

2018-2019 JO Compulsory Review

General Section

1. What is the Base Score for all compulsory routines in both Division I & II; Levels 4 – 7?
 - A) 9.5
 - B) 10.0
 - C) 9.0
 - D) Division I & II have different base scores
2. What is the Maximum Score for all compulsory routines in Division II?
 - A) 12.2
 - B) 11.7
 - C) 10.0
 - D) Each Level has a different maximum score
3. What is the value of the Stick Bonus for compulsory Levels 4 – 7 in both Division I & II?
 - A) 0.1
 - B) 0.3
 - C) 0.2
 - D) None
4. True or False – Both Division I & II compulsory routines have Specified Bonus.
 - A) True
 - B) False
5. True or False – Both Division I & II compulsory routines have Identified Virtuosity.
 - A) True
 - B) False
6. In Junior Olympic Division I, which of the following Specified Bonus statements is correct?
 - A) Level 4 – 1 skill total 0.5, Level 5 – 2 skills total 1.0, Level 6 – 3 skills total 1.5, Level 7 - 4 skills total 2.0
 - B) Level 4 – 2 skills total 1.0, Level 5 – 3 skills total 1.5, Level 6 – 3 skills total 1.5, Level 7 - 4 skills total 2.0
 - C) Level 4 – 2 skills total 1.0, Level 5 – 2 skills total 1.0, Level 6 – 3 skills total 1.5, Level 7 - 4 skills total 2.0
 - D) Level 4 – 2 skills total 1.0, Level 5 – 3 skills total 1.5, Level 6 – 4 skills total 2.0, Level 7 - 4 skills total 2.0
7. What is the deduction for a missing numbered part in a compulsory routine?
 - A) 0.5
 - B) 0.3
 - C) 1.5
 - D) 1.0
8. True or False? A “routine composition error” of 0.5, for a compulsory routine can be taken up to 3 times in a routine.
 - A) True
 - B) False

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9. Which of the following statement(s) is true regarding spotters?
- A) For all Levels, a spotter is required on Horizontal Bar, Still Rings and Vault and allowed on Parallel Bars
 - B) If a required spotter walks away prior to the completion of a routine, deduct 0.3 from the final score
 - C) If a spotter appears on the Floor Exercise or Pommel Horse/Mushroom events, deduct 0.5 from the final score
 - D) All of the above are true
10. Unless specifically stipulated in a compulsory routine (Levels 4-7) as an allowable spot, if the spotter assists in the execution of a skill, what is the deduction?
- A) 0.5 deduction
 - B) 1.0 deduction
 - C) 1.0 deduction plus execution deductions
 - D) 1.0 deduction plus execution deductions. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
11. True or False: There is no minimum height requirement on Pommel Horse, Vault or Parallel Bars.
- A) True
 - B) False
12. True or False: All FIG rules concerning falls apply in compulsory competition.
- A) True
 - B) False
13. Regarding "Holds", which of the following statements is **incorrect**?
- A) Required holds should be held for 2 seconds unless noted (hold deductions as per FIG)
 - B) Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second.
 - C) Momentary holds that do not show a definite stop or control of the finish position receive a medium deduction of 0.3
 - D) Added holds are not deducted
14. All routines are judged according to what document first, based on precedence?
- A) Technical sequence document
 - B) FIG Code of Points
 - C) USAG Men's Junior Olympic Age Group Competition Program Manual
 - D) NGJA/USAG Rules Interpretations
15. True or False: There is no video tape review of routine performance for any score evaluation in the Men's Junior Olympic Age Group Competition Program
- A) True
 - B) False

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Floor Exercise

1. A coach walks into the floor exercise area to spot the compulsory gymnast. The gymnast safely performs the skill without any assistance from the coach. Is there a deduction?
 - A) No deduction, the coach never touched the gymnast
 - B) Deduct 0.3, if the coach only brushed the gymnast and didn't assist in the skill
 - C) Deduct 0.5, even if the coach never touched the gymnast
 - D) Deduct 1.0, the coach is 'spotting' whether or not he touches the gymnast
2. During a compulsory session the coach moves a sting mat or a 4" landing mat into the Floor Exercise area, which of the following is a **correct** statement?
 - A) This is allowed with no deduction
 - B) This is allowed, but there is a 0.5 equipment deduction
 - C) The judge gets to determine whether or not this is allowed
 - D) No additional mats are allowed for compulsory Floor Exercise. The coach must remove the mat before the gymnast will be allowed to start their routine.
3. True or False: In Level 7 FX refinement of the forward handspring is essential to continued progress.
 - A) True
 - B) False
4. A Level 4 FX gymnast kicks to the handstand #2 skill, and shows no definite stop, but does show control of the final finish position. What is the **correct** deduction?
 - A) 0.0 Momentary hold is defined as definite stop or control of the final finish position
 - B) 0.1 Small error, since it was a required momentary hold
 - C) 0.3 Medium error, all holds less than 2 seconds
 - D) 0.5 Not showing a stop on any hold receives the FIG deduction (large error)
5. A Level 4 - Division I FX gymnast attempts a straddle press to handstand with straight arms for the +0.5 specified bonus. He has a slight arm bend (0.1, small deduction), makes it to the handstand, and rolls right through without any discernible stop or control of the final position. You would:
 - A) Award the +0.5 specified bonus without deduction since it was less than a large error
 - B) Deduct for the slight arm bend, 0.1, and award the +0.5 specified bonus, deduct 0.3 for no momentary hold of the handstand
 - C) Deduct for the arm bend, 0.1 and don't award bonus since the gymnast didn't show the required stop in the handstand
 - D) Deduct for the arm bend and don't award any specified bonus

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6. A Level 5 FX gymnast kicks to a handstand, skill #6, and completes a full pirouette before rolling forward in skill # 7. Which of the following is **correct**?
 - A) Deduct 0.5 for an added skill
 - B) Deduct 0.3 for an added skill
 - C) Award 0.3 for completion of a specified bonus skill
 - D) Award 0.5 for completion of a specified bonus skill

7. True or False: All compulsory floor routines are designed so they can be done on a tumbling strip up to 60 feet in length.
 - A) True
 - B) False

8. In Level 6 Floor Exercise, which of the following is **not** a described technique for the salto backward tucked, skill # 8?
 - A) Takeoff position should be vertical
 - B) Arms should extend upward, while the head goes backward to initiate rotation
 - C) Hips and knees should lift upward in front while arms extend upward
 - D) Rotation for the salto should be initiated by lifting the lower body upward to the tuck position very quickly

9. In Level 7 Floor Exercise, which of the following would receive the Specified Bonus # 3?
 - A) From the split position, straight arm, straight leg press to handstand, hold 2 seconds
 - B) From Straddle stand Endo roll to handstand, hold 2 seconds
 - C) From Straddle stand, straight arm, straight leg press to handstand, hold 2 seconds
 - D) Both A & B

10. Which of the following is an **Identified Virtuosity Bonus** for level 7 Floor Exercise?
 - A) Salto Backward with a full twist
 - B) Any FIG "B" Press
 - C) Sissone with legs split greater than 90°
 - D) Tempo salto in last tumbling pass

11. A Level 6 FX gymnast attempts to perform Specified Bonus #2, doing the allowed Endo roll press to handstand but sits down after pausing in the straddle 'L' position. He then returns to the straddle 'L' position and completes an Endo roll press to a handstand and holds for 2 seconds with only a small error on the repeated attempt. Which of the following statement(s) are **true**?
 - A) Deduct 1.0 for a fall
 - B) Award 0.5 for Specified Bonus and deduct only 0.5 for fall
 - C) Award 0.5 for Specified Bonus
 - D) Both A and C

12. A Level 6 or Level 7 gymnast is performing a salto backward on Floor Exercise. Which statement would require you to take a deduction?
 - A) The center of mass is head high
 - B) The center of mass is shoulder high
 - C) The center of mass is chest high
 - D) The center of mass is below chest high

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13. In the Level 5 or 6 compulsory floor routine a gymnast executes the forward handspring with a very tight arch, overturns the handspring, and rebounds. What deduction should you take?
- A) Deduct 0.3 for the rebound
 - B) Do not deduct for the rebound
 - C) Deduct 0.1 for the rebound
 - D) Deduct 0.5 for added skill
14. True or False: The term sissone is defined as a jump from two feet with an extended split of the legs and landing on the forward leg with the back leg extended
- A) True
 - B) False
15. Which statements are **correct** about Hold parts on Floor Exercise in compulsory routines?
- A) Added holds are deducted as rhythm errors – not as added parts
 - B) Holds are two seconds, unless otherwise noted. Holds deductions are per FIG
 - C) Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second
 - D) All of the above

Pommel Horse

1. True or False: The compulsory program no longer requires competition on the Pommel Horse in the form of leg swings, cuts and scissors.
- A) True
 - B) False
2. Which of the following is **correct** regarding the proper technique for the basic mushroom circle?
- A) Complete extension of the hips with an open chest at $\frac{1}{4}$ and $\frac{3}{4}$ circle position
 - B) There should be a slight counter rotation and opening of the hips and chest at the $\frac{1}{4}$ circle position
 - C) The gymnast should keep his shoulders erect and head or chin up as he completes the full circle
 - D) All of the above
3. True or False: The ultimate goal of a flair is to have proper technique with as wide a straddle as possible throughout the entire flair to enable the gymnast to easily swing to and from the handstand position
- A) True
 - B) False
4. If a Level 4 – Division I gymnast performs 5 $\frac{1}{2}$ circles to a $\frac{1}{4}$ turn to flank dismount, how much bonus should be awarded?
- A) 1.0 for SB#1 and #2
 - B) 0.5 for SB#1 only
 - C) 0.3 for SB#1 only
 - D) 0.0

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5. True or False: In the General Pommel Horse section, a khere is defined as a 90° turn forward to rear support while a reverse stockli is defined as a 90° turn rearward to front support.
 - A) True
 - B) False
6. If a Level 4 gymnast falls off the mushroom trying to complete the circle and falls in the first ½ of the circle (0° to 180°) what is the appropriate deduction in addition to the 1.0 for the fall.
 - A) 0.5 plus execution
 - B) 1.0 plus execution
 - C) 5.0 it is ½ of the routine
 - D) 1.5 plus execution
7. Which of the following statements is **correct** regarding the Level 5 Mushroom bonus?
 - A) If SB#1 is performed, it must be done following part #2 and prior to SB #2 or SB #3
 - B) SB#2 & SB#3 may be performed in either order and may be performed even if SB #1 is not performed
 - C) SB#1, SB#2 and SB#3 may be performed in any order
 - D) Both A and B are correct
8. Which of the following statements is **incorrect** regarding the Level 7 Pommel Horse (Pommel-less Horse) routine
 - A) The routine can be constructed in a number of ways utilizing listed skills and SB skills
 - B) All listed skills (1-7) must be performed and parts 3, 4 and 5 must be completed in direct succession
 - C) There are 5 SB skills, therefore a total of 2.5 can be awarded for performing SB skills
 - D) The gymnast may perform SB skills at any point in the routine
9. True or False: In Level 4 & 5 Mushroom routines, all circles performed with 0.1 or less in deductions should be awarded virtuosity bonus.
 - A) True
 - B) False
10. In the Level 6 Mushroom routine, what bonus is awarded if the Czechkehre (Moore) is performed with 0.1 or less in execution deductions?
 - A) 0.0
 - B) 0.1
 - C) 0.3
 - D) 0.5
11. True or False: The goal of Levels 4 & 5 is to teach proper scissor technique.
 - A) True
 - B) False

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12. During the Level 7 Pommel Horse routine a gymnast can perform for Specified Bonus which of the following?
 - A) Magyar
 - B) 2 flaired front loops
 - C) Russian Wendeswing with 270° or greater turn
 - D) All of the above
13. In the Level 4 Mushroom routine, what is the virtuosity for circle performed with 0.1 or less in deductions?
 - A) 0.1
 - B) 0.2
 - C) 0.3
 - D) 0.5
14. True or False: In the Level 6 Mushroom routine, if performing SB #2 during the flaired double leg circles the performance criteria is a leg separation of 45° or greater and virtuosity is awarded for leg separation of 90° or greater
 - A) True
 - B) False
15. What is the stick bonus on Pommel Horse/Mushroom for Levels 4 – 7?
 - A) JO Division I: 0.2, JO Division II: 0.1
 - B) JO Division I: 0.1, JO Division II: 0.2
 - C) Both JO Division I and II: 0.2
 - D) There is no stick bonus on Pommel Horse

Still Rings

1. What is the greatest technical emphasis in the compulsory Still Rings routine?
 - A) Straight body pull to inverted hang
 - B) Strength skills
 - C) Proper execution of the basic swing
 - D) Proper form
2. True or False: In Level 4 Still Rings the hanging scale rearways (back lever) must be held for 2 seconds to receive Specified Bonus credit.
 - A) True
 - B) False
3. What does the proper basic swing technique on Still Rings involve?
 - A) Fast movement
 - B) Shoulders above the rings
 - C) Arms remaining straight
 - D) Utilizing the “turnover” technique

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4. How many full swings are there in the Level 4 Still Rings routine?
 - A) 2
 - B) 4
 - C) 6
 - D) 3

5. True or False: Spotter assistance without deduction is allowed for the muscle up in the Level 5 Ring routine?
 - C) True
 - D) False

6. What is the proper body position in the Level 6 Still Rings shoulder stand?
 - A) Tight arch, rings turned in
 - B) Straight body, rings parallel, arms free of straps
 - C) Slight pike, rings parallel
 - D) Tucked legs, rings parallel, straight back

7. True or False: In both Levels 4 & 5 Still Rings the German hang is awarded virtuosity for fully extended shoulder flexibility.
 - A) True
 - B) False

8. Which of the following statements is **incorrect** regarding the Still Rings inlocate?
 - A) The inlocate is introduced as a Specified Bonus Skill in Level 6 before making it a required skill in Level 7
 - B) The inlocate should only be attempted by gymnasts who are able to execute an excellent basic swing at this level
 - C) The inlocate should not show any rise in the early stages of development
 - D) The inlocate in Level 6 will be awarded bonus even if it is lower than ring height (even with a single large deduction)

9. True or False: A double salto backward tucked dismount is a Specified Bonus Skill for Level 7 Still Rings.
 - A) True
 - B) False

10. Specified Bonus Skill #2 in the Level 6 & 7 Ring routine has which of the following criteria?
 - A) Feet may be on the inside of the cables in the handstand and during the lower down to shoulder stand
 - B) No bonus is awarded if the feet wrap around or touch the outside of the cables
 - C) Handstand is required to have a momentary hold and shoulder stand a 2 second hold
 - D) All of the above

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11. True or False: In both Level 6 and 7 Ring routines the “L” support is not required to be held for 2 seconds, a momentary hold is all that is required?
 - A) True
 - B) False
12. For the inlocate and dislocate in the Level 7 Ring routine, when is virtuosity awarded?
 - A) They show significant rise
 - B) They show stretched body position throughout
 - C) Shoulders are at ring level with body vertical
 - D) There is no virtuosity on the inlocate and dislocate
13. True or False: A priority on the Still Rings is the acquisition of a press handstand, which is important for the transition to optional competition?
 - A) True
 - B) False
14. Inlocates in the compulsory Still Rings program should only be performed at what time?
 - A) When the gymnasts shoulders are loose and ready
 - B) When the coach can get the gymnast through the skill with out a spot
 - C) When the gymnast can execute it with a straight body
 - D) When the gymnast is able to execute an excellent basic swing
15. True or False: In Level 5 Still Rings the roll backward from support must be executed with straight arms.
 - A) True
 - B) False

Vault

1. How should the Vault run be performed?
 - A) Start fast and slow down for a proper hurdle
 - B) Accelerate through the hurdle
 - C) Arms should remain straight
 - D) Never fully extend the legs on the run
2. The Level 4 Vault Straight Jump is designed to direct the emphasis of development on which of the following?
 - A) The run
 - B) The hurdle
 - C) The punching action on the board
 - D) All of the above

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3. What is the Level 5 Vault?
 - A) Handspring to the back on mats
 - B) Round off
 - C) Front Salto Tucked
 - D) Flyspring

4. What is the most important concept to learn with the Level 6 vault of a forward handspring over the table?
 - A) To become efficient with the proper run, hurdle and blocking technique in order to create the power and velocity which will convert to height and rotation from the vault table
 - B) To decrease fear of going over the table
 - C) To become efficient at flipping and landing
 - D) To become efficient at running and flipping and landing

5. JO Division II Level 7 Vaults include which of the following?
 - A) Forward handspring and Yamashita
 - B) Any handspring sideward with $\frac{1}{4}$ twist
 - C) Forward handspring 1/1 twist
 - D) Both A & B

6. JO Division I Level 7 has which of the following additional vaults?
 - A) Forward handspring 1/1 twist
 - B) Tuck Tsukahara
 - C) Yamashita with $\frac{1}{2}$ twist
 - D) Both A & C

7. When judging the Vault run what deductions can be taken?
 - A) Small (0.1) and medium (0.3) only
 - B) Small (0.1) only
 - C) Medium (0.3) only
 - D) Small (0.1) Medium (0.3) and Large (0.5)

8. During the Level 4 Vault, the following Virtuosity bonus may be awarded?
 - A) +0.1 for acceleration during run to hurdle
 - B) +0.1 for feet in front of hips on board contact
 - C) +0.1 for distinct rise from the board
 - D) All of the above

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9. True or False: For Level 4-7 vaults, there are 0.3 Virtuosity and 0.2 Stick Bonus available.
- A) True
 - B) False
10. Which is **incorrect** regarding a gymnast performing an incomplete vault?
- A) An incomplete vault may be repeated once
 - B) There is a deduction of 1.0 from the final score of the repeated vault
 - C) The coach decides if the incomplete vault can be repeated
 - D) It is the judge's discretion, with safety in mind, to allow a second attempt

Parallel Bars

1. True or False: A "hand-on-hand" spot on Parallel Bars is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing, provided there is no evidence of facilitation of the element other than to ensure a secure grip.
- A) True
 - B) False
2. True or False: Levels 4 – 6 can use stacked mats or spotting blocks rather than parallel bars for their routine.
- A) True
 - B) False
3. A forward up-rise to support is a Specified Bonus skill for which Division I Level(s)?
- A) 5
 - B) 4 and 5
 - C) 5 and 6
 - D) 4, 5, and 6
4. True or False: In the Level 4 Parallel Bar routine, following the straddle "L" or "V" the dismount is executed on the third swing backwards.
- A) True
 - B) False
5. True or False: If a Level 4 gymnast is performing his routine on rails rather than spotting blocks, he must dismount over either rail, not between them.
- A) True
 - B) False

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6. Which of the following is **not** identified Virtuosity for Level 4 Parallel Bars?
 - A) After the initial jump to support and swing forward, swing backward to horizontal
 - B) Skill #7 swing forward to horizontal
 - C) After casting forward from the straddle “L” or “V”, swing backward to horizontal
 - D) On the second swing backward after the straddle “L” or “V”, swing backward to 45° above horizontal

7. True or False: In the Level 5 Parallel Bars routine skill #3, straight legs are required at the peak of the swing backward.
 - A) True
 - B) False

8. Which of the following is **not** identified Virtuosity for Level 6 Parallel Bars?
 - A) Swing backward to bail 45° above horizontal prior to the Moy to upper arm
 - B) Swing backward to bail 45° above horizontal after the Kip
 - C) Swing backward to momentary handstand on second swing backward after the “L” sit
 - D) Swing backward to 45° above horizontal after the press

9. For a Level 6 Parallel Bar gymnast performing a Moy finishing in upper arm, which of the following would be a deduction?
 - A) A swing back to 45° below horizontal prior to the bail
 - B) A hand-on-hand spot from his coach
 - C) His hips being at bar height at the catch of the Moy
 - D) A pike position at the catch of the Moy

10. True or False: A Level 7 Parallel Bar gymnast has the option of performing a cast to upper arm support in place of a Moy to upper arm support if he is too tall to swing through the bottom with the bars at FIG max height
 - A) True
 - B) False

11. For a Level 7-Division I Parallel Bar gymnast, which skill(s) can be performed to be awarded Specified Bonus #1?
 - A) Moy to support
 - B) Giant swing backward to support
 - C) Basket (peach) to support
 - D) Both A & B

12. For the Level 7-Division I Parallel Bar gymnast, which of the following statement(s) about Specified Bonus #2, #3A and #3B are **correct**?
 - A) The bonus skills may be performed in any order
 - B) Extra swings are allowed prior to any of these bonus skills
 - C) The Stutz must be performed to a handstand
 - D) Both A and B

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13. For a Level 6-Division I Parallel Bar gymnast attempting the Specified Bonus #3, Straddled “L” hold 2 seconds, press to handstand, what is done if there was only a momentary hold in the handstand position?
- A) No bonus awarded and no deduction for the lack of hold
 - B) Bonus awarded, momentary hold is all that is required
 - C) No bonus awarded and large (-0.5) deduction for no hold
 - D) Bonus awarded and medium (-0.3) deduction for no hold
14. Which of the following is **not** identified Virtuosity for Level 7 Parallel Bars?
- A) Immediate swing to handstand after the kip
 - B) Press to handstand with a momentary hold from the “L” sit
 - C) After the press, swing forward and backward to handstand with momentary hold
 - D) Glide kip with hips at horizontal
15. If a Level 5-Division I Parallel Bar gymnast attempts Specified Bonus #2, a swing forward to “V” sit, which of the following deductions is **incorrect**?
- A) A “V” sit held 0 to 15° below vertical = small deduction (0.1)
 - B) A “V” sit held 16 to 45° below vertical = medium deduction (0.3)
 - C) A “V” sit held more than 45° below vertical = large deduction (0.5)
 - D) All of the above are correct

Horizontal Bar

1. True or False: Unless otherwise specified, in the compulsory program, all swings forward on Horizontal Bar should be tap swings.
- A) True
 - B) False
2. What is the most important focus for compulsory gymnasts on Horizontal Bar?
- A) Control of body position and timing of the lift for dismounts
 - B) Continued development of the basic giant swing technique
 - C) Back giant swings
 - D) Completion of the Specified Bonus
3. Which statement is **not** considered basic technique for the tap swing on Horizontal Bar?
- A) Relax fully, pushing chest and hips down through the bottom past vertical in a tight arch
 - B) The swing should start in the back and finish in the front in the hollow position
 - C) The head slightly tilted back to enable the gymnast’s eyes on the bar the entire time
 - D) The timing of the tap produces a powerful lift and acceleration in the vertical direction
4. True or False: Critical release elements within the compulsory Horizontal Bar routines such as the hop re-grasp and salto backward dismounts require mastery of the hang position, the “tap swing” action, control of the proper body position and timing of the lift action
- A) True
 - B) False

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5. Level 4 Horizontal Bar routine: Which element or sequence is eligible for Specified Bonus?
 - A) Back hip circle completed with straight body
 - B) Pullover completed with continuous rhythm during spot
 - C) Cast to 45° prior to undershoot
 - D) Dismount completed without coach's assistance

6. A Level 6-Division I Horizontal Bar gymnast completes a giant swing forward with bent legs at 90° and legs apart what are the bonus awarded and execution deductions taken?
 - A) Award no bonus and deduct 0.5 for the bent legs and 0.3 for the legs apart
 - B) Award 0.5 for specified bonus and deduct a maximum of 0.5 for execution errors
 - C) Award 0.5 for specified bonus and deduct 0.5 for the bent legs and 0.3 for the legs apart
 - D) Award 0.5 for specified bonus and take no deduction because he did not fall

7. In the Level 5 Horizontal Bar routine if the kip is missed, but the gymnast remains on the bar, what is the maximum execution deduction for the entire skill including the coach's spot to help the athlete back to support?
 - A) There is no deduction
 - B) 0.5
 - C) 1.0
 - D) 1.0 and loss of the numbered part

8. To receive identified Virtuosity bonus in the Level 5 Horizontal Bar routine the cast prior to the back hip circle must be at least what degree above horizontal?
 - A) 30 degrees
 - B) 45 degrees
 - C) Within nominal handstand
 - D) There is no option for identified Virtuosity for the cast back hip circle sequence

9. What is the minimum height, unless otherwise indicated, in Levels 4 and 5 for all swings forward and backward on Horizontal Bar?
 - A) 15 degrees below horizontal
 - B) 30 degrees below horizontal
 - C) 45 degrees below horizontal
 - D) All swings must be horizontal

10. In the Level 6-Division I Horizontal Bar routine, if the cast in sequence #2 prior to the $\frac{3}{4}$ giant swing forward is performed at 45° or higher with a small error, what deduction and bonus would be taken and awarded?
 - A) Take no deduction and award 0.1 Virtuosity bonus
 - B) Take a 0.1 deduction and award 0.1 Virtuosity bonus
 - C) Take a 0.3 deduction and award no bonus
 - D) Take 0.1 deduction and award 0.5 Specified bonus

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11. Which statement is **not** a requirement of the Level 6 Horizontal Bar routine?
 - A) Tap swings are to be completed at minimum of horizontal
 - B) Salto backwards above bar height
 - C) Undershoot with hollow body and straight arms
 - D) The body must be fully extended at or above horizontal on the cast forward to $\frac{3}{4}$ giant swing forward

12. True or False: In the Level 7 Horizontal Bar routine, the Specified Bonus #2 the Endo must go through Handstand for no deduction.
 - A) True
 - B) False

13. Which of the following is not a Virtuosity Bonus in the Level 7 Horizontal Bar routine?
 - A) Back up-rise to 45° above horizontal
 - B) Giant swing forward with $\frac{1}{2}$ turn with no angle deduction
 - C) Salto backward with hips above bar height
 - D) Undershoot to horizontal

14. Which of the following statement(s) about the Level 7 Horizontal Bar Routine are **correct**?
 - A) A free hip circle through handstand is eligible for Specified Bonus
 - B) One or more giant swings forward are to be performed prior to the pirouette
 - C) A double back Salto from giants is a dismount option
 - D) A and B

15. A Level 6-Division I Horizontal Bar gymnast attempts the giant swing backward but falls from the bar, what are the execution deductions?
 - A) No deduction to encourage the development of the giant swing backward
 - B) 0.5 deduction for attempting the bonus, but falling
 - C) 1.0 deduction for the fall
 - D) Award 0.5 for specified bonus and deduct 1.0 for the fall as per FIG