

TEST PROCEDURES AND STUDY GUIDE

FROM NOW ON ALL TEST REGISTRATIONS MUST BE DONE ONLINE THROUGH USAG. USAG PROFESSIONAL MEMBERS MUST REGISTER A MINIMUM OF ONE WEEK BEFORE THE TEST. NON-MEMBERS AND ANYONE WHO IS MAILING OR FAXING A REGISTRATION MUST REGISTER A MINIMUM OF TWO WEEKS BEFORE THE TEST. **NO WALK-INS WILL BE ALLOWED TO TEST!**

CHANGES TO PAST PROCEDURES:

- You may now test each part 4 times each year. There is no time limit between tests, but by the time you get your results and have to sign up at least one week in advance, it will still be close to a month.
- You no longer are required to practice judge before moving up. (But it's still a good idea.)
- You will have to hold your rating a minimum of 12 months before moving up, not the calendar year as in the past.

SIGNING UP

To sign up for a test you will have to go online. You will see all tests in the country listed. Go to "usa-gymnastics.org" and then click on "programs" (on the left), "women" and then "just for judges" on the left. Go to nearly the bottom of the page under "Judges Accreditation." There is a "Master Test Schedule" listing all tests in the country and sections for registering on line and getting the form to mail or fax in.

*There are special circumstances under which a person may enter at Level 9 or 10. Forms are available on line where you register under "Exemption Eligibility Form." Those eligible are:

For the Level 9 Rating: Former or present Level 10 coach, Collegiate Regional coach, Level 10 gymnast, or Collegiate Regional gymnast.

For the Level 10 Rating: Former or present Elite coach, or Senior Elite gymnast who participates at a National Elite Classic.

There are minimum age requirements for testing: L. 5/6 and 7/8 – age 16, L. 9 – age 18 and L.10 – age 20

ACTUAL TESTS

Written tests are 50 questions, multiple choice. The time limit for L. 5/6 is an hour and for optional tests, an hour and a half. No materials may be brought into the testing area.

There are practicals (films) covering Levels 8, 9, and 10. (For the 7/8 rating, the written is on Levels 7 and 8, but the film is Level 8 only.) For the film you may use the JO Code and any notes. On each event you will judge 6 routines, the 1st a demonstration and the next 5 counting for your score. After each demo routine you will see the score given by the Master Panel.

SCORING

To pass the minimum score is as follows:

Level 5/6	70%
Level 7/8	70% written and 70% film
Level 9	76% written and 75% film
Level 10	80% written and 80% film

If you pass only one part, you may re-test the part failed. The part passed will stay.

HOW TO STUDY FOR THE TEST

STUDY AIDS YOU NEED: You need the J.O. Compulsory Book and the J.O. Code of Points. You could borrow them from someone, but it is better to have your own. Both can be ordered from USAG. Call USAG at 317-237-5050 or go online to usag-gymnastics.org.

COMPULSORY: There are 50 questions: 10 general, 10 on vault, and 5 each on Level 5 bars, beam, and floor, and 5 each on Level 6 bars, beam, and floor. Basically, you need to know the following:

General: Look at the “General Faults and Penalties” pages (p. 161-164). Questions may include:

- Responsibilities and deductions taken by the Chief Judge and by the Acting Judge
- Deductions for coaching and gymnast errors
- How to determine average score and allowable range
- Text and element errors
- General execution and amplitude deductions

Vault: Know every execution and amplitude deduction and what voids a vault.

Bars, beam, and Floor: Know the following:

- The order of major elements
- Every deduction pertaining to the major elements (in the gray boxes)
- Know the angles and deductions for every cast, counterswing and clear hip on bars and leap angles
- Know bar fall timing and all beam timing rules

You do not need to know equipment specifications or rules pertaining to meet format or timed warm-ups.

OPTIONAL:

General:

- Responsibilities and deductions taken by the Chief Judge and Acting Judge
- Deductions for coaching and gymnast errors
- How to determine average score and allowable range
- Difficulty requirements
- Difficulty restrictions for Levels 7, 8, and 9
- Determining Start Value
 - Value Parts/Difficulty Requirements
 - Special Requirements
 - Additive Value (bonus) if applicable
- Timing of BB and FX routines and BB and UB falls

Vault:

- You do **not** need to know specific vault values (except Level 7 all starting at a 10.0)
- You **do** need to know Vault Groups
- Specific execution and amplitude deductions, including landing deductions
- What voids a vault
- Balks

Bars, Beam, and Floor:

- Value of elements, specific to the Level and what elements would void a routine
- Determining Start Value
- Special Requirements
- Additive Value, Levels 9 and 10
- Specific Apparatus Deductions
- Specific Compositional Deductions and General Composition Deductions (not L. 7)

