

## Level 8 Written Practice Test

### GENERAL

- 1 Which of the following is NOT a duty of all officials?
  - a.) Flashing the start value or writing it on the competitor's score card
  - b.) Avoiding conversations with coaches regarding the evaluation of the exercise
  - c.) Taking a 0.20 deduction for incorrect attire
  - d.) Remaining at his or her seat until the entire competition has been completed.
  
- 2 Which of the following is a CORRECT Chief Judge deduction?
  - a.) Overtime = 0.20
  - b.) Failure to present before and after the exercise = 0.05 each
  - c.) Technical or verbal cues by coach or teammates to own gymnast after warning = 0.30
  - d.) Gymnast fails to begin exercise within 30 seconds after CJ signals = 0.20
  
- 3 What is the MAXIMUM total deduction for the following errors?
  - flexed/sickled feet during 2 value parts
  - failure to maintain stretched body (pikes down)
  - support on mat with 1 or 2 hands
  - a.) 0.60
  - b.) 0.75
  - c.) 0.80
  - d.) 0.90
  
- 4 Which of the following is deducted from the start value?
  - a.) Missing value parts
  - b.) Exercise does not have a dismount
  - c.) Performance of a restricted element
  - d.) All of the above
  
- 5 Which is INCORRECT?
  - a.) A flash from a camera is a valid reason to allow a gymnast to repeat an exercise
  - b.) A completed bar routine that is less than 5 value parts will receive a 2.00 deduction.
  - c.) Equipment failure does not include an incorrect bar setting
  - d.) In a situation where there is equipment failure through no fault of the gymnast or coach, the gymnast may choose to repeat her routine.
  
- 6 Which of the following Chief Judge deductions is NOT a 0.20 deduction?
  - a.) Unsportsmanlike gymnast conduct
  - b.) Failure to observe specified warmup time
  - c.) Failure of coach to remove board after mount
  - d.) Excessive use of chalk

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- 7 Which of the following errors receives the LARGEST deduction?
- Start exercise before signal
  - Coach on the FX mat inside the border marking to spot the gymnast
  - Absence of music or music w/words
  - Short exercise
- 8 Which of the following is NOT an accurate Score Range?
- $9.000 - 9.475 = 0.20$
  - Below 8.00 = 1.00
  - $8.000 - 8.975 = 0.50$
  - Both A and C
- 9 Which of the following is CORRECT regarding Level 8 requirements?
- Gymnast must have 3 "A," 3 "B" and 2 "C" value parts.
  - "C" dance elements may count for missing "A" or "B" value parts.
  - The same element can be counted twice in the same connection.
  - One "D" element is allowed.
- 10 Which of the following is INCORRECT regarding Special Requirements?
- One element may only fulfill one special requirement.
  - Each special requirement is worth 0.50.
  - A restricted element may not be used to fulfill special requirements.
  - There are 4 special requirements on Uneven Bars, Balance Beam, and Floor Exercise.

## VAULT

- 11 Which of the following statements is CORRECT?
- The gymnast must do two of the same vault.
  - The gymnast has the right to perform 1 or 2 vaults.
  - The gymnast is allowed 3 attempts to successfully complete 1 or 2 vaults.
  - Both b and c
- 12 When the gymnast performs a vault without a signal from the chief judge,
- the vault is scored if seen by both judges.
  - the gymnast receives a 0.50 penalty from the average of the next completed vault.
  - the gymnast receives a 0.50 penalty taken from the final average score.
  - the vault is void.
- 13 Which of the following statements is INCORRECT?
- Too long in support is an up to 0.50 deduction.
  - Touch with only one hand on vault is a 0.50 deduction.
  - Both A and B are INCORRECT.
  - Both A and B are CORRECT.

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- 14 Which of the following statements is TRUE?
- A step-close is considered one step and receives a 0.10 deduction.
  - A step-close is considered two steps and receives a 0.20 deduction.
  - There is a maximum of 0.50 deduction for steps on landing regardless of size or number.
  - If the gymnast lands with feet apart/staggered and then continues to take steps, deduct for BOTH the feet position on landing and steps.
- 15 What is the MAXIMUM total deduction for the following errors?
- legs crossed in first flight phase
  - shoulder angle in support phase
  - bent arms in support phase
  - under rotation of salto in second flight phase
  - slight hop on landing
- 0.80
  - 1.00
  - 1.20
  - none of the above
- 16 Which of the following is INCORRECT when determining the final vault score?
- A vault that lands on top of the table in a sitting, lying, or standing position receive a score of 0.00
  - Each vault is scored and averaged separately.
  - No deduction is taken when the coach stands between the board and table on a Tsukahara-entry vault.
  - The higher score is counted.
- 17 Which of the following is CORRECT in Level 8 if a coach spots the post-flight phase of a salto vault?
- The vault is VOID.
  - Each judge deducts 1.00 for the spot.
  - Each judge deducts 0.50 for the spot.
  - The Chief Judge deducts 1.00 from the average score.
- 18 Which of the following is CORRECT if a gymnast performs an allowable first vault and a restricted second vault?
- The gymnast receives the score of the first vault
  - The Chief Judges deducts 2.00 from the restricted vault average
  - The gymnast is allowed a third attempt
  - The gymnast receives a final score of 0.00 (VOID)

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19 What is the MAXIMUM total deduction for the following execution errors in the FIRST FLIGHT phase?

- hip angle
- knees bent
- legs separated

- a.) 0.70
- b.) 0.80
- c.) 0.90
- d.) 1.00

20 Which of the following LANDING deductions is NOT up to 0.30?

- a.) Deep squat on landing
- b.) Additional trunk movements to maintain balance
- c.) Prescribed LA turn incomplete
- d.) Insufficient dynamics

BARS

21 While doing a squat on, the gymnast falls backward and continues with a glide kip. What is/are the appropriate deduction(s)?

- a.) All judges should deduct 0.50 for a fall only.
- b.) All judges take any applicable execution deductions but NOT 0.50 for a fall.
- c.) All judges take 0.50 for a fall and all applicable execution deductions.
- d.) None of these are correct.

22 If a gymnast does a cast 32° from vertical,

- a.) Deduct up to 0.20 for amplitude of cast and award no value part credit.
- b.) Deduct up to 0.20 for amplitude of cast and award "B" value part credit.
- c.) Deduct up to 0.20 for amplitude of cast and award "A" value part credit.
- d.) Deduct 0.10 for amplitude of cast and award "B" value part credit.

23 Which of the following routine(s) meets all special requirements?

- a.) Glide kip, cast to handstand with ½ turn, glide kip, squat on, long hang kip, cast to handstand, clear hip to handstand, backward giant circle to handstand, tuck flyaway dismount.
- b.) Glide kip, cast squat on, long hang kip, cast to handstand, backward giant circle to handstand, sole circle backward to handstand, double tuck flyaway dismount.
- c.) Glide kip, cast to handstand with ½ turn, glide kip, squat on, long hand kip, cast to handstand, backward stalder to handstand, clear underswing dismount.
- d.) Both A and B

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- 24 Which of the following elements is/are "B" value part(s)?
- Cast within 20 degrees of horizontal
  - Clear hip to horizontal
  - Backward layout flyaway with 1-1/2 turn dismount
  - All of the above
  - Both A and B
- 25 What would be the TOTAL deduction for the following errors?
- performing 1 extra swing
  - missing 1 "B" value part
  - missing Dismount special requirement as no dismount attempted
- 1.4
  - 1.5
  - 1.6
  - 2.0
- 26 Which of the following is NOT a 0.10 composition deduction?
- Lack of elements that achieve or pass through vertical
  - Performing an uncharacteristic element
  - Performing a ¾ Giant Circle Forward with or without grip change
  - Maximum deduction for dismount not up to the competitive level
- 27 What is the MAXIMUM deduction for the following execution errors:
- Cast to Horizontal
  - Clear Hip to Horizontal
  - 3 extra swings (consecutive)
- 1.5
  - 0.9
  - 1.2
  - 1.3
- 28 Which execution error receives the LARGEST deduction?
- Insufficient amplitude of release element
  - Insufficient height of salto dismount
  - Swing forward under horizontal
  - Cast 11°- 20° from vertical

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- 29 All of the following are Special Requirements for Level 8 bars EXCEPT:
- a.) Minimum (2) bar changes
  - b.) Salto dismount, minimum 'A'
  - c.) (1) 'B' 360° circling element from Groups 3/6/7
  - d.) (1) 'B' element with flight OR (1) 'B' element with minimum 180° LA turn
- 30 Which of the following is TRUE if a clear hip circle severely lacks amplitude and finishes with hips on the bar (never passes through clear support)?
- a.) Deduct 0.50 for missing SR
  - b.) Award 'A' Value Part credit for a back hip circle
  - c.) Cannot fulfill SR - circle was not a 'B'
  - d.) All of the above

## BEAM

- 31 Which of the following elements is a “B” value part that fulfills the leap/jump special requirement?
- a.) Stretched jump  $\frac{3}{4}$  turn
  - b.) 120 degree split jump
  - c.) 180 split leap
  - d.) 180 degree stag split leap
- 32 Which of the following is NOT a special requirement on level 8 beam?
- a.) 360 degree turn on 1 foot
  - b.) “A” salto or aerial dismount
  - c.) 180 degree leap or jump
  - d.) Acro series containing two flight elements
- 33 Which of the following does NOT fulfill the acro series special requirement?
- a.) Back walk over, Flic flac stepout
  - b.) Cross Handstand held for 2 seconds, Flic flac to 2 feet
  - c.) Cartwheel, Round-off
  - d.) Gainer flic flac stepout, Flic flac stepout with support of 1 arm
- 34 Which statement is CORRECT?
- a.) Concentration pauses of more than 2 seconds prior to difficult elements or connections are deducted 0.20 each time.
  - b.) A gymnast is allowed an up to 1 second pause prior to difficult elements or connections without deduction.
  - c.) The maximum deduction for concentration pauses in a routine is 0.60.
  - d.) Both A and B are correct.

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- 35 What would be the **total deduction for the following errors**?
- missing 1 special requirement
  - missing 1 "A" and 1 "B,"
  - failure to perform acro elements in 2 different directions
  - performing 2 restricted acro "C" elements
- a.) 1.50  
b.) 1.60  
c.) 1.90  
d.) 2.00
- 36 A gymnast is spotted during her acro series on beam and falls off. Which statement is TRUE?
- a.) Deduct 0.50 for spot. Do not deduct for fall. No VP or Special Requirement awarded.  
b.) Deduct 0.50 for spot and 0.50 for fall. No VP or Special Requirement awarded.  
c.) Do not deduct for the spot. Deduct 0.50 for fall. Award VP or Special Requirement.  
d.) Deduct 0.50 for the spot and 0.50 for the fall. Award VP and Special Requirement.
- 37 Which of the following elements are considered the SAME?
- a.) Stretched jump ('A') and Stretched jump with change/beat of legs ('A')  
b.) Split jump ('B') and Split jump  $\frac{1}{4}$  turn ('B')  
c.) Both A and B  
d.) None of the above
- 38 Gymnast initiates salto dismount but falls and does not land on the bottom of her feet first. Which statement is CORRECT?
- a.) No VP or Dismount Special Requirement awarded. Deduct 0.50 for fall and all execution/amplitude errors. Do not deduct 0.30 from Start Value for no dismount.  
b.) No VP or Dismount Special Requirement awarded. Deduct 0.30 from Start Value for no dismount, 0.50 for fall, and all execution/amplitude errors.  
c.) Award VP and Dismount Special Requirement. Deduct 0.50 for fall. Do not deduct execution/amplitude errors.  
d.) Award VP and Dismount Special Requirement. Deduct 0.30 from Start Value for no dismount, 0.50 for fall, and all execution/amplitude errors.
- 39 Which of the following receives 'B' value part credit on balance beam?
- a.) Straddle Jump in cross position  
b.) Pike Jump  
c.) Straight Leg Split Leap  
d.) All of the above

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- 40 Which statement is INCORRECT regarding a Split leap forward with leg change (Switch leg leap)?
- a.) First leg should swing forward to a minimum of 45°.
  - b.) It is an allowable element in Level 8.
  - c.) It receives lower value part if forward leg swing does not swing to minimum 45°.
  - d.) Deduct up to 0.10 for failure to swing forward leg to minimum 45°.

FLOOR

- 41 If a gymnast performs the following acro passes in her routine, what would the appropriate composition deduction for value not up to competitive level?  
1<sup>st</sup> pass = front pike, front pike  
2<sup>nd</sup> pass = round off, flic flac, layout 1/2 twist, front tuck
- a.) 0.20
  - b.) 0.15
  - c.) 0.10
  - d.) no deduction
- 42 If a coach steps inside the floor area and assists the gymnast on the landing of an element,
- a.) Award Value Part and Special Requirement. All judges take 0.50 for the spot. The Chief Judge takes 0.50 from the final average score for coach on floor.
  - b.) Do not award Value Part or Special requirement. All judges take 0.50 for the spot. The Chief Judge takes 0.50 from the final average score for coach on floor.
  - c.) Award Value Part and Special Requirement credit. All judges take 0.50 for the spot. The Chief Judge takes 1.0 for coach on floor.
  - d.) None of these statements are correct.
- 43 Which of the following is a “B” element on floor?
- a.) Split jump with 1/1 turn
  - b.) 2/1 turn on 1 foot
  - c.) Scissors leap forward or backward with stretched legs (hitch kick)
  - d.) full turn in tuck stand on 1 leg
- 44 Which of the following statements is CORRECT?
- a.) A dance passage consists of a minimum of two (2) different group 1 elements (directly or indirectly connected) with one leap requiring a 180 degree cross/side split position.
  - b.) The second (or last) element of the dance passage may land in a prone or split-sit position.
  - c.) The gymnast must achieve a minimum of a 135 degree leg separation for value part credit and dance passage special requirement.
  - d.) All of these statements are correct.



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- 45 Which of the following routines fulfills all acro Special Requirements?
- a.) First pass = front pike, front pike  
Second pass = round off, flic flac, back layout with 1/1 twist
  - b.) First pass = round off, back handspring, back layout with 1/2 twist  
Second pass = round off, Arabian salto, round off, flic flac, back tuck
  - c.) First pass = round off, flic flac, back layout with 1-1/2 twist  
Second pass = front layout  
Third pass = front handspring, front layout
  - d.) First pass = round off, flic flac, back layout  
Second pass = front tuck  
Third pass = front tuck, round off, flic flac, back layout stepout
- 46 Which of the following errors receives a deduction of up to 0.10?
- a.) Insufficient height on leaps/jumps/hops
  - b.) Incorrect body posture/alignment on dance value parts
  - c.) Insufficient split position
  - d.) Incomplete turn
- 47 Which of the following errors receives the LARGEST deduction?
- a.) Insufficient exactness of stretched position (value part)
  - b.) Insufficient dynamics
  - c.) Incorrect body posture on landing of value part element
  - d.) Insufficient height of salto element
- 48 Which statement is CORRECT regarding the compositional deductions for Choice of Elements up to the level?
- a.) Value of last salto performed not up to the level is up to 0.10 deduction.
  - b.) Choice of Dance Elements not up to the level is up to 0.10 deduction.
  - c.) Choice of Acro Elements not up to the level is up to 0.10 deduction.
  - d.) All of the above are correct.
- 49 Which of the following is NOT a Special Requirement in Level 8?
- a.) Minimum 'B' salto performed as last salto or in last acro connection
  - b.) Dance passage with minimum 2 different Group 1 elements, one a leap requiring 180° split
  - c.) Three different saltos in the exercise
  - d.) One acro series with (2) saltos (direct or indirect)
- 50 Which of the following errors is NOT a Chief Judge deduction?
- a.) Coach on the floor exercise area
  - b.) Lack of turn on 1 foot, minimum "B" value part.
  - c.) Landing element in solid/loose foam pit
  - d.) Out of bounds

Level 8 Practice Written Test – Answer Key

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