

Robin's Evil Mock Test 2026-2030 Level 10

By Robin Ruegg. Updated 5/12/2026, corrected vault question #12, changed vault question #13, reworded bars #21, clarified bars #33, reworded bars #24, fixed FX #56 to refer to #55 Also see answer sheet for beam #45 and #47, some rewording on #1 & #3

The focus of this test/study guide is to ask questions about changes since the prior Code—and to challenge you.

Questions are MUCH HARDER than your actual written test.

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(10 general, 10 vault, 14 bars, 14 beam, 12 floor for this written test. In past the actual test had 7 general, 7 vault and 12 each on bars, beam and floor. You get a bonus!)

General

1. When is a judge considered affiliated?
 - a. During the session in which the team the judge is affiliated with is competing
 - b. When the judge's child is enrolled in a recreational class of a competing club
 - c. A judge who is a parent of an Xcel Bronze gymnast, but judging at a level 10 meet where the Xcel Bronze's club is competing
 - d. A judge who critiques one a month on an ongoing basis with a particular club
 - e. A Level 10 gymnast who judges a Level 3 gymnast from her club
 - f. All of the above are affiliated judges
 - g. b. and d.
 - h. a., c., and e.

2. Which is correct?
 - a. Panel judges should be seated in numeric order around the apparatus, counterclockwise from the chief judge
 - b. Both judges may be seated at the same table, but it's advised to have a score tabulator sit in between them.
 - c. An affiliated judge may be a panel judge or meet referee at a qualifying competition with a 2-judge panel.
 - d. Judges may accept gifts in addition to their pay as long as the retail value is less than \$30.
 - e. The meet director is responsible to provide a SV flasher for each judge.
 - f. All of the above are correct
 - g. a., b. and c.
 - h. b. and c.
 - i. d. and e.
 - j. Ouch my head hurts already

3. Which are meet referee duties?
 - a. Allow the bar judges to leave for a break before the other events conclude, during a meet that is running on time
 - b. Is not responsible to compile and check judges' fees and expenses
 - c. Serves as the Vice President of the Jury of Appeals
 - d. Has the chief judges inform each other that a warning has been given for incorrect attire or verbal cues
 - e. May observe but not give an opinion during conferences
 - f. May not counsel the chief judge when in her opinion the scores seem out of line with scoring in the competition
 - g. None of the above
 - h. a., b. and d.
 - i. c., e. and f.

4. Which is/are the Chief Judge's responsibility?
- Conducts the judges' meeting prior to the competition
 - Instructs auxiliary judges concerning line violations, time limitations and flashing of SV & scores
 - Uses a green flag or hand signal to acknowledge presentation of gymnast
 - Calls a conference if an impossible Start Value and/or other reasons to assist judges to arrive at a common scoring basis
 - Confirms when a gymnast may continue the routine after equipment failure
 - Terminates a routine after a fall if gymnast exceeds 30 seconds once standing on feet
 - All of the above
 - a. and f.
 - b., c. d. and e.
5. Gymnast on Uneven Bars starts her routine when the chief judge scratches her nose. The judge stops her and has her re-start after the judge raised her arm. The coach does not remove the mounting apparatus but the gymnast dismounts safely from the high bar. What is the total Chief Judge deduction from the average?
- 0.2
 - 0.3
 - 0.5
 - 0.8
 - No deduction—it's the judge's fault for scratching her nose
6. Which is/are correct?
- Judges should flash the Start Value after sending their score to the Chief Judge
 - Judges may erase a score slip if they had to change a score
 - Auxiliary judges should notate the routine as a back-up for the Chief Judge
 - Fall time on bars and beam is 30 seconds
 - A coach may not speak to a gymnast while gymnast is off the apparatus due to a fall
 - All of the above are correct
 - a. and d.
 - b. and e.
7. Who is not on the Jury of Appeals for a Regional or National competition?
- Meet Referee
 - Meet Director (unless it's about his/her gymnast)
 - Chief judge of the event involved
 - USA Dev program official or administrative officer
 - All of the above are on the Jury of Appeals at Regionals/Nationals
8. What is the final score on this 4-judge panel, where there is also a Chief Judge Deduction for coach on the floor?
- J1: 8.95 J2: 8.7 J3: 9.1 J4: 9.15
- 8.7
 - 8.725
 - 8.75
 - 8.8
 - 8.825

- f. 8.9
 - g. 8.925
 - h. Ack, too much math!
9. Level 10 gymnast has 3 A's, 2 B's, 1 C and is missing a Special Requirement. She receives no compositional credit. What is her Start Value?
- a. 7.7
 - b. 7.8
 - c. 7.9
 - d. 8.0
 - e. 8.1
 - f. 8.2
 - g. 8.3
10. What is the maximum deduction (on UB, BB or FX) for the following errors?
- Medium step-close on landing
 - Insufficient open on a tuck salto
 - Legs separated
 - Legs crossed during twisting acro element
 - Flexes feet on 3 elements
- 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

Vault

11. Which is correct for Level 10 vault?
- a. The timed warm-up is 2 minutes per gymnast based on the number of gymnasts in the largest squad
 - b. Spot upon landing voids the vault
 - c. A Yurchenko Layout with double twist has a 10.1 Start Value
 - d. All 10.0 Start Value vaults are eligible for 0.1 bonus if there is no fall or spot
 - e. The acting judge is responsible for monitoring the fall time of the first vault
 - f. All of the above are correct
 - g. a. and b.
 - h. d. and e.
12. What is the maximum deduction for the following errors on a Yurchenko layout full vault?
- Flexed feet throughout
 - Legs apart on the 1st flight, support phase and 2nd flight
 - Insufficient dynamics
 - Shoulder angle on support phase
- a. 1.0
 - b. 1.1
 - c. 1.2
 - d. 1.3

- e. 1.4
 - f. 1.5
 - g. 1.6
13. Which is the largest maximum deduction?
- a. Slight brush of 2 hands on mat upon landing (with no support)
 - b. Squat on landing
 - c. Long axis turn incomplete upon landing
 - d. Insufficient length
 - e. Insufficient opening before landing
 - f. Hip angle on 1st flight
 - g. Legs bent during support phase
 - h. Huh? They are all the same maximum deduction
14. Gymnast performs vault #2.302 (Handspring front tuck ½ turn) that has a 10.0 SV. She is not spotted and does not fall. She has the following errors. Take maximum deductions. What is her final score?
- Hip angle on preflight
 - Feet flexed on 1st flight and 2nd flight
 - Incorrect body posture upon landing
 - Under rotation
- a. 9.2
 - b. 9.3
 - c. 9.4
 - d. 9.5
 - e. 9.6
 - f. 9.7
15. Gymnast performs vault #3.404—Tsuk layout full with 10.0 SV. She is not spotted and does not fall. Taking the maximum deductions, what is her final score?
- Legs separated on 1st and 2nd flight
 - Slight lead arm bend on support phase
 - Insufficient stretch on 2nd flight phase
 - Insufficient height
- a. 8.7
 - b. 8.8
 - c. 8.9
 - d. 9.0
 - e. 9.1
 - f. 9.2
 - g. None of the above
16. Which is incorrect?
- a. The coach may see all 4 judges scores
 - b. If a judge blinks and misses a vault (I did this at a regional meet!), assign the judge the highest score of the other 3 judges and no repeat is necessary
 - c. Tape or chalk is not allowed on the vault table
 - d. Failure to use a safety zone mat for a Yurchenko vault is a VOID score
 - e. Chief Judge must monitor fall time on vault. If there's an injury, timing begins when the medical assessment is complete
 - f. All of the above are correct

- g. b. and c.
- h. d. and e.

17. Which is correct?

- a. Gymnast is only allowed to perform 1 vault
- b. If gymnast completes 1 vault, then balks, then performs a 2nd vault, the final score is the 1st vault's score
- c. If gymnast performs a different vault than called, Chief Judge deduction of 0.5
- d. The vault number must be visually displayed for any sanctioned competitions with a 4-judge panel
- e. Only the Chief Judge deducts 0.5 for the coach spotting
- f. a. and c.
- g. b. and d.

18. How many void vaults are listed?

- Gymnast lands sitting on vault table
- Vault does not land feet first
- 1-arm vault
- Gymnast vaults without signal from Chief Judge

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

19. What is correct regarding Dynamics?

- a. Definition of dynamics is speed, power and quickness
- b. Dynamics deduction must reflect the overall quantity & exactness of the vault
- c. Movements should display opaquely defined body shapes throughout
- d. Look for speed and non-explosive power
- e. Maximum deduction is 0.3
- f. All of the above are correct
- g. a. and e.
- h. b., c. and d.

20. Regarding vault landings, which is the largest deduction?

- a. Additional trunk movements/arm swing on a stuck landing
- b. Deviation from a straight direction
- c. Large step or jump
- d. Squat on landing
- e. 5 steps on landing
- f. b. and d.

Bars

21. Which is incorrect about bars?

- a. Extra 0.1 bonus (not in SV) for minimum of a D single bar release or any E release element if routine has a total of 0.6 bonus and meets all difficulty, Special requirements and composition credit
- b. The Start Value is 9.5
- c. Gymnast needs 3 A's, 3 B's, 2 C's
- d. A special requirement is an element with a turn, minimum of "C" value, excluding the dismount
- e. Gymnast must have both Difficulty Value and Connective Value to earn 0.5 in bonus

- f. a. and b.
- g. c. and d.
- h. Bars shorthand is easy and every judge's favorite event to judge is bars

22. Which is correct?

- a. A broken or completely torn handgrip is equipment failure and gymnast must request permission from the Chief Judge to continue from the point of interruption without penalty
- b. If gymnast falls and does not do a dismount, deduct 0.5 for fall, 0.5 for no "C" dismount and 0.3 for no dismount
- c. Gymnast falls, then jumps to low bar, does 2 pumps, then pushes away backward to perform a glide kip. Deduct 0.5 for two extra swings
- d. Gymnast gets 45 seconds to remount the Uneven Bars after a fall. Timing starts when gymnast is on her feet, or when medical assessment is complete if there's an injury
- e. There's a 0.2 Chief Judge deduction if gymnast jumps onto board and briefly touches the low bar immediately prior to performing her routine
- f. All of the above are correct
- g. b. and c.
- h. a. and d.

23. Which of these combinations receive +0.2 in Connective Value bonus?

- a. Cast HS ½ turn + Back giant ½ turn + Front giant ½ turn
- b. Clear hip handstand on LB + Shaposhnikova (Clear hip HS release & catch HB)
- c. Maloney (pike sole circle on LB through HS w/ flight to hang on HB) + uprise to clear hip circle to HS
- d. Ramler (Toe on HS 1/1 turn on LB w/ flight to HB) + uprise to back staldler circle to HS
- e. Pak (back salto to LB clear support) + Clear hip circle to HS on LB
- f. Toe on HS + Clear hip circle to HS with full turn
- g. a. and c.
- h. b. and f.
- i. a., c. d. and e.
- j. a. c., e. and f.

24. Which is correct?

- a. If gymnast lands on hands and feet simultaneously (a fall) on a dismount, she is still awarded composition connection
- b. A cast to handstand and short cast prior to the same element will be considered a different connection
- c. Gymnast does a Gienger, grasps the bar with 2 hands. Chalk flies. She then falls. Award Value Part, Special Requirement and composition credit. She gets no bonus.
- d. Insufficient amplitude of cast is not applied prior to a squat on low bar
- e. On a counter swing to handstand on low bar, once 2 hands grasp the low bar, the element is complete and value part is awarded
- f. All of the above are correct
- g. a., b., and c.
- h. d. and e.

25. Gymnast performs a Pak salto and falls after passing under the low bar. Which is/are correct?

- a. Fall applies to the Pak so no bonus awarded
- b. Award the DV as the fall is on the glide
- c. No Composition Credit (CC) awarded due to the fall
- d. Composition Credit (CC) is awarded
- e. Deduct 0.5 for the fall plus 0.3 for an extra swing
- f. a. and c.

g. b. and d.

26. Which is correct?

- a. Dismounts count towards the release special requirement
- b. A straddle cut kip mount counts for the B flight element
- c. A giant circle backward with $\frac{1}{2}$ turn to same grip is considered flight
- d. Cast handstand hop to reverse grip is a "C" flight element for Special Requirements
- e. Giant circle backward with hop $1/1$ turn to regular grip in handstand is an E release element for Special Requirement
- f. All of the above are correct
- g. a. and c.
- h. b., d. and e.

27. True or False: All of the following compositional deductions apply for level 10 bars

- Lack of 2 bar changes 0.2
- More than 1 squat/stoop on LB with jump to HB 0.1 each
- Choice of elements when the routine has only backward elements, no 3/6/7 element, no LA turn, no single bar release 0.1
- Facing the same direction throughout—No deduction
- $3/4$ giant forward 0.1
- Uncharacteristic element 0.1

28. Which of the following Chief Judge deductions is/are correct?

- a. Coach standing between bars throughout: No deduction
- b. Using hip pads: 0.3
- c. Fail to remove spotting block: 0.2
- d. Fewer than 5 elements: 1.0
- e. Exceeds 45 second fall time: 0.5
- f. All of the above
- g. None of the above
- h. b. and c.

29. How many of these combinations have 0.2 in Connection Value bonus?

- Uprise to HS with full turn in HS + Giant circle to HS with full turn in HS
 - Front giant to HS + Jaeger salto piked
 - Tkatchev + Long swing forward with $\frac{1}{2}$ turn (bail) and flight over LB to hang
 - Pak from HB to LB with $1/1$ turn to clear support + clear hip to HS
 - Giant to HS with $1/1$ turn + Flyaway double tuck dismount
- a. 0
 - b. 1
 - c. 2
 - d. 3
 - e. 4
 - f. 5

30. Gymnast's routine is:
- Glide kip, squat on
 - Long hang kip on HB, cast handstand
 - Giant ½ turn, Jaeger straddled
 - Shoot over to LB (Bail—not to handstand)
 - Glide kip, squat on
 - Long hang kip, cast handstand
 - Giant, giant
 - Layout-pike double flyaway

What is the Start Value and Specific Composition deduction?

- a. 9.7 SV, -0.1 Specific composition
 - b. 9.8 SV, No specific composition
 - c. 9.8 SV, -0.1 specific composition
 - d. 9.9 SV, No specific composition
 - e. 9.9 SV, -0.1 specific composition
 - f. 10.0 SV, No specific composition
31. Gymnast has all her difficulty and special requirements. She does the following D/E skills. What is her Start Value?
- Uprise to handstand + Giant full turn
 - Tkachev + Long swing ½ turn (bail) to low bar
 - Flyaway Double Layout dismount
- a. 9.8
 - b. 9.9
 - c. 10.0
 - d. 10.0 plus 0.1 bonus (not in start value)
 - e. 10.1
 - f. Really? This much calculation to get a Start Value?
32. What is the total maximum deduction for these errors?
- Lack of 2 bar changes
 - Precision of handstand throughout
 - Insufficient extension of 2 kips
 - Additional trunk movements/arm swings on a stuck dismount
 - Three extra swings after a Tkatchev
 - Under rotation of a release
- a. 1.0
 - b. 1.1
 - c. 1.2
 - d. 1.3
 - e. 1.4
 - f. 1.5

33. How many D skills are listed?

- Uprise to handstand, hop grip change
- Giant to handstand with full turn
- Handstand on HB, swing down forward in reverse grip, back swing release & ½ turn in flight to catch LB in hang (Ejova)
- Front giant to HS with ½ turn
- Toe on to HS, ½ turn to mixed grip
- Clear hip HS with ½ turn to regular grip
- Dismount: Toe on front pike ½
- Dismount: Back staldler through HS, to salto backward tucked

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7
- i. 8

34. Gymnast does:

- Kip to HB, cast HS
- Clear hip HS, Tkachev
- Kip to HB, Cast HS, Bail to HS on LB
- Kip, squat on, long hang kip, Cast HS
- Giant, giant
- Double Layout flyaway

What is the Start Value? (Challenge—write this routine out in shorthand as you work through the answer)

- a. 9.7
- b. 9.8
- c. 9.8 + 0.1 extra bonus
- d. 9.9 + 0.1 extra bonus
- e. 10.0
- f. 10.0 + 0.1 extra bonus

Beam

35. Which is/are correct?

- a. Maximum time limit is 1 minute 30 seconds
- b. Warning is signaled at 1 minute 20 seconds
- c. Routine of 1:30:55 incurs 0.1 overtime deduction
- d. If routine is less than 30 seconds, calculate the SV, then Chief Judge deduct 0.5 from the average score
- e. Fall time is 45 seconds
- f. a. and b.
- g. c. and d.
- h. a., b. and e.

36. Which is/are correct for coach contacting gymnast on a back handspring by touching her back before gymnast begins then stepping away?
- Value part is awarded
 - Each judge deducts 0.5 for touching gymnast
 - Special Requirement is awarded
 - DV or CV bonus is awarded
 - Composition credit is awarded (if applicable)
 - 0.5 penalty if gymnast inadvertently contacts coach
 - All correct
 - All but d. and f. correct
37. Which of these breaks a series?
- Acro series is broken if kick/leg swing is above 45° leading into next element
 - Repositioning foot/feet or pivoting
 - Deviation of body movement not in line with the balance beam
 - Legs straighten between elements
 - Gymnast has a shoulder dip between a front to back series, but keeps body/arms moving
 - Loss of balance
 - Stop
 - All of the above break a series
 - All break series except e.
38. Gymnast runs and balks, runs and balks again. The 3rd time she runs and balks. The 4th attempt she does a D mount. What is the consequence?
- Deduct 0.5 for 3rd approach
 - No value part credit or bonus awarded for the mount, no matter how she gets onto the beam on that 4th attempt
 - Gymnast is upset
 - Coach is upset
 - All of the above are correct
 - a. and c.
 - c. and d.
39. Gymnast performed 3 As, 3 B's and 2 C's and fulfilled her Special Requirements on the beam. She has no composition credit for elements on the beam. She goes for a "D" dismount, but does not land on the bottom of her feet first. What is her Start Value?
- 8.6
 - 8.7
 - 8.8
 - 8.9
 - 9.0
 - 9.1
 - 9.2
 - 9.3

40. What is the Start Value for this routine?
- Jump on beam to sit
 - 1/1 wolf turn
 - Back walkover + Onodi
 - Switch leg leap + Scissonne
 - Round-off + back 1 ½ twisting back salto dismount
- a. 9.4
 - b. 9.5
 - c. 9.6
 - d. 9.7
 - e. 9.8
 - f. 9.9
 - g. 10.0
41. Which is/are the correct deduction(s) for specific composition on beam?
- a. More than one 180° turn on 2 feet (pivot) with straight legs: 0.1
 - b. Lack of dance series with 2 connected dance elements: 0.2
 - c. Dismount is the only forward/sideward or backward element: 0.1
 - d. Does only backward acro elements on beam: 0.1
 - e. More than 2 dance elements with same shape: 0.05
 - f. a., c. and e.
 - g. a., b. and d.
 - h. c. and e.
42. Which of these connections does not receive +0.2 CV?
- a. Aerial front walkover + back handspring
 - b. Aerial cartwheel + Back salto layout step out
 - c. Switch leg leap + switch leg leap
 - d. Sissonne + Sheep jump
 - e. Back handspring + back handspring + 1-arm back handspring
 - f. All receive +0.2 bonus
 - g. c. and e.
43. What is the total maximum deduction for the following errors?
- Overall choreography
 - Rhythm & tempo
 - Sureness
 - Body posture
 - Footwork
 - Dynamics
- a. 0.9
 - b. 1.0
 - c. 1.1
 - d. 1.2
 - e. 1.3
 - f. 1.4
 - g. 1.5

h. 1.6

44. What is the maximum deduction for the following errors?

- Landing too close to beam on dismount (the “scares the judge” deduction)
- Additional trunk movements/arm swings that involve steps and trunk movement/arm swings used to prevent further steps
- Legs not parallel to BB in split or Straddle-pike leaps or hops
- Lack of precision in dance value parts

- a. 0.4
- b. 0.5
- c. 0.6
- d. 0.7
- e. 0.8
- f. 0.9
- g. 1.0

45. Which is the largest deduction?

- a. Lack of purposeful choreography
- b. Insufficient variation in rhythm on non-value parts
- c. Choreography performed in all directions
- d. Lack of variety of focus changes, poses, phrases/connections
- e. Body posture
- f. Dynamics
- g. e. and f.
- h. a. and b.

46. What is the Start Value for this routine?

- Mount: Round-off flic-flac + flic-flac step-out
- Full turn
- Split leap to switch-leg leap
- Aerial cartwheel + back handspring
- Dismount Round-off + Double back tucked

- a. 9.8
- b. 9.9
- c. 10.0
- d. 10.0 plus 0.1 Extra Bonus
- e. 10.1

47. How many D skills are listed?

- Mount: Back handspring to chest stand
- Split jump $\frac{3}{4}$
- Tuck jump $\frac{3}{4}$
- From cross position, jump with $\frac{1}{2}$ turn to straddle-pike jump or side-split in cross position
- Wolf turn 2/1
- Front toss salto to scale
- Dismount: double twisting back salto

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

48. How many C skills are listed?

- From cross position: jump with $\frac{1}{4}$ turn to split jump in side position
- Back handspring on 1 arm
- From cross position: Jump with $\frac{1}{4}$ turn to straddle-pike jump or side-split in side position
- Salto backward pike
- Full turn with heel of free leg at or above horizontal throughout turn
- Straddle-pike jump or side split jump in side position with $\frac{1}{4}$ turn to finish in cross position

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

Floor

49. Gymnast performs the following. What is her Start Value?

- Front tuck + Round off + back handspring + double back tuck
- Wolf jump 1 $\frac{1}{2}$ turn
- Round off + back handspring + Double twisting back salto
- Switch-ring leap + Tourjeté' ring leap
- Front handspring + front double twisting layout front salto

- a. 9.7
- b. 9.8
- c. 9.9
- d. 10.0
- e. 10.0 + 0.1 extra bonus

f. 10.1

50. Which Chief Judge deduction is incorrect?

- a. Deducts 2.0 from the average score for a routine that is less than 30 seconds
- b. If gymnast takes off outside of the boundary line, there is no Value Part, Special Requirement, CV, DV or CC awarded.
- c. If gymnasts stand around floor and obstruct the view of the judges, the Chief Judge immediately deducts 0.2 from the gymnasts' All-around score
- d. Over time 0.1
- e. Absence of music 0.5
- f. All of the above are correct
- g. b. and c.

51. What is the total maximum deduction for the following errors?

- Lack of a B or better turn on 1 foot
- No D salto in the routine
- Only does forward saltos
- Does straddle jump + straddle jump and a Popa in routine
- Legs crossed during a 2/1 twisting back salto

- a. 0.55
- b. 0.6
- c. 0.65
- d. 0.7
- e. 0.75
- f. 0.8

52. Which is the smallest maximum deduction?

- a. Concentration pause
- b. Lack of precision in dance value part
- c. Fail to perform turns in high relevé
- d. Fail to synchronize last ending pose with music
- e. Fail to hold ending pose for 1 second
- f. They are all 0.1 or up to 0.1 deductions
- g. b. and e.
- h. a. and c.

53. Throughout her routine, the gymnast does the following. What is the maximum total deduction?

- Energy at the end of the routine lags
- Feet are sickled or flexed on the floor and in the air, steps go heel toe throughout, steps and kicks are flat-footed
- Shoulders are down, chin tucked into chest, core is loose and archy
- Facial expression is blank, performance quality does not convey emotion or engage the audience/judges

- a. 0.6
- b. 0.7
- c. 0.8
- d. 0.9
- e. 1.0

54. Throughout the routine, gymnast performs the following. What is the maximum deduction?
- Choreography movements are small, loose and uncontrolled, energy stays within the gymnast
 - Gymnast's movements and music are incongruent, there's no change in the rhythm to the music, there is no clear theme
 - Gymnast repeats similar poses and connection, not engaging her core
 - Focus is down throughout, head focuses only in direction body faces
 - Gymnast performs 3 tumbling passes, taking 2-3 steps backward without choreography before each pass.
- a. 0.35
 - b. 0.4
 - c. 0.45
 - d. 0.5
 - e. 0.55
 - f. 0.6
 - g. 0.65
 - h. 0.7
55. Gymnast performs the following routine. What is the total compositional deduction?
- Round off + whip back + double twisting back salto
 - Switch side leap + Popa
 - Round off + back handspring + 1 ½ twisting back salto
 - Round off + back handspring + double twisting back salto
- a. 0.3
 - b. 0.4
 - c. 0.5
 - d. 0.6
 - e. 0.7
56. For the routine in #55, What is the Start Value?
- a. 9.2
 - b. 9.3
 - c. 9.4
 - d. 9.5
 - e. 9.6
 - f. 9.7
 - g. 9.8

57. How many D elements are listed?

- Switch leap with full turn
- Cat leap with double turn
- Triple wolf turn
- Switch side leap with $\frac{1}{2}$ turn
- Back salto with $2\frac{1}{2}$ twist
- Wolf jump $1\frac{1}{2}$ turn
- Switch-ring leap with $\frac{1}{2}$ turn

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

58. What is the total maximum deduction for these errors?

- Deviation from straight direction on a tumbling pass
- Entire foot/feet sliding or lifting off floor to join upon landing
- Small step forward and lunge from a backward tumbling pass
- Insufficient split on a switch leap
- Incomplete turn on a wolf jump full

- a. 0.65
- b. 0.7
- c. 0.75
- d. 0.8
- e. 0.85
- f. 0.9
- g. 0.95

59. Which of the following expectation(s) are incorrect for a ring or stag-ring leap or jump?

- a. If the rear foot is at hip-height or there's no backward head release, recognize as a split leap with bent back leg or a sissonne
- b. Deduct $\wedge 0.1$ if the rear foot is at shoulder or upper back height
- c. Expected amplitude of rear foot is at head height
- d. Deduct $\wedge 0.1$ for insufficient arch
- e. Head release backward past horizontal line MUST be shown to be considered a "ring" position
- f. All of the above are correct
- g. a. and d. are incorrect
- h. b. and e. are incorrect

60. How many B elements are listed?

- Pike jump
- Wolf jump with ½ turn
- Arabian salto piked
- Wolf turn with 1 ½ turn
- Sheep jump
- Fly spring (forward)
- Cat leap 1 ½ turn
- Full turn with leg horizontal or above throughout

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7
- i. 8

61. Which of these connections receives +0.2 in CV?

- a. Layout front full step-out + Roundoff + BHS + Double twisting back salto
- b. Front tuck + RO + BHS + Double back tuck
- c. Front layout + front layout full
- d. Roundoff + Whip back + Double twisting back salto
- e. Double turn + Wolf jump 1 ½
- f. All of the above receive +0.2 CV
- g. a. and c.
- h. a., c. and e.
- i. b. and d.

62. Which is incorrect for a switch-ring leap?

- a. If the rear foot is at hip-height or there is no backward head release, recognize as a Switch-leg leap
- b. Expected amplitude of rear foot is at head height
- c. Deduct up to 0.2 for insufficient arch
- d. Head release backward past vertical line must be shown to be considered "ring" position
- e. Fail to swing first leg forward to a minimum of 45°, deduct ^0.1 for insufficient height of leg swing
- f. The value of a Switch-Ring leap on floor is "C"
- g. All of the above are correct
- h. a. and c.
- i. b., d. and e.

Congratulations! You made it through this practice test. Stay calm, study on and best wishes as you prepare for your test and/or course.

General

- h. Parent of a recreational class gymnast is not affiliated nor is a judge who consults once a month at a club. (More than once a month makes the judge affiliated.)
- h. b. and c. Judges sit CLOCKWISE from the chief judge, gifts are still limited to \$20 (holy inflation—that is low), Judges are responsible to bring their own Start Value flashers.
- g. None of the tasks listed are the meet referee duties (read closely and know I changed words so these tasks are not correct.)
- i. b., c., d. and e. The judges meeting is the meet referee's duty, not the chief judge. And termination of a routine after a fall is 45 seconds once gymnast is standing, not 30 seconds.
- d. 0.8 Deduct 0.5 for going before the signal plus 0.3 for coach not removing the mounting apparatus.
- a. Flash the SV AFTER sending score to CJ. The other answers are basically the opposite of what is correct
- c. The chief judge is NOT on the Jury of Appeals at Regionals/Nationals. (though is on the Jury at lower-level meets)
- b. 8.725 Average 8.95 and 9.1 then Chief Judge deducts 0.3 for the coach on the floor
- c. 7.9 9.2 - 0.3 missing B - 0.5 missing C - 0.5 missing Special Requirement = 7.9
- g. 0.9 0.15 medium step, ^0.3 insufficient open, ^0.2 Legs separated, ^0.1 Legs crossed, $0.05 \times 3 = 0.15$ flexed feet

Vault

- a. There is no longer a 10.1 Start Value vault, instead there is a +0.1 bonus with no fall or spot on a 10.0 SV vault. And not all 10.0 SV vaults are created equal—there are exceptions to getting the +0.1 bonus. Oy vey!
- a. 1.0 Flexed feet throughout ^0.1, Legs separated deducted ^0.2 on the 1st and 2nd flight phases only, Dynamics ^0.3, Shoulder angle ^0.2
- h. All the deductions listed are Up to 0.3
- b. 9.3 Hip angle ^0.3, feet flexed throughout ^0.1, Incorrect body posture upon landing ^0.2, Under rotation ^0.1. Total of 0.7 in deductions. This vault is an exception—there is no extra bonus point. $10.0 - 0.7 = 9.3$
- c. 8.9 Legs separated ^0.2 $\times 2 = 0.4$, Slight lead arm bend on tsuk vault = 0, Insufficient stretch ^0.3, Height ^0.5. Total 1.2. $10.0 - 1.2 = 8.8 + 0.1$ bonus = 8.9
- f. All are correct
- d. Must have visual display of vault number for a 4-judge panel. Rest of statements are incorrect
- c. 2 An 1-arm vault is 1.0 deduction, Vaults without signal from CJ is 0.5 CJ penalty
- g. a. and e. Speed, power and quickness are the definition of dynamics. Deduction is ^0.3. Rest of statements are nonsense.
- e. 5 steps on landing is the maximum 0.4 deduction for steps. Additional trunk movement/arm circle ^0.2, direction ^0.3, large step/jump 0.2, Squat on landing ^0.3

Bars

- b. The Start Value is 9.2 (NEW!) Rest of statements are correct
- h. a. and d. There is no longer a 0.3 deduction for no dismount, gymnast may have 2 pumps before restarting a routine after a fall so no deduction, and there's no deduction for jumping onto board and briefly touching LB prior to competing
- i. a., c., d. and e. in a., the 3 "C's" in a row get +0.1 + 0.1 so total of 0.2 CV, in b. we have a C + D + 0.1 CV, in c. we have the exception of a D release LB to HB + 3/6/7 C so + 0.2 CV, in d. same exception—E release LB to HB + 3/6/7 C so +0.2 CV, e. is also an exception—D release HB to LB + 3/6/7 C so +0.2 CV, finally f. is a C+E +0.1 CV. These new exceptions will confuse us for a while, but they are super hard connections so it makes sense.
- f. All of statements are correct
- g. b. and d. The fall applies to the glide in this case, so award the DV and CC for the Pak (Elements that receive value part even if there is a fall or spot still receive the CC credit)

26. h. b., d. and e. No dismount for release SR, Giant ½ turn to same grip is not a release element (though some gymnasts and coaches think it should be). The others listed are release elements.
27. False. Facing the same direction is still a 0.1 deduction. Other deductions are correct.
28. g. None of the above. Coach standing throughout 0.1, Using hip pads 0.3, Fail to remove spotting block 0.3, < 5 elements 2.0, Exceeds 45 second fall time—routine is terminated.
29. c. 2 The Uprise to HS 1/1 turn + giant 1/1 D+D + 0.2, Front giant to Jaeger piked C + E + 0.1, Tkatchev + bail D + C + 0.1 (remember the B bail becomes a C after a D release), Pak 1/1 + Clear hip to HS E + C + 0.2 because it's an exception, Giant 1/1 + double tuck dismount D+C + 0.1.
30. c. 9.8 SV, -0.1 specific composition. Gymnast has enough difficulty, +0.2 DV, + 0.2 CV (The Jaeger straddled and the Layout/pike are Ds. She gets + 0.1 CV for the Giant ½ + Jaeger, and + 0.1 CV for the Jaeger to the bail which becomes a C when connected to a D flight). $9.2 + 0.4 = 9.6$. She gets +0.1 CC for D release Value part and + 0.1 CC for D dismount. $9.6 + 0.2 = 9.8$ SV. She has 2 squat-ons, so -0.1 specific composition.
31. b. 9.9 She has +0.4 in DV and +0.2 in CV, BUT we can only use 0.5 of that so $9.2 + 0.5 = 9.7$. For CC she has ONE D release move so +0.1 and +0.1 in CC for her dismount. So, $9.7 + 0.2 = 9.9$ Unfortunately she can't get the Extra +0.1 bonus because she has not met all difficulty, Special requirements and compositional credit. (she has only 0.2 in compositional credit). Did I trick you?
32. d. 1.3 Lack 2 bar changes 0.2, Precision of Handstands throughout ^0.1, Insufficient extension ^0.1 x 2 kips = ^0.2, Additional trunk movements/arm swings ^0.2, Maximum of 0.5 for 2 or more extra swings on same element, ^0.1 for under rotating a release move
33. f. 5 The front giant ½ and clear hip HS ½ are C's. The Ejoval has been upgraded to an E. The rest are D's.
34. e. 10.0 She has 0.4 in DV (Tkachev-D, Bail to HS-D, Double layout flyaway-E) and 0.1 in CV (Clear hip-C + Tkachev-D = 0.1 CV). She earns 0.2 in composition credit for two D release moves, and 0.1 in composition credit for the E dismount. So, $9.2 + 0.5$ (bonus) + 0.3 (CC) = 10.0. There is no extra bonus as she has only 0.5 in bonus, not 0.6 or more.

Beam

35. h. a., b. and e. Routine between 1:30 and 1:31 does NOT get overtime deduction. If routine is less than 30 seconds, CJ deducts 2.0 from the average score.
36. h. All but d. and f. correct DV or CV bonus is NOT awarded and there's no penalty if gymnast inadvertently contacts coach
37. h. All of the above break a series. Dipping shoulder is out of line with the beam.
38. e. All of the above. Now, we're making a value judgement here, but certainly the gymnast and coach are upset.
39. b. 8.7 Here's the math: $9.2 - 0.5$ Special Requirement (dismount) = 8.7. No value part is awarded if she did not land feet first and also no composition credit for the dismount is awarded because element was not awarded VP credit.
40. c. 9.6 Here's the math: $9.2 - 0.1$ (missing A) + 0.2 E (Onodi) + 0.1 CV (C+B dance series) = $9.4 + 0.1$ CC for E flight element + 0.1 for the dismount = 9.6 Start Value. Note that the Scissonne has been UPGRADED from an A to B in this Code. Yay!
41. g. a., b. and d. If dismount is only forward/sideward or backward element the deduction is 0.05. More than 2 dance elements with the same shape is a 0.1 deduction
42. e. BHS+BHS+1-arm BHS is B+B+C +0.1 but NO extra bonus for a 3 element acro series as there is no C salto or D/E acro.
43. h. 1.6 Overall choreography ^0.4, Rhythm & tempo ^0.2, Sureness ^0.2, Body posture ^0.3, Footwork ^0.3, Dynamics ^0.2
44. c. 0.6 Land too close to beam 0.1, additional trunk movements ^0.2, Legs not parallel to beam on leaps/hops ^0.2, Lack of precision in dance value parts ^0.1
45. e. Body posture is ^0.3 Other deductions: Purposeful choreography ^0.2, Variation in rhythm in non-VPs ^0.1, Choreography in all directions ^0.1, Lack of variety of focus change etc. ^0.1, Dynamics ^0.2

46. d. 10.0 plus 0.1 Extra bonus. Here's the math: $9.2 + 0.4$ D/E (Mount-D, aerial cartwheel-D, double back dismount-E) + 0.1 CV (She has total of 0.5 in CV, but max overall bonus is 0.5 Mount: D+B +0.2, Dance series B + C +0.1, Aerial CW+ BHS D+B +0.2) = 9.7. She has 2 different D/E acro elements on the beam and an E dismount so total of + 0.3 in CC = 10.0 plus she has more than 0.6 in total bonus so she gets the extra bonus. Final SV is 10.0 plus the 0.1 extra bonus.
47. e. 4 Tuck jump $\frac{3}{4}$ is a C, from cross position jump with $\frac{1}{2}$ turn to straddle pike or side split jump is now a C (NEW—devalued from past Code), Front toss salto to scale is an E. Rest of elements listed are Ds. (Note that the salto backward tucked, piked or stretched with 2/1 twist dismount is now a "D" element.)
48. d. 3 The BHS on 1 arm, Back salto piked and full turn with leg at or above horizontal are Cs. The various jumps are now B's—they have been devalued since the prior Code

Floor

49. d. 10.0 The math: $9.2 + 0.4$ DV + 0.2 CV (limited to 0.1) = 9.7. + 0.2 composition credit for two different D/E saltos and 0.1 composition credit for three C or higher dance elements = 10.0. HOWEVER, the front double twist is an exception and is not eligible for the additional +0.1 bonus. Hope I caught you—I imagine this question will be on the real test to see if you know the exceptions!
50. c. The Chief Judge must give a warning first for gymnasts obstructing the view of the judges. Rest of the deductions are correct.
51. d. 0.7 Lack of B turn 0.2, No D salto 0.2, only forward saltos, 0.1, overuse of dance shape 0.1, legs crossed on twisting salto ^0.1
52. e. Fail to hold ending pose for 1 second is a 0.05 deduction. Rest of the deductions listed are 0.1 or up to 0.1
53. d. 0.9 Dynamics ^0.1, Footwork ^0.3, Body Posture ^0.3, Expression ^0.2
54. h. 0.7 ^0.1 Dynamics, ^0.2 Musicality, ^0.1 Lack of variety in choreography, ^0.15 Lack of focus changes/projection, Lack of purposeful choreography ^0.15 (0.05 deduction for the 3 passes with more than 1 step before tumbling)
55. c. 0.5 No saltos in 2 directions 0.1, No B or better turn on 1 foot 0.2, No D salto 0.2
56. c. 9.4 Start at $9.2 + 0.2$ CV (A+C first pass and C+C dance pass) = 9.4. There is no CC for tumbling or dance.
57. f. 5 The Triple wolf turn is an E, the Switch side leap with $\frac{1}{2}$ turn is a C. The rest of the elements are Ds.
58. b. 0.7 Direction ^0.1, Foot sliding or lifting 0.1, Small step forward on back tumbling pass ^0.1, Insufficient split ^0.2, Incomplete turn ^0.2
59. e. The head release backward past the VERTICAL (not horizontal) line MUST be shown for a ring position. Read carefully my friend. The rest of the expectations are correct.
60. g. 6 The wolf turn $1\frac{1}{2}$ and the cat leap $1\frac{1}{2}$ are Cs. The rest of the skills listed are Bs
61. g. a. and c. Remember there's no CV for a turn + jump. b. and d. earn +0.1 CV
62. c. The correct deduction is ^0.1 for insufficient arch

Study well dear judging friend. You've got this!