

General

1. What is the final average score for the following 4-judge panel?
 - Judge #1: 9.0 Judge #2: 9.0 Judge #3: 8.85 Judge #4: 8.7
 - A) 8.85
 - B) 8.875
 - C) 8.925
 - D) 9.00

2. What is the minimum courtesy score for a completed routine?
 - A) 1.00
 - B) 2.00
 - C) 3.00
 - D) 4.00

3. Which of the following errors is NOT a chief judge deduction?
 - A) Overtime
 - B) Spot on landing of an element
 - C) Springboard placed on unauthorized surface
 - D) Failure to remove board after mount

4. Which statement is FALSE regarding awarding of value part credit?
 - A) "D" or "E" value part may be used to replace a missing "A", "B", or "C" value part, but it will no longer be eligible to receive Difficulty Value Bonus.
 - B) Value Part credit may be awarded for an element performed a third time if it did not receive Value Part credit on previous attempt due to failure to complete (ex. Flic flac that did not land on bottom of feet on top of balance beam prior to falling)
 - C) "D" element may receive Difficulty Value Bonus twice as long as it in in different combinations.
 - D) Both A and C are false.

5. To receive additional 0.10 bonus above 10.0 Start Value, all of the following must be met EXCEPT:
 - A) Minimum of +0.60 total bonus from both Connection and Difficulty Value Bonus
 - B) 10.0 Start Value
 - C) "E" element on bars or "E" acro or dance element on beam/floor
 - D) All special requirements and required value parts successfully performed

Level 10 Written Practice Test

6. What is the proper procedure for the chief judge if a 4-judge panel has the following scores?
- Judge #1: 6.50 Judge #2: 6.80 Judge #3: 8.20 Judge #4: 7.80
- A) Scores are in range and can be averaged.
B) Call a conference as scores are out of range. Review and request score change to move all scores in range.
C) Call a conference as scores are out of range. Require Judge #3 to lower score.
D) Call a conference as scores are out of range. Review and request score change to move counting scores in range.
7. What is the MAXIMUM TOTAL DEDUCTION for the following errors?
- Extra arms swing on landing
 - Insufficient exactness of tuck body position
 - Insufficient height of salto dismount
- A) 0.40
B) 0.50
C) 0.60
D) 0.70

Vault

8. What is the MAXIMUM TOTAL DEDUCTION APPLIED for the following errors in a Layout Tsukahara Vault?
- Incorrect foot leg form - Legs crossed on first flight phase
 - Alternate repulsion from hands in support phase
 - Poor technique - Arched body on second flight phase
- A) 0.20
B) 0.30
C) 0.50
D) 0.60
9. What is the MAXIMUM TOTAL DEDUCTION for the following errors in a Handspring Front Tuck Vault?
- 2 additional hand placements on table
 - 2 large steps on landing
 - 2 small steps on landing
- A) 0.40
B) 0.50
C) 0.60
D) 0.80

Level 10 Written Practice Test

10. What is the MAXIMUM DEDUCTION for insufficient stretched position in a Layout Yurchenko Vault?

- A) 0.05
- B) 0.10
- C) 0.20
- D) 0.30

11. What is the MAXIMUM TOTAL DEDUCTION for the following errors in a Handspring 2/1 twist Vault?

- Too long in support
- Insufficient exactness of LA turn
- Landing with feet more than hip width apart
- Fall on landing

- A) 1.00
- B) 1.10
- C) 1.15
- D) 1.20

12. What is the MAXIMUM deduction for landing with feet hip width apart, then joins (slides) heels together on controlled extension?

- A) No deduction
- B) 0.05
- C) 0.10
- D) 0.20

13. Which of the following errors would result in a VOID vault?

- A) Spotting assistance during preflight
- B) Failure to land on bottom of feet first
- C) Use of an alternative springboard
- D) All of the above

14. Which error receives the LARGEST deduction?

- A) Performing a 1-arm vault (seen by at least half the panel)
- B) Prescribed LA turn begun too late in second flight phase
- C) Head contacting table during support phase
- D) Vaulting without signal from Chief Judge

Level 10 Written Practice Test

15. What is the MAXIMUM angle of repulsion deduction applied during the performance of a Handspring Front Pike Vault?
- A) 0.50
 - B) 1.00
 - C) 1.50
 - D) None of the above
16. Which of the following errors receives the SMALLEST deduction in the 2nd flight phase?
- A) Incorrect leg form - legs separated
 - B) Incorrect foot form (flexed/sickled)
 - C) Brush/Hit of body on table during post-flight
 - D) A and B are both correct.
17. When evaluating insufficient length in second flight phase, all of the following factors are considered EXCEPT:
- A) Age of gymnast
 - B) Type of vault
 - C) Where the hands contact table
 - D) Overall trajectory of 2nd flight phase

Bars

18. How many SPECIAL REQUIREMENTS do the following elements fulfill at level 10?
- Clear hip circle through handstand with counter straddle to hang on HB (Hindorff)
 - Long swing forward with ½ turn and flight to handstand on LB (Bail)
 - Double salto forward tuck dismount
- A) 1
 - B) 2
 - C) 3
 - D) 4
19. Which of the following elements receives the HIGHEST value part credit?
- A) Underswing/Sole Circle to front pike salto dismount
 - B) Salto backward stretched with 2-½ twist dismount
 - C) Salto forward stretched with 2/1 twist dismount
 - D) B and C

Level 10 Written Practice Test

20. What is the TOTAL BONUS AWARDED for following routine:
- Clear Hip to handstand + Clear Hip to handstand
 - Back Giant with 1/1 turn + Pak salto
 - Double salto backward in layout/pike
- A) 0.30
B) 0.40
C) 0.50
D) 0.60
21. Which of the following deductions is/are taken when a routine is performed containing a dismount without a salto?
- A) 0.50 for missing special requirement (taken from Start Value)
B) 0.30 for no dismount (taken from Start Value)
C) 0.50 for a fall
D) Both A and B are correct
22. Which of the following elements is NOT an “E” value part?
- A) Salto forward piked to hang on HB (Pike Jaegar)
B) L-grip front giant circle to handstand
C) Round off-Arabian tuck over low bar to hang on high bar (no touch)
D) Giant circle backward to handstand with hop 1/1 turn to regular grip in handstand phase
23. What is the composition deduction taken for DISMOUNT NOT UP TO COMPETITIVE LEVEL for a routine ending with a double salto backward stretched flyaway?
- A) No deduction
B) 0.05
C) 0.10
D) 0.20
24. What is the composition deduction for ACRO RELEASE NOT UP TO COMPETITIVE LEVEL for a routine containing the following:
- Straddle Reverse Hecht (Tkatchev)
 - Clear hip circle through handstand on LB with flight to hang on HB (Shaposchnikova)
- A) No deduction
B) 0.05
C) 0.10
D) 0.15

Level 10 Written Practice Test

25. Which statement below is INCORRECT regarding angle of completion and value part awarded for clear hip circles?

- A) Finish 12° from vertical = deduct 0.05, award C VP
- B) Finish 70° from vertical = deduct 0.20, award B VP
- C) Finish at Horizontal = deduct 0.30, award B VP
- D) Finish below Horizontal = deduct 0.40, award A VP

26. What is the deduction for CHOICE OF ELEMENTS for the following elements?

- Clear hip circle forward to handstand (Weiler kip)
- LB Sole Circle with release and counter movement forward to catch HB in hang

- A) No deduction
- B) 0.10
- C) 0.20
- D) 0.30

27. Which deduction below is NOT a specific composition deduction for level 10?

- A) Facing same direction throughout exercise
- B) Lack of elements that achieve (or pass through) vertical
- C) Performing more than 1 squat/stoop on LB
- D) Lack of 2 bar changes

28. What is the START VALUE for the following routine?

Glide kip, Stoop on, Back uprise to handstand ½ turn, Backward staldler to handstand with 1/1 turn, Pike sole circle backward-reverse hecht over HB to hang (Ray), glide kip, Cast handstand with ½ turn, Clear hip handstand, Back giant, back giant, double salto tucked with 1/1 twist on first flyaway dismount

- A) 9.50
- B) 9.60
- C) 10.0
- D) 10.1

Beam

29. Which of the following elements is NOT considered a sideward element?

- A) Round off
- B) Tic toc
- C) Aerial Cartwheel
- D) Silivas-type mount

Level 10 Written Practice Test

30. How many SPECIAL REQUIREMENTS are fulfilled with the following routine?

- Round-off Flic Flac mount + back salto tucked
- Switch leap (leg separation 170°)
- Wolf 1/1 turn on 1 foot
- Side aerial + back salto stretched with 1/1 twist dismount

- A) 1
- B) 2
- C) 3
- D) 4

31. What is the TOTAL BONUS AWARDED for the following routine?

- Front Aerial + Front Aerial
- Double turn on 1 foot
- Tuck jump full + straight jump
- Round off + Back layout salto with 2-½ twist dismount

- A) 0.30
- B) 0.40
- C) 0.50
- D) 0.60

32. Which of the following elements is not an “E” value part?

- A) Double back tuck dismount
- B) Jump backward with ½ twist to front walkover (Onodi)
- C) Flic flac with 1/1 twist to stepout
- D) Flic flac with 1/1 twist to swing down in cross straddle sit (Rulfova)

33. What is the composition deduction for CHOICE OF ACRO ELEMENTS for a routine containing the following acro elements?

- Side Aerial
- Front Layout salto with 1/1 twist dismount

- A) No deduction
- B) 0.05
- C) 0.10
- D) 0.20

Level 10 Written Practice Test

34. What is the MAXIMUM deduction for the following errors?
- Insufficient use of entire beam apparatus - spatially
 - Incorrect body posture/alignment on dance value part
 - Landing too close to end of beam on dismount
 - Deep squat on landing
- A) 0.50
B) 0.60
C) 0.65
D) 0.70
35. Which of the following element is NOT a "B" value Part?
- A) Split leap
B) Split jump
C) Walkover forward
D) All of the above elements are "B" value parts.
36. What is the composition deduction for CHOICE OF DISMOUNT NOT UP TO COMPETITIVE LEVEL for the following dismount?
- Gainer Layout salto off the end of the beam
- A) No deduction
B) 0.05
C) 0.10
D) 0.20
37. What is the BB composition deduction for CHOICE OF DANCE ELEMENTS NOT UP TO COMPETITIVE LEVEL for a routine containing only a Switch Leap?
- A) No deduction
B) 0.05
C) 0.10
D) 0.20
38. What is the composition deduction for CHOICE OF ACRO ELEMENTS NOT UP TO COMPETITIVE LEVEL for a routine containing the following acro elements?
- Gainer Flic flac + Flic flac with 1-arm
 - Back salto pike
- A) 0.05
B) 0.10
C) 0.15
D) 0.20

Level 10 Written Practice Test

39. What is the START VALUE for the following routine?

Press Handstand mount, Flic flac + Back Layout Stepout + flic flac, Switch leap $\frac{1}{2}$ turn + Sheep jump, Side somi tucked, $1/1$ turn with leg above horizontal + $1/1$ turn on 1 leg, Gainer Back Salto tucked with $1/1$ twist to side of beam

- A) 9.5
- B) 9.6
- C) 10.0
- D) 10.1

Floor

40. How many SPECIAL REQUIREMENTS are met in the following completed routine?

- Round off + Whip back salto + Double Back piked
- Front Handspring + Front layout
- Double turn on 1 foot
- Wolf jump with $1/1$ turn + Straddle jump with $1/1$ turn

- A) 1
- B) 2
- C) 3
- D) 4

41. What is the TOTAL MAXIMUM deductions for the following errors?

- Flexed feet on 1 value part
- Feet apart on landing of jump
- Missing 20° in split position of leap

- A) 0.15
- B) 0.20
- C) 0.25
- D) 0.30

42. When evaluating an acro element that lands in a loose foam pit, which of the following is INCORRECT?

- A) Chief judge deducts 0.30 off final average for use of unauthorized landing mat
- B) Elements receives no Value Part credit.
- C) Element receives no Special Requirement credit
- D) All judges deduct 0.10 for out-of-bounds.

Level 10 Written Practice Test

43. What is MAXIMUM APPLICABLE deduction for the FRONT LAYOUT ONLY in the following series:
Front handspring + Front Layout + Front layout 2/1 twist
- Insufficient height
 - Leg separation
 - Bent legs
- A) 0.50
B) 0.60
C) 0.70
D) 0.80
44. Which of the following is NOT considered part of Insufficient Artistry throughout the exercise deduction?
- A) Originality
B) Quality of movement
C) Gracefulness
D) Quality of expression
45. What is the deduction for a 3-second concentration pause prior to performing an acro pass?
- A) No deduction
B) 0.05
C) 0.10
D) 0.20
46. What is the composition deduction for CHOICE OF DANCE ELEMENTS NOT UP TO COMPETITIVE LEVEL for the following routine?
- Switch ring leap
 - Tuck Jump 1-½ turn
 - 2/1 turn with free leg held upward at a 180° split position (Mommel)
- A) No deduction
B) 0.05
C) 0.15
D) 0.20
47. What is the correct composition deduction for the DISMOUNT NOT UP TO COMPETITIVE LEVEL?
- RO + Flic Flac + Back salto stretched with 2/1 twist
- A) No deduction
B) 0.05
C) 0.10
D) 0.20

Level 10 Written Practice Test

48. What is the composition deduction for CHOICE OF ACRO SALTOS NOT UP TO COMPETITIVE LEVEL for the following routine?

- Round-off + Flic Flac + Back salto tucked with 1-½ twist + Front Pike
- Front layout with 1/1 twist + Front Layout
- Front Layout with 1-½ twist + Split Jump

- A) No deduction
- B) 0.05
- C) 0.10
- D) 0.20

49. What is the TOTAL MAXIMUM deduction for the following errors?

- Failure to perform group 2 turn in high releve
- Missing synchronization of movement with musical beat throughout
- Back salto with 3/1 Twist missing 44° of turn
- Relaxed/incorrect footwork on non-value parts throughout

- A) 0.80
- B) 0.85
- C) 0.90
- D) 1.00

50. What is the START VALUE for the following routine?

1-½ turn with leg above horizontal, Round-off + Whip back ½ twist + Double front salto tucked, Switch leap with ½ turn to ring + Split jump with 1/1 turn + Wolf jump with 1/1 turn, 3/1 turn on 1 leg, Round-off + Flic Flac + Back layout salto with 2-½ twist + Front tuck

- A) 9.8
- B) 9.9
- C) 10.0
- D) 10.0 + additional 0.10 bonus

Level 10 Answer Key

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