

LEVEL 4/5 COMPULSORY PRACTICE TEST

GENERAL

1. What is the correct range of scores for an average score of 8.75?
 - a. 0.20
 - b. 0.50
 - c. 0.70
 - d. 1.00

2. Which of the following is the smallest deduction?
 - a. Use of unauthorized mats
 - b. Coach standing next to the beam throughout the exercise
 - c. Floor exercise without music
 - d. Incorrect attire

3. What is the total deduction for the following errors? Bent arms on one element, Incorrect foot form on 2 major elements, Incorrect body alignment, position or posture during connections (general deduction for whole exercise).
 - a. 0.55
 - b. 0.60
 - c. 0.65
 - d. 0.70

4. Which of the following is incorrect?
 - a. Incorrect position of head, arms , or feet (text errors) - up to 0.40
 - b. Changing a major element - value of the element
 - c. Adding an extra element – 0.30
 - d. Repetition of a missed element – 0.30

5. Which of the following deductions is taken off the average by the Chief Judge?
 - a. Overtime - 0.10
 - b. Out of bounds – 0.10
 - c. Gymnast begins exercise without signal - 0.50
 - d. All of the above

VAULT (Level 4/5)

6. What is the total deduction for the following errors? Legs bent in the first phase, Too long in support, Brush, touch, or hit of body on far end of vault table.
 - a. 1.0
 - b. 1.05
 - c. 1.10
 - d. 1.15

7. What is smallest deduction during the landing phase?
 - a. Additional trunk movements to maintain balance
 - b. Squat upon landing
 - c. Extra arm swings
 - d. Support of hands or fall onto mat or against apparatus

8. Which of the following is the largest error?
 - a. Touch of only one hand on vault table
 - b. Finish in sitting, lying or standing on vault table
 - c. Completely bent arms causing head to contact vault table
 - d. Angle of repulsion - failure to leave vault table by vertical

9. Which of the following is correct for LEVEL 4 VAULT?
 - a. Aid of coach during first flight – VOID
 - b. Aid of coach during first flight – 2.0
 - c. Aid of coach upon landing – 0.50
 - d. Aid of coach on landing – VOID
 - e. B and C
 - f. A and D
 - g. A and C.

10. Which is the largest deduction?
 - a. Deviation from straight direction
 - b. Insufficient dynamics
 - c. Arms bent in support phase
 - d. Insufficient distance

LEVEL 4 BARS

11. What is the correct sequence of skills for LEVEL 4 BARS?
 - a. Straddle or pike glide kip, cast back hip circle, cast squat on or pike on, jump to long hang kip, underswing.
 - b. Straddle or pike glide kip, front hip circle, cast to horizontal and return to front support, jump to long hang kip, back hip circle, underswing
 - c. Straddle or pike glide kip, leg cut forward, forward stride circle, cast squat on or pike on, jump to long hang kip, cast to horizontal, back hip circle
 - d. Straddle or pike glide kip, Cast to horizontal and return to front support, Cast squat on or pike on, Jump to long hang kip, cast to horizontal

12. What is the total deduction for the following errors in LEVEL 4 BARS?
 Performs a run out glide, Insufficient amplitude of cast, failure to swing to near horizontal (long hang kip), hip contacting bar on underswing.
 - a. 0.80
 - b. 0.90
 - c. 1.00
 - d. 1.10

13. What is the total deduction for the following errors?

Failure to maintain straight hollow body position, Hips not at a minimum of 30° below the level of the high bar (counterswing), Body arched and /or hips open to an extended position with the feet over the low bar

- a. 0.70
- b. 0.75
- c. 0.80
- d. 0.85

14. Which of the following is the largest deduction?

- a. Failure to complete ½ turn prior to re-contact on the dismount
- b. Beginning turn prior to 45° below height of high bar
- c. Failure to show slight arch position at bottom of swing on tap swing
- d. Failure to re-contact the bar with the free hand as the ½ turn is completed

15. What is the correct sequence for LEVEL 4 BARS?

- a. Cast to horizontal, back hip circle, underswing – counterswing, tap swing ½ turn dismount
- b. Cast to horizontal, underswing –counterswing, tap swing-counterswing, tap swing ½ turn dismount
- c. Long hang kip, back hip circle, underswing- counterswing, tap swing-counterswing
- d. Cast to horizontal, back hip circle, underswing-counterswing, tap swing counterswing

LEVEL 5 BARS

16. One of the 3 circle element choices for LEVEL 5 BARS is:

- a. Clear hip circle to above horizontal
- b. Backward stalder circle to clear front support
- c. Backward sole circle to clear front support
- d. Giant circle
- e. A, B and C are correct

17. Which of the following deductions is incorrect?

- a. Insufficient extension at end of glide – up to 0.20
- b. Excessive arch on upswing of the clear hip circle – up to 0.20
- c. Lack of control into glide – up to 0.20
- d. Incorrect body alignment on cast to horizontal– up to 0.20

18. Which of the following is incorrect?

- a. Insufficient rise of salto on dismount – up to 0.30
- b. Insufficient stretch prior to landing (tuck or pike) - up to 0.20
- c. Four steps on landing and then support of one hand- 0.90
- d. Coach touches (assists) on landing only (dismount) - 0.50

19. What is the correct deduction for a cast that is between horizontal and 45° below horizontal?
- a. 0.05 – 0.20
 - b. 0.25 – 0.30
 - c. 0.30 – 0.45
 - d. 0.50
20. What is the total deduction for the following errors on a clear hip circle?
Excessive arch on downswing, Hips touch bar as upswing finishes, Lack of control into glide
- a. 0.90
 - b. 1.0
 - c. 1.1
 - d. 1.2

LEVEL 4 BEAM

21. Which of the following is the correct sequence of elements?
- a. Straight leg Leap, cross handstand, split jump – stretch jump,
 - b. Straight leg leap, scale, split jump – stretch jump, ½ turn in forward passé
 - c. Straight leg leap, cross handstand, stretch jump- split jump, 1/1 turn in forward passé
 - d. Straight leg leap, cross handstand, scale, split jump-straight jump
22. What is the total deduction for the following errors?
Fail to pass through vertical, Failure to pause in low arabesque position on landing the leap, Failure to hold handstand 1 second, Insufficient continuity between jumps.
- a. 0.55
 - b. 0.60
 - c. 0.65
 - d. 0.70
23. Which of the following is the largest deduction for the cartwheel to handstand ¼ turn dismount?
- a. Failure to attain vertical
 - b. Handstand not held 1 second
 - c. Incomplete turn
 - d. Incomplete element
24. Which of the following is correct?
- a. Failure to maintain a consistent height of leg throughout on the Rond de jambe - Up to 0.20
 - b. Failure to hold scale one second - 0.20
 - c. Incorrect (staggered) hand placement on the handstand up to 0.30
 - d. Failure to land on both feet simultaneously on stretch jump 0.10

25. Which of the following is correct?
- Straight leg leap (90°)
 - Split jump (150°)
 - ½ turn in Forward Passé
 - Scale - 45° below horizontal

LEVEL 5 BEAM

26. Which is the correct list of acro choices for Level 5 Beam?
- Back walkover, backward roll, back handspring stepout
 - Back walkover, backward roll to a minimum of ¾ handstand, back handspring stepout
 - Back walkover, cartwheel, back handspring to 2 feet
 - Back walkover, backward roll to handstand, back handspring to 2 feet
27. Which is the correct sequence of skills for Level 5 Beam?
- Straight leg leap, stretch jump, handstand, split jump, sissone
 - Straight leg leap, stretch jump, full turn, split jump, sissone
 - Straight leg leap, sissone, handstand, split jump, stretch jump
 - Stretch jump, straight leg leap, handstand, split jump, sissone
28. What is the total deduction for the following errors?
Failure to show continuous leg lift into the back walkover , Failure to hold scale for 1 second, Failure to join legs together on the handstand, Failure to hold the handstand in the cartwheel to side handstand ¼ turn dismount for 2 seconds
- 0.20
 - 0.30
 - 0.40
 - 0.50
29. Which of the following is the smallest deduction?
- Failure to pause in low arabesque position on landing of the sissone
 - Failure to land with feet closed on the split jump
 - Use of heel snap turn technique on the 1/1 turn
 - Incomplete turn on the cartwheel to side handstand ¼ turn dismount
30. What is the correct degree of split required for the straight leg leap and split jump?
- 180°
 - 150°
 - 120°
 - 90°

LEVEL 4 FLOOR

31. Which of the following is correct?
- The full turn is performed in forward coupé
 - The back walkover requires a 150° split
 - The front handspring is a step out
 - The straight leg leap and straddle jump require a 150° split
32. What is the correct sequence of skills for Level 4 Floor?
- Straddle jump, stretch jump ½ turn, roundoff -back handspring, straight arm backward roll to handstand
 - Straddle jump, straddle jump, front handspring to 2 feet, straight arm backward roll to handstand, 1/1 turn
 - Straddle jump, stretch jump ½ turn, front handspring to 2 feet, straight arm backward roll to handstand, splits
 - Straddle jump, stretch jump ½ turn, straight arm backward roll to handstand, straight leg leap, 1/1 turn
33. What is the total deduction for the following errors?
Lack of acceleration in acro series, Failure to pass through vertical on the roundoff, Total lack of repulsion on the front handspring to 2 feet
- 0.80
 - 0.90
 - 1.0
 - 1.1
34. Which of the following is the smallest deduction?
- Incorrect staggered/alternate hand placement on the back walkover
 - Performs a backward roll stepout
 - Hands placed further than shoulder width apart on the backward roll to handstand
 - Failure to pause in a controlled stick on the landing of the second flic flac
35. What is the total deduction for the following errors?
Failure to land with feet closed on the straddle jump, Squat into both flic flacs, Bending the lead leg on take-off for the straight leg leap
- 0.40
 - 0.50
 - 0.60
 - 0.70

LEVEL 5 FLOOR

36. Which is correct regarding the choice of leaps for Level 5 Floor?
- Straight leg leap OR Switch side leap
 - Straight leg leap or Switch leg leap
 - Straight leg leap OR Sissone
 - Sissone OR switch leg leap

37. What is the correct sequence of skills for Level 5 Floor
- Straddle jump, stretch jump 1/1 turn, front tuck, front handspring step-out – front handspring to 2 feet
 - Stretch jump 1/1 turn, Straddle jump, front handspring step-out –front handspring to 2 feet, front pike
 - Straddle jump, stretch jump 1/1 turn, Roundoff -back handspring – back tuck
 - Stretch jump 1/1 turn, front handspring step-out – front handspring to 2 feet, front tuck, straight arm backward roll to handstand
38. Which of the following is correct?
- Failure to achieve 180° split position with legs flat on floor in splits – Up to 0.20
 - Failure to immediately rebound out of the Front handspring to 2 feet – Up to 0.10
 - Performs a pike backward roll (instead of the backward roll to handstand) - 0.60
 - Failure to extend/open prior to landing on the back tuck - Up to .3
39. What is the total deduction for the following errors?
Failure to perform the salto in designated body position, Use of heel snap turn technique of the 1/1 turn,
Joining legs prior to step-out on the front handspring step-out
- 0.80
 - 0.90
 - 1.0
 - 1.10
40. Which is incorrect for the front handspring step-out- front handspring to 2 feet series?
- Flight prior to hand contact (dive) - up to 0.30
 - Failure to maintain arms next to ears and focus on the hands throughout – up to 0.10
 - Failure to land on both feet simultaneously – 0.10
 - Lack of acceleration in the series - up to 0.20

ANSWER KEY FOR COMPULSORY TEST

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|-----|---|-----|---|
| 1. | C | 38. | A |
| 2. | B | 39. | C |
| 3. | D | 40. | A |
| 4. | D | | |
| 5. | D | | |
| 6. | C | | |
| 7. | C | | |
| 8. | B | | |
| 9. | E | | |
| 10. | C | | |
| 11. | D | | |
| 12. | C | | |
| 13. | A | | |
| 14. | D | | |
| 15. | D | | |
| 16. | E | | |
| 17. | C | | |
| 18. | C | | |
| 19. | A | | |
| 20. | A | | |
| 21. | A | | |
| 22. | C | | |
| 23. | D | | |
| 24. | D | | |
| 25. | C | | |
| 26. | B | | |
| 27. | A | | |
| 28. | D | | |
| 29. | A | | |
| 30. | B | | |
| 31. | B | | |
| 32. | C | | |
| 33. | D | | |
| 34. | D | | |
| 35. | C | | |
| 36. | B | | |
| 37. | D | | |

