout salto. What is the value?
- a. A + C
 - b. A + C + 0.1 CV
 - c. B + C
 - d. B + C + 0.1 CV
 - e. C + C
 - f. C + C + 0.2 CV
 - g. None of the above

44. What is the MAXIMUM potential deduction for these errors?
- Lack of variety in choreography
 - Lands with feet apart on Popa
 - Lack of precision in completing the turn on a double toe turn
 - Insufficient dynamics throughout exercise
- a. 0.3
 - b. 0.35
 - c. 0.4
 - d. 0.45
 - e. 0.5
 - f. 0.55
 - g. 0.6
 - h. 0.65
 - i. 0.7
45. How many "D" elements are listed?
- Split jump with 1 ½ turn
 - Switch leap with 1/1 turn
 - Jump with 1/1 turn to side-split jump with landing in front lying support (full twisting Shushunova)
 - Wolf jump with 1 ½ turn
 - 2/1 turn in tuck stand
- a. 0
 - b. 1
 - c. 2
 - d. 3
 - e. 4
 - f. 5
46. Speaking of rhythm and music, which is the LARGEST deduction?
- a. Poor relationship of music and movement throughout the exercise
 - b. Fail to show synchronization of music with ending pose
 - c. Incorrect rhythm during direct connections
 - d. Insufficient variation in rhythm and tempo throughout the exercise
47. Gymnast has 4 "A's," 2 "B's," 1 "C," a double back salto tucked and a full twisting double back salto in her routine. She fulfills all special requirements. Additionally, she has 0.3 in Connective Value. What is her Start Value?
- a. 9.7
 - b. 9.8
 - c. 9.9
 - d. 10.0
 - e. 10.0 + 0.1
48. Gymnast does a Salto forward piked, step out, Round-off, flic-flac, salto backward stretched with 2/1 twist, salto forward tucked. What is the Connective Bonus?
- a. 0
 - b. +0.1
 - c. +0.2
 - d. +0.3
 - e. +0.4

49. What is the total MAXIMUM deduction for the following errors?

- Incorrect body alignment, position or posture on non-VP's throughout exercise
- Legs not parallel to floor on split jump full turn
- Insufficient height of a double back piked
- Incomplete twist on triple twist

- a. 0.6
- b. 0.65
- c. 0.7
- d. 0.75
- e. 0.8
- f. 0.85
- g. 0.9
- h. 0.95
- i. 1.0
- j. 1.05

50. Which of these turns are "D" level?

- a. Memmel (2/1 turn holding free leg with hands at 180° split position)
- b. Triple turn in tuck stand on one leg
- c. Double illusion turn without touching floor with free leg or hand
- d. 2/1 turn on one leg to scale forward held for 2 seconds
- e. 3/1 turn on one leg
- f. 2/1 turn with heel of free leg extended forward at or above horizontal without holding free leg with hands
- g. All of the above are "D's"
- h. a., c., d
- i. b., e., f., g.
- j. a., c., d., e., f.

BONUS QUESTIONS

51. True or false: The judging panel may not review the video once the video review process has been finalized.

52. BARS. Coach sprays water on the low bar while the gymnast is competing on bars. What is the deduction?

- a. 0.2 CJ deduction
- b. 0.3 CJ deduction
- c. No deduction, this is a safety issue
- d. What kind of coach would do this? Doesn't it block the judges' view?

53. BARS. How many "D" dismounts are listed?

- Toe on front salto piked
- Toe on front salto piked with ½ turn
- Toe on front salto piked with 1/1 turn
- Back stalder to front salto tucked with ½ turn
- Back stalder to front salto piked with ½ turn

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

54. VAULT. Gymnast does a Handspring 2/1 twist (9.8 SV) but only 1-arm touches the vault table. Only 1 judge sees it. J1 has a 9.2; J2 has an 8.0. They conference because their scores are out-of-range but cannot agree. What is correct procedure?
- J2 must move within range of J1
 - Since the average is 8.6, they should both move so the average is still 8.6
 - Call the meet referee to oversee this and make a decision
 - Leave the scores as is with an 8.6 average
 - Request a video review to see which judge is correct
55. FLOOR. Gymnast performs 3 "C" saltos in her routine. What is the composition deduction for choice of floor acro elements not up to the competitive level?
- 0
 - 0.05
 - 0.1
 - 0.15
 - 0.2
 - 0.25
 - 0.3

Answer Sheet

General

- i. The only judge who is NOT affiliated is one whose child is a recreational gymnast at a competing club. Thankfully—so judges' children can in fact do basic gymnastics without causing affiliation to that judge.
- i. Gymnast performing a 1-arm vault is NO LONGER a CJ deduction. It is a support phase deduction for all judges. (NTC 5/15/24). Coach going on the FX mat to remove a scrunchie that flew off the gymnast's head is also NOT a CJ deduction.
- a. Beam routine that is less than 30 seconds is 2.0 deduction. No music on floor 1.0, incorrect attire 0.2, incorrect apparatus specification 0.3, fail to mark floor boundary 0.1
- h. None of these choices is correct. If judge on 4-judge panel misses a routine, her score is the same as the score of the highest of the other judges and an average is calculated as normal. A coach may see all the scores and start values of all the judges. Inquiries must be submitted within 5 minutes of the end of the event rotation and can only include flat compositional errors. And finally, a chief judge cannot and should not call a conference except for the scores being out of range or if an impossible SV has been awarded.
- e. The two middle scores are 7.9 and 8.65 which averages to 8.275. HOWEVER, they are 0.75 apart. Therefore, the chief judge needs to call a conference as the range of scores for an average in the 8's is 0.7.
- d. 9.8. She has 7 elements in total but needs 8 elements total. We use the E to replace a missing B, so she is short an A. Calculation: $9.5 - 0.1(A) + 0.2(E) + 0.2(CV) = 9.8$
- c. 0.6 ^0.1 Arm Swings, ^0.2 Pikes down (insufficient stretch), ^0.3 bent legs

Vault

- c. Gymnast can do 2 more vaults; CJ deducts 0.5 from the next one (don't score the vault she did without being signaled)
- d. 0.7 ^0.1 feet, ^0.3 hip angle, ^0.3 LA turn begun too early (8/1/23 update) (Note that the hip angle and LA turn deduction have CHANGED since the prior Code)
- b. Late completion of twist in second flight phase is ^0.3 deduction. There is no longer a deduction listed for LA turn begun too late in the second flight phase. Incomplete LA turn on first flight phase is ^0.3. LA turn too early in support/repulsion phase is ^0.3 (8/1/23 update) and insufficient exactness of LA turn in second flight phase is ^0.1. Under rotation may now be applied to ALL vaults (DP/NJC 5/13/24)
- True. This is a new deduction so I thought I'd give you one relatively easy question to help you remember it.
- j. both b. and d. are correct. a. If coach spots during vault, it is void. c. gymnast has 3 tries to get over vault and get a score so her score is 9.3. e. it's ok for coach to be in between board and vault table on Yurchenkos. f. deduct only for the fall
- c. 0.7 Up to 0.3 dynamics, Up to 0.1 each on first and second flight for feet and up to 0.2 for shoulder angle
- a. 0.7 Up to 0.3 direction, Up to 0.2 incorrect body posture, Up to 0.2 trunk movements to maintain balance

Bars

- a. This is new—that a cast to HS or a short cast prior to the same element is considered a different connection. Good luck with the shorthand on that! b. only gets credit 2x's c. only once d. Gets no value & no SR e. Gets no VP and therefore no CV bonus
- c. 2 Facing same direction throughout exercise and performing one of three requirements (Min "B" Forward, Min "B" 3/6/7 and min "C" turn) are each flat 0.1 deductions. Lacking two bar changes is flat 0.2 deduction. Gymnast can cast squat on after a fall and no longer gets deduction for more than 1 squat on—remember this as it is NEW this code!
3. 4 All are "D's" except the Ricna-straddle (which is like a Tkatchev only from stalder position) which is an "E" Note that the front stalder moved to "D" value (DP/NTC 5/13/24)
- d. Since she was unsuccessful the first time, she gets VP and D bonus the second time. I am trying to confuse you—the SR is two DIFFERENT releases and she got the SR by touching the bar the first time so she needs a second DIFFERENT B or better flight element and I didn't give you enough information to know if she did that or not.

19. g. a Giant 1 ½ turn is a “D” and a toe on front salto tucked or piked with 1/1 twist dismount is now an “E” as are the other skills listed are “E’s.” (DP/NTC increased value of the dismount per 5/13/24 minutes)
20. b. D + E + 0.2 CV
21. c. D + C + C +0.1 CV total (the +0.1 CV is for the D + C. The C+C into dismount gets NO CV as there is not turn or flight in the clear hip to handstand. Did I trick you?)
22. d. 0.7 Legs apart up to 0.2, Amplitude of release skill up to 0.2, Bent arms up to 0.3
23. f. It’s 0.5 for the third run approach to mount/touch springboard without mounting. a. 0.2, b. ^0.4, c. 0.4 maximum for steps, d. squat on landing ^0.d, e. Hitting mat with feet 0.3
24. c. 9.9. While she has 0.5 in D or E bonus, she has no Connective Value so her maximum start value is 9.9. The front staldler ½ is a “D,” the front staldler full is an “E” and the full twisting double back dismount is an “E.” (The front staldlers moved up in value per DP/NTC 5/13/24 minutes)
25. g. a. and d. are correct. Hop grip change to a reverse grip must be completed prior to initiation of the turn to be considered flight element. Giant circle backward hop 1/1 turn is an exception and CONSIDERED a flight element. A hop-grip change to a reverse grip, followed by a ½ turn (180°) is considered ONE element.
26. D. 0.8 Maximum of 0.5 for 2 extra swings following one element, 0.2 for hitting bar, 0.1 for landing too close to bar on dismount.

Beam

27. a. is correct. 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
28. d. 3. The aerial round-off is an “E.” The rest of skills listed are “D’s.”
29. a. Failure to remove mounting apparatus after mount is 0.3 CJ deduction. Warming up on mat after fall is 0.2, overtime is 0.1 and coach standing next to beam throughout is 0.1
30. b. Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam (not 270°)
31. f. D+C +0.2 CV bonus. (Note this is a change—that mounts can count in a 2 acro flight element series)
32. f. c. and e. There is no longer a definition of artistry as originality and well, frankly, e. was just a giveaway answer.
33. e. 4 The full turn with hand holding leg in split is “C” value; the rest are “E’s.”
34. a. 0.55 (0.1 for lacking 2 different acro directions, 0.1 for doing more than 2 straddle jumps, 0.05 flexed feet, ^0.3 for direction on gainer salto dismount off end of beam)
35. a. Deduct 2.0 chief judge deduction for incomplete exercise less than 30 seconds so 6.1 – 2.0 = 4.1
36. j. a., c. and d. are correct. A front salto tucked ½ turn dismount is an “A.” A salto backward tucked across the beam is an “E.” A jump or dive to handstand and hold for 2 seconds is a “B.” A side leap is now a “C.” (DP/NTC 5/13/24) And the cartwheel from knees to knees is “A” value as all varieties of a root acro skill are “A’s” regardless of entrance, exit or final position (DP/NTC 5/13/24)
37. c. 9.9. The switch leg leap mount is a “D,” the flic-flac ¾ turn to handstand is “E” and the Double turn holding leg in 180° split is an “E.” Remember, she also needs CV, so her SV is 9.5 + 0.4 (D and E bonus) = 9.9.
38. e. 4 All elements listed are “B’s” EXCEPT the dive roll mount is a “C.” Note that the dive cartwheel and the round-off are considered different elements.

Floor

39. d. 0.15 Deduct 0.1 for Specific Floor Composition lack of variety for failing to perform SALTOS in 2 different directions. She has only backward saltos. The aerial front walkover does not count as a forward salto. There is a 0.05 deduction for the 4 saltos she performed—2 D’s, 1C and 1 A (See updated Floor composition from COP Appendix—5/2024 NTC). Pshew—a hard question.
40. d. 0.65 Lack of B turn 0.2, No C salto 0.3, Fail to hold end pose 1 second 0.05, Concentration pause 2 seconds or more 0.1
41. b. Footwork throughout is ^0.3. Synchronization of music at end of routine 0.1, turns not in relevé’ ^0.1, Leg separations ^0.2, Twists on acro ^0.2, Height on aerials ^0.2

42. h. None of the deductions listed is correct. Absence of music is 1.0, Music with whistles or animal sounds is No deduction (1.0 deduction if words), Exercise shorter than 30 seconds 2.0, Coach on FX mat at Level 10 is 0.5, Overtime is 0.1, and gymnast with any part of body out of bounds is 0.1 (you're thinking perhaps of FIG rules where 1 foot out versus 2 feet out is a different deduction.)
43. d. B + C + 0.1 CV Note that this is NEW for Indirect Acro Connections and we are likely to see some interesting combinations become more common.
44. e. 0.5 Variety in choreography is part of artistry and is 0.05-0.1, Feet apart on landing dance jump ^0.1, Dance precision ^0.1, Dynamics ^0.2
45. e. 4 All are "D's" except the full twisting Shushunova is a "C."
46. a. Poor relationship of music and movement throughout exercise is ^0.3. Synchronization of music with ending pose 0.1, Incorrect rhythm during direct connections ^0.1 and Insufficient variation in rhythm and tempo throughout the exercise ^0.2
47. e. 10 + 0.1. She has enough difficulty (9 elements—use the D and the E to replace the missing B and C). So, 9.5 + 0.3 in D/E bonus + 0.3 in CV. Her "E" is an acro skill (full twisting double back) so she is eligible for the + 0.1.
48. c. + 0.2. Apply the direct bonus first—C + A + 0.1. Then the indirect B + C (using the C twice) for + 0.1 so a total of 0.2
49. i. 1.0. Body alignment/position/posture on non-VPs throughout ^0.3, Legs not parallel ^0.2, Height of acro ^0.3, Incomplete twist on acro ^0.2
50. j. The triple turn in tuck stand on one leg is an "E." The rest are "D's."

Bonus

51. False. Judging panel MAY review the video once the video review process has been finalized. (DP/TC 5/13/24)
52. a. 0.2 CJ deduction for coach spraying water or adding chalk to bar once routine has started (DP/NTC 5/13/24)
53. d. 3 The toe on front salto piked is a "C." The toe on front salto piked with 1/1 turn is an "E." The rest are "D's." (DP/NTC 5/13/24)
54. d. Leave the average as is (NTC 5/15/24)
55. e. There are no "D" saltos so this is 0.2 deduction. Furthermore, she has only 3 saltos. HOWEVER, the maximum deduction in this category is 0.2. (Verified with Region 4 Technical Chair Windee Weiss.)