

**LEVEL 7/8 PRACTICE TEST.
2010 – 2011**

General Level 7

1. Which of the following is **CORRECT** when determining the allowable range of scores?
 - a. 9.50 – 10.00 = 0.10
 - b. 9.20 – 9.50 = 0.20
 - c. 9.00 – 9.475 = 0.30
 - d. 8.00 – 8.975 = 0.50
 - e. Below 8.00 = 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. Level 7's are required to have 4 A's and 2 B's
 - d. Compositional deductions may be taken
 - e. Coach on the FX mat is a Chief Judge deduction of 1.00

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?
 - Insufficient artistry throughout (BB, FX)
 - Insufficient dynamics
 - a. 0.20
 - b. 0.30
 - c. 0.40
 - d. 0.50
 - e. 0.60

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. 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. Void
 - c. 0.50
 - d. 1.00
 - 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. 10.00
9. The gymnast balks on her initial attempt, but does not touch the board or horse. She then vaults successfully, receiving a 9.00 average on her first vault and an 8.80 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 that have no more than $\frac{1}{2}$ (180°) turn in one flight and no more than $1/1$ (360°) turn in total
 - c. 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
 - 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, minimum of "A"
 - B flight element
 - Minimum of 2 bar changes
 - One cast ~ minimum of 30° of vertical
 - All of the above are requirements
12. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Bent arms
 - Extra swing
 - Leg separation
- 0.50
 - 0.75
 - 0.80
 - 0.90
 - 1.00
13. The performance of which of the following elements will result in a 0.50 deduction at Level 7?
- Piked sole circle backward to handstand with ½ turn in handstand
 - Clear hip circle to handstand with ½ (180°) turn in handstand
 - Cast to handstand with ½ turn in handstand
 - Stalder backward to handstand with ½ turn in handstand
 - None of the above will receive a deduction
14. Which of the following is a **CORRECT** statement?
- A cast above 45° is an "A" element for level 7
 - Casts from 1° - 20° from vertical receive 0.05 amplitude deduction
 - A cast must be within 10° from vertical to receive "B" value
 - Casts from 31° - 45° from vertical receive no value part and 0.20 amplitude deduction
 - The maximum deduction for amplitude on casts is 0.20
15. What is the deduction under Special Requirements for the following faults?
- Gymnast performs an underswing 1/1 twist dismount
 - There are two casts, both at horizontal
- 0.20
 - 0.50
 - 1.00
 - 1.50
 - 2.00

Beam Level 7

16. The performance of which of the following elements is an unallowable skill in a Level 7 routine?
- Stretched jump with 1/1 (360°) turn
 - Salto backward tucked dismount
 - Straddle jump in side position
 - From extended tuck sit – walkover backward (Valdez)
 - None of the above
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 (**NOT** including a backward series w/ 1 or more flight elements)?
- Up to 0.10 each
 - Up to 0.20 each
 - Up to 0.30 each
 - Up to 0.40 each
 - Up to 0.50 each
20. The performance of which of the following elements will result in a 0.50 deduction for Level 7?
- Cartwheel with flight phase before or after hand support
 - Flic flac with support of one arm
 - Salto backward with 1/1 (360°) twist dismount
 - Cat leap 1/2 twist
 - 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. Which of the following elements will not receive Value Part credit in a Level 7 Floor Exercise?
- Front salto in a stretched position
 - Salto backward with 1/1 (360°) twist
 - Side aerial
 - 2/1 (720°) 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 0.10
 - 0.10
 - Up to 0.20
 - 0.20
 - 0.50
24. Which of the following deductions is **CORRECT** for an incomplete 360° turn?
- 1° - 44° incomplete = 0.05 – 0.10
 - 45° - 89° incomplete = 0.20 – 0.30
 - 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 forward 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
 - A dance/acro direct connection is 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**?
- Value part credit may be awarded two times provided element is performed in a different connection.
 - A “C” dismount will receive 0.40 deduction from the start value
 - Range is determined by the score of the chief judge.
 - Elements performed a third time may fulfill a special requirement
 - 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?
- Value parts
 - Special requirements
 - No dismount
 - Artistry
 - All of the above are included in the start value
29. Which of the following receives the largest deduction?
- Additional trunk movements to maintain balance
 - Grasp on apparatus to avoid a fall
 - Missing one special requirement
 - Insufficient height of salto elements
 - Insufficient height of dance elements.
30. Which of the following statements is **CORRECT**?
- All “D” acrobatic elements on Floor Exercise will receive “B” value part credit.
 - The performance of a salto element with failure to land on the soles of the feet first may **NOT** be used to fulfill special requirements.
 - The performance of a “C” salto will receive “B” value part credit
 - The performance of a salto element with failure to land on the soles of the feet first will be deducted 1.0 + 0.50
 - Two “A” elements may replace one “B” element

Vault Level 8

31. Which of the following faults has the **LARGEST** deduction?
- Bent knees in the first flight phase
 - Prescribed LA turn begun too early in the repulsion phase
 - Arched body in the repulsion phase
 - Prescribed LA begun too late in the second phase
 - Insufficient and/or late extension of the body before landing (tuck and pike vaults)
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
- 0.75
 - 0.80
 - 0.90
 - 1.15
 - 1.20
33. What is the penalty for spotting assistance during the vault?
- 0.20
 - 0.30
 - 0.50
 - 1.00
 - Void
34. What is the **TOTAL MAXIMUM** deduction for the following faults?
- Insufficient dynamics
 - Insufficient length
 - Additional trunk movements to maintain balance on landing
- 0.70
 - 0.80
 - 0.90
 - 1.00
 - 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
- 0.30
 - 0.60
 - 1.30
 - 2.30
 - Invalid vault

Uneven Bars Level 8

36. Which of the following elements will receive “A” value part credit?
- Clear hip circle to 45°
 - Cast to handstand with legs straddle and hips bent
 - Swing down between the bars – swing forward to salto backward stretched (flyaway stretched)
 - Glide on LB, stoop through straddle cut backward to hang on same bar
 - Giant circle forward
37. Which of the following receives the **LARGEST MAXIMUM** deduction?
- Lack of elements that achieve (or pass through) vertical
 - Performance of a giant circle backward with 1/1 turn in handstand
 - Turn completed 60° past vertical
 - Double tuck back 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 or hecht 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)
 - None of the above are “B” value parts
40. What is the **TOTAL MAXIMUM** deduction for the following errors?
- Landing too close to the bars on the dismount
 - Insufficient distribution of elements
 - Flexed feet on 3 value part elements
- 0.15
 - 0.20
 - 0.25
 - 0.30
 - 0.35

Beam Level 8

41. Which of the following elements will receive “A” value part credit?

- a. Split leap forward with $\frac{1}{4}$ (90°) turn
- b. Gainer salto tucked with $\frac{1}{2}$ twist to the side of the beam dismount
- c. Salto forward stretched dismount
- d. 1-1/2 (540°) turn on one foot
- e. cat leap with $\frac{1}{2}$ (180°) turn

42. Which of the following statements is **INCORRECT** concerning timing?

- a. The timing of the fall begins when the gymnast arrives on the mat.
- b. A warning is given at 1 minute and 20 seconds
- c. The deduction for undertime is 0.10
- d. The maximum fall time allowed is 30 seconds.
- e. 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

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

44. Which of the following elements will receive “B” Value Part credit?

- a. Stretched jump forward with $\frac{1}{2}$ (180°) turn
- b. Sissone
- c. Pike jump from cross position
- d. Roll backward
- e. 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 variation in rhythm and tempo thruout up to 0.20
- c. More than two dance elements of same shape 0.10
- d. Missing one movement close to the beam 0.20
- e. Support of one leg against the side of the beam 0.20

Floor 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

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4

47. Which of the following 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 (Schuschunova)
- d. All of the above
- 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. 0.50
- b. 1.00
- c. 1.50
- d. 2.00
- e. No Deduction

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. 0.45

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

ANSWER KEY: Level 7/8 Practice Test

1. e
2. a (b. with a few exceptions on UB, C's are not allowed, c. L7's are required to have 5 A's & 2 B's, d. compositional deductions are not allowed, e. Coach on FX mat is CJ deduction of 0.50)
3. c
4. d
5. d ($0.30 + 0.20 = 0.50$)
6. e ($0.50 + \text{no deduction} = 0.50$)
7. b
8. e
9. d
10. c
11. a
12. c ($0.30 + 0.30 + 0.20 = 0.80$)
13. e
14. d
15. c (missing 2 SR @ .50 each)
16. a
17. e
18. e (must be salto or aerial)
19. b
20. b (it's a "C")
21. c
22. d (double turn is a "C")
23. c
24. a
25. c
26. a (1 B is 0.30 + 1 A is 0.10 = 0.40)
27. a
28. d
29. c ($\uparrow 0.30, .30, \mathbf{50}, \uparrow 0.30, \uparrow 0.30$)
30. b
31. d ($\uparrow 0.30, \uparrow 0.30, \uparrow 0.20, \uparrow \mathbf{0.50}, \uparrow 0.20$)
32. e ($0.50 + 0.20 + 0.50 = 1.20$)
33. e
34. b ($0.30 + 0.30 + 0.20 = 0.80$)
35. c ($1.00 + 0.30 = 1.30$)
36. c (B, B, **A**, B, C)
37. d ($-.50 \text{ unallowable C} + -.50 \text{ No SR} + -.30 \text{ No dsmt} = -1.30$)
38. e
39. a (all other skills are A's)
40. e ($0.10 + 0.10 + 0.05 \times 3 = 0.35$)
41. b (B, **A**, B, B, B)
42. c
43. b (Acro Series and 360 turn on 1 foot)
44. c (A, A, **B**, A, A)
45. d (no deduction for this any longer)
46. a (None ~ this doesn't fulfill the passage def)
47. c (Popa and Wolf 1/1 are both C's)
48. a (Missing dance passage = -0.5)
49. d ($0.10 + 0.20 + 0.10 = 0.40$)
50. b (B, A, B, B, B)