

## 2018 JO Optional Test Review

### General Section

1. True or False: All AGCP Optional Level Junior rules will follow Junior FIG Code rules unless specifically stated as a modification to those rules.
2. True or False: In the Junior Development Optional, JO and JE programs, less than 6 skills deduction should be taken from the "D" score for all levels.
3. Which of the following is **correct** regarding the JO/JE/JD Optional routines?
  - a. JO Level 8: 7 skills + dismount, JO Level 9: 7 skills + dismount, JO Level 10: 9 skills + dismount
  - b. JE Level 8: 7 skills + dismount, JE Level 9: 7 skills + dismount, JE Level 10: 9 skills + dismount
  - c. JD 11- 14 & JD 15-18: 7 skills + dismount
  - d. JO & JE all Levels: 7 skills + dismount
4. True or False: The Level 8 Special Requirement Rules Table refers only to JO Level 8 not JE.
5. Which of the following is **incorrect** regarding Element Groups/Special Requirements in the JO/JE/JD Program
  - a. JO & JE Level 8 both have 4 Special Requirements valued at 0.5 each for a total of 2.0
  - b. JO & JE Level 9 both have 4 Element Groups valued at 0.5 each for a total of 2.0
  - c. JO & JE Level 10 both have 4 Element Groups valued at 0.5 each for a total of 2.0
  - d. JD 11-14 & 15-18 both have 2 Element Groups valued at 0.5 each for a total of 1.0
6. True or False: For JO & JE Levels 8-10: Routines that have execution deductions equaling 0.0-0.8 will be awarded +0.1 in bonus. All four element groups must be fulfilled to receive this bonus and it does not apply to vault.
7. Which of the following is **incorrect** regarding stick bonus on FX, SR, PB & HB.
  - a. For JO & JE Level 8 any stuck dismount will receive +0.1 bonus
  - b. For JO & JE Level 9 "C" dismounts will receive +0.1 and "D+" dismounts will receive +0.2
  - c. For JO & JE Level 10 "D" dismounts will receive +0.1 and "E+" dismounts will receive +0.2
  - d. For JD Optional routines, there is no stick bonus.
8. Which of the following are **correct** regarding Junior Development Divisions 1 & 2?
  - a. JD Division 2 have no required element groups
  - b. JD Division 1 can receive element group credit and is capped at 1.5
  - c. JD Division 2 is allowed extra swings, JD Division 1 follows JO rules for extra swings
  - d. All of the above are correct

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9. True or False: Junior Developmental athletes are not eligible for added bonus listed in the bonus table. These bonus rules are for Junior Olympic and Junior Elite Divisions only.
10. True or False: The term "Special Requirements" is used to denote the "Element Groups" for the four categories of skills that are listed in the FIG Code for Level 8.

### Floor Exercise

1. Which of the following statements is **correct** regarding the stick bonus for floor exercise?
  - a. Level 9 will receive +0.1 stick bonus for "B" dismounts and +0.2 for "C" dismounts
  - b. Level 10 will receive +0.1 stick bonus for "C" dismounts and +0.2 for "D" dismounts
  - c. No stick bonus will be awarded for "B" value dismount on floor exercise
  - d. There is no stick bonus for any Level on floor exercise
2. True or False: Level 8 floor exercise Special Requirement for dismount is a minimum FIG "A" value dismount.
3. Which of the following will **not** fulfill Level 8 floor exercise Special Requirements #1 or #2?
  - a. "A" value forward tuck salto
  - b. Multiple flipping skill
  - c. Two saltos in direct connection
  - d. Minimum "B" value layout salto backward
4. True or False: JO & JE athletes are required to complete a double salto element within their 8 counting elements on floor exercise.
5. Which of the following, in JO & JE, would receive +0.2 in Event Specific Bonus on floor exercise?
  - a. Stretched double salto backward
  - b. Tucked Arabian double
  - c. Double salto backward tucked with 1/1 twist
  - d. All of the above would receive +0.2 bonus
6. True or False: A "Special Exception" on floor exercise Level 8 allows repetition of a salto in direct connection one time only.
7. True or False: A tempo salto (whip) will fulfill Level 8 Special Requirement #1 on floor exercise.

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### Pommel Horse

- Which of the following is **not** a Level 8 Special Requirement on pommel horse?
  - Kehre or Stockli – minimum  $\frac{1}{2}$  turn ( $180^\circ$ )
  - Spindle or Russian – minimum  $\frac{1}{2}$  turn ( $180^\circ$ )
  - Any Magyar or Sivado 3/3 travel
  - Any listed pommel-less horse dismount
- True or False: To receive credit for Special Requirement #2 or #3 on pommel horse, the  $\frac{1}{2}$  turn must be completed within 2 circles or flairs and must continue to circles.
- Which of the following is **not** a JO/JE (Level 9 or 10) Event Specific Bonus +0.2 on pommel horse?
  - Element group II “E” or higher including an “E” flop (L9,10)
  - Any Russian with  $360^\circ$  turn and 3/3 travel – “Roth”
  - “E” or higher element group III travel with  $360^\circ$  or greater turn
  - Cross support 1/1 spindle with hands between the pommels
- True or False: “C” value is awarded for any circle or flair to handstand including the dismount regardless of execution.
- Which of the following statements is **correct** regarding stick bonus on pommel horse.
  - Level 9 receives +0.1 for “C” dismounts and +0.2 for “D” dismounts
  - There is no stick bonus for optional pommel horse
  - Level 10 receives +0.1 for “D” dismounts and +0.2 for “E” dismounts
  - Level 8 receives +0.1 for “B” dismounts and +0.2 for “C” dismounts
- Which of the following statements is **incorrect**.
  - A panel mat may be used to mount the pommel horse
  - The maximum height for the pommel horse is the same as the FIG requirement
  - There is no minimum height for the pommel horse
  - A spring board may be used to mount the pommel horse
- Which of the following statements is **incorrect** regarding the circle or flair to handstand on pommel horse
  - There is a cap of 0.5 deduction on the flair to handstand
  - A circle to handstand dismount is valued at “C”
  - There is no cap on execution deductions for the circle or flair to handstand
  - A flair to handstand lower to scissor is “C” value

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### Still Rings

1. Which of the following skills is prohibited on still rings for juniors?
  - a. Li Ning
  - b. Guzoghy
  - c. Delchev
  - d. Both A & B
2. True or False: The still ring FIG composition requirement of swing to handstand is only required at JO/JE Level 10
3. Which of the following is correct regarding Level 8 still rings Special Requirement #3
  - a. 0.5 is awarded when shoulders are at ring height on an inlocate or dislocate
  - b. 0.5 is awarded for a giant swing
  - c. 0.3 is awarded if inlocate or dislocate are performed below ring height
  - d. All of the above are correct
4. True or False: For Level 8, a non-FIG dismount on still rings will receive partial Special Requirement value of 0.3.
5. On still rings, which of the following **will not** receive JO/JE Event Specific Bonus of +0.2?
  - a. Honma to cross
  - b. Straddled Planche
  - c. Uprise backward to cross
  - d. Inverted cross
6. True or False: Level 8 & 9 gymnasts may perform a maximum of 2 Honma/Yamawaki type skills from EG 1 on still rings.
7. If a JO/JE Level 10 does not perform a swing to handstand on still rings, which of the following is the **correct** application of the rules.
  - a. 0.3 is deducted from the start value
  - b. 0.3 neutral deduction is taken
  - c. 0.5 is deducted from the E score
  - d. 0.3 is deducted from the E score

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### Vault

- Which of the following vaults are allowable vaults at Level 8?
  - Yurchenko without twist or multiple flips
  - Tsukahara without multiple flips
  - Kasamatsu without multiple flips
  - All of the above are allowable
- True or False: A Level 10 gymnast may earn vault bonus for performing a single vault with a start value of 5.0 or higher.
- Level 10 gymnasts may earn vault bonus by performing 2 vaults and fulfilling which of the following criteria?
  - Both vaults must be from different FIG vault groups
  - Both vaults must have a salto in the second flight
  - The second vault did not receive a single large deduction
  - All of the above must be fulfilled
- Which of the following statements are **correct** for optional vault?
  - Level 8 and JD gymnasts may perform 1 Yurchenko Stretched with a 1/1 twist
  - A handspring pike front salto with a 1/2 twist has a JO start value of 3.6
  - Stick bonus for any vault at any Level is +0.1
  - JE Level 9 may perform any vault with multiple flips
- Which of the following statements is **correct** regarding the stick bonus for optional vault?
  - One vault with a start value below 5.0 has a +0.1 stick bonus
  - One vault with a start value of 5.0 and higher has a stick bonus of +0.2
  - When a Level 10 gymnast performs 2 vaults with a combined start value of 7.6-8.7 he may receive +0.1 for a stick for each vault stuck
  - All of the above are correct

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### Parallel Bars

1. In Level 8 parallel bars, a non-FIG dismount will receive what Special Requirement value?
  - a. 0.5
  - b. 0.3
  - c. none
  - d. 0.1
2. Which of the following is **not** a Level 8 parallel bars Special Requirement?
  - a. Minimum "B" value long hang or basket skill
  - b. Minimum FIG "A" value upper arm skill
  - c. Minimum FIG "A" value  $\frac{1}{2}$  turn or more in or through support
  - d. All of the above are Level 8 Special Requirements
3. True or False: The parallel bars may be raised above the FIG maximum height.
4. Which of the following statements are **correct** regarding extra swings in optional routines.
  - a. For all levels, an empty  $\frac{1}{2}$  swing is allowed going into any giant, peach, cast or Moy (EGIII)
  - b. For all Levels, an empty  $\frac{1}{2}$  swing is allowed at any time.
  - c. For all Levels, an empty  $\frac{1}{2}$  swing is always a -0.3 deduction and full swing 0.5 deduction.
  - d. For all Levels, an empty  $\frac{1}{2}$  or full swing is deducted one time -0.5 as a composition error.
5. True or False: For Levels 8 and 9 parallel bars a Stützkehr forward to support receives a "B" value (EGI).
6. Which of the following will **not** receive a +0.2 Event Specific Bonus on parallel bars?
  - a. Diamadov with  $\frac{1}{4}$  or  $\frac{1}{2}$  turn to handstand
  - b. Makuts
  - c. Gatson I
  - d. All of the above will receive +0.2 bonus
7. Which of the following are prohibited skills on parallel bars in the Junior Program?
  - a. Tippelt
  - b. Morisue
  - c. Zonderland
  - d. Healy

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### Horizontal Bar

1. True or False: 5 swings forward and backward are allowed with the 5<sup>th</sup> swing being a value skill on the mount on horizontal bar.
2. Which of the following is **not** a Level 8 horizontal bar Special Requirement?
  - a. "B" or higher release (EG II)
  - b. Minimum FIG "A" value in-bar circling skill
  - c. Minimum FIG "A" value swing beginning from  $\frac{1}{2}$  turn or more done from under grip
  - d. Minimum FIG "A" value swing beginning from  $\frac{1}{2}$  turn or more done from over grip
3. Which of the following statements for horizontal bar regarding a jam (Adler) is **incorrect**.
  - a. For all Levels a "C" value jam to handstand will receive +0.1 bonus
  - b. Jam from  $15^\circ$  to  $45^\circ$  - JO "B" value and no angle deduction
  - c. Jam from  $45^\circ$  to horizontal - JO "A" value with -0.3 angle deduction
  - d. Jam below horizontal - JO "A" value with -0.5 angle deduction
4. True or False: A pullover is allowed as a mount in Level 8 horizontal bar for "A" value. No element group credit. Continuous movement is required. A full stop is a -0.5 deduction.
5. Which of the following horizontal bar skills will receive +0.2 Event Specific Bonus
  - a. Ginger
  - b. Adler  $\frac{1}{2}$  to handstand
  - c. Kovacs
  - d. Kolman
6. True or False: On horizontal bar a swing  $\frac{1}{2}$  turn is allowed from a non-flipping release.
7. Which of the following horizontal bar dismounts for Level 8 will receive only 0.3 Special Requirement?
  - a. Salto backward piked
  - b. Salto backward stretched
  - c. Salto forward piked
  - d. Salto backward tucked