

# Judging Gymnastics: Level 10 Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the scoring value for the vault performance of handspring 1/2, yami 1/2, and 1/2-1/2?**
  - A. 8.0**
  - B. 8.1**
  - C. 8.2**
  - D. 8.3**
- 2. What score results from having 2 Cs and 1 B in FX dance elements not meeting competition standards?**
  - A. .05**
  - B. .1**
  - C. .15**
  - D. .2**
- 3. What is the penalty for failing to complete a turn or twist during a routine?**
  - A. 0.1**
  - B. 0.15**
  - C. 0.2**
  - D. 0.25**
- 4. Which of the following vaults are eligible for a bonus of +0.1?**
  - A. Any vault with a score of 9.0**
  - B. All 10.0 SV vaults performed without a fall or spot**
  - C. Only Yurchenko vaults**
  - D. All vaults exceeding 1.5 difficulty**
- 5. What is the deduction for the use of supplemental support during a performance?**
  - A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**

- 6. Which of the following is a reason for a deduction regarding chalk use?**
- A. Excessive use of chalk**
  - B. Lack of chalk during routine**
  - C. Improper application of chalk**
  - D. Using chalk in a restricted area**
- 7. What is an acceptable range of hip angles for a 'pike down' position on stretched vaults to aid landing?**
- A. 90 - 100 degrees**
  - B. 100 - 135 degrees**
  - C. 136 - 179 degrees**
  - D. 180 degrees**
- 8. If there is no dismount, what is the deduction taken off the starting value by each judge?**
- A. .2**
  - B. .3**
  - C. .4**
  - D. .5**
- 9. A bar routine with fewer than five elements receives what deduction?**
- A. 1.0 deduction**
  - B. 1.5 deduction**
  - C. 2.0 deduction**
  - D. 2.5 deduction**
- 10. What is the deduction for a clear hip circle that ends at a 45-degree angle from vertical in upper body?**
- A. 0**
  - B. 0.05**
  - C. 0.3**
  - D. 0.1**

## **Answers**

SAMPLE

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

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## **Explanations**

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**1. What is the scoring value for the vault performance of handspring 1/2, yami 1/2, and 1/2-1/2?**

**A. 8.0**

**B. 8.1**

**C. 8.2**

**D. 8.3**

The scoring value for the vault performance of handspring 1/2, yami 1/2, and 1/2-1/2 is indeed 8.2. This is determined by the difficulty level associated with the elements being executed in the vault. Each component of the vault contributes to the overall difficulty score. The handspring is a fundamental skill in vaulting and is critical for establishing a good entry onto the apparatus. The addition of the 1/2 twist adds complexity, enhancing the overall difficulty. The yami skill, which is another type of vault with its unique technical requirements, combined with another 1/2 twist, further increases the difficulty. The final element of 1/2-1/2 also elevates the performance value by showcasing the gymnast's ability to execute multiple twists with precision in a single vault sequence. The cumulative difficulty of these elements, alongside their execution and connection, leads to a score of 8.2, reflecting the skill level appropriate for Level 10 gymnastics.

**2. What score results from having 2 Cs and 1 B in FX dance elements not meeting competition standards?**

**A. .05**

**B. .1**

**C. .15**

**D. .2**

When calculating the deductions for floor exercise (FX) dance elements that do not meet the competition standards, the scoring criteria specify that for each insufficiently executed dance element, a deduction is applied based on the level of credit for that element. In this scenario, there are 2 elements that are recognized as "C" (which typically denotes elements requiring a higher standard) and 1 element that is considered "B" (the next tier down in difficulty). The correct calculation for deductions in this situation indicates that for each "C" element that does not meet standards, a deduction of 0.1 is applied. For the "B" element that does not meet standards, a deduction of 0.05 is typically applied. Thus, the total deduction would be as follows: - From the two "C" elements:  $2 \times 0.1 = 0.2$  - From the one "B" element:  $1 \times 0.05 = 0.05$  However, the question specifically asks for the score from having 2 "C" elements and 1 "B" that do not meet the standards, leading us to deduct only the .05 from the "B" element to achieve the final

**3. What is the penalty for failing to complete a turn or twist during a routine?**

- A. 0.1
- B. 0.15
- C. 0.2**
- D. 0.25

The penalty for failing to complete a turn or twist during a routine is assessed at 0.2. This reflects the importance of completing elements as intended in gymnastics routines. When a gymnast is required to perform a specific turn or twist, not completing it impacts the execution and overall difficulty of the routine. Therefore, the deduction is set at 0.2 to reflect the significance of this element in the evaluation of a gymnast's performance. In Level 10 competition, judges focus on precise execution, and failure to complete required rotations can significantly detract from the overall score.

**4. Which of the following vaults are eligible for a bonus of +0.1?**

- A. Any vault with a score of 9.0
- B. All 10.0 SV vaults performed without a fall or spot**
- C. Only Yurchenko vaults
- D. All vaults exceeding 1.5 difficulty

The eligibility for a bonus of +0.1 in gymnastics vaulting primarily refers to the performance of vaults that are assigned a starting value of 10.0, particularly when they are executed without any falls or spotting. This means that if a gymnast successfully performs a vault with a starting value of 10.0 in a clean manner, they are rewarded with the bonus, recognizing their ability to perform difficult skills with precision and control. The focus on the vault's starting value highlights the significance of the gymnast's choice of vault and execution quality. It does not pertain to vaults with a lower starting score or to the specific types of vaults, such as whether they are Yurchenko vaults or not. This option emphasizes the importance of performing a high-value vault cleanly rather than the specific elements or styles involved.

**5. What is the deduction for the use of supplemental support during a performance?**

- A. 0.1**
- B. 0.2**
- C. 0.3**
- D. 0.4**

The deduction for the use of supplemental support during a performance is 0.3. This deduction is imposed to maintain the integrity and challenge of the routines within gymnastics competition. Supplemental support refers to any assistance that athletes might utilize to complete a skill or element, such as using a prop or an assistive device. The expectation in gymnastics is that athletes perform skills solely based on their strength, technique, and ability. When a gymnast resorts to supplemental support, it diminishes the quality of the performance and the skill required to execute the routine. Therefore, a significant deduction of 0.3 is applied to penalize the athlete for not fulfilling the standard of independent execution expected at the Level 10 competition. This deduction encourages athletes to develop their skills fully and to demonstrate their capabilities without reliance on additional support.

**6. Which of the following is a reason for a deduction regarding chalk use?**

- A. Excessive use of chalk**
- B. Lack of chalk during routine**
- C. Improper application of chalk**
- D. Using chalk in a restricted area**

The correct answer highlights that excessive use of chalk can lead to a deduction in a gymnast's score. This deduction occurs because over-application of chalk can create a mess on the apparatus and floor, which can be distracting and may compromise safety. Judges focus on the overall presentation and cleanliness of the performance. If chalk is used excessively, it not only affects the visual aspect but can also pass onto the equipment, impacting the next performer. This rule is in place to maintain a standard of presentation and hygiene during competitions. The other options may relate to chalk use but do not universally lead to deductions. For example, not having enough chalk can simply impact a gymnast's grip without being a direct violation, and improper application could vary in severity, sometimes being overlooked or causing only minor penalties. Using chalk in restricted areas typically pertains to specific regulations and might be addressed differently depending on the context of the rule.

**7. What is an acceptable range of hip angles for a 'pike down' position on stretched vaults to aid landing?**

- A. 90 - 100 degrees**
- B. 100 - 135 degrees**
- C. 136 - 179 degrees**
- D. 180 degrees**

The correct answer is indeed the range of 136 - 179 degrees for hip angles in the 'pike down' position on stretched vaults to facilitate a proper landing. This angle indicates that the gymnast is effectively positioning their body for a controlled descent. In gymnastics, the pike down position is crucial during the landing phase, as it helps to create a landing that is both safe and stable. An angle within this range generally suggests that the gymnast has completed the aerial phase of their vault, transitioning into a forward position that prepares them for landing. A wider range of hip angles indicates a greater degree of control and body positioning, which is vital for maintaining balance and absorbing the impact safely upon landing. Angles below this range might indicate a lack of sufficient pike, leading to potential difficulties in controlling the landing, while angles at the extreme of 180 degrees could mean the gymnast is overextended or flat, which also compromises the effectiveness of the landing technique.

**8. If there is no dismount, what is the deduction taken off the starting value by each judge?**

- A. .2**
- B. .3**
- C. .4**
- D. .5**

The deduction taken off the starting value for a routine that lacks a dismount is .3 from each judge. This is a standard penalty in gymnastics, reflecting the importance of a dismount as a necessary component of the routine in all contested events. In gymnastics, performing a dismount demonstrates a gymnast's ability to complete their routine with a controlled exit, essential for scoring in both difficulty and execution. Without it, the routine is considered incomplete, and the judges apply this specific deduction to maintain consistency and fairness in scoring across all performances. While other deductions may apply for various aspects of the routine, the established standard for missing a dismount is a .3 reduction per judge, highlighting its significance in the overall evaluation of the gymnast's performance.

**9. A bar routine with fewer than five elements receives what deduction?**

- A. 1.0 deduction**
- B. 1.5 deduction**
- C. 2.0 deduction**
- D. 2.5 deduction**

A bar routine that contains fewer than five elements incurs a 2.0 deduction. This is grounded in the rules regarding the composition and skill requirements necessary for achieving a full score in gymnastics routines. To achieve a solid score, gymnasts must demonstrate a range of skills and elements, with the expectation being that a minimum of five unique elements are performed to show a comprehensive performance. If a gymnast falls short of this requirement, the routine is deemed underdeveloped in terms of difficulty and variety. The 2.0 deduction reflects the penalty for not meeting the minimum requirements, which emphasizes the importance of completeness and the ability to showcase broader skill sets in the routine. The value of the deduction highlights the significance of planning and executing a routine that meets or exceeds the set requirements, ensuring that gymnasts are challenged and capable of demonstrating their full range of abilities on the bars.

**10. What is the deduction for a clear hip circle that ends at a 45-degree angle from vertical in upper body?**

- A. 0**
- B. 0.05**
- C. 0.3**
- D. 0.1**

The deduction for a clear hip circle that ends at a 45-degree angle from vertical in the upper body is specifically governed by the rules of gymnastics judging. When evaluating a clear hip circle, judges look for the position of the gymnast's body upon completion of the skill. A clear hip circle that finishes at a 45-degree angle from vertical is considered to have a slight deviation from the ideal position, but it does not incur a deduction for improper form or positioning. The skill is fundamentally executed correctly without any major errors that would warrant a penalty, thus resulting in no deduction at all. This interpretation aligns with the standards set forth in gymnastics judging criteria, where the expectation is that a minor angle deviation (like 45 degrees) does not constitute a clear fault that would lead to a deduction if the overall execution is sound. Therefore, the correct answer reflects the understanding that a performance finishing in that position does not negatively impact the score.