

Robin's Not So Bad Level 10 Quiz

Updated 5/15/2026. Thanks to Kristi Aguilar for editing help.
Please contact me robinruegg@gmail.com if you find errors/typos etc.

General

1. Which of the following is NOT a Chief Judge deduction?
 - a. Fail to observe specified warm-up time
 - b. Spotting assistance upon landing dismount element
 - c. Gymnast wears a friendship bracelet
 - d. Floor exercise routine less than 30 seconds
 - e. All of the above are Chief Judge deductions

2. Which is/are CORRECT if a judge inadvertently misses a routine?
 - a. On a 4-judge panel, enter the highest score from the other 3 judges. There's no need for the gymnast to repeat the routine
 - b. On a 2-judge panel, one option is to accept the score of the judge who evaluated the whole routine
 - c. On a 2-judge panel, one option is for the gymnast to repeat the routine after a reasonable rest period. The score of the repeated routine will count
 - d. The CJ should consult with the MR, who then notifies the coach of the gymnast's options
 - e. All of the above are correct

3. Which is NOT a valid reason to inquire on a routine?
 - a. Compositional credit (CC)
 - b. Up to event specific compositional deductions
 - c. Unusual occurrences
 - d. Falls
 - e. Neutral deductions
 - f. SV
 - g. All of the above are valid reasons to inquire on a routine

4. Which is CORRECT about calculating the Start Value (SV) of a routine?
 - a. The judges must agree on the SV
 - b. Level 10 athletes need 3A, 2B and 2C value parts
 - c. CC is added to determine the SV
 - d. A gymnast may earn a maximum of 0.5 in bonus, which can be all Connection Value
 - e. Special Requirements are each worth 0.2

5. Which is INCORRECT regarding conferences of judges?
- During the conference, the SV difference will be clarified
 - The Meet Referee (MR) may be notified of and be included in the discussion
 - Math may be checked for accuracy in a conference
 - On a 4-judge panel, the Chief Judge (CJ) should meet only with the judge whose SV is incorrect
 - If judges are unable to compromise, the CJ may mandate that the scores be brought into allowable range
6. What is the average if the 4 judges scores are:
- 8.7 8.75 9.0 8.8
- 8.75
 - 8.775
 - 8.8
 - 8.825
 - 8.85
7. Which is the SMALLEST deduction on bars, beam or floor ex?
- Lands with feet further than hip-width apart
 - Leg separation
 - Insufficient split when required
 - Additional trunk movement/arm swings to maintain balance upon landing
 - Brushes/touches the mat with one hand, no support

Vault

8. Which is correct about vault values?
- Those vaults marked with an asterisk are worth 10.0 plus get an additional 0.1 bonus
 - If a gymnast performs a vault different than the one flashed, there is a 0.5 Chief Judge deduction
 - If no video is available, if J1 voided a vault for not landing feet first and J2 scored it at 8.0, the final average score is 4.0
 - All 10.0 SV vaults performed without a fall or spot are eligible for a 0.1 bonus
 - All vaults should not be evaluated in case a Video Review shows the athlete DID land on the bottom of feet first

9. What is the maximum deduction for these errors?
--Feet flexed throughout
--Legs bent in all phases of the vault
--A medium step upon landing
- 1.0
 - 1.05
 - 1.1
 - 1.15
 - 1.2
10. What is the maximum deduction if the gymnast squats upon landing and then falls?
- 0.5
 - 0.6
 - 0.7
 - 0.8
 - 0.9
11. What is the total maximum deduction on a Yurchenko tuck for a gymnast who fails to extend at all upon landing and also has poor body posture upon landing?
- 0.5
 - 0.6
 - 0.7
 - 0.8
 - 0.9
12. How many attempts is gymnast allowed to successfully complete 1 or 2 vaults?
- 1
 - 2
 - 3
 - 4
13. Gymnast performs a beautiful Yurchenko 1 ½ vault on her first attempt, but the chief judge had not signaled for her to compete. What happens?
- All judges saw and scored the vault. The average score of 9.75 holds
 - That vault is not scored, but she has two more opportunities to vault. She receives a 0.5 Chief Judge penalty for her next vault
 - She receives the (9.75 – 0.5 CJ penalty) or 9.25 for that first attempt
 - On her third (and final) attempt, she performs a Yurchenko 1/1 by mistake and scores 9.3. That vault's final score is 8.8.

14. Which is the largest maximum deduction?
- 1-arm vault
 - Coach stands between the board and table on a Yurchenko style vault
 - Gymnast lands lying on top of the vault table
 - Height

Bars

15. Gymnast fulfills her Special Requirements and Difficulty. For bonus she does:
- Giant $\frac{1}{2}$ turn + Bail over LB (not to HS)
 - On LB, Clear hip to HS + Toe on to HS + Toe shoot to HB (Chinese sit-up)
 - Giant full + Double layout flyaway dismount

What is her Start Value?

- 9.7
 - 9.8
 - 9.9
 - 10.0
 - 10.0 plus an extra bonus of 0.1
16. Which is INCORRECT regarding the extra +0.1 Bonus?
- Must have a minimum of a single bar "D" release or any E release element
 - Must have met all difficulty, Special Requirements and Compositional Credit
 - Must have a minimum of 0.6 Total bonus
 - The routine will have a 10.1 Start Value
 - All of the above are incorrect
17. Gymnast performs a hecht with a full twist dismount off the HB. Which is CORRECT?
- She receives C value and fulfills the dismount Special Requirement
 - She receives C value but there is a 0.5 deduction from her dismount Special Requirement
 - She receives B value and a 0.5 deduction from her dismount Special Requirement
 - What the heck is a hecht full twist?
18. Which is CORRECT regarding Composition Credit (CC)?
- Even with a fall, CC is awarded if the value part was awarded
 - If the full-twisting double back flyaway dismount fails to land feet first, CC is awarded
 - Only single bar releases count for CC
 - One E release receives 0.2 CC

19. Gymnast performs a piked Jaeger, touches the bar with 2 hands and falls. She then repeats the Jaeger, catches it and connects to an overshoot to clear support on LB. What is correct?
- Award the E value part (twice) for the piked Jaeger but no DV bonus
 - Award the D value part (twice) for the piked Jaeger and 0.1 DV bonus
 - Award the E value part (twice) for the piked Jaeger, 0.2 DV bonus and 0.1 CV bonus
 - Award the D value part for the piked Jaeger (twice), 0.1 DV bonus and 0.1 CV bonus
20. What is the bonus awarded for a Cast HS $\frac{1}{2}$ turn + Giant $\frac{1}{2}$ turn + Tkatchev?
- +0.3 CV, + 0.1 DV
 - +0.2 CV, + 0.2 DV
 - +0.1 CV, + 0.2 DV
 - + 0.2 CV + 0.1 DV
21. What is the value and bonus for a Pak salto from HB to LB + Clear hip to HS on LB?
- C + C, no CV (Connection Value)
 - D + C, + 0.1 CV
 - D + C, +0.2 CV
 - D + D, +0.2 CV
22. Which of these is considered an extra swing?
- Consecutive sole circles on LB in attempt to jump to HB
 - Catch release element in dead hang, pump fwd & bwd to restart
 - Swing down to glide kip and cast again after missing a cast HS $\frac{1}{2}$ turn
 - Glide kip, stop in front support, legs move fwd & bwd to cast
 - All of the above are extra swings
 - b. and d. only
23. Which is the LARGEST maximum deduction?
- Legs apart
 - Amplitude of release elements
 - Additional trunk movements/arm swings to maintain balance upon landing dismount
 - Insufficient dynamics throughout
 - All of these have the same maximum deduction

24. What is the total maximum deduction for gymnast who starts her routine on the LB, has only a Giant full turn for a turning element, and then dismounts from the HB
- No deduction
 - 0.1
 - 0.2
 - 0.3
 - 0.4
25. Coach spots gymnast on a Tkachev. Which is CORRECT?
- No CC is awarded
 - 0.1 DV is awarded
 - Special requirement of a C or better release is awarded
 - The chief judge takes a 0.5 deduction from the average score for the spot
26. Which of these elements is considered a minimum of a B release for the Special Requirement?
- Straddle cut catch mount
 - Hecht jump over LB to hang on HB mount
 - Front a front support on HB, cast and 1/1 turn to hang on HB (Caslavka pirouette)
 - Giant circle backward with hop 1/1 to regular grip in HS phase
 - All of the above are considered release elements for the Special Requirement

Beam

27. Gymnast (from cross position) does a Sissonne + jump with $\frac{1}{4}$ turn to straddle pike jump in side position. What is the value of this combination?
- A + C
 - A + B
 - B + B
 - B + C, +0.1 CV
 - None of the above
28. Which of the following breaks a series on beam?
- Legs straighten between elements
 - Any deviation of body movement not in line with the balance beam
 - Lack of tempo between elements in a dance series
 - Arm circle on a mixed series if body continues movement
 - All of the above break a series
 - a. and b.

29. Which is CORRECT about timing of falls?
- After an injury, timing begins when medical assessment is complete
 - Timing starts when gymnast's body hits the floor
 - Fall timer announces "15 seconds remaining" and "5 seconds remaining"
 - Coach may not speak to the gymnast when gymnast is off the beam
 - All of the above are correct
30. Gymnast performs a switch-split leap + switch-split leap but her legs are split only 160° on each of them (you measured because you have a protractor embedded in your glasses) Which is correct?
- Award B + B with no deduction for the split
 - Award C+ C but no bonus connection. Deduct 0.05 for lack of split on each leap
 - Award C+C +0.1 Connection bonus. Deduct ^0.1 for lack of split on each leap
 - Award C+C +0.2 Connection bonus. Deduct ^0.1 for lack of split on each leap
31. Gymnast does an aerial cartwheel in her routine. She dismounts with a round-off + Back salto stretched with 2/1 (720°) twist. Which is correct?
- She receives 0.1 for Difficulty and no CC for the dismount
 - She receives 0.2 for Difficulty and no CC for the dismount
 - She receives 0.1 for Difficulty and 0.1 CC for the dismount
 - She receives 0.2 for Difficulty and 0.1 CC for the dismount
32. Which of these elements is "C" value?
- Side-split jump (180°) in side position with ¼ turn to finish in cross position
 - From cross position, jump with ½ turn to straddle-pike jump (180°) in cross position
 - Cat leap ½ turn
 - Wolf full turn
 - All of the above are "C's"
33. Which of these specific artistic performance deductions throughout the routine has the largest maximum deduction?
- Dynamics
 - Body Posture
 - Sureness
 - Footwork
 - Rhythm and Tempo
 - Choreography

34. What is the total maximum deduction for bent knees on a back handspring, flexed feet on a layout-step out back salto, and incomplete turn on a 1 ½ turn?
- 0.4
 - 0.45
 - 0.5
 - 0.55
 - 0.6
35. Which of these chief judge deductions is CORRECT?
- Exceeds 45-second fall time: 0.5
 - Fail to remove the board after mount: 0.2
 - Coach standing next to beam throughout entire routine: No deduction
 - Routine less than 30 seconds: 1.0
 - All of the above are correct
 - None of the above are correct
36. What is the correct value and connection bonus for a Round-off + back handspring + Double twisting back stretched salto dismount?
- B + B + C, +0.1 CV
 - B + B + C, +0.1 CV
 - B + B + D, +0.1 CV
 - B + B + D, + 0.2 CV
 - B + B + D, + 0.3 CV (the extra 0.1 CV for doing a 3-element series)
37. Gymnast, from a cross position, does a jump with ½ turn to side-split in cross position + Sheep jump. What is the correct value and bonus?
- C + C, +0.2 CV
 - D + D, +0.2 CV, +0.2 DV
 - C + D, + 0.2 CV, +0.1 DV
 - C + E, + 0.2 CV, +0.2 DV
38. What is the correct value and bonus for an Aerial front walkover + Back handspring step-out?
- D + B, +0.1 CV, +0.1 DV
 - D + B, +0.2 CV, +0.1 DV
 - C + B, + 0.1 CV
 - E + B, +0.2 CV, +0.2 DV
 - None of the above

Floor

39. 1st pass: runs and does a front double twisting salto, 2nd pass: front layout + front layout full, 3rd pass: RO + BHS + Double back tuck. She does a switch leg leap ½ turn + Popa for her dance series and has a double turn on 1 foot. What is the Start Value?
- 9.7
 - 9.8
 - 9.9
 - 10.0
 - 10.0 plus 0.1 additional bonus
40. What is the difficulty value bonus and connection value bonus for: Front salto tuck + RO + BHS + Double back tuck + front tuck?
- +0.1 DV, +0.1 CV
 - +0.1 DV, +0.2 CV
 - +0.1 DV, +0.3 CV
 - +0.1 DV, +0.4 CV
41. What is the total maximum deduction for: More than 1 step to close feet (without choreography) before 2 acro passes and Energy not maintained throughout routine (dynamics)?
- 0.1
 - 0.15
 - 0.2
 - 0.25
 - 0.3
42. Which is the LARGEST deduction?
- Fail to hold ending pose for one second
 - Deviation from straight direction on landing acro elements
 - Legs crossed during twisting salto
 - Legs not parallel to floor in a split leap
 - 30° of a double turn missing
43. Which of the following elements are “Ds?”
- Double wolf turn
 - 1 ½ turn with free leg above horizontal throughout
 - Switch-ring leap with ½ turn
 - Switch-side leap with ½ turn
 - a. and c.
 - b. and d.

44. Which of the following Chief Judge deductions is INCORRECT?
- Overtime 0.1
 - Out of bounds 0.1 each time
 - Gymnast leaving the floor exercise mat during routine 0.3
 - Absence of music or music with words/song 0.5
 - Routine less than 30 seconds 2.0
45. What is the total deduction for: No D salto, Lack of a B or higher turn on one foot and only does backward saltos?
- 0.2
 - 0.3
 - 0.4
 - 0.5
 - 0.6
46. Which is INCORRECT regarding Special Requirements?
- The last acro pass must have a C or better salto
 - Each Special Requirement is worth 0.5
 - Three different saltos are required within the routine
 - A dance passage with a minimum of two of the same or different Group 1 elements (Leaps/jumps), one a leap with 180o split, is required
 - One acro pass must have at least 2 saltos
47. Which is INCORRECT regarding out of bounds?
- The chief judge deducts 0.1 from the average for each line violation
 - The deduction must be communicated to the coach verbally or visually
 - If an element takes off outside the boundary line, No SR, CV or DV bonus is awarded but the value part and CC is awarded
 - If gymnast steps on, but not over the line, there is no out of bounds deduction
48. Gymnast performs a Popa and lands 45° short of the complete rotation. What is the deduction?
- 0.05
 - 0.05-0.1
 - 0.15-0.2
 - Award a B for a straddle jump ½ turn
49. What is the total maximum deduction for Incorrect body posture during a wolf jump 1 ½ turn plus Insufficient height on a tucked double back?
- 0.3
 - 0.4
 - 0.5
 - 0.6

50. Which deduction is INCORRECT?

- a. Fail to synchronize ending pose with music 0.05
- b. Footwork ^0.3
- c. Expression ^0.2
- d. Dynamics ^0.2
- e. Choreography ^0.4

Robin's Not So Bad Quiz Answer sheet updated 5/15/2026

Please contact me if you find errors/typos etc. robinruegg@gmail.com

1. b. Spotting assistance upon landing a dismount is deducted by each judge
2. e. All of the above are correct
3. b. Up to event specific compositional deductions. It's ok to inquire on flat event specific compositional deductions.
4. c. CC is added to determine the Start Value
5. d. ALL judges must attend the conference—don't make one judge feel singled out.
6. b. 8.775
7. a. Lands with feet further than hip-width apart 0.1
8. c. If there is not video review available, the score is averaged, regardless of range (read carefully!) Not all vaults worth 10.0 get the 0.1 bonus and foil e. says "should not" when the correct answer is "should."
9. d. 1.15 Feet flexed throughout ^0.1, Legs bent ^0.3 in each of first flight, support and second flight phase, 0.15 for a medium step
10. d. 0.8 Squat upon landing ^0.3 PLUS the 0.5 fall
11. a. 0.5 0.3 for total absence of extension and 0.2 for incorrect body posture
12. c. 3 attempts are allowed to successfully complete 1 or 2 vaults
13. b. 0.5 CJ deduction on next vault performed
14. c. 1-arm vault 1.0 deduction, no deduction for coach between board and vault table on Yurchenko style vaults, Landing on top of vault table is a VOID vault, Height ^0.5
15. b. 9.8 The math: $9.2 + 0.5 \text{ CV} + 0.3 \text{ DV}$ (there is a total of 0.8 bonus but the max we can use is 0.5) = $9.7 + 0.1$ for CC for the E dismount = 9.8 Start Value. There is NO D or E release move so no Difficulty Composition Credit (CC). And even though she has 0.8 in bonus, there's not the extra 0.1 because there's not a single bar D release or any E release element.
16. d. The extra +0.1 bonus is NOT in the Start value
17. b. The hecht full twist (harken back to the 1970s) is "C" value BUT it does not have a salto so deduct for the missing dismount Special Requirement of a C salto.
18. a. Confusion time, but if a skill receives value (say a D release that touches the bar then falls), it still counts toward CC.
19. c. She also gets credit for a C or more release Special Requirement. See Bars p 49
20. d. +0.2 CV and +0.1 DV for the Tkatchev
21. c. D + C, +0.2 CV. This is an example of the HB to LB D/E release + C that gets +0.2 CV (as opposed to the normal +0.1 CV for a D+C).
22. f. b. and d. are extra swings, the extra sole circles or glides are not
23. e. All of the errors listed are ^0.2
24. d. 0.3 That's 0.2 for lacking two bar changes and 0.1 for facing same direction throughout
25. a. No CC is awarded because element does not get value part due to the spot
26. e. All those listed are flight elements. Dismounts are not considered flight for the Special Requirement, but Mounts count.

27. C. B+B The sissonne is now a B as is the jump $\frac{1}{4}$ turn to straddle jump in side position
28. f. a. and b. Tempo on a dance series is $\wedge 0.2$, and an arm circle does not necessarily break connection (sigh, the arm circles become a question of interpretation)
29. a. After injury, fall time begins when medical assessment is complete. Timing starts when gymnast is standing on her feet. Fall timer announces 20 seconds and 10 seconds remaining, coach MAY speak to a gymnast while she's off the beam
30. d. $\wedge 0.1$ deduction if 1° to 20° is missing from the split
31. c. She receives 0.1 Difficulty for the aerial cartwheel which is a D acro element. She receives 0.1 CC for the dismount. While the dismount is a "D," only acro mounts and acro elements performed on the beam count towards the Difficulty CC. Did I trick you?
32. b. The side-split jump w/ $\frac{1}{4}$ turn now a "B," The straddle-pike jump w/ $\frac{1}{2}$ turn now a "C," other elements listed are "B's"
33. f. Choreography $\wedge 0.4$, Dynamics $\wedge 0.2$, Body Posture $\wedge 0.3$, Sureness $\wedge 0.2$, Footwork $\wedge 0.3$, Rhythm and Tempo $\wedge 0.2$
34. d. 0.55 $\wedge 0.3$ bent knees, 0.05 flexed feet, $\wedge 0.2$ incomplete turn
35. f. None of the above are correct. Exceeding fall time: Terminate routine, fail to remove board: 0.3, Coach next to beam throughout: 0.1, <30 seconds: 2.0
36. d. See Beam p 32. C salto/aerial or D/E flight element with or without hand support (excluding dismounts) is required for an extra +0.1 CV, so this series gets only +0.2 CV.
37. c. C+ D, + 0.2 CV, +0.1 DV Remember the jump $\frac{1}{2}$ to side-split jump is now a C. And this combination seems pretty darn hard!
38. b. D + B, +0.2 CV, +0.1 DV
39. d. 10.0 Remember the Front 2/1 twist is NOT eligible for additional +0.1 bonus
40. c. +0.1 DV for the double back tuck. Look at the direct connection first D+A +0.2 CV. Then look at the indirect connection A+D +0.1 CV. Total 0.3 CV
41. c. 0.2 0.05 each for 2 passes w steps & no choreography plus $\wedge 0.1$ for energy = 0.2
42. d. Legs not parallel to floor in split leap is $\wedge 0.2$. Fail to hold pose 0.05, rest are $\wedge 0.1$ deductions
43. e. a. and c. Double wolf turn and switch-ring with $\frac{1}{2}$ turn are Ds. 1 $\frac{1}{2}$ turn with free leg > horizontal is a C. Switch-side leap $\frac{1}{2}$ turn is a C. (Unlike college this past year where it was a D. As of this date, we don't know what the value will be for college in 2026-27)
44. c. Gymnast leaving the floor exercise mat during the routine is a 0.5 Chief Judge deduction
45. d 0.5 No D salto 0.2, No B turn 0.2, only backward saltos 0.1
46. d. The dance passage must have two DIFFERENT Group 1 elements
47. c. If an element takes off outside the boundary line, no VP, SR, CV, DV or CC is awarded
48. c. If $45^\circ - 89^\circ$ of turn is missing, deduct 0.15-0.2
49. b. 0.4 Body posture on dance value part $\wedge 0.1$, Height of salto $\wedge 0.3$
50. a. Fail to end with the music is 0.1