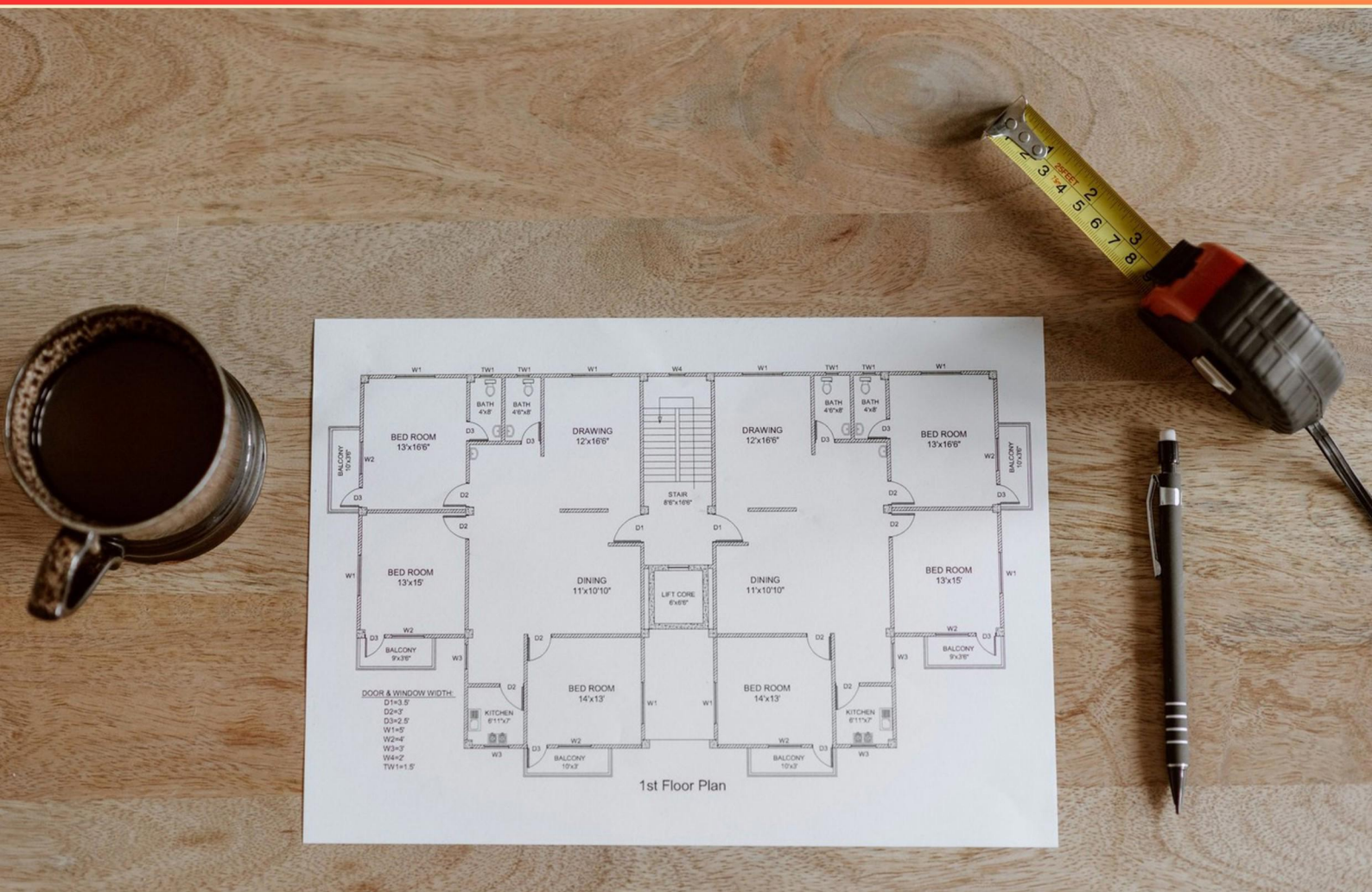


2026-2030 FLOOR LEVEL 10 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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. If an acro element is landed in a squat/compressed position and then falls, what is the maximum possible score?**
 - A. Up to 0.30
 - B. Up to 0.30 + flat 0.50
 - C. Flat 0.50
 - D. Flat 0.30

- 2. Failure to maintain stretched body position with pikes down results in which deduction range?**
 - A. Up to 0.20
 - B. 0.05-0.10
 - C. 0.15-0.20
 - D. Up to 0.30

- 3. Which option reflects Life Cycle Cost and its components?**
 - A. Initial capital costs only
 - B. Operating costs and maintenance
 - C. Total cost of ownership including initial capital, operating costs, maintenance, energy, and end-of-life disposal
 - D. End-of-life disposal costs only

- 4. Which statement indicates a SR/VP/CC award without a bonus?**
 - A. Fall with simultaneously landing on bottom of feet + hands/knees (award SR/VP/CC but no bonus)
 - B. Spotting assistance during an element (No VP/SR/bonus/CC)
 - C. Squat on landing (hips lower than knees)
 - D. Brush/touch landing surface with 1 or 2 hands (no support)

- 5. Which statement about Level 10 Composition Credit added to SV: Dance is true?**
 - A. It requires 2 E dance VP or 1 C and 1 D
 - B. It requires 4 different C dance VP
 - C. It requires 3 different C dance VP or 1 D and 1 C or higher
 - D. It requires 2 D dance VP or 1 E and 1 F

- 6. Legs not parallel to floor in splits or straddle pike**
- A. Legs not parallel to floor in splits or straddle pike
 - B. Leg or knee separation
 - C. Insufficient height of aerials & acro flights with hand support
 - D. Lower vp
- 7. How would you prioritize maintenance tasks under a tight budget?**
- A. Randomly select tasks with no criteria
 - B. Rank by safety-criticality, regulatory compliance, system criticality, and condition-based risk
 - C. Focus only on cosmetic updates
 - D. Schedule tasks alphabetically by equipment name
- 8. Which CJ deduction has the largest numerical value among the listed items?**
- A. Flat 0.10
 - B. Flat 0.50
 - C. Flat 2.00
 - D. Up to 0.10
- 9. Explain the concept of zoning in HVAC control.**
- A. Creating zones for security only
 - B. Splitting floors by age of occupants
 - C. Partitioning spaces for noise control only
 - D. Dividing a building into areas with individual temperature and humidity control to optimize comfort and energy use
- 10. Which of the following is an essential element of an emergency evacuation plan?**
- A. Clear egress routes
 - B. Occupancy limits
 - C. Visible signage
 - D. Accessibility considerations

Answers

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

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Explanations

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1. If an acro element is landed in a squat/compressed position and then falls, what is the maximum possible score?

- A. Up to 0.30
- B. Up to 0.30 + flat 0.50**
- C. Flat 0.50
- D. Flat 0.30

When evaluating an acro element on floor, you credit the element's difficulty value. For Level 10 floor, an acro element can be worth up to 0.30. If the element ends with a fall, there is a fixed fall deduction of 0.50. So, if you land in a squat/compressed position and then fall, you still receive the element's maximum value (0.30) plus the flat fall deduction (0.50), totaling 0.80. The fall penalty is separate from the element's value, which is why the total can be 0.80 rather than just 0.50 or 0.30.

2. Failure to maintain stretched body position with pikes down results in which deduction range?

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

This question checks how deductions are assigned when a gymnast fails to keep a stretched body position during a pike-down. In judging, a minor form fault like not maintaining a tight, straight line is penalized with a small deduction, and for this particular fault the maximum deduction is 0.20. So the penalty can be 0 up to 0.20, depending on how much the line is compromised. That's why the option stating "Up to 0.20" is the best fit. The other ranges don't align with the maximum allowed for this fault, either capping too low or predicting a higher cap. In practice, strive to keep the body elongated with legs straight and hips and shoulders aligned to minimize this deduction.

3. Which option reflects Life Cycle Cost and its components?

- A. Initial capital costs only
- B. Operating costs and maintenance
- C. Total cost of ownership including initial capital, operating costs, maintenance, energy, and end-of-life disposal**
- D. End-of-life disposal costs only

Life cycle cost looks at every cost tied to owning and operating something from purchase to disposal, not just the upfront price. The best choice includes all major components: the initial capital to acquire the asset, the ongoing operating costs, regular maintenance and repairs, energy consumption, and the end-of-life disposal or decommissioning costs. This total cost of ownership provides the true economic picture and lets you compare options fairly. The other options miss important parts: focusing only on upfront cost ignores future expenses; concentrating on operating costs and maintenance leaves out the purchase price and end-of-life costs; and listing only end-of-life costs omits everything that happens during use.

4. Which statement indicates a SR/VP/CC award without a bonus?

- A. Fall with simultaneously landing on bottom of feet + hands/knees (award SR/VP/CC but no bonus)
- B. Spotting assistance during an element (No VP/SR/bonus/CC)
- C. Squat on landing (hips lower than knees)
- D. Brush/touch landing surface with 1 or 2 hands (no support)

The idea being tested is how these awards are earned separately from a bonus. SR, VP, and CC are awarded when certain execution and composition criteria are met for the element, and they can be earned even if the element ends in a fall, as long as the required mechanics are present. A bonus, on the other hand, is extra credit tied to clean, uninterrupted execution, which isn't given when a fall occurs. So the statement that describes falling but still landing in the specified way (bottom of feet plus hands/knees) and notes an SR/VP/CC award but no bonus shows the distinction clearly: the base awards can be earned despite a fall, but the bonus is not awarded. The other options illustrate conditions that prevent these awards or do not meet the criteria for earning them.

5. Which statement about Level 10 Composition Credit added to SV: Dance is true?

- A. It requires 2 E dance VP or 1 C and 1 D
- B. It requires 4 different C dance VP
- C. It requires 3 different C dance VP or 1 D and 1 C or higher
- D. It requires 2 D dance VP or 1 E and 1 F

Level 10 Composition Credit for SV: Dance is earned by showing either breadth or depth in dance VP credits. You qualify if you have three different C-level dance VP credits, or if you have one D-level dance VP credit and one C-level (or higher) dance VP credit. This dual-path approach recognizes either consistently solid performance across three C-level tasks, or a strong single achievement combined with a C-level or better credential. The other options don't fit because they rely on lower levels (like E or F), or require too many credits, or don't pair a D with a C or higher in the required way.

6. Legs not parallel to floor in splits or straddle pike

- A. Legs not parallel to floor in splits or straddle pike
- B. Leg or knee separation
- C. Insufficient height of aerials & acro flights with hand support
- D. Lower vp

The main concept being tested is leg alignment relative to the floor in splits and straddle pike. In these positions, clean lines come from keeping the legs parallel to the floor, which creates a long, horizontal line and shows control and flexibility. When the legs aren't parallel, the line is broken and the pose appears out of alignment, which is flagged as a fault. This option directly names that fault—legs not parallel to the floor in splits or straddle pike—so it matches the described issue and is the best choice. The other statements describe different faults: leg or knee separation concerns spacing between the legs, which is a separate issue; insufficient height of aerials and acro flights with hand support refers to vertical reach rather than leg alignment; and lower vp points to a different scoring criterion. They don't address the leg-parallel requirement in splits and straddle pike, so they're not the primary concern in this prompt.

7. How would you prioritize maintenance tasks under a tight budget?

- A. Randomly select tasks with no criteria
- B. Rank by safety-criticality, regulatory compliance, system criticality, and condition-based risk**
- C. Focus only on cosmetic updates
- D. Schedule tasks alphabetically by equipment name

Prioritizing maintenance under a tight budget hinges on targeting the tasks that reduce the most critical risks. Start by evaluating how essential each task is to safety, regulatory compliance, and daily operations, then factor in how likely and how severe a failure would be. Safety-criticality matters most because failures in these areas can cause injuries, loss of life, or severe property damage. Tasks that prevent such outcomes should be at the top of the list, even if they require more resources upfront, since the payoff is the greatest reduction in risk. Regulatory compliance follows closely. If certain maintenance activities are required by law or standards, ignoring them can lead to penalties, legal shutdowns, or forced downtime. Ensuring these tasks are completed keeps the operation legally safe and avoids disruptive consequences. System criticality considers how essential a system is to production or service delivery. If a failure anywhere in a critical path would halt operations or cause major downtime, those tasks deserve priority to maintain continuity and avoid costly interruptions. Condition-based risk uses real data about the current state and the likelihood of failure. By inspecting equipment, tracking wear, and predicting remaining useful life, you can allocate scarce resources to the tasks with the highest probability of imminent failure or the greatest consequence of failure. This data-driven approach yields the most risk reduction per dollar. Together, these criteria form a risk-based prioritization that makes the most of limited funds. It's better than random selection, cosmetic updates, or arbitrary ordering, which can overlook safety, legal obligations, and real production impact.

8. Which CJ deduction has the largest numerical value among the listed items?

- A. Flat 0.10
- B. Flat 0.50
- C. Flat 2.00**
- D. Up to 0.10

When comparing these deductions, focus on the actual numbers and what each phrase means. A fixed amount like flat 2.00 is simply 2.00. The other fixed options are smaller: flat 0.50 equals 0.50, and flat 0.10 equals 0.10. The phrase "up to 0.10" means the maximum you could receive is 0.10, so its ceiling is 0.10. Therefore, 2.00 is the largest numerical value among the options, making the deduction described as flat 2.00 the highest.

9. Explain the concept of zoning in HVAC control.

- A. Creating zones for security only
- B. Splitting floors by age of occupants
- C. Partitioning spaces for noise control only
- D. Dividing a building into areas with individual temperature and humidity control to optimize comfort and energy use**

Zoning in HVAC control means dividing a building into separate areas, or zones, each with its own ability to set and maintain temperature—and often humidity—independently. This lets you tailor climate conditions to the specific needs of different spaces rather than conditioning the whole building the same way. The reason this is the best description is that it directly reflects how zoning works in practice: you'll have multiple thermostats or sensors and dampers in the ductwork (or separate air-handling units) that direct heated or cooled air to only the zones that need it. If a sunlit living room tends to get warmer, it can be cooled more while a cooler bedroom zone preserves comfort without overconditioning the rest of the building. Humidity control can also be managed zone by zone, which helps maintain comfortable moisture levels where needed. This approach improves comfort by addressing local conditions (sun exposure, occupancy, equipment loads) and saves energy by avoiding conditioning spaces that aren't in use or don't require the same climate.

10. Which of the following is an essential element of an emergency evacuation plan?

- A. Clear egress routes**
- B. Occupancy limits
- C. Visible signage
- D. Accessibility considerations

Having clearly defined egress routes is essential because, in an emergency, people must know exactly where to go and how to reach safety without slowing down or getting confused. When routes are mapped out, well labeled, and kept free of obstacles, corridors, stairs, and exits become reliable paths that guide everyone to a safe point quickly. This direct, navigable flow is what makes an evacuation plan effective, reducing hesitation, bottlenecks, and risky delays. Other elements matter for safety but don't by themselves provide the actual movement to safety. Signs support guidance, but without clear routes to follow, signs can be ignored or misinterpreted. Occupancy limits influence how many people can evacuate safely at once, which is important for planning, but they don't define the concrete paths people will take. Accessibility considerations ensure everyone can evacuate, yet the fundamental requirement remains having unobstructed, clearly designated routes that people can use under stress.

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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