

## GENERAL

- Which of the following statements is INCORRECT?
  - One element may fulfill more than one special requirement unless specified
  - Elements with no value part credit may not be used for special requirements
  - If a gymnast completes a restricted element, she may receive value part credit
  - Special requirements are worth 0.5 each
- Which of the following is NOT a -0.2 deduction?
  - Additional movements to maintain balance and control on balance beam
  - Incorrect body posture on landing
  - Insufficient exactness of tuck
  - Incomplete turn/twist
- What is the allowable (range of scores) separation if Judge 1 has a 9.35 and Judge 2 has an 8.8?
  - .2
  - .3
  - .5
  - .7
- In which scenario would a gymnast be allowed to repeat her exercise?
  - Cables on bars were not tightened
  - Music stops playing on floor exercise
  - Incorrect bar settings
  - Flash from a camera
- Which is NOT a chief judge deduction?
  - Coach on the floor inside border marking
  - Coach inadvertently touches the gymnast
  - Verbal cues by coach to own gymnast
  - Failure to remove board after mount
- Which of the following is incorrect regarding matting?
  - Mount apparatus may be placed on one or two competition landing mats
  - A springboard MAY be used on any combination of Competition Landing mats, sting mats or 4-inch skill cushions (throw mat)
  - Mount apparatus must be removed as soon as possible after mount completion
  - A springboard may be placed on an 8" skill cushion
  - All the above are correct
- What is the maximum height of additional landing matting allowed on beam and bars?
  - 8 inches
  - 9 inches
  - 12 inches
  - 16 inches
- What is the courtesy score for XCEL?
  - 2.0
  - 4.0
  - 3.0
  - 5.0

9. Video review is now allowed at all sanctioned Xcel competitions. Which of the following would the video review process be allowed for?
- A. Missing a full turn on beam
  - B. Degree of cast to handstand
  - C. Connection of flight series
  - D. Extra swing on bars
10. What is the maximum deduction for the following general errors on bars, beam and floor: legs crossed, incomplete turn or twist, deviation from a straight direction on landing, squat on landing (hips even or lower than knees), incorrect body posture on landing?
- A. .75
  - B. .8
  - C. .9
  - D. .95

## VAULT

1. An alternate springboard can be used for which of the following levels?
- A. Silver
  - B. Gold
  - C. Diamond
  - D. A and B
  - E. All the above
2. What is the deduction if an alternate springboard is used at Gold?
- A. No Deduction
  - B. -0.3
  - C. -0.5
  - D. Void
3. What is the deduction if an alternate springboard is used at Platinum?
- A. No Deduction
  - B. -0.3
  - C. -0.5
  - D. Void
4. Bronze Vault 1A: What is the deduction for additional jumps (Double bounce) on the board?
- A. No deduction
  - B. -0.1 each
  - C. -0.3 each
  - D. -0.5 each
5. What are the maximum deductions for the following for Gold Vault Handspring: Arched body in support phase, Angle of repulsion at 45 degrees, Legs separated in second flight, incorrect body posture on landing, 3 steps on landing, spot assist during vault?
- A. .95
  - B. 2.15
  - C. 2.4
  - D. VOID
6. What is the height range of the mat stack for Bronze Vault?
- A. Minimum 16" maximum 48"
  - B. Minimum 24" maximum 48"
  - C. Minimum 18" maximum 48"
  - D. Minimum 16" maximum 36"
7. For Bronze Vault 1 A & B: What is the start value if a gymnast rebounds on the board and lands on knees on the mat stack, then kicks to handstand and falls flat back on the mat?
- A. Void
  - B. 4.5
  - C. 9.0
  - D. 10.0
- is
8. What is the height range of the mat stack for Silver Vault?
- A. Minimum 24" maximum 54"
  - B. Minimum 36" maximum 48"
  - C. Minimum 16" maximum 48"
  - D. Minimum 24" maximum 48"

9. Which of the following vault is NOT allowed at Diamond?
- |                                      |                                |
|--------------------------------------|--------------------------------|
| A. Handspring on, Front salto tucked | C. ½ twist on, repulsion off   |
| B. Tsukahara layout                  | D. RO, FF ½ on, handspring off |
10. For Silver Vault ¼ to ½ turn on, repulsion off, what are the maximum deduction for the following: Legs separated in first flight, failure to pass through vertical, too long in support, failure to maintain stretched body, one step on landing?
- |        |        |
|--------|--------|
| A. 1.0 | C. 1.2 |
| B. 1.1 | D. 1.3 |

## BARS

- Unlimited extra swings are allowed at what levels?
  - Gold and Diamond
  - Silver and Platinum
  - Gold, Silver and Bronze
  - All the above
- Which of the following can be used to fulfill the cast Special Requirement?
  - Cast, squat on jump to high bar
  - Cast off bar to stand dismount
  - Cast shoot thru
  - All the above
  - None of the above
- Which of the following is **INCORRECT** regarding casts?
  - J.O. cast deductions are not used
  - Cast squat on jump off front of the bar is considered one value part
  - A skill preceded by a cast, both cast and skill receive separate VP/ skill credit
  - Cast off the bar to stand cannot fulfill the cast requirement
- What is the Start Value for this Gold routine? Glide kip, cast to 45 degrees below horizontal, clear hip to horizontal, glide kip, squat on jump to high bar, immediate fly away dismount.
  - 10.0
  - 9.9
  - 9.5
  - 9.0
- In Silver and Gold, how many tap swing or underswing- counterswings are allowed for A Value Part credit?
  - None
  - One
  - Two
  - Three
- Which of the following skills is not allowed at Platinum?
  - Clear Hip Handstand
  - Stalder to handstand
  - Pike sole circle to handstand
  - Kip cast handstand pirouette

7. What is the Start Value for the following Platinum routine? Glide kip, cast squat on-jump to high bar, long hang pullover, underswing-counterswing, tap swing to fly away dismount.
  - A. 8.5
  - B. 8.6
  - C. 9.1
  - D. 9.7
  
8. What is the maximum deduction for the following errors for a Silver routine? Failure to maintain hand contact with bar on a 2-part mount, cast to handstand, back hip circle with bent arms, additional trunk movements to maintain balance and control on landing of dismount.
  - A. .5
  - B. .6
  - C. 1.1
  - D. 1.2
  
9. Regarding the glide swing, pullover mount when jumping off a block or mat which of the following is **CORRECT**?
  - A. The glide swing and pull over is one considered one value part
  - B. The gymnast may jump off the mounting apparatus and return to the mounting apparatus prior to the pullover mount
  - C. The pull over must come from two feet (no step or run)
  - D. The gymnast may jump off the mounting apparatus for the glide swing but will incur a -.3 Chief Judge deduction if she returns to the mounting apparatus prior to the pull over
  
10. What skill is not allowed on Silver Bars?
  - A. Low bar giant
  - B. Single leg cut forward
  - C. Single leg basket swing
  - D. Run out glide kip

## BEAM

1. Which of the following is NOT a special requirement for GOLD beam?
  - A. Dance series
  - B. Full turn
  - C. Two different group 2 skills, one with minimum 120-degree split
  - D. Two acro skill with or without flight, one must pass through vertical
  
2. If a gymnast does a restricted dismount, what is the deduction?
  - A. Deduct only -0.5 for missing special requirement.
  - B. Deduct -0.5 for missing SR, -0.3 for no dismount, -0.5 for restricted element
  - C. Deduct -0.5 missing SR, -0.5 for restricted element
  - D. Deduct only -0.5 for restricted element
  
3. Which of the following is a restricted skill for Bronze?
  - A. Backwalkover
  - B. Forward roll
  - C. Headstand
  - D. Cartwheel

4. Which of the following does NOT break a dance series?
  - A. Reposition of a support leg
  - B. Straightening of legs
  - C. Body continues movement but gymnast does an arm circle
  - D. Any deviation of body movement not in line with the beam
  
5. When counting value parts which of the following dance are considered the same element?
  - A. Split jump, split jump  $\frac{1}{4}$
  - B. Split leap, split jump
  - C. Split leap, tuck jump
  - D. Wolf Jump, tuck jump
  
6. Which of the following is INCORRECT for Bronze beam?
  - A. Cross split or straddle jump of any angle receives an "A" value part
  - B. Split leap at any angle receives an "A" value part
  - C. Front walkover is not allowed
  - D. Aerial dismount is allowed
  
7. Which of the following is **CORRECT** regarding ACRO skills?
  - A. Acro elements such as rolls, cartwheels and walkovers with optional ending position are not eligible to count for value part
  - B. Acro skill performed as a mount can be used to fulfill acro special requirement
  - C. Partial handstand and vertical handstand in Bronze, silver and gold are different elements
  - D. If an element that is required to land feet first lands with hands and feet simultaneously, do not award VP credit
  
8. Which of the following is **CORRECT** regarding spotting on an element?
  - A. If a coach catches a falling gymnast deduct -0.5 for the spot and -0.5 for the fall
  - B. If a coach assists/spots during an element deduct -0.5 for the spot. Do not award Value Part, do not award special requirement
  - C. If coach inadvertently touches a gymnast without assist there is no penalty
  - D. If a coach spots the landing of the dismount deduct -0.5 for the spot. Do not award value part or special requirement
  
9. What determines the completion of the twist of a twisting salto dismount?
  - A. Location of both feet together on landing determines amount of twist completed
  - B. Direction hips are facing on landing determines amount of twist completed
  - C. Front foot placement on landing determines amount of twist completed
  - D. Location of front foot in lunge after landing determines amount of twist completed
  
10. What is the total maximum deduction for the following: Relaxed/incorrect footwork on non-value part throughout, relaxed/incorrect leg position/insufficient flexibility on non-value part throughout, poor rhythm in dance series, concentration pause greater than two seconds?
  - A. 0.6
  - B. 0.7
  - C. 0.8
  - D. 0.9

## FLOOR

- Which of the following elements does not fulfill flight in a special requirement?
  - Roundoff
  - Dive cartwheel
  - Dive roll
  - All will fulfill a flight requirement
- What will break a dance series on floor?
  - Full turn
  - Plie provided it does not stop/pause
  - Assemble
  - Acro elements between dance value part elements
- Which of the following will NOT fulfill the dance series requirement on floor?
  - Split leap with 150-degree split, chasse, straight jump
  - Split leap with 150-degree split, chasse, immediate full turn, tuck jump
  - Split leap with 150-degree split, chasse, wolf jump
  - Split leap with 150-degree split, tuck jump to prone
- Which will **NOT** fulfill the Acro special requirement for GOLD?
  - Round off, back handspring and Round off back handspring, back handspring
  - Round off rebound backward roll and round off back handspring
  - Round off back handspring and Aerial cartwheel
  - Round off back handspring and Front handspring step out, round off
- What is the minimum split requirement for Platinum for awarding the Special Requirement?
  - 70 degrees
  - 100 degrees
  - 120 degrees
  - 130 degrees
- For roundoff rebound backward roll, what is the deduction for placing the hands on the floor next to legs or buttocks prior to backward roll?
  - No deduction, rhythm deduction up to -.1
  - Rhythm deduction up to -.2
  - .3
  - .5 No special requirement awarded
- What is the start value for the following Bronze routine? Roundoff backhandspring, Split leap with 120 degree split to straight jump, full turn, front handspring
  - 10
  - 9.5
  - 9.0
  - 8.5
- Which of the following is CORRECT regarding value part recognition?
  - Acro flight with hand support is eligible for acro value part regardless of the number of times performed provided a series is different
  - Element performed a second time in the same connection may receive value part
  - Lower value parts can replace higher value parts
  - Saltos receive value part as long as they are attempted

9. What is the maximum deduction for the following errors: trunk movement to maintain balance on acro, incorrect body posture during dance value part, insufficient extension of body prior to landing back tuck, spot assist on landing of element?
- A. 1.0
  - B. 1.1
  - C. 1.2
  - D. 1.3
10. What is the start value of the following Gold Floor routine; Round off-back tuck, Split leap-chasse-split leap, front handspring step out-front handspring-front pike, and full turn?
- A. 10
  - B. 9.5
  - C. 9.0
  - D. 8.5