

Level 10 Practice Test
July, 2005

General

1. Which of the following statements is **CORRECT** for the awarding of value parts?
 - a. An element may receive credit a third time if performed in a different connection.
 - b. D and E elements may be used in place of B and C elements and also count for Difficulty Value.
 - c. 3 A's worth 0.10 each may replace 1 B element worth 0.30.
 - d. An element, which does not receive a value part, may still receive special requirement credit.
 - e. All of the above are correct.

2. What is the **TOTAL MAXIMUM** deduction for the following errors:
 - Incorrect padding
 - Excessive use of magnesia
 - Failure to present after the exercise
 - a. 0.40
 - b. 0.50
 - c. 0.60
 - d. 0.70
 - e. 0.80

3. Which of the following is **NOT** a duty of the Panel Judge?
 - a. Deducts for missing Special Requirements
 - b. Deducts for missing Value Parts
 - c. Awards Additive Value
 - d. Deducts for spotting assistance during the exercise.
 - e. Deducts for missing presentation before or after exercise.

4. Which of the following statements is **CORRECT**?
 - a. An Exercise with 2 E elements and 1 D element will be awarded 0.30 in Additive Value.
 - b. All Special Requirements must be fulfilled in order to receive Additive Value.
 - c. Only E Value Parts may be awarded Difficulty Value a second time if performed in a different connection.
 - d. To receive 0.50 in Additive Value, a minimum of 0.10 in Connection Value and 0.10 in Difficulty Value is required.
 - e. None of the above.

5. What is the start value of an exercise comprised of the following:
 - 5 A's, 2 B's, 0 C's, 1 D and 1 E
 - +0.2 Connection Value
 - Missing 1 Special Requirement
 - a. 9.70
 - b. 9.50
 - c. 9.40
 - d. 9.30
 - e. 9.20

6. What is the start value of an exercise comprised of the following:
- 2 A's, 3 B's, 2 C's, 1 D and 1 E
 - 0.10 Connection value
 - No Dismount
 - No C dismount
- a. 9.50
b. 9.30
c. 9.10
d. 9.00
e. 8.90
7. Which of the following draws the **LARGEST** penalty?
- a. Bent knees
b. Insufficient height of gymnastic elements
c. Exercise lacking one "C" element
d. Relaxed or incorrect foot/leg/body trunk posture
e. Hit on apparatus with foot contrary to technique.
8. Which of the following statements is **CORRECT**?
- a. 0.25 deduction on a D element makes it eligible for Additive Value
b. The same exact connection may receive connection value two times
c. Support on the mat with one hand is deducted 0.30
d. E elements are worth 0.30 difficulty value
e. Insufficient artistic presentation is deducted up to 0.20
9. Which of the following is **CORRECT** when the feet do not touch first on the landing of salto elements?
- a. Value Part credit and special requirement credit is awarded, execution errors plus 0.50 for the fall are deducted.
b. Value part credit and special requirement credit is not awarded and 0.50 is deducted for the fall.
c. Special requirement credit is awarded, value part credit is not awarded and 0.50 is deducted for the fall.
d. Value part credit is awarded, no special requirement is awarded and 0.50 is deducted for the fall.
e. Value part credit and special requirement credit is not awarded, execution errors plus 0.30 for a large error are deducted.
10. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Using incorrect apparatus specifications
 - Placement of springboard on unauthorized surface
 - Signals, verbal cues by coach to own gymnast (after warning)
- a. 0.90
b. 0.80
c. 0.70
d. 0.60
e. 0.50

VAULT

11. What is the deduction for not flashing/announcing a vault number?
- No deduction
 - 0.20
 - 0.30
 - 0.40
 - 0.50
12. What is the **TOTAL MAXIMUM** deduction for the following errors in a 1/2 on- 1/2 off-Front Layout (Phelps)?
- Insufficient exactness of the LA turn in the second flight phase
 - Failure to maintain stretched body in the second flight phase
 - One step on landing
- 0.50
 - 0.60
 - 0.70
 - 0.80
 - 1.00
13. What is the **TOTAL MAXIMUM** deduction for the following faults in a Yurchenko Layout Vault?
- Bent knees
 - Deviation from a straight direction
 - Insufficient height
- 0.60
 - 0.80
 - 0.90
 - 1.00
 - 1.10
14. What is the penalty if the gymnast performs a Handspring on- Tucked Salto Forward off and fails to land on her feet first?
- 0.30
 - 0.50
 - 1.00
 - Vault is "Void" and receives a 0
 - None of the above
15. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Touch the horse with only one hand
 - Insufficient dynamics
- 0.80
 - 1.00
 - 1.20
 - 1.30
 - 1.40

16. What is the **TOTAL MAXIMUM** deduction for the following faults in a Tsukahara stretched Vault?
- Legs separated in preflight
 - Insufficient distance
 - Very large step or jump on landing
- a. 0.70
b. 0.75
c. 0.80
d. 0.90
e. 1.00
17. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Poor technique in the repulsion phase (arch)
 - Prescribed LA turn incomplete in the first flight phase
- a. 0.50
b. 0.60
c. 0.70
d. 0.75
e. 0.80
18. What is the **TOTAL MAXIMUM** deduction for the following faults in a ½ turn on-1/1 turn off vault?
- Bent knees in the second flight phase
 - Prescribed LA turn begun too late in the second flight
- a. 0.60
b. 0.80
c. 1.00
d. 1.10
e. 1.20
19. What is the **TOTAL MAXIMUM** deduction for the following faults in a Handspring on – 1/1 twist off vault?
- 1/1 turn incomplete by 70 degrees upon landing
 - additional trunk movements to maintain balance
- a. 0.30
b. 0.40
c. 0.50
d. 0.60
e. 0.70
20. Which of the following is **CORRECT**?
- a. No touch of the hands on the horse – vault invalid
b. Spotting assistance during the vault – vault invalid
c. Run approach with touch of the springboard without execution of a vault – vault invalid
d. Spotting assistance upon landing – 0.50
e. All of the above

UNEVEN BARS

21. What is the **TOTAL MAXIMUM** deduction for the following faults in a cast to handstand with $\frac{1}{2}$ (180°) turn in handstand?
- Bent arms
 - $\frac{1}{2}$ turn completed 35° past vertical
- a. 0.40
b. 0.45
c. 0.50
d. 0.55
e. 0.60
22. Which of the following is **NOT** a "B" value part?
- a. Cast handstand with legs straddled and hips bent
 - b. Giant circle swing forward in reverse grip with legs straddled in upswing phase to handstand
 - c. Glide stoop through, cut catch same bar (mount)
 - d. Swing down with $\frac{1}{2}$ (180°) turn, uprise backward to clear support on HB (turning uprise)
 - e. Jump with $\frac{1}{1}$ (360°) turn and kip up to support on LB
23. How many special requirements would be fulfilled with the following directly connected elements?
- Handstand on HB – swing down between bars, swing forward and salto backward piked with $\frac{1}{2}$ (180°) turn to hang on HB (Geinger)
 - Long swing forward with $\frac{1}{2}$ (180°) turn and flight over LB to handstand
- a. 0
b. 1
c. 2
d. 3
e. 4
24. Which of the following statements is **CORRECT**?
- a. The deduction for lack of balance between elements with pirouettes and flight phase is up to 0.10.
 - b. The total maximum deduction for insufficient use of entire apparatus directionally is 0.10
 - c. The deduction for connections with push off from the feet from LB to HB will be applied only if performed a second time or more.
 - d. The deduction for kip cast to under 45° is 0.10
 - e. All of the above are correct.

25. Which of the following is a "C" value part?
- Giant circle backward to handstand with 1/1 (360°) turn in handstand.
 - Handstand on HB – swing down between the bars, swing forward to double salto backward stretched
 - Uprise backward to handstand
 - Mount: jump w/ ½ (180°) turn to handstand on LB with hips extended
 - Inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova)
26. Which of the following statements is **CORRECT**?
- A clear hip circle to clear support will fulfill the requirement of a "B" element from groups 3, 6, 7.
 - An underswing with 1/1 (360°) dismount will fulfill the dismount Special Requirement
 - A cast handstand with hop change to reverse grip in handstand is considered a flight element.
 - Performing two Tkatchev's will fulfill the "two flight elements" special requirement.
 - A routine with only one "B" flight element and an "A" dismount is deducted 0.20 under Special Requirements.
27. Which of the following is a "D" value part?
- Hang on HB – uprise backward, clear hip circle to handstand.
 - Jaeger salto piked
 - Handstand on HB, swing with ½ (180°) turn and flight over LB to hang.
 - Giant circle backward to handstand with 1-1/2 (540°) turn in handstand to mixed L or L grip
 - Giant circle backward to handstand with hop 1/1 (360°) turn in handstand
28. What is the **CORRECT** Value Part credit and Connection Value for the following directly connected elements?
- From hang on HB uprise backward to handstand on HB
 - swing down between bars, swing forward to salto backward stretched with 2/1 (720°) twist (flyaway with 2/1 twist dismount)
- C+B, no connection value
 - C+C, no connection value
 - C+C, 0.10 connection value
 - D+C, no connection value
 - D+C, 0.10 connection value

29. Which of the following dismounts is a "B" value part?
- Front support on HB – underswing with $\frac{1}{2}$ (180°) twist to salto backward tucked (Comaneci)
 - LB dismount – Hecht with $\frac{1}{1}$ (360°) twist
 - Handstand on HB – swing down between bars swing forward to double salto backward tucked (Flyaway double salto tucked)
 - Front support on HB – underswing with salto forward tucked (toe on front tuck off)
 - Handstand on HB – swing down between bars swing forward to salto backward stretched with $\frac{1}{2}$ (180°) twist (flyaway stretched with $\frac{1}{2}$ (180°))
30. What is the **CORRECT** Value Part credit and Connection Value awarded for the following directly connected elements performed with stated errors?
- giant circle backward to handstand with $\frac{1}{2}$ (180°) turn in handstand (0.3 execution deduction)
 - front giant circle forward to handstand with $\frac{1}{2}$ (180°) turn in handstand (0.10 execution deduction)
- B+B, no Connection Value
 - B+C, no connection value
 - C+C, no connection value
 - C+C, 0.1 connection value
 - C+D, 0.1 connection value

BALANCE BEAM

31. Which the following deductions is **CORRECT**?
- | | |
|--|------------|
| a. Insufficient level changes throughout routine | up to 0.10 |
| b. Concentration pause longer than two seconds | 0.20 each |
| c. Lack of tempo during execution of connections | up to 0.20 |
| d. Support of one leg against the side of the beam | 0.30 |
| e. Insufficient distribution of elements | up to 0.20 |
32. What is the **TOTAL** Connection Value awarded for the following three series?
- Round off at end of beam salto backward stretched with step out mount, flic flac with step out, sissone
 - Round off, flic flac with $\frac{1}{1}$ (360°) swing down to cross straddle sit
 - Front handspring, salto forward stretched with $1\frac{1}{2}$ (540°) twist dismount
- No Connection Value possible
 - 0.10
 - 0.20
 - 0.30
 - 0.40

33. Which of the following is **CORRECT** for the awarding of Value Part credit and Connection Value?
- Split leap forward with change of legs, split leap forward with change of legs
Award C+C +0.10 CV
 - Straddle pike jump in cross position, straddle pike jump in cross position, flic flac with step out
Award C+C+B +0.20 + 0.10 = 03.0 CV
 - Flic flac step out, flic flac step out, salto backward stretched with step out
Award B+B+C 0 CV
 - Free (aerial) cartwheel, gainer flic flac with support of one arm
Award C+B 0 CV
 - Split leap forward with change of legs and $\frac{1}{4}$ (90°) turn to straddle pike position landing on both legs in side stand, cross split jump in side position with bending of rear leg backward (Heinrich)
Award C+C +0.20 CV
34. Which of the following combinations would receive 0.10 for Connection Value?
- Valdez, flic flac with $\frac{3}{4}$ (270°) twist to side handstand
 - Round off, flic flac step out, gainer salto backwards stretched with 1/1 (360°) twist to side of beam
 - Back walkover, stretched jump with 1/1 (360°) turn
 - Salto forward tucked to stand on the beam, salto forward stretched dismount
 - None of the above would be awarded 0.10 connection value
35. What is the **TOTAL MAXIMUM DEDUCTION** for the following faults?
- Two leap/jump/hop elements to prone or front support
 - grasp of beam in order to prevent a fall
- 0.40
 - 0.50
 - 0.60
 - 0.70
 - 0.80
36. Which of the following is a "C" value part?
- Press on one arm to handstand mount
 - Free (aerial) walkover
 - Gainer salto stretched with legs together at end of beam (dismount)
 - 1/1 turn (360°) in tuck stand on one leg, free leg in forward horizontal
 - hop with $\frac{1}{2}$ (180°) turn, free leg extended above horizontal
37. Which of the following dismounts would fulfill the dismount Special Requirement?
- Handspring forward with 1 1/2 (540°) twist after hand support
 - Salto forward tucked with 1/1 (360°) twist
 - Gainer salto tucked at end of beam
 - Arabian salto tucked (jump backward $\frac{1}{2}$ (180°) twist salto forward
 - All of the above

38. What is the total number of Special Requirements fulfilled by the following directly connected series?
 1/1 turn on one leg, Sissone, Roundoff, flic flac, Back salto stretched with 1/1 twist dismount
- 2
 - 3
 - 4
 - 5
 - 6
39. Which of the following statements is **CORRECT**?
- The timing of the beam routine begins when the gymnast touches the beam with her hands or feet.
 - If the gymnast lands at the sound of the second signal she is deducted 0.10 for overtime.
 - An exercise less than 30 seconds in length is deducted 2.00
 - A warning is signaled at 1 minute 25 seconds
 - After a fall, the gymnast has 30 seconds in which she may chalk up but may not talk to her coach, before remounting the beam.
40. Which is the **CORRECT TOTAL** Value Part credit awarded for the following 3 series performed in a Level 10 routine?
- 1st series – flic flac step out, flic flac with support of one arm
 2nd series – handspring forward with leg change in flight phase, free (aerial) cartwheel landing in side position
 3rd series – flic flac step out, flic flac step out, salto backwards tucked
- 2 B's 3 C's 1 D
 - 4 B's 2 C's 1 D
 - 2 B's 4 C's
 - 3 B's 3 C's 1 D
 - 5 B's 1 C 1 D

FLOOR EXERCISE

41. How many of the following would receive "C" value part credit?
- Wolf jump with 1/1 (360°) turn
 - Side spit jump with landing to front lying support (Schushunova)
 - Tour jete' with additional 1/1 (360°) turn
 - Split leap forward with leg change and ¼ (90°) to front lying support
- 0
 - 1
 - 2
 - 3
 - 4

42. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Lack of balance between acro and dance value parts
 - Missing 75° of a twisting salto
- a. 0.10
 - b. 0.15
 - c. 0.20
 - d. 0.30
 - e. 0.40
43. What is the **TOTAL MAXIMUM** deduction for the following occurrences?
- Concentration pause of more than 2 seconds before 2 different series
 - Missing synchronization of movement and music throughout exercise
 - 2 jumps to prone position
- a. 0.40
 - b. 0.50
 - c. 0.60
 - d. 0.70
 - e. 0.80
44. Which of the following series would receive the **GREATEST** amount of **ADDITITVE VALUE**?
- a. Front handspring, front salto stretched with 2-1/2 (900°) twist, front salto piked
 - b. Front salto tucked, round-off flic flac, salto backward with 2-1/2 (900°) twist, front salto tucked
 - c. Front salto tucked, front handspring, front salto stretched with 1/1 (360°) twist, front salto stretched with 1/1 (360°) twist
 - d. A and b
 - e. All of the series receives the same amount in Additive Value
45. What is the **TOTAL** deduction for missing Special Requirements in an exercise containing the following elements?
- Front salto tucked, round-off, flic flac, double salto backward tucked
 - Split leap forward with leg change, wolf hop with 1/1 (360°) turn
 - Round-off, Arabian double salto dismount
- a. 0
 - b. 0.50
 - c. 1.00
 - d. 1.50
 - e. 2.00

46. Which of the following would receive 0.20 for **CONNECTION VALUE**?
- 2/1 turn (720°) with free leg above horizontal, straddle pike jump
 - 2/1 turn (720°), side split jump with ½ (180°) turn to front lying support
 - Straddle jump with 1/1 (360°) turn, tuck jump with 2/1 (720°) turn
 - Cat leap with 2/1 (720°) turn, fouette hop to land in scale
 - All of the above
47. Which of the following elements is a "D" Value Part?
- Tour jete' with a ½ (180°) turn to land in split sit
 - Double salto backward tucked with 1/1 (360°) twist
 - Split leap forward with leg change to ring
 - Double salto forward
 - Double salto backward piked
48. Which of the following elements would receive "C" value part credit?
- Wolf hop with 1/1 (360°) turn
 - Hitch kick with ¼ (90°) turn, ¼ (90°) turn
 - Side split jump, with landing to front lying support (Schushunova)
 - Cat leap with 1/1 (360°) turn
 - None of the above
49. How many of the following elements would fulfill the Special Compositional Requirement of a turn?
- Stretch jump with 1-1/2 (540°) turn
 - 1/1 (360°) turn to scale
 - 2/1 (720°) turn in tuckstand on 1 leg
 - 1/1 (360°) turn on one foot
- 0
 - 1
 - 2
 - 3
 - 4
50. Which of the following connections would receive a total of 0.20 for **ADDITIVE** value?
- Round-off, salto backward with 1-1/2 (540°) twist, round-off, salto backward with 3/1 (1080°) twist
 - Salto forward tucked, front handspring, salto forward stretched with 1-1/2 (540°) twist, salto forward tucked
 - Salto forward piked, round-off, double salto backward tucked
 - Front handspring, salto forward stretched with ½ (180°) twist, salto backward tucked with 1/1 (360°) twist
 - C and D

ANSWERS**LEVEL 10**

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| 1. b | 31. a |
| 2. b | 32. e |
| 3. e | 33. a |
| 4. d | 34. b |
| 5. e | 35. a |
| 6. c | 36. e |
| 7. c | 37. b |
| 8. a | 38. a |
| 9. b | 39. c |
| 10. b | 40. a |
| 11. b | 41. c |
| 12. a | 42. e |
| 13. e | 43. c |
| 14. d | 44. d |
| 15. d | 45. a |
| 16. a | 46. c |
| 17. a | 47. e |
| 18. b | 48. a |
| 19. c | 49. c |
| 20. e | 50. a |
| 21. b | |
| 22. b | |
| 23. c | |
| 24. e | |
| 25. c | |
| 26. c | |
| 27. d | |
| 28. b | |
| 29. e | |
| 30. c | |