

**PRACTICE TEST
LEVEL 9
JULY, 2005**

GENERAL

1. Which of the following statements is **CORRECT**?
 - a. If a "D" element is performed it received "C" Value Part credit.
 - b. The performance of an "E" element voids the exercise.
 - c. The same exact connection may receive Connection Value two (2) times.
 - d. Elements performed for the third time may fulfill a Special Requirement.
 - e. All of the above are correct.

2. What are the difficulty requirements for a Level 9 exercise?
 - a. 4 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - b. 4 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - c. 3 A's @ 0.10, 4 B's @ 0.30, 1 C @ 0.50
 - d. 3 A's @ 0.20, 4 B's @ 0.40, 1 C @ 0.60
 - e. 3 A's @ 0.20, 3 B's @ 0.40 2 C's @ 0.60

3. What is the allowable point range using the following scores?
 8.90 9.30 9.05 8.80
 - a. 0.10
 - b. 0.20
 - c. 0.30
 - d. 0.50
 - e. 1.0

4. Which of the following is **NOT** a responsibility of a Panel Judge?
 - a. Records the Value Parts and Special Requirements
 - b. Calculates the Start Value
 - c. Evaluates Execution errors
 - d. Deducts for failure to present before/after the exercise
 - e. Deducts for Compositional errors

5. Which of the following is the **LARGEST** deduction?
 - a. Uneven bar exercise comprised of 4 Value Parts
 - b. Insufficient flexibility throughout exercise
 - c. Insufficient height of a gymnastics leap
 - d. Bent arms in support
 - e. Spotting assistance

6. What is the Start Value of a routine comprised of the following?
 3 A's 3 B's 2 C's
 Missing one Special Requirement
 +0.30 in Connection Value
 - a. 9.50
 - b. 9.7
 - c. 9.8
 - d. 9.9
 - e. 10.0

7. Which of the following is **CORRECT**?
- A salto element failing to land on the feet first may be used to fulfill a Special Requirement.
 - A Level 9 gymnast may be awarded +0.30 for Connective Value.
 - Two "B" elements may replace one "C" element for Value Part credit.
 - The deduction for spotting assistance is deducted from the final average score.
 - Value Part credit is awarded if the coach assists during the performance of an element.
8. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Legs crossed during saltos with twists
 - Touch/brush on mat with foot contrary to technique on bars or beam
 - Hesitation during a press or swing to handstand
- 0.25
 - 0.30
 - 0.40
 - 0.50
 - 0.60
9. Which of the following is correct?
- A twisting salto missing 44 degrees of the twist = up to 0.10
 - A turn on beam or floor lacking 80 degrees of the turn = 0.30
 - Insufficient dynamics (UB, BB, FX) = up to 0.30
 - Very large step or jump on landing = 0.30
 - Insufficient extension in preparation for landing (UB, BB, FX) = up to 0.20
10. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Fall against the apparatus
 - Insufficient exactness of tuck position
 - Incorrect position of legs in spit position
- 0.50
 - 0.60
 - 0.70
 - 0.80
 - 0.90

VAULT

11. Which of the following statements is **CORRECT** for Level 9 vaulting?
- The deduction for performing a vault different than the one announced or flashed is 0.20.
 - Only vaults valued at 9.7 or below are permitted.
 - Two vaults maybe performed; the better score counts.
 - There is a deduction of 1.0 for performing only one vault.
 - None of the above is correct.
12. Which of the following landing faults received the **largest** deduction?
- One step on landing
 - Body posture fault
 - Deep squat
 - Very large step or jump
 - Additional trunk movements to maintain balance.

13. What is the **MAXIMUM** deduction for insufficient height?
- 0.20
 - 0.30
 - 0.40
 - 0.50
 - 1.00
14. Which of the following is **CORRECT** if the gymnast performs an unallowable vault for her second vault?
- The gymnast receives a “0” for the event.
 - The gymnast receives a “0” for the vault.
 - The better score is counted.
 - A 1.00 penalty is taken from the better score.
 - None of the above.
15. Which of the following is **CORRECT** for failure to land on the feet first in a salto vault?
- 0.50
 - 0.50 + 0.30 for absence of extension
 - 1.00
 - The vault is scored a “0”
 - The event is scored a “0”
16. What is the **TOTAL MAXIMUM** deduction for the following faults in a piked Tsukahara vault.
- Total absence of extension
 - Insufficient pike
 - Slight hop on landing
- 0.55
 - 0.60
 - 0.70
 - 0.85
 - 0.90
17. What is the penalty if, after two failed attempts (without touch of board or horse), the gymnast successfully completes a vault on her third attempt.
- The vault is scored a “0.”
 - 0.30
 - 0.50
 - 1.00
 - There is no penalty.
18. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Touch with only one hand
 - Insufficient dynamics
 - Hip angle in the first flight
- Invalid vault
 - 1.00
 - 1.10
 - 1.50
 - 1.60

19. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent knees in the first flight **and** in the second flight
 - Failure to maintain a stretched body in the second flight
- a. 0.90
b. 1.00
c. 1.20
d. 1.30
e. 1.50
20. What is the **TOTAL MAXIMUM** deduction for the following faults with a 1/1 twist vault?
- Legs crossed during twist
 - Prescribed LA turn begun too early
 - Body posture fault on landing
- a. 0.60
b. 0.65
c. 0.70
d. 0.75
e. 0.80

UNEVEN BARS

21. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient use of the apparatus both spatially and directionally
 - Insufficient swingful execution throughout the exercise
 - Insufficient distribution of elements
- a. 0.30
b. 0.40
c. 0.50
d. 0.60
e. 0.80
22. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Cast to below 45 degrees
 - Legs separated
 - Hitting the low bar with one foot
- a. 0.25
b. 0.30
c. 0.35
d. 0.40
e. 0.50
23. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Lack of variety in choice of elements
 - Turn completed 60 degrees past vertical
 - Intermediate swing
- a. 0.55
b. 0.65
c. 0.70
d. 0.80
e. None of the above

24. What is the **TOTAL** number of Special Requirements fulfilled by the following sequences?
- (Mount) Jump with 1/1 (360) turn and kip to support on LB
 - Cast to handstand with legs straddled and hips bent
 - Glide on LB, stoop through, straddle cut
- a. 0
 - b. 1
 - c. 2
 - d. 3
 - e. 4
25. Which of the following fulfills the “C” flight element Special Requirement?
- a. Geinger
 - b. From handstand on HB, counter straddle over LB to handstand
 - c. Clear hip to handstand, hop ½ turn
 - d. All of the above
 - e. None of the above
26. Which of the following is an “A” dismount?
- a. (Handstand on HB) Swing down between the bars – swing forward to salto backward tucked with ½ twist dismount (flyaway tucked with ½)
 - b. (Handstand on HB) Swing down forward in a reverse grip between bars, salto forward stretched
 - c. Hip circle backward on LB – hecht
 - d. (Handstand on HB) Clear straddle circle forward on HB to salto forward tucked
 - e. All of the above
27. What is the **CORRECT** Value Part credit **AWARDED** to the following sequence?
- (Mount) Jump with extended body to handstand on LB
 - Underswing on LB, release and counter movement forward in flight to hang on HB
 - Uprise backward and clear hip circle to handstand
- a. B B B C
 - b. B C B C
 - c. C C B C
 - d. C C C
 - e. C C B
28. What are the **CORRECT** Value Part and Connection Value credit **AWARDED** to the following sequence?
- Giant circle backward to handstand with 1/1 turn in handstand
 - Swing down between bars, swing forward with 1/1 turn to L hang at height of HB (at horizontal)
 - Counter straddle over LB to hang on LB
- a. C B B No CV
 - b. D B B No CV
 - c. C C B +0.20 CV
 - d. C C C +0.30 CV
 - e. D C B +0.20 CV

29. Which of the following would receive +0.20 for Connection Value?
- Cast to handstand with hop change to reverse grip + Giant circle forward
 - Giant circle forward with $\frac{1}{2}$ turn + Swing down between the bars-swing forward to salto backwards stretched dismount (Flyaway stretched)
 - Giant circle backward + Giant circle backward with $\frac{1}{2}$ turn in handstand
 - Cast to handstand with $\frac{1}{2}$ turn in handstand + Long swing forward with $\frac{1}{2}$ turn and flight over LB to hang
 - None of the above
30. How many of the following would receive C Value Part?
- Hecht jump (legs together) with hand repulsion over LB to hang on HB mount
 - Clear hip circle to handstand
 - Uprise backward to handstand
 - Handstand on HB-swing down forward in reverse grip between bars, salto forward stretched with 1/1 twist dismount
 - Glide kip on LB with $\frac{1}{2}$ turn and grip change to hang on HB
- 1
 - 2
 - 3
 - 4
 - 5

BEAM

31. Which of the following is **NOT** a “B” element?
- 1/1 turn in tuck stand on one leg, free leg in forward horizontal
 - Jump to handstand with hip angle (piked) to handspring forward with step out
 - Scale forward in balance stand
 - Gainer salto tucked with 1/1 twist to side of beam
 - Wolf jump $\frac{1}{2}$ twist, free leg above horizontal
32. What is the **CORRECT** Start Value of a Level 9 routine comprised of the following?
- 3 A's 3 B's 1 D
+ 0.10 in Connective Value
- 9.1
 - 9.3
 - 9.5
 - 9.6
 - 9.7
33. What is the **TOTAL MAXIMUM** deduction for the following faults?
- More than 2 dance elements of the same shape
 - Insufficient level change throughout the exercise
 - Grasp of beam to avoid a fall
- 0.40
 - 0.50
 - 0.60
 - 0.70
 - 0.80

34. Which of the following is **NOT** a Special Requirement?
- "B" dismount
 - 1/1 turn on one foot
 - One dance or dance/acro direct connection with a minimum of 2 elements
 - Leap, jump, or hop with 180 degree split
 - Acro series of 2 or more flight elements
35. Which of the following is **CORRECT** regarding Connection Value?
- B+B+C receives 0.10 for 3 element flight acro series (no exceptions)
 - B+B receives 0.10 bonus for a dance/acro series
 - C+C receives 0.10 bonus for 2 element acro/dance series including the mount
 - B+C receives 0.20 bonus for 2 element dance series
 - B+C+C receives 0.10 bonus for a 3 element acro flight series
36. How many of the following elements would receive "C" Value Part credit at Level 9?
- Press to cross handstand with a 1/1 turn lower to end position touching beam
 - Hop with 1/2 turn, free leg extended above horizontal
 - Tuck jump with 3/4 turn
 - Flic flac step out with support of 1 arm
 - Gainer salto piked dismount at the end of the beam
- 1
 - 2
 - 3
 - 4
 - 5
37. Which statement is **CORRECT** concerning the timing of beam?
- The timing of a fall period ends when the gymnast takes off from the mat to remount the beam.
 - A deduction of 0.10 for undertime is taken for a routine of 1:08.
 - For interruption of the exercise due to a fall from the apparatus, an interim period of 10 seconds is allowed.
 - If the gymnast lands at the sound of the second signal, she is deducted for overtime.
 - The deduction for overtime is 0.20.
38. What is the **TOTAL** Connection Value for the following series?
- Split leap forward with change of legs + split leap forward with change of legs
 - Wolf jump + tuck jump with 3/4 turn
 - Flic flac + salto backward tucked
- 0
 - 0.10
 - 0.20
 - 0.30
 - 0.40

39. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Hesitation during jump, press, or swing to handstand
 - Insufficient variation in rhythm and tempo throughout the entire exercise
 - Insufficient quality of expression (i.e., projection, emotion, focus)
- a. 0.40
b. 0.50
c. 0.60
d. 0.70
e. 0.80
40. How many of the following elements would receive “C” credit?
- $\frac{1}{2}$ illusion turn
 - Cat leap with $\frac{1}{2}$ turn
 - Roll backward to handstand
 - Front aerial
 - Straddle pike jump in cross position
- a. 1
b. 2
c. 3
d. 4
e. 5

FLOOR

41. How many of the following combinations would receive +0.10 for Connection Value?
- Front salto tucked, roundoff, flic flac, double back tucked
 - Roundoff, whip salto backward, salto backward with $1\frac{1}{2}$ twist, front salto tucked
 - $2/1$ turn on one foot, stretched jump with $2/1$ turn
 - split leap forward with leg change and $\frac{1}{4}$ turn, side split jump with landing to front lying support (Schushunova)
 - Wolf jump with $1/1$ turn, wolf jump with $1/1$ turn
- a. 1
b. 2
c. 3
d. 4
e. 5
42. Which of the following combinations would fulfill the dance series requirement?
- a. Split leap forward + straddle jump
b. Cat leap + cat leap $1/1$
c. $1/1$ turn + stretch jump $1/1$
d. Wolf hop $\frac{1}{2}$ + tuck jump $1/1$
e. All of the above

43. How many of the following would receive “B” Value Part credit at Level 9?
- Front aerial
 - Cat leap with ½ turn
 - Schuschunova with 1/1 turn
 - Wolf jump with 1 ½ turn
 - Whip salto backward with ½ turn
- a. 1
b. 2
c. 3
d. 4
e. 5
44. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Concentration pause (more than 2 seconds)
 - More than 2 dance elements of the same shape
 - Exceeding the border marker
 - The routine is one minute 39 seconds (1:39) in length
- a. 0.25
b. 0.30
c. 0.35
d. 0.40
e. 0.50
45. What is the **CORRECT** order of Value Part credit **AWARDED** to the following elements in a Level 9 exercise?
- Salto forward stretched with 1/1 twist
 - Tuck jump backward with arch (Sheep jump), feet to head height
 - Wolf jump with ½ turn
- a. D C A
b. C A B
c. D B B
d. C B B
e. D B C
46. How many of the following would receive “C” Value Part credit in a Level 9 exercise?
- 3/1 turn on one leg
 - Split leap forward with leg change and ½ turn
 - Split leap backward with ½ turn (Jete en tournant)
 - 1 ½ turn with free leg above horizontal from start to end of turn
 - Hitchkick with ¼ ¼ turn
- a. 1
b. 2
c. 3
d. 4
e. 5

47. Which of the following deductions is **CORRECT**?
- a. Music with voice 2.0
 - b. More than one jump to prone position 0.10 each
 - c. Insufficient use of the floor directionally 0.20
 - d. Insufficient distribution of elements 0.20
 - e. None of the above are correct
48. What is the **TOTAL MAXIMUM** deduction of the following faults?
- Missing synchronization of movement with musical beat throughout the exercise
 - Insufficient variation in rhythm and tempo
 - Overuse of forward/sideward or backward saltos
- a. 0.30
 - b. 0.40
 - c. 0.45
 - d. 0.50
 - e. 0.60
49. Which of the following combinations would receive 0.10 in Connection Value?
- a. Split leap forward with leg change to ring + tour jete
 - b. Split leap forward with leg change + split leap forward with leg change
 - c. Front handspring + flyspring + salto forward stretched with ½ twist
 - d. Tuck jump with 1 ½ twist + jump with 1/1 twist to front handspring
 - e. Roundoff + whip salto backward + flic flac + salto backward stretched with 2/1 twist
50. Which of the following would fulfill the Special Requirement for the last “B” salto?
- a. Roundoff, flic flac, salto backward with 1/1 twist, salto forward tucked
 - b. Front salto piked, front handspring, front tuck with ½ twist
 - c. Roundoff, straddle jump, piked front
 - d. Roundoff, flic flac, back salto with a 1/1 twist
 - e. All of the above would fulfill the requirement

ANSWERS

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

