

2026-2030 Floor Level 10 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which deduction category applies to insufficient height of leaps/jumps/hops?**
 - A. Insufficient height of leaps/jumps/hops**
 - B. Insufficient height of aerials & acro flights with hand support**
 - C. Leg not parallel to floor in splits or straddle pike**
 - D. Lower vp**

- 2. Which criterion is Artistry: Choreography Throughout (non-VP)?**
 - A. up to 0.15**
 - B. flat 0.10**
 - C. up to 0.40**
 - D. up to 0.10**

- 3. Incomplete turn of Group 1/2 dance elements or incomplete twist of acro elements with missing 45-89 degrees results in which deduction?**
 - A. Up to 0.20**
 - B. 0.05-0.10**
 - C. 0.15-0.20**
 - D. Up to 0.30**

- 4. Which criterion is used to penalize insufficient leg or knee separation during a dance element?**
 - A. Leg or knee separation**
 - B. Insufficient height of aerials & acro flights with hand support**
 - C. Insufficient split when required (dance/acro elements)**
 - D. Lower vp**

- 5. Which scenario yields up to 0.30 + flat 0.50?**
 - A. Squat on landing (hips lower than knees)**
 - B. Brush/touch landing surface with 1 or 2 hands (no support)**
 - C. Lands acro element in squat/compressed position, then falls**
 - D. Spotting assistance during an element**

- 6. Incorrect body posture on landing of acro elements results in which deduction?**
- A. Up to 0.30**
 - B. 0.15-0.20**
 - C. 0.05-0.10**
 - D. Up to 0.20**
- 7. Which description corresponds to a Small Step (max 0.40)?**
- A. Medium Step**
 - B. Small Step (max 0.40)**
 - C. Lands with feet hip-width apart or closer but never joins feet (heels)**
 - D. Lands with feet further than hip-width apart**
- 8. Which criterion has the highest severity described for missing 90 degrees or more?**
- A. Insufficient height of aerials & acro flights with hand support**
 - B. Insufficient split when required (dance/acro elements)-missing 1-20 degrees**
 - C. Insufficient split when required (dance/acro elements)-missing 21-45 degrees**
 - D. Insufficient split when required (dance/acro element)-missing 90 degrees or more**
- 9. Lv 10 Lacks Min of D salto in routine**
- A. flat 0.10**
 - B. flat 0.00**
 - C. flat 0.30**
 - D. flat 0.20**
- 10. Bent legs on any one element results in which maximum deduction?**
- A. Up to 0.20**
 - B. Up to 0.30**
 - C. 0.15-0.20**
 - D. 0.05-0.10**

Answers

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1. A
2. C
3. C
4. A
5. C
6. D
7. B
8. D
9. D
10. B

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Explanations

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1. Which deduction category applies to insufficient height of leaps/jumps/hops?

A. Insufficient height of leaps/jumps/hops

B. Insufficient height of aerials & acro flights with hand support

C. Leg not parallel to floor in splits or straddle pike

D. Lower vp

Not enough height in leaps, jumps, or hops is about the execution quality of those moves: height. When a leap or jump doesn't rise high enough above the floor, judges apply the specific deduction for insufficient height of leaps/jumps/hops. Height matters because it shows power, extension, and the intended line of the element; without adequate height, the overall expression and difficulty of the leap are diminished, even if the form in the air looks clean. The other options point to different issues—hand-supported aerials or acro flights, leg alignment in a split, or an unclear lower-vertical-position fault—so they don't describe the fault of not reaching sufficient height.

2. Which criterion is Artistry: Choreography Throughout (non-VP)?

A. up to 0.15

B. flat 0.10

C. up to 0.40

D. up to 0.10

Choreography throughout measures how well the routine's dance content is integrated from start to finish. It rewards consistent, thoughtful movement design, smooth transitions, musicality, and expressive interpretation across the entire performance, not just in a few moments. In non-VP routines, this aspect can contribute as much as 0.40 points, which is why the weight up to 0.40 is the best reflection of its importance. The smaller numbers would understate how central continuous choreography is to artistry, so the 0.40 limit fits the goal of recognizing strong, cohesive choreography throughout the entire routine.

3. Incomplete turn of Group 1/2 dance elements or incomplete twist of acro elements with missing 45-89 degrees results in which deduction?

A. Up to 0.20

B. 0.05-0.10

C. 0.15-0.20

D. Up to 0.30

Deductions for incomplete rotations are tied to how much of the required turn or twist is missing. When a Group 1/2 dance element turn, or an acro element twist, is incomplete and 45-89 degrees are missing, the penalty falls in the 0.15-0.20 point range. This mid-range deduction recognizes that the element was started and is recognizable, but a substantial portion of the rotation was not completed. The scoring system uses such bands to keep judgments consistent: smaller missing angles yield smaller penalties, while larger omissions yield bigger ones; for missing 45-89 degrees, the 0.15-0.20 range is the appropriate penalty.

4. Which criterion is used to penalize insufficient leg or knee separation during a dance element?

A. Leg or knee separation

B. Insufficient height of aerials & acro flights with hand support

C. Insufficient split when required (dance/acro elements)

D. Lower vp

Leg or knee separation is the precise observable that judges look for when a dance element requires a certain distance between the legs. If the legs don't spread enough—meaning the knees or feet stay too close or don't open to the required width—the performance is penalized under this criterion because the line and form of the element aren't achieved. This criterion specifically targets the separation itself, not other aspects like height or the overall split. The other criteria address different technical aspects: height of aerials and acro flights, the required split angle, or other conditions not directly about how far the legs are apart. So when the issue is insufficient leg or knee separation, this criterion is the one that applies.

5. Which scenario yields up to 0.30 + flat 0.50?

A. Squat on landing (hips lower than knees)

B. Brush/touch landing surface with 1 or 2 hands (no support)

C. Lands acro element in squat/compressed position, then falls

D. Spotting assistance during an element

In this scoring idea, you can stack deductions when separate faults happen on the same element. If an acro element is landed in a squat or compressed position, that specific landing fault can carry up to 0.30. If, in the same attempt, the athlete then falls, that counts as a separate fall deduction of 0.50. Put together, the total can be up to $0.30 + 0.50 = 0.80$. So the scenario that yields both kinds of penalties is the one where the element is landed in a squat/compressed position and then the gymnast falls. The other scenarios don't combine to that total: a squat landing without a fall gives up to 0.30; a touch with the hands without support or spotting during an element triggers different deductions, not the same 0.30 plus 0.50 stack.

6. Incorrect body posture on landing of acro elements results in which deduction?

- A. Up to 0.30**
- B. 0.15-0.20**
- C. 0.05-0.10**
- D. Up to 0.20**

When a gymnast lands an acro element, judges look for a controlled, aligned contact with the floor. Any incorrect body posture at that moment signals a lack of control and can pull execution quality down. The deduction for this specific fault is capped at a small value, up to 0.20 points. This means the judge will assign a deduction somewhere in that range depending on how severe the posture fault is—ranging from minor misalignment to a more noticeably unstable landing—yet it cannot exceed 0.20 for this particular fault. Think of it this way: the more the body collapses or lands out of alignment, the bigger the impact on perception of control, but within this fault type the penalty stays within the 0.20 limit. More dramatic issues, like a fall or stepping out of a drawn line, would fall under different deductions or categories.

7. Which description corresponds to a Small Step (max 0.40)?

- A. Medium Step**
- B. Small Step (max 0.40)**
- C. Lands with feet hip-width apart or closer but never joins feet (heels)**
- D. Lands with feet further than hip-width apart**

Small Step is defined by a very limited forward reach, specifically a maximum of 0.40. The option that states “Small Step (max 0.40)” matches that exact criterion, so it’s the best description. The other choices describe either a larger step (a different step category) or focus on how the feet land after stepping rather than the step’s length, which is why they don’t fit as the Small Step description.

8. Which criterion has the highest severity described for missing 90 degrees or more?

- A. Insufficient height of aerials & acro flights with hand support**
- B. Insufficient split when required (dance/acro elements)-missing 1-20 degrees**
- C. Insufficient split when required (dance/acro elements)-missing 21-45 degrees**
- D. Insufficient split when required (dance/acro element)-missing 90 degrees or more**

In scoring, how far you miss the required split directly drives the severity of the deduction. Missing 90 degrees or more means you are far from the needed position—it’s a large, noticeable gap in flexibility and control and signals a major deviation from the standard. That kind of large deficiency understandably carries the strongest penalty. Smaller gaps are described in the other options (1-20 degrees, 21-45 degrees), which are progressively less severe than a 90+ degree miss. The first option talks about height of aerials and flights with hand support, which isn’t addressing the same split angle issue at all, so it doesn’t apply to this particular measure of deficiency.

9. Lv 10 Lacks Min of D salto in routine

- A. flat 0.10
- B. flat 0.00
- C. flat 0.30
- D. flat 0.20**

In Level 10 routines, there is a requirement to include a minimum number of D-level salto elements. If the routine does not meet this minimum, a deduction is added to the routine's difficulty score to reflect the shortfall in high-difficulty content. The specific penalty for lacking the minimum number of D saltos is a 0.20 deduction. This is a standard adjustment to encourage including enough high-difficulty saltos rather than substituting with lower-difficulty elements. So the correct deduction amount for missing the minimum is 0.20.

10. Bent legs on any one element results in which maximum deduction?

- A. Up to 0.20
- B. Up to 0.30**
- C. 0.15-0.20
- D. 0.05-0.10

Bent legs on a single element signal a significant misalignment that affects how that element performs. In this scoring system, defects are graded by severity, and a single bent leg is treated as a substantial issue, deserving the largest single-element penalty. That's why the deduction can be as high as 0.30. The bigger cap reflects the outsized impact such a defect can have on overall stability and function, compared with milder problems that would fall into smaller ranges like 0.20 or 0.15-0.20 or 0.05-0.10.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://floorlevel10.examzify.com>

We wish you the very best on your exam journey. You've got this!

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