

## Karin's Level 10 Quiz

Updated 5/29/2026. Corrected question 36.

Dedicated to my friend Karin who asked for, "just one more test, please."

Please contact me [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors/typos etc.

### General

1. Which of the following is CORRECT regarding falls/injuries resulting in bleeding?
  - a. After the gymnast finishes her routine, blood must be removed prior to the next gymnast's turn
  - b. If the 45 second fall time is exceeded before the wound can be covered, give the athlete time to get the wound covered and then she can resume at the point of interruption
  - c. Once the wound is covered, gymnast may repeat her routine from the beginning
  - d. Do not take steps to stop the bleeding immediately
  - e. All of the above is correct
  
2. Which is CORRECT for score review at sectional/state qualifying meets and State Championships?
  - a. Score review process applies for mobility purposes
  - b. Coach may submit a score review for an Individual Event Specialist if the all-around score is 0.1 or less than the qualifying score to state or regional championships
  - c. Any change of score is official and included in official results
  - d. Score review may be used for qualifying to Level 10 National Championships
  
3. Which is INCORRECT regarding inquiries?
  - a. Coach may inquire on CC (Compositional Credit)
  - b. Inquiries must be illegibly written on the official inquiry form
  - c. An inquiry may result in the score being lowered
  - d. Coach may not approach the judge regarding the inquiry during the competition
  - e. Inquiries must be submitted within five minutes of the completion of that event rotation to the meet director or meet referee.
  
4. Which is an example/examples of equipment failure where the gymnast can resume her routine at the point of interruption?
  - a. A flash of a camera
  - b. The beam end cap detaches while gymnast is in process of a dismount
  - c. Incorrect bar setting
  - d. Broken or completely torn handgrips
  - e. a. and b.
  - f. b. and d.

5. Which is CORRECT regarding calculating a Start Value on bars?
  - a. Check to be sure there are a minimum 3As, 3Bs and 2Cs
  - b. Assure that the gymnast has the 4 Special Requirements
  - c. If gymnast has 2 Es and 1 D, she earns the maximum total bonus of 0.5
  - d. An extra bonus of +0.1 is awarded for any E release move, even if gymnast has only 0.2 in CC awarded
  - e. a. and b. are correct
  - f. b. and c. are correct
  
6. What is the final average of these scores on a 4-judge panel where there is a Chief Judge deduction for failing to remove the spotting block after gymnast does a Tkachev on bars?
 

9.2    8.9    8.75    9.05

  - a. 8.65
  - b. 8.675
  - c. 8.7
  - d. 8.725
  - e. 8.75
  - f. 8.775
  
7. What is the total maximum deduction on beam for:
  - Flexed feet on an aerial front-walkover
  - Insufficient split on a switch-leg leap
  - Bent arms on a back handspring
  - Arm circles and body movement on a stuck Gainer LO full off the side of the beam
  - a. 0.6
  - b. 0.65
  - c. 0.7
  - d. 0.75
  - e. 0.8

### **Vault**

8. Which of the following are considered apparatus or personal equipment failure?
  - a. The mat not placed snugly around the board for a front handspring-front pike  $\frac{1}{2}$  vault
  - b. The hand placement mat slips on the runway
  - c. The tape measure next to the vault runway moves
  - d. None of these are apparatus or personal equipment failure
  - e. a. and b.

9. Which is/are CORRECT for coaching deductions?
- If the coach stands between the board and table on a Tsuk Layout full vault, all judges deduct 0.5
  - If the coach stands between the board and table on a Tsuk Layout full vault, it's a Chief Judge deduction of 0.5
  - If the coach catches a falling gymnast, deduct 0.5 for the spot and 0.5 for the fall
  - a. and c.
10. What is the final score on a 4-judge panel where two judges took a 1.0 deduction for a 1-arm vault and two judges did not. Their scores are:
- 7.8    9.2    9.0    7.9
- These are out of range and the Chief Judge must call a conference
  - 8.4
  - 8.45
  - 8.5
  - 8.55
11. What is the maximum deduction on a Yurchenko full for:
- Legs apart on first flight phase
  - Legs apart on support phase
  - Legs apart on second flight phase
  - Arms bent on support phase
  - Squat on landing
- 0.8
  - 0.9
  - 1.0
  - 1.1
  - 1.2
  - 1.3
12. Which is the LARGEST deduction?
- Under rotation on second flight phase
  - Direction on landing
  - Incorrect body posture on landing
  - Alternate repulsion from hands on a Yurchenko 1 ½
13. Which is the correct definition of dynamics on vault?
- Seamless acceleration, speed, height
  - Quick off the board, height, explosiveness
  - Quickness, speed, power
  - Run fast, jump high, land without a step

14. Which is CORRECT regarding Tsukahara entry vaults?
- a. With a  $\frac{1}{4}$  -  $\frac{1}{2}$  turn on, the turn off must be  $\frac{1}{2}$  to full then front salto
  - b. There is an  $\wedge 0.2$  deduction for incomplete turn if the turn is not  $\frac{1}{2}$
  - c. All Tsukahara vaults may be performed with  $\frac{1}{4}$  to  $\frac{1}{2}$  turn on and no deduction
  - d. A slight arm bend is allowed for both arms with no deduction
  - e. A slight arm bend of the lead arm receives an  $\wedge 0.3$  deduction

### **Bars**

15. What is the Start Value for this routine?
- Kip to the HB
  - Cast HS
  - Giant  $\frac{1}{2}$
  - Jaeger (straddled)
  - Kip to HB
  - Cast HS
  - Bail to HS on LB
  - Glide kip
  - Squat on
  - Long hang kip
  - Cast HS
  - Giant
  - Giant
  - Double layout flyaway dismount
- a. 9.8
  - b. 9.9
  - c. 10.0
  - d. 10.0 plus 0.1 extra bonus
  - e. None of the above
16. Which is CORRECT regarding Compositional Credit (CC) on bars?
- a. A giant + giant + flyaway double back tuck dismount receives 0.1 Dismount CC
  - b. Gymnast who does a Tkachev + Tkachev as her only releases receives 0.1 Difficulty CC
  - c. Gymnast who does a Tkachev + bail overshoot (not to HS) receives 0.2 Difficulty CC
  - d. Gymnast must have two single bar release elements, D or better, to receive 0.2 Difficulty CC

17. Which is NOT a Special Requirement on bars?
- Flight element, minimum of D
  - Salto dismount, minimum of C
  - Element with Long axis turn, minimum of C (excluding mount & dismount)
  - Flight element, minimum of C
  - Second flight element, minimum of B
18. How many D elements are listed?
- Mount: Jump with extended body to handstand on LB
  - Cast to HS with 1/1 turn in handstand phase
  - Uprise to HS with ½ turn
  - Clear hip to HS with hop-grip change in handstand phase
  - Giant circle backward to HS with hop-grip change in handstand phase
  - HS on HB, swing down forward (back facing LB) in reverse grip, backward swing, release and ½ turn in flight between the bars to catch LB in hang (Ejova)
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
19. Which is the largest deduction?
- Facing the same direction throughout routine
  - Doing 2 squat-ons
  - Lack of 2 bar changes
  - Precision of HS positions throughout routine
  - Swing forward or backward under horizontal
  - Medium step on landing
20. What is the maximum deduction for:
- Hitting feet on LB on a giant swing
  - Hitting mat with feet AND bending knees after doing a Pak salto
  - Insufficient dynamics throughout
- 1.1
  - 1.0
  - 0.9
  - 0.8
  - 0.7
  - 0.6
  - 0.5

21. Gymnast does a kip to the HB, stops then casts to a handstand then does a clear hip circle to HS with bent arms. What is the maximum deduction for these errors?
- 0.2
  - 0.3
  - 0.4
  - 0.5
  - 0.6
  - 0.7
22. What is the TOTAL BONUS for an Uprise to HS on HB + Giant with 1/1 turn?
- 0
  - 0.1
  - 0.2
  - 0.3
  - 0.4
  - 0.5
23. Which is CORRECT value, CV bonus and CC for a Shaposhnikov + Bail to hang on LB?
- C + B
  - C+C, +0.1 CV
  - D+B, earns 0.1 Difficulty CC
  - D+C, + 0.1 CV, earns 0.1 Difficulty CC
  - D+C, +0.2 CV, earns 0.2 Difficulty CC
24. What is the CORRECT value, CV bonus and CC for a Pak salto + Clear hip to HS on LB?
- D+C +0.2 CV, earns 0.1 Difficulty CC
  - D+C, +0.1 CV, earns 0.1 Difficulty CC
  - D+D, +0.1 CV, earns 0.2 Difficulty CC
  - D+D, +0.2 CV, earns 0.1 Difficulty CC
  - A, B, C, D...I feel like I'm learning to read all over again!
25. Gymnast has the following elements in her routine. How much TOTAL BONUS do you count when calculating the Start Value?
- Clear hip circle to HS + Stalder backward to HS + Clear hip circle to HS
  - Cast HS hop change to reverse grip + Front giant to HS
  - Back giant ½ turn + bail to hang on LB (Not to HS)
  - Back giant ½ turn + Front giant ½ turn + Flyaway double tuck dismount
- 0.3
  - 0.4
  - 0.5
  - 0.6

26. Gymnast does a flyaway full-twisting double back dismount, has a deep squat and then falls. Which is CORRECT?
- a. Deduct 0.5 for the fall only
  - b. Deduct ^0.2 for the squat AND 0.5 for the fall
  - c. She is awarded 0.1 Dismount Composition Credit
  - d. She CANNOT receive Dismount Composition Credit
  - e. a. and c.
  - f. b. and d.

### Beam

27. What is the total maximum deduction on beam for:
- Fail to perform acro elements in two different directions
  - 3 pivot turns on two feet with straight legs
  - Lacking a dance series
- a. 0.3
  - b. 0.4
  - c. 0.5
  - d. 0.6
  - e. 0.7
28. What is the TOTAL BONUS AWARDED when you calculate the SV for a gymnast who does
- Sissonne + Split jump with  $\frac{1}{4}$  turn
  - Aerial front walkover
  - Double wolf turn
  - Punch front salto to her feet
  - Round-off + Double twisting back salto dismount
- a. 0.4
  - b. 0.5
  - c. 0.6
  - d. 0.6 plus 0.1 extra bonus
29. Which is CORRECT about the additional bonus (not included in the Start Value)?
- a. Judges should notate on their scoresheet that the additional +0.1 was awarded
  - b. Judges add the bonus to their score and must indicate visibly that the additional bonus was awarded
  - c. Gymnast must have at least 0.1 CV and 0.1 DV
  - d. Gymnast must have 0.6 or more total bonus
  - e. A double back salto dismount fulfills the minimum of one "E" acro
  - f. All of the above are correct
  - g. a., b., and c.

30. Gymnast performs an aerial front walkover but wobbles and falls. She gets back up on beam and repeats the aerial front walkover connected to a back handspring. Which is correct?
- She receives no DV bonus for the aerial front walkover
  - She receives only 0.2 CV for the aerial front walkover + back handspring, but NO DV for the repeated skill
  - She receives 0.1 DV and 0.2 CV
  - Stop trying to confuse me!
31. What is the Start Value for this routine?
- Jump onto beam
  - Aerial cartwheel
  - Split jump  $\frac{1}{2}$  turn from cross position
  - Switch leg leap + Switch leg leap
  - Back handspring + Back layout stepout
  - Full turn
  - Round off + Back  $1\frac{1}{2}$  twisting salto dismount
- 9.5
  - 9.6
  - 9.7
  - 9.8
  - 9.9
  - 10.0
  - 10.0 plus 0.1 extra bonus
32. What is the Connection Value (CV) awarded for Back handspring step-out + 1-arm back handspring step-out + back salto with 2/1 twist dismount?
- 0
  - 0.1
  - 0.2
  - 0.3
  - 0.4
33. What is the total maximum deduction for:
- Fail to perform full turn in high relevé'
  - Fail to land with feet together on a switch-side leap
  - 4 second concentration pause before going for dismount
- 0.1
  - 0.2
  - 0.3
  - 0.4
  - 0.5
  - 0.6

34. Which is the LARGEST maximum deduction?
- Directional error on a gainer pike salto dismount off end of beam
  - Lack of precision on a full turn]
  - Legs not parallel to the beam in a split leap
  - Landing too close to the beam on dismount
  - Insufficient height on a straddle jump with  $\frac{1}{2}$  turn
35. Which is NOT a chief judge deduction?
- Warming up on mat after a fall
  - Fail to remove board after mount
  - Overtime
  - Coach stands next to beam throughout entire routine
  - All of the above are chief judge deductions
  - a. and d.
  - b. and c.
36. Which of these dismounts DOES NOT fulfill the Special Requirement?
- Switch-leg leap + Gainer salto tucked with full twist off side of beam dismount
  - Cartwheel + Gainer salto tucked with  $1\frac{1}{2}$  twist off side of beam dismount
  - Round-off +  $1\frac{1}{2}$  salto backwards dismount
  - Back handspring + back handspring + back layout full dismount
  - Back handspring + salto backward with  $2/1$  twist dismount
37. Which is INCORRECT regarding timing?
- Maximum time is 1 minute 20 seconds
  - Routine time stops when gymnast takes off the beam for her dismount
  - Chief judge deducts 0.1 from the average score for overtime
  - If routine is less than 30 seconds, Chief Judge deducts 2.0 from the average score
  - a. and b.
  - c. and d.
38. What is correct for a coach touching a gymnast's back, then walking away while she does a back handspring?
- Each judge deducts 0.5
  - The special requirement is not awarded (as applicable)
  - No value part is awarded
  - CC is not awarded
  - There is also a 0.5 penalty if gymnast inadvertently contacts the coach

## Floor

39. Which is CORRECT concerning Composition Credit (CC) on floor exercise?
- There is no CC for a fall on an element
  - If gymnast does a 2-pass routine with a full-in double back for the 1<sup>st</sup> pass and a front tuck + RO + BHS + 1 ½ twisting back salto, she receives 0.1 in Difficulty CC
  - A gymnast whose dance is a wolf 1 ½ turn and a switch-ring leap + Popa does not get any dance CC
  - A gymnast whose D/E tumbling is two double back tucked saltos receives 0.2 in Difficulty CC
40. What is the Start Value for this routine?
- Front layout full + Front pike
  - Switch leap ½ turn + Popa
  - Front layout + Front layout full
  - Full turn with leg at horizontal throughout the turn
  - Run to front rudi (1 ½ twisting front salto) + back handspring
- 9.6
  - 9.7
  - 9.8
  - 9.9
  - 10.0
41. What is the Connection Value (CV) bonus for Front salto tucked + RO + BHS + Double back tucked + BHS + Back salto stretched with full twist?
- 0.1
  - 0.2
  - 0.3
  - 0.4
  - 0.5
42. Which is the LARGEST deduction?
- Fail to show synchronization of music with ending pose
  - Concentration pause of 3 seconds before a tumbling pass
  - Medium step upon landing
  - Additional trunk movements/arm swings to maintain balance after landing acro pass
  - Incorrect body posture/alignment during a dance value part

43. Which is NOT part of calculating the Start Value?
- Element values of A, B, C
  - DV bonus
  - CV bonus
  - Fail to perform saltos in two different directions
  - CC (Composition Credit)
44. Which is the LARGEST deduction?
- Lacking a minimum of a D salto in the routine
  - Lack of minimum of B turn on 1 foot
  - Fail to perform saltos in two different directions
  - Legs crossed in a back salto with 2/1 twist
  - a. and b.
  - c. and d.
45. Which is CORRECT about extra matting on floor exercise?
- Chief judge takes a 0.2 deduction from the average score for use of additional matting
  - Currently, a maximum of three supplemental mats may be used
  - There is a 0.3 deduction for the coach removing a mat once the routine has begun
  - There is a 0.2 deduction for coach adding a mat once the routine has begun
  - All of the above are INCORRECT
46. Which is CORRECT regarding music failure?
- The gymnast stops performance immediately and after reasonable rest and with permission from the Chief Judge, may restart the routine from the beginning
  - If the gymnast continues the routine, upon completion the coach and athlete must decide whether to resume from the point of music failure or accept the performance as performed.
  - Judges take a deduction for absence of music if the decision is to accept the score
  - Judges post the score before the coach/athlete decide whether to resume or to accept the performance as performed
47. Which is CORRECT regarding out-of-bounds?
- The chief judge and acting judges indicate line violations by raising their hands
  - If an element takes-off out-of-bounds, award VP, SR, CV bonus, DV bonus and CC as applicable
  - If athlete falls out of bounds, it's a Chief Judge deduction of 0.1 for out-of-bounds and another Chief Judge deduction of 0.5 for the fall
  - If the gymnast steps on the line, but not over, it's considered out-of-bounds

48. What is the CORRECT definition of an Acro pass?
- An approach resulting in the performance of two or more acro elements (with or without hand support)
  - An approach resulting in the performance of one or more acro elements, with a minimum of "C" value for one of the elements(with or without hand support)
  - An approach resulting in the performance of one or more acro elements (with or without hand support)
  - An Acro pass with two or more non-salto elements may be directly or indirectly connected with flight elements (with or without hand support)
49. Which is CORRECT when a fall occurs on a salto?
- If bottom of foot/feet land first then fall, award VP, SR, Bonus and CC if applicable
  - If there's a fall after landing feet first, deduct 0.5 for the fall but not the steps or balance errors resulting in a fall
  - If the salto does not land on the bottom of feet/foot first, Deduct 0.5 for the fall but award CC if applicable
  - On any fall, deduct only the fall, not execution and/or amplitude errors
50. What is the Start Value for this routine?
- RO+BHS+Double layout salto  
--Switch side + Popa  
--Front layout full salto + front pike salto  
--1 ½ turn with leg at horizontal  
--RO+BHS+double back piked
- 9.7
  - 9.8
  - 9.9
  - 10.0
  - 10.0 + 0.1 extra bonus

Thanks for taking this practice test and best wishes on your actual written test.

"You've prepared diligently; now it's time to shine."

**Karin's Quiz Answer sheet** updated 5/23/2026

Dedicated to my judging friend Karin who asked for, "just one more test, please."

Please contact me if you find errors/typos etc. [robinruegg@gmail.com](mailto:robinruegg@gmail.com)

1. a.
2. c.
3. b.
4. f.
5. e.
6. b.
7. d.
8. d.
9. a.
10. c.
11. e.
12. b.
13. c.
14. c.
15. c.
16. b.
17. a.
18. d.
19. c.
20. b.
21. e.
22. c.
23. d.
24. a.
25. b.
26. c.
27. b.
28. a.
29. f
30. c.
31. d.
32. c.
33. d.
34. a.
35. e.
36. d.
37. e.
38. a.

- 39. b.
- 40. b.
- 41. c.
- 42. d.
- 43. d.
- 44. e.
- 45. e.
- 46. b.
- 47. a.
- 48. c.
- 49. b.
- 50. e.