

LEVEL 7/8 PRACTICE TEST
JULY, 2005

GENERAL LEVEL 7

1. Which of the following is **CORRECT** when determining the allowable range of scores?
 - a. $9.50 - 10.0 = 0.10$
 - b. $9.20 - 9.475 = 0.20$
 - c. $8.30 - 8.975 = 0.30$
 - d. $8.00 - 8.50 = 0.40$
 - e. Below 8.0 = 1.00

2. Which of the following statements is **CORRECT**?
 - a. All exercise start at 10.0
 - b. All A, B, and C acrobatic elements may be performed in an exercise with no penalty.
 - c. The Execution/Presentation category is worth 5.0.
 - d. Compositional deductions may be taken
 - e. All of the above are correct.

3. Which of the following deductions is **CORRECT** for the deliberate omission of a special requirement?
 - a. $0.20 + 1.00$
 - b. 0.80
 - c. 0.50
 - d. $0.80 + 0.50$
 - e. 2.00

4. What is **NOT** the responsibility of a **PANEL JUDGE**?
 - a. Record all Value Parts
 - b. Take all execution/amplitude deductions
 - c. Determine the start value for each routine
 - d. Take incorrect attire deductions
 - e. Take spotting deductions

5. What is the **TOTAL MAXIMUM** deduction for the following errors?
 - Lack of artistry (BB,FX)
 - Insufficient dynamics
 - a. 0.20
 - b. 0.30
 - c. 0.50
 - d. 1.00
 - e. 1.50

VAULT LEVEL 7

6. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Too long in support
 - Flashing/announcing the incorrect vault number
- a. Vault is void
b. 1.00
c. 0.80
d. 0.70
e. 0.50
7. What is the penalty if a Level 7 gymnast performs a vault that is not allowed at that level?
- a. No penalty
b. 0.50
c. 1.00
d. 0 score for the event
e. disqualification from the meet
8. What is the start value of all allowable vaults in Level 7?
- a. 9.20
b. 9.40
c. 9.60
d. 9.80
e. 10.0
9. The gymnast balks on her initial attempt, but does not touch the board or horse. She then vaults successfully, receiving a 9.0 average on her first vault, and an 8.8 average on her second vault. Her final score is:
- a. 8.50
b. 8.60
c. 8.90
d. 9.00
e. none of the above
10. Which of the following is **CORRECT** for Level 7 Vaulting?
- a. The gymnast may perform vaults from Group I, II or III
b. The gymnast may perform vaults from Group 1 that have no more than 1/1 (360°) turn in one flight and no more than 1-1/2 (540°) turn in total
c. The gymnast may perform vaults that have no more than ½ (180°) turn in one flight and no more than 1/1 (360°) turn in total
d. The gymnast may only perform vaults that do not include a LA turn.
e. The gymnast may only perform vaults from Group 1 and Tuck and Pike Tsukaharas from Group III

UNEVEN BARS LEVEL 7

11. Which of the following is a requirement for a Level 7 bar routine?
- Salto dismount of A or B value part
 - B flight element
 - Minimum of 2 bar changes
 - Element with $\frac{1}{2}$ turn
 - All of the above are requirements
12. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent arms
 - Extra swing
 - Leg separation
- 0.40
 - 0.60
 - 0.80
 - 0.90
 - 1.00
13. The performance of which of the following elements will result in a 2.0 deduction at Level 7.
- Clear hip circle to handstand with $\frac{1}{2}$ (180°) turn in handstand
 - Cast to handstand with $\frac{1}{2}$ turn in handstand
 - Stalder backward to handstand
 - Uprise backward to handstand
 - Giant circle backward to handstand
14. What happens if a gymnast performs a back giant to handstand with a $\frac{1}{2}$ turn and then inadvertently adds another $\frac{1}{2}$ turn to avoid a fall?
- No deduction is taken
 - The routine is void.
 - The element receives no value part.
 - 2.0 deduction
 - 1.0 deduction
15. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Gymnast performs an underswing 1/1 twist dismount
 - There are two casts, both at horizontal
- 0.20
 - 0.50
 - 0.70
 - 1.80
 - 2.00

BEAM LEVEL 7

16. The performance of which of the following elements will **VOID** a Level 7 routine?
- Stretched jump with 1/1 (360°) turn
 - Salto backward tucked
 - Straddle jump with 1/4 turn
 - From extended tuck sit - walkover backward (Valdez)
 - Tuck jump, take off both legs
17. Which of the following is **NOT** a requirement on beam?
- Acro series of 2 or more elements, flight or non-flight
 - Minimum of 1/1 (360°) turn on one foot
 - Large leap or jump, with a 180° split of the legs
 - One acro element with flight
 - A dance series of two or more elements
18. Which of the following will **NOT** fulfill the dismount requirement for Level 7?
- Salto backward stretched dismount
 - Front salto tucked dismount
 - Gainer salto stretched to the side of the beam dismount
 - Free aerial walkover forward with 1/1 twist (360°) dismount
 - Front handspring with 1/1 (360°) twist dismount
19. Which of the following is **CORRECT** for lack of tempo (continuity) in a required series in a Level 7 routine?
- 0.10 each
 - 0.20 each
 - 0.40 each
 - 0.50 each
 - 0.80 each
20. The performance of which of the following elements will result in a 2.0 deduction for Level 7?
- Cartwheel with flight phase before or after hand support
 - Salto backward with 1/1 (360°) twist dismount
 - Cat leap 1/1 twist
 - Flic flac with support of one arm
 - Roll backward to handstand

FLOOR LEVEL 7

21. What is the deduction if a gymnast performs a round-off, flic flac, back salto stretched with step out as her only series with a stretched salto backward?
- 1.00
 - No deduction
 - 0.50
 - 0.80
 - 1.80

22. With the performance of which of the following elements will **VOID** a Level 7 Floor Exercise?
- Front salto in a stretched position
 - Salto backward with 1/1 (360°) twist
 - Side aerial
 - 3/1 (1080°) turn on one foot
 - Cat leap with 1/1 (360°) turn
23. Which of the following deductions is **CORRECT** if the leg separation in the large leap is 150°?
- Up to 0.20
 - 0.20
 - Up to 0.50
 - 0.50
 - No deduction
24. Which of the following deductions is **CORRECT** for an incomplete 360° turn?
- 1° - 44° incomplete = up to 0.20
 - 45° - 90° incomplete = 0.20 - 0.35
 - More than 90° incomplete = 0.50
 - More than 90° incomplete = 0.80
 - None of the above are correct
25. Which of the following statements is **CORRECT**?
- A dive roll may be used to fulfill the forward acro series requirement
 - A chasse is an "A" element
 - A split leap forward with leg change (switch leg leap) may fulfill the leap requirement
 - The performance of a Schushunova would Void a Level 7 floor exercise
 - One dance/acro direct connections are required for Level 7 floor.

General Level 8

26. What is the **TOTAL MAXIMUM** deduction for an exercise missing one B value part and 1 A value part?
- 0.40
 - 0.50
 - 0.60
 - 0.80
 - 1.00

27. Which of the following statements is **CORRECT**?
- a. Value part credit may be awarded two times provided element is performed in a different connection.
 - b. A "C" dismount will receive 0.40 deduction from the start value
 - c. Range is determined by the score of the chief judge.
 - d. Elements performed a third time may fulfill a special requirement
 - e. Deductions for spotting are taken by the chief judge from the final average score
28. Which of the following is **NOT** included in the calculation of the Start Value?
- a. Value parts
 - b. Special requirements
 - c. No dismount
 - d. Artistry
 - e. All of the above are included in the start value
29. Which of the following receives the largest deduction?
- a. Additional trunk movements to maintain balance
 - b. Grasp on apparatus to avoid a fall
 - c. Missing two special requirements
 - d. Insufficient height of acrobatic elements
 - e. Insufficient height of dance elements.
30. Which of the following statements is **CORRECT**?
- a. All "D" acrobatic elements on Floor Exercise will receive "B" value part credit.
 - b. The performance of a salto element with failure to land on the feet first may be used to fulfill special requirements.
 - c. The performance of a "C" salto will receive "B" value part credit
 - d. The performance of a salto element with failure to land on the feet first will be deducted 1.0 + 0.50
 - e. Two "A" elements may replace one "B" element

Vault Level 8

31. Which of the following faults has the **LARGEST** deduction?
- a. Insufficient and/or late extension of the body before landing (tuck and pike vaults)
 - b. Prescribed LA begun too late in the second phase
 - c. Arched body in the repulsion phase
 - d. Bent knees in the first flight phase
 - e. Insufficient degree of tuck, pike or stretch

32. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent arms in the repulsion phase
 - Leg separation in the pre-flight
 - Insufficient height
- a. 0.75
b. 0.80
c. 0.90
d. 1.15
e. 1.20
33. What is the penalty for spotting assistance during the vault?
- a. 0.20
b. 0.30
c. 0.50
d. 1.00
e. Invalid vault
34. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient dynamics
 - Insufficient length
 - Additional trunk movements to maintain balance on landing
- a. 0.70
b. 0.80
c. 0.90
d. 1.00
e. 1.10
35. What is the **TOTAL MAXIMUM** deduction for the following faults?
- All judges recognize touch with only one hand during the repulsion phase
 - Deviation from a straight direction on landing
- a. 0.30
b. 0.60
c. 1.30
d. 2.30
e. Invalid vault

UNEVEN BARS LEVEL 8

36. Which of the following elements will receive "A" value part credit?
- a. Clear hip circle to clear front support
b. Cast to handstand with legs straddle and hips bent
c. Swing down between the bars - swing forward to salto backward stretched (fyaway stretched)
d. Glide on LB, stoop through straddle cut backward to hang on same bar
e. Giant circle forward

37. Which of the following receives the **LARGEST MAXIMUM** deduction?
- Lack of variety in choice of elements
 - Performance of a giant circle backward with 1/1 turn in handstand
 - Turn completed 60° past vertical
 - No dismount
 - Third run approach
38. Which of the following is **NOT** a Special Requirement for Level 8 bars?
- 1 Bar change
 - B flight element or LA Turn (not in mount or dismount)
 - minimum of a "B" element from groups 3, 6, or 7
 - Minimum of an "A" salto dismount
 - all of the above are Special Requirements
39. Which of the following elements would receive "B" Value Part credit at Level 8?
- Uprise backward to clear support
 - (Handstand on HB) Swing down forward in reverse grip between bars salto forward stretched dismount
 - Underswing with 1/2(180°) twist dismount
 - (Handstand on HB) Swing down between the bars - swing forward to salto backward tucked dismount (Flyaway)
 - All of the above are "B" value parts
40. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Insufficient use of the apparatus spatially
 - Insufficient distribution of elements
- 0.15
 - 0.20
 - 0.25
 - 0.30
 - 0.40

BEAM LEVEL 8

41. Which of the following elements will receive "A" value part credit?
- Split leap with ¼ (90°) turn
 - Gainer salto stretched with ½ twist to the side of the beam dismount
 - Salto forward stretched dismount
 - 1-1/2 (540°) turn on one foot
 - cat leap with ½ (180°) turn

42. Which of the following statements is **INCORRECT** concerning timing?
- The timing of the fall begins when the gymnast arrives on the mat.
 - A warning is given at 1 minute and 20 seconds
 - The deduction for undertime is 0.10
 - The maximum fall time allowed is 30 seconds.
 - The timing of the routine ends when the gymnast arrives on the mat.
43. What is the total number of Special Requirements fulfilled by the following directly connected series?
- Cat leap $\frac{1}{2}$ twist, 1/1 turn, flic flac, flic flac
- 1
 - 2
 - 3
 - 4
 - 5
44. Which of the following elements will receive "B" Value Part credit?
- Stretched jump forward with $\frac{1}{2}$ (180°) turn
 - Sissone
 - Pike jump from cross position
 - Roll backward
 - Free leap to stand on one leg at the end of the beam (mount)
45. Which of the following deductions is **INCORRECT**?
- | | |
|--|------------|
| a. Bent knees | up to 0.30 |
| b. Insufficient variations in rhythm and tempo | up to 0.20 |
| c. More than two dance elements of same shape | 0.10 |
| d. Missing one movements close to the beam | 0.20 |
| e. Support of one leg against the side of the beam | 0.20 |

FLOOR EXERCISE LEVEL 8

46. How many Special Requirements are fulfilled by the following directly connected elements?
- 2/1 turn on one foot, cat leap with 1/1 turn, pike jump
- 0
 - 1
 - 2
 - 3

e. 4

47. In a Level 8 exercise which of the following elements would be **AWARDED** a B value part?
- a. Straddle jump with 1/1 (360°) turn (Popa)
 - b. Wolf jump with 1/1 (360°) turn
 - c. Side split jump with landing to front lying support (Schushanova)
 - d. All of above would e awarded a B value part
 - e. None of the above
48. What is the **TOTAL** special requirement deduction for an exercise with the following?
- Round off, salto backward with 1/1 (360°) twist
 - 1-1/2 turn on one foot
 - split leap + split leap
 - salto forward tucked, round off, flic flac, salto back tucked
- a. no deduction
 - b. 0.50
 - c. 1.00
 - d. 1.50
 - e. 2.00
49. What is the **TOTAL MAXIMUM** deduction for the following errors?
- 3 dance elements on the same shape
 - Lack of balance between dance and acro elements
 - Lack of quality of gymnast's movement to reflect personal style
- a. 0.20
 - b. 0.25
 - c. 0.30
 - d. 0.40
 - e. 0.60
50. What is the **CORRECT** number of value parts contained in the following?
- Jump backward with ½ twist to handspring forward (Arabian handspring)
 - Front aerial
 - Tour jete
 - 1/1 (360°) illusion turn
 - 1/1 (360°) turn with free leg above horizontal from start to end of turn
- a. 2 A's 2 B's 1 gymnastics C
 - b. 1 A 4 B's
 - c. 0 A 3 B's 1 gymnastics C

d. 3 A's 1 B 1 gymnastics C
e. 3 A's 2 B's

ANSWERS TO 7/8 TEST

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