

## Compulsory 4/5 Practice Test # 1 (July 2021)

### General

1. What is the deduction for text errors throughout the routine?
  - a. 0.05 each time
  - b. Up to 0.2
  - c. Up to 0.3
  - d. Up to 0.4
  
2. The total execution and/or amplitude deduction on a major element may not exceed:
  - a. Value of the element
  - b. Value of the element plus 0.50
  - c. 1.00, regardless of the value of the element
  - d. Value of the element minus 0.10
  - e. There is no maximum level of deduction
  
3. A gymnast lands her back salto tuck on floor and does not move her feet, but she is slightly off balance and moves her torso to maintain her balance. What is the deduction?
  - a. No deduction – she stuck the landing
  - b. Up to 0.20
  - c. Up to 0.10
  - d. 0.20
  
4. How many of the following errors incur a flat 0.10 deduction?
  - Lack of coordination between major elements in a directly connected dance series on beam
  - Doing in inward turn instead of an outward turn
  - Changing, reversion or adding a small part
  - Touch/brush mat with feet on bars
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  
5. Which of the following errors receive the largest maximum penalty?
  - a. Changing, reversing, adding or omitting a small part
  - b. Changing, reversing or omitting a series of connections
  - c. Reversing the order of the two elements in any of the directly connected dance series on balance beam or floor exercise
  - d. Changing a major element
  - e. Substituting or omitting a major element
  - f. Reversing a major element (if not allowed to be reversed)
  - g. Incomplete major element
  - h. Adding an extra element
  - i. Repetition of a missed element (start judging at the point of interruption)
  
6. Which deduction is taken by every judge?
  - a. Out of bounds Each time .10
  - b. Overtime 0.10
  - c. Spotting assistance from the coach 0.50
  - d. Failure to remove the spring board after mount 0.30

7. The allowable range of scores for an average score of 9.20 is:
- 0.20
  - 0.50
  - 0.70
  - 1.00
8. Which of the following statements is correct?
- Award a score of 3.0, if the routine results in a score of 3.0 or less.
  - If the coach is on the floor mat, deduct 0.50.
  - If a coach assists on a skill, do not give credit for the skill and deduct 0.50 for the spot.
  - When a gymnast falls from the bars, she has 50 seconds to remount and resume the routine.
  - None of these are correct.
9. What is the total maximum deduction for the following errors?
- One step out of bounds during the floor exercise routine.
  - Did not finish with the music.
  - Concentration pause of more than 2 seconds before final tumbling pass.
- Up to 0.15
  - Up to 0.20
  - Up to 0.30
  - Up to 0.60
10. A gymnast stops between the split jump and sissonne in the Level 5 beam routine. Which of the following is correct?
- Deduct Up to 0.10 for lack of coordination during major elements
  - Deduct Up to 0.20 for lack continuity between the skills.
  - Deduct 0.05 for breaking the connection.
  - No deduction for this error.

## Vault

1. Gymnast fall on her first vault attempt and is being assessed for an injury. How long does she have to leave the landing area and get ready for her second vault?
  - a. 30 seconds
  - b. 45 seconds
  - c. 1 minute
  - d. 2 minutes
  - e. There is no time limit
  
2. Which of the following errors receive the smallest maximum penalty?
  - a. Fall upon landing
  - b. Taking 6 steps upon landing
  - c. Insufficient length
  - d. Leaves vault table by 80° past vertical
  - e. Insufficient height
  
3. What is the deduction if a Coach aids the gymnast during the first flight – Level 4?
  - a. 0.50
  - b. 1.00
  - c. 2.00
  - d. VOID
  
4. What is the deduction if the gymnast hits the far end of the table during second flight phase?
  - a. 0.20
  - b. Up to 0.20
  - c. 0.50
  - d. VOID
  
5. How many of the following errors incur an “up to 0.30” deduction?
  - Squat on landing
  - Arched body in support phase
  - Piked body in first flight
  - Insufficient length
  - Incorrect shoulder alignment in support phase
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  
6. What is the correct deduction if a gymnast’s head contacts the vault table in the Support Phase?
  - a. VOID
  - b. 0.50
  - c. 1.00
  - d. 2.00

7. Which of the following statements is correct:
- a. If a gymnast never achieves vertical and returns to the board, the vault is VOID
  - b. If a gymnast never achieves vertical and lands on the vault table between the board and hand placement, the vault is VOID
  - c. If a gymnast passes through vertical, but lands standing on the vault table, the vault is VOID.
  - d. If a gymnast fails to land on the feet first, the vault is VOID
  - e. A and B are correct
  - f. A and C are correct
  - g. A, B and D are correct
  - h. All are correct
8. What is the correct deduction for leaving the vault table at vertical?
- a. Up to 0.30
  - b. Up to 0.50
  - c. Up to 1.00
  - d. No deduction
9. What is the total maximum deduction for the following errors?
- Insufficient dynamics
  - Deviation from a straight direction
  - 3 large steps
- a. Up to 1.2
  - b. Up to 1.0
  - c. Up to 0.90
  - d. Up to 0.8
10. What is the total maximum deduction for the following errors?
- Pikes in the first flight
  - Arches in the second flight
  - Bent arms in support
- a. Up to 0.7
  - b. Up to 0.9
  - c. Up to 1.1
  - d. Up to 1.3

## Bars -Level 4

1. On Level 4 bars, gymnast casts, does a back hip circle on the high bar, bus has so much momentum that she inadvertently does a second back hip circle. What is the deduction?
  - a. No deduction
  - b. 0.40 for changing an element
  - c. 0.30 for adding an extra element
  - d. 0.80 for substituting a major element (double the value)
  
2. What is the maximum deduction for the following errors on this sequence:  
**Cast Squat on, Jump to Long Hang Kip**
  - Insufficient backswing into Squat-on
  - Hesitates in jump to long hang kip
  - Fails to swing to near horizontal in the long hang kip
  - Bent arms in the kip
  - Legs are apart in the kip
  - a. Up to 0.95
  - b. Up to 0.85
  - c. Up to 0.75
  - d. UP to 0.70
  
3. How many of the following skills are worth 0.60 in Level 4 Bar Routine?
  - Cast to horizontal
  - Cast Squat on
  - Glide kip mount
  - Back hip circle
  - Underswing, First Counterswing
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  
4. What is the correct deduction for a **cast to 45° below horizontal and returning to front support** in the Level 4 routine?
  - a. Up to 0.30
  - b. 0.05 – 0.20
  - c. 0.20
  - d. 0.25 – 0.30
  
5. Which of the following is correct for evaluating Casts in Level 4 bar routines?
  - a. Amplitude of casts is measured by a line from the shoulders to the-midpoint of the lowest body part.
  - b. Amplitude of casts is measured by a line from shoulders to the feet.
  - c. Amplitude of casts is measured by a line from the hands to the-midpoint of the lowest body part.
  - d. Amplitude of casts is measured by a line from the hands to the hips.
  - e. None of the above is correct.

## **Bars -Level 5**

1. What is the amplitude deduction for a Level 5 gymnast who **casts to horizontal**?
  - a. No deduction
  - b. 0.05
  - c. 0.10 – 0.15
  - d. 0.20
  - e. 0.25 – 0.30
  
2. Which of the following deductions is correct for **Tap Swing – Second Counterswing**?
  - a. Failure to attain straight-hollow body position on upswing – Up to 0.30
  - b. Body arching or hips opening to an extended position with the feet over low bar during tapswing - 0.30
  - c. Hips not at a minimum of 15° below the level of the high bar on the Counterswing – Up to 0.20
  - d. Insufficient amplitude (feet not at high bar height) on tap swing Up to 0.30
  
3. Which of the following deductions is correct for the **long hang pullover** in the Level 5 routine:
  - a. Performing a back giant prior to pulling hips toward bar -- 1.20 (change of element)
  - b. Performing a back giant prior to pulling hips toward bar -- 1.00
  - c. Excessive piking of body – Up to 0.50
  - d. Failure to show light arched position during the downward swing – 0.05
  
4. Which of the following deductions is correct concerning extra swings?
  - a. Each extra swing is deducted
  - b. No more than 2 extra swings are deducted per routine
  - c. No more than 2 extra swings are deducted per element
  - d. The maximum deduction per element is 0.60
  
5. Which of the following deductions is incorrect for the **clear hip circle to above horizontal**?
  - a. Lack of control into the glide – Up to 0.10
  - b. Hips touching the bar as upswing finishes (performs a back hip circle – 0.50)
  - c. Thighs brush the bar on the upswing --- No deduction
  - d. Excessive arch or pike on downswing – Up to 0.2
  - e. Insufficient height and extension of upswing – Up to 0.3

## **Beam - Level 4**

1. What is the required split angle in the Split Jump ?
  - a. 90°
  - b. 120°
  - c. 150°
  - d. 180°
  
2. What is the total maximum deduction for the following errors?
  - Failure to pass through vertical in the cartwheel
  - Uneven leg separation on the straight leg leap
  - Failure to land with feet closed on the split jump
  - Failure to hold the handstand for one second
  - a. Up to 0.50
  - b. Up to 0.60
  - c. Up to 0.70
  - d. Up to 0.80
  
3. What is the total maximum deduction for the following errors on the **Cross Handstand**?
  - Fail to join legs side by side
  - Bent arms
  - Fail to hold one second
  - Arched body in handstand position
  - Concentration pause of 2 seconds before initiating skill
  - a. Up to 0.70
  - b. Up to 0.80
  - c. Up to 0.90
  - d. Up to 1.00
  
4. Which of the following errors receive the largest maximum penalty?
  - a. Failure to attain vertical on cross handstand
  - b. Insufficient continuity between Stretch Jump and Split Jump
  - c. Insufficient split on straight leg jump
  - d. Failure to pause in arabesque position on landing straight leg leap
  
5. What is the maximum deduction if the gymnast omits the Stretch Jump?
  - a. Half the value of the element
  - b. The value of the element
  - c. The value of the element plus 0.50
  - d. Double the value of the element

## **Beam - Level 5**

1. How many of the following skills are worth 0.60 in Level 5 Beam Routine?
  - Sissonne
  - Split Jump
  - Cartwheel
  - Flic-Flac Step-out
  - Scale
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  
2. What is the total maximum deduction for the following errors on the **Back Walkover**?
  - Insufficient Split
  - Incorrect (staggered or alternate) hand placement
  - Failure to show continuous leg lift in the walkover
  - Bent legs
  - a. Up to 0.50
  - b. Up to 0.60
  - c. Up to 0.70
  - d. Up to 0.80
  
3. A gymnast pauses for 3 seconds before her back handspring. Which is the appropriate deduction?
  - a. 0.10
  - b. 0.20
  - c. 0.30
  - d. Up to 0.50
  
4. What is the total maximum deduction for the following errors in the **straight leg leap, stretch jump combination**?
  - Uneven leg separation in the straight leg leap
  - Bending the lead leg on takeoff for the straight leg leap
  - Insufficient continuity between the skills
  - Failure to land with feet closed on the stretch jump
  - Insufficient height in the straight jump
  - a. Up to 0.60
  - b. Up to 0.70
  - c. Up to 0.80
  - d. Up to 1.00
  
5. How many correct Chief Judge deductions are listed?
  - Over time - 0.10
  - Concentration pause of more than 2 seconds – 0.20
  - Gymnast does not face a judge when presenting at the end of the routine. – 0.10
  - Coach stand next to the beam throughout the exercise - 0.10
  - Support of one leg against side surface of the beam to maintain balance – 0.20
  - a. 1
  - b. 2
  - c. 3
  - d. 4

## Level 4 – Floor

1. What is the maximum deduction for the following errors on **Straight Arm Backward Roll to Handstand**?
  - Slight hop on the hands into the handstand from the roll
  - Didn't achieve vertical in the handstand
  - Hands placed further than shoulder-width apart
  - Interlocking fingers
  - Flexed feet
  - a. Up to 0.55
  - b. Up to 0.65
  - c. Up to 0.75
  - d. Up to 1.00
  
2. What is the total maximum deduction for the following errors on the **straddle jump**?
  - Leg separation of 1500
  - Arm swing to maintain balance on landing
  - Uneven leg separation
  - Failure to land with feet closed
  - a. Up to 0.35
  - b. Up to 0.40
  - c. Up to 0.45
  - d. Up to 0.50
  
3. What is the total maximum deduction for the following errors:
  - Squat into the first flic-flac
  - Bent arms on both of the flic-flacs
  - Incorrect foot work on connections throughout the exercise
  - Legs bent in the straight leg leap
  - Did fast front walkover instead of front handspring step-out
  - a. Up to 1.2
  - b. Up to 1.5
  - c. Up to 1.8
  - d. Up to 2.1
  
4. Which of the following errors receive the smallest penalty?
  - a. A concentration pause of more than 2 seconds.
  - b. Finished before the end of the music.
  - c. Failure to keep legs joined in the air throughout stretch jump  $\frac{1}{2}$  turn.
  - d. Failure to pause in a controlled stick after second flic-flac.
  
5. How many of the following statements are correct?
  - The gymnast may reverse the full turn without penalty.
  - The leg separation required on leaps is 120o
  - The leg separation required on the back walkover is 150o.
  - The gymnast may do a switch leg leap instead of a straight leg leap.
  - a. 1
  - b. 2
  - c. 3
  - d. 4

## Level 5 – Floor

1. What is the maximum deduction for the following errors on a **Front Handspring Step-Out, front handspring Step-Out**?
  - Stops between the skills
  - Not quick off hands in the first skill
  - Arms are further than shoulder width apart on the 1st skill
  - Alternate hand placement on both skills
  - a. Up to 1.00
  - b. Up to 0.90
  - c. Up to 0.40
  - d. Up to 0.70
  
2. How many of the following skills are worth 0.60 in Level 5 Floor Routine?
  - Aerial Cartwheel
  - Straight leg leap
  - Straddle Jump
  - Full Turn in forward passé
  - Flic-Flac
  - Backward Salto Tucked
  - a. 3
  - b. 4
  - c. 5
  - d. 6
  
3. Which of the following errors receive the largest maximum penalty?
  - a. Fail to pass through vertical in the straight arm backward roll
  - b. Performs a fast front walkover instead of a front handspring step-out.
  - c. Two large steps after landing Front salto tucked.
  - d. Insufficient height of back salto
  - e. Perform backward salto piked
  
4. Which of the following statements is correct?
  - a. The straddle jump should be a minimum of 150°
  - b. The straight arm backward roll to handstand is a 0.60 valued skill.
  - c. The lack of acceleration deduction of 0.20 should be taken in addition to the deduction from stopping between the elements.
  - d. A concentration pause of 2 seconds or more incurs a 0.20 deduction.
  
5. What is the total maximum deduction for the following errors on the **forward salto tucked**?
  - Insufficient hip rise in the salto
  - Insufficient bend of hips and legs
  - Deep squat on the landing
  - Falls on the landing
  - a. Up to 0.8
  - b. Up to 1.1
  - c. Up to 1.3
  - d. Up to 1.4

## Answer key

	General				Vault
1	C			1	C
2	B			2	C
3	B			3	C
4	A			4	A
5	E			5	C
6	C			6	D
7	B			7	E
8	E			8	D
9	C			9	B
10	C			10	D

	Bars - L4	Bars- L5	Beam- L4	Beam- L5	Floor- L4	Floor- L5
1	C	B	B	B	A	D
2	B	C	C	C	B	A
3	B	B	B	B	B	E
4	C	C	A	A	D	A
5	A	B	D	B	C	C

## Compulsory 4/5 Practice Test # 2 (July 2021)

### General

1. The gymnast completes her routine and salutes, but is not facing any of the judges when she presents. What is the deduction?
  - a. Up to 0.10
  - b. 0.10
  - c. No deduction
2. A coach catches the gymnast who is falling, what is the deduction?
  - a. 0.50 for a fall, plus 0.50 for coach assist/spot
  - b. 0.50 for a fall
  - c. 0.50 for coach/assist
3. The gymnast lands in a deep squat on her forward salto tucked in her floor routine. She then sits the skill down. What is the deduction?
  - a. 0.50 for the fall
  - b. Up to 0.3 for deep squat
  - c. 0.50 for the fall + Up to 0.3 for deep squat
4. On balance beam, which of the following statements is correct?
  - a. The gymnast has 30 seconds to remount the beam and resume her exercise
  - b. If the fall time is exceeded, the exercise is terminated
  - c. The official beam routine time resumes as soon as the gymnast remounts the beam.
  - d. The timer will give a verbal notification of 15 seconds remaining and 10 seconds remaining.
  - e. All of the above are correct.
5. Which is the largest Chief Judge deduction?
  - a. Failure to remove springboard or mounting mat/block after mount
  - b. Using incorrect apparatus specifications, including spring configurations
  - c. Coach on the floor exercise mat
  - d. Unsportsmanlike conduct of gymnast
  - e. Floor exercise performed without music
6. How many of the following errors incur an "Up to 0.20" deduction?
  - Insufficient height of aerials and backward acro flight elements with hand support
  - Insufficient height on salto elements
  - Additional trunk movements to maintain balance/control in landings
  - Additional movements to maintain balance/control on the beam
  - Uneven leg separation in leaps/jumps
  - Bent arms
  - Failure to land with feet closed on jumps landing on 2 feet
  - a. 3
  - b. 5
  - c. 6
  - d. 7
7. Which of the following errors receive the largest maximum penalty?
  - a. Failure to keep ears covered by arms when moving in and out of slow acro elements
  - b. Insufficient sureness of performance on balance beam
  - c. Reversed the order of the two elements in a directly connected dance series on floor
  - d. Lack of continuity between major elements in a directly connected dance series on beam

8. The allowable range of scores for an average score of 8.85 is:
- 0.20
  - 0.50
  - 0.70
  - 1.00
9. Which of the following statements is incorrect?
- Judging stops when overtime is called.
  - Deduct up to 0.30 for insufficient height on salto elements.
  - Deduct 0.30 each time an extra element is added.
  - Deduct up to 0.10 if there is hesitation during the jump to high bar
  - None of these are correct.
10. What is the deduction if the judge hears a coach verbally instructing the gymnast of the order of the skills/ what to do next in the routine?
- 0.20 after a warning
  - 0.20 with no warning
  - 0.05 for each cue, with a maximum of 0.20

## Vault

1. What is the deduction if a Coach aids the gymnast during the first flight – Level 5?
  - a. 0.50
  - b. 1.00
  - c. 2.00
  - d. VOID
  
2. What is the maximum deduction if the gymnast leaves the table more than 45° past vertical and is also too long in support?
  - a. Up to 1.0
  - b. Up to 1.4
  - c. Up to 1.5
  - d. Up to 1.8
  
3. Which of the following errors receive the largest maximum penalty?
  - a. Flexed feet in second flight phase
  - b. Incorrect shoulder alignment in support phase
  - c. Arm swings to maintain balance upon landing
  - d. Failure to maintain neutral head position
  - e. Piked body in First Flight Phase
  
4. Which of the following deductions is not taken in each phase of the handspring vault
  - a. Incorrect shoulder alignment
  - b. Legs separated
  - c. Failure to maintain neutral head position
  - d. Legs bent
  - e. Incorrect foot form
  
5. What is the total maximum deduction for the following errors?
  - Too long in support
  - Take one step on landing
  - Arms bent in support phase
  - a. Up to .04
  - b. Up to .07
  - c. Up to 0.9
  - d. Up to 1.1
  
6. How many of the following errors incur an “up to 0.50” deduction?
  - Alternate repulsion from hands
  - Arched body in support phase
  - Piked body in first flight
  - Insufficient height
  - Too long in support
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5

7. Which of the following errors receive the smallest maximum penalty?
- Angle of repulsion of 50° past vertical
  - Insufficient length
  - Two extra arm swings to maintain balance upon landing
  - Legs separated
  - Arched body on the second flight
8. Which of the following errors receives the largest maximum penalty?
- Two steps on landing
  - Incorrect foot form in the first flight
  - Failure to maintain neutral head position in the support phase
  - Lands with feet hip-width apart or close, but never join feet together
9. What is the total maximum deduction for the following landing errors?
- Land with feet apart and takes a step
  - Incorrect body posture
  - Slight brush of hands on mat, but no support
- Up to 0.40
  - Up to 0.60
  - Up to 0.70
  - UP to 0.90
10. What is the deduction for Squat on landing?
- No deduction in this phase
  - Up to 0.20
  - Up to 0.30
  - Up to 0.50

## Bars -Level 4

1. What is the amplitude deduction for a Level 4 gymnast who casts to horizontal?
  - a. No deduction
  - b. 0.05 – 0.15
  - c. 0.10 – 0.15
  - d. 0.05
  
2. The gymnast fails to complete the long hang kip and end in hanging position from the high bar. She does not come off the bar and her coach lifts her to a front support on the high bar, where she moves her legs in front of the bar and continues to the cast. In addition any execution errors, which additional deductions are appropriate.
  - a. 0.50 for coach assistance
  - b. Up to 0.60 for an incomplete element
  - c. 0.50 for a fall
  - d. 0.30 for extra swing before the cast
  - e. A and C
  - f. B and C
  - g. A, B and C
  - h. B, C and D
  
3. Which of the following deductions is correct for the glide kip mount in the Level 4 routine?
  - a. Insufficient extension at the end of glide swing – Up to 0.10
  - b. Bent arms during the skill – up to 0.20
  - c. Failure to close legs at end of straddle glide swing -- 0.10
  - d. Failure to take off from both feet simultaneously -- Up to 0.10
  - e. Bent legs in the extension Up to 0.15
  
4. What is the total maximum deduction for the following errors on a **Tap swing forward with ½ Turn Dismount** in the Level 4 Routine?
  - Failure to show slight arched position during the downward swing
  - Failure to re-contact the bar with the free hand as the ½ turn is complete
  - One small step
  - Legs separated
  - a. Up to 0.40
  - b. Up to 0.50
  - c. Up to 0.55
  - d. Up to 0.70
  
5. What is the correct deduction for the thighs contact the high bar on the underswing?
  - a. No deduction
  - b. 0.05
  - c. 0.10
  - d. Up to 0.10

## Bars -Level 5

1. On Level 5 bars, the gymnast casts, does a long hang pullover on the high bar, but has so much momentum that she inadvertently adds a back hip circle. What is the deduction?
  - a. No deduction
  - b. 0.40 for changing an element
  - c. 0.30 for adding an extra element
  - d. 0.80 for substituting a major element
  
2. What is the total maximum deduction for the following errors?
  - Fails to swing to near horizontal in long hang kip
  - Insufficient backward swing of legs into cast (hip lift only) on Cast Squat-On
  - Hesitation during Jump to high bar
  - Two extra swings
  - a. Up to 0.85
  - b. Up to 1.0
  - c. Up to 1.2
  - d. Up to 0.75
  
3. What is the total maximum deduction for the following errors on **Tucked Flyaway dismount**?
  - Salto completed at 45° below the level of the high bar
  - Gymnast took two steps
  - Insufficient open before landing
  - Landed off to the right side of the landing mat
  - a. Up to 0.90
  - b. Up to 0.80
  - c. Up to 0.75
  - d. Up to 0.70
  
4. How many of the following skills are worth 0.60 in Level 5 Bar Routine?
  - Cast to above horizontal
  - Cast Squat on
  - Long hang pullover
  - Glide kip mount
  - Clear hip circle to above horizontal
  - Underswing, Counterswing
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  - f. 6
  
5. Which of the following is correct for evaluating a backward sole circle to clear support in Level 5 bar routines? Amplitude as the body reaches clear support position is measured by:
  - a. A line from the shoulders to the-midpoint of the lowest body part.
  - b. A line from shoulders to the feet.
  - c. A line from the hands to the-midpoint of the lowest body part.
  - d. A line from the hands to the hips.
  - e. A line from the shoulders to the hips.

## **Beam - Level 4**

1. How many of the following skills are worth 0.40 in Level 4 Beam Routine?
  - ½ turn in forward Passe
  - Split Jump
  - Cross Handstand
  - Scale
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  
2. Which of the following deductions is correct for the following sequence:  
**Relevé Lock Stand, 180° Squat Turn, Scale (horizontal)**
  - a. Failure to show lock position – 0.05
  - b. Lifts free leg to above horizontal – Up to 0.20
  - c. Incorrect body alignment during the squat turn – Up to 0.30
  - d. Failure to hold scale for one second – Up to 0.10
  
3. What of the following statements is correct regarding concentration pauses:
  - a. Take 0.10 for a pause of 2 seconds.
  - b. Take 0.30 for a pause of 3 seconds or more
  - c. Take 0.10 for a pause of more than 2 seconds.
  - d. Concentration pauses are taken once within a routine.
  
4. Which of the following deductions is correct for the **Cartwheel**:
  - a. Failure to lever into skill – Up to 0.10
  - b. Failure to pass through vertical – 0.30
  - c. Failure to keep ears covered by arms when moving in to skill – 0.05
  - d. Bent arms in support – Up to 0.50
  
5. If the gymnast attempts the dismount, but does not attain vertical and falls and does not repeat the skill. Excluding execution errors, what is the maximum deduction applied to the element?
  - a. .50
  - b. 1.0
  - c. 1.1
  - d. 1.2

## Beam - Level 5

1. What is the total maximum deduction for the following errors on a **Full turn in forward Passe**?
  - Fails to mark the position at the completion of the turn
  - Not in high relevé
  - Incorrect body alignment
  - a. Up to 0.15
  - b. Up to 0.25
  - c. Up to 0.30
  - d. Up to 0.35
  
2. What is the total maximum deduction for the following errors?
  - Insufficient continuity between the Split jump and Sissonne
  - Leg not in forward passé' in full turn
  - Insufficient lift of the back leg in the sissonne
  - Insufficient split on the back walkover
  - Insufficient height on the straight leg leap
  - a. Up to 0.55
  - b. Up to 0.60
  - c. Up to 0.65
  - d. Up to 0.80
  
3. Which of the following errors receive the smallest maximum penalty?
  - a. Failure to land split Jump on both feet simultaneously
  - b. Failure to lift free leg to a above horizontal in scale
  - c. Insufficient split on straight leg jump
  - d. Use of heel snap turn
  - e. Broken connection between Stretch Jump and Split Jump
  
4. A coach spots her gymnast on a back handspring, but the gymnast lands with only one foot on the beam and falls. Which of the following deductions is correct?
  - a. 0.50 for the spot, 0.50 for the fall
  - b. 0.50 for the spot, Up to 0.60 for incomplete element
  - c. 0.50 for the spot, 0.50 for the fall, Up to 0.60 for incomplete element
  - d. 0.50 for the fall, Up to 0.60 for incomplete element
  
5. What is the required split angle in a back walkover in the Level 5 beam routine?
  - a. 90°
  - b. 120°
  - c. 150°
  - d. 180°

## Level 4 – Floor

1. What is the total maximum deduction for the following errors on a **Front Handspring Step Out**?
  - Gymnast takes 6 steps before the skill
  - Dives into the skill
  - Has bent knees throughout the skill
  - Lands on both feet simultaneously
  - a. Up to 0.75
  - b. Up to 1.30
  - c. Up to 1.10
  - d. Up to 0.65
  
2. How many of the following skills are worth 0.60 in Level 4 Floor Routine?
  - Front Handspring Step-out
  - Straight arm backward roll to handstand
  - Straight leg leap
  - Straddle Jump
  - Full Turn in forward passe
  - Round off
  - Flic-Flac to two feet
  - a. 3
  - b. 4
  - c. 6
  - d. 7
  
3. How many of the following statements are correct?
  - There is no deduction for performing a “fast front walkover” instead of a front handspring step-out.
  - The gymnast may interlock their fingers on the straight arm backward roll to stand without penalty.
  - The leg separation required on leaps is 120°
  - The leg separation required on the back walkover is 150°.
  - The gymnast may do a switch leg leap instead of a straight leg leap.
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  
4. Which of the following errors receive the largest maximum penalty?
  - a. Dive into the front handspring step-out
  - b. Squat into the flic-flac
  - c. Performs a backward roll step-out instead of a straight arm backward toll to handstand.
  - d. Used heel snap turn technique.
  
5. What is the total maximum deduction for the following errors?
  - Legs apart on landing the straddle jump
  - Uneven leg separation in the straight-leg leap
  - Failure to step-out of front handspring step-out
  - a. Up to 0.30
  - b. Up to 0.40
  - c. Up to 0.50
  - d. Up to 0.60

## Level 5 – Floor

1. Which of the following errors receive the smallest maximum penalty?
  - a. A concentration pause of two seconds or more.
  - b. Finished before the end of the music.
  - c. Failure to keep legs joined in the air throughout stretch jump full turn.
  - d. Failure to pause in a controlled stick after backward salto.
  - e. Performs a backward roll step-out instead of a straight arm backward toll to handstand.
  - f. Used heel snap turn technique.
  
2. What is the deduction for performing a front salto piked in the Level 5 routine?
  - a. No deduction
  - b. 0.30
  - c. Up to .06
  - d. .06
  - e. 1.20
  
3. Which of the following errors receive the largest maximum penalty?
  - a. Lack of acceleration in round off, flic-flac, back salto series
  - b. Hands placed further than shoulder width apart in the straight arm backward toll to handstand
  - c. Bending the lead leg on take-off of Straight leg leap
  - d. Interlocking finger in straight arm backward roll to handstand
  
4. How many of the following statements are correct?
  - The back salto may be a tuck, pike or layout.
  - The gymnast may choose between a front Salto Tucked, Aerial Cartwheel or Aerial Walkover as the first acro skill.
  - The leg separation required on leaps is 180°
  - The gymnast may do a switch leg leap instead of a straight leg leap.
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  
5. What is the chief judge deduction for taking 3 steps out of bounds on one skill?
  - a. No deduction in compulsories
  - b. 0.10
  - c. 0.20
  - d. 0.30
  - e. 0.50

## Answer key

	General				Vault
1	C			1	D
2	B			2	C
3	C			3	E
4	B			4	A
5	E			5	D
6	A			6	C
7	C			7	C
8	C			8	A
9	A			9	B
10	<b>B</b>			10	C

	Bars - L4	Bars- L5	Beam- L4	Beam- L5	Floor- L4	Floor- L5
1	A	A	C	D	A	D
2	F	A	D	B	A	C
3	C	B	A	E	C	A
4	D	D	C	C	C	B
5	A	E	B	C	C	B