

Judging Gymnastics: Level 10 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. In a 3 pass routine, what is the penalty if one pass includes no D or E saltos?**
 - A. 0.1**
 - B. 0.15**
 - C. 0.2**
 - D. 0.05**
- 2. For a gymnast's legs not being parallel to the beam in a split or straddle pike, what is the assessed penalty?**
 - A. Up to .1**
 - B. Up to .2**
 - C. Flat .1**
 - D. No penalty**
- 3. What is the deduction if a balance beam routine fails to perform acro elements in two different directions?**
 - A. 0.2**
 - B. 0.1**
 - C. 0**
 - D. 0.3**
- 4. Which element refers to holding a handstand for 2 seconds on the balance beam?**
 - A. BB HS 2 sec hold**
 - B. BB fwd stretched salto dismount, also with 1/2**
 - C. BB press HS**
 - D. BB gainer dismount**
- 5. Which leap is categorized as a split leap with a stag on the beam?**
 - A. A**
 - B. B**
 - C. C**
 - D. D**

- 6. What is the largest deduction allowed for relaxed or incorrect footwork in non-value parts (VPs) during a routine?**
- A. Up to .1**
 - B. Up to .2**
 - C. Up to .3**
 - D. No deduction**
- 7. What is the deduction if both passes include an E salto and simple dance elements not up to competition level?**
- A. up to 0.2**
 - B. 0**
 - C. 0.05**
 - D. 0.1**
- 8. When performing a giant half or 1/1 Healy, what is the key element?**
- A. A continuous motion through the lower bar**
 - B. A change in handgrip**
 - C. A circular motion through handstand**
 - D. A controlled descent to the mat**
- 9. What is the maximum deduction that can be applied per element in uneven bars?**
- A. 0.6**
 - B. 0.7**
 - C. 0.8**
 - D. 0.9**
- 10. How much is deducted for a hit of foot/feet on the apparatus in uneven bars routines?**
- A. 0.1**
 - B. 0.2**
 - C. 0.3**
 - D. 0.4**

Answers

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

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Explanations

1. In a 3 pass routine, what is the penalty if one pass includes no D or E saltos?

- A. 0.1**
- B. 0.15**
- C. 0.2**
- D. 0.05**

In a 3 pass routine, when one of the passes does not include a salto of D or E value, the deduction for this infraction is typically 0.2. This penalty reflects the importance of including higher difficulty skills in routines, particularly at the level where performers are expected to demonstrate advanced elements. The D and E saltos represent significant technical difficulty, and failing to incorporate them means the routine lacks complexity and difficulty as required for the level. The 0.2 penalty serves not only to standardize scoring but also encourages gymnasts to challenge themselves and elevate their performances.

2. For a gymnast's legs not being parallel to the beam in a split or straddle pike, what is the assessed penalty?

- A. Up to .1**
- B. Up to .2**
- C. Flat .1**
- D. No penalty**

When assessing a gymnast's performance on the balance beam, leg alignment is a critical factor for executing skills such as splits and straddle pikes. If the gymnast's legs are not parallel to the beam during these elements, it indicates a lack of proper form and execution. The standard penalty for this misalignment is up to .2, emphasizing the importance of maintaining proper leg positioning for both aesthetic and technical reasons in gymnastics. The rationale behind this penalty is that a lack of parallel alignment can significantly impact the overall quality of the element. Faults in body position can detract from the execution and presentation scores, which are important criteria in the overall assessment of a routine. Therefore, up to a .2 penalty appropriately reflects the importance of proper leg positioning in achieving the required standards. In contrast, lesser penalties such as .1 or flat .1 would typically apply to minor errors or less significant faults, but leg alignment issues are viewed as more serious infractions and warrant a larger deduction.

3. What is the deduction if a balance beam routine fails to perform acro elements in two different directions?

A. 0.2

B. 0.1

C. 0

D. 0.3

In gymnastics, specifically when assessing a balance beam routine, performing acro elements in two different directions is essential for showcasing a well-rounded skill set. The requirement is based on demonstrating versatility and complexity in routines. If a gymnast fails to include acro elements in both forward and backward directions, it indicates a lack of sufficient diversity in their routine. The deduction of 0.2 reflects the importance of this skill set and is standardized within the judging criteria. It accounts for the missed opportunity to demonstrate these acro skills adequately, which are critical for a high-level performance in a Level 10 routine. Thus, the deduction is appropriately significant to emphasize the necessity of incorporating a range of movements.

4. Which element refers to holding a handstand for 2 seconds on the balance beam?

A. BB HS 2 sec hold

B. BB fwd stretched salto dismount, also with 1/2

C. BB press HS

D. BB gainer dismount

The element that refers to holding a handstand for 2 seconds on the balance beam is denoted as "BB HS 2 sec hold." This terminology indicates that the gymnast is performing a handstand, specifically on the balance beam (denoted by "BB"), and the requirement to hold that position for a duration of 2 seconds is clearly stated. This skill emphasizes not only the strength and balance needed to achieve the handstand but also the control required to maintain it for the specified time. In the context of gymnastics judging, holding a handstand for the appropriate amount of time is critical for scoring, as it demonstrates the gymnast's ability to execute the skill with precision and stability. In contrast, the other options do not focus on a handstand hold; they refer to different gymnastics skills or dismounts that involve different body positions, movements, or execution standards that do not meet the specific criteria of a handstand hold.

5. Which leap is categorized as a split leap with a stag on the beam?

- A. A**
- B. B**
- C. C**
- D. D**

A split leap with a stag on the beam is specifically characterized by the gymnast extending one leg into a split position while the other leg is bent at the knee, resembling a "stag" position. This leap display not only showcases the gymnast's flexibility and strength but also requires a high degree of balance and control while performed on the beam. The essence of the split leap with a stag is the simultaneous presentation of a split in mid-air - where one leg is fully extended upward and the other leg is drawn up toward the body, bent, and positioned below the split leg. This leap emphasizes the ability to achieve a dramatic shape, which adds to the visual appeal of the routine. In this context, the selected answer embodies all these qualities, successfully categorizing it as a split leap with a stag, aligning perfectly with the skill requirements at Level 10 gymnastics.

6. What is the largest deduction allowed for relaxed or incorrect footwork in non-value parts (VPs) during a routine?

- A. Up to .1**
- B. Up to .2**
- C. Up to .3**
- D. No deduction**

The largest deduction allowed for relaxed or incorrect footwork in non-value parts (VPs) during a gymnastics routine is up to .3. This deduction reflects the importance of maintaining proper form and technique throughout a routine. Footwork is crucial in gymnastics, as it contributes to the overall presentation and execution of the skills performed. Relaxed or incorrect footwork can significantly detract from the quality of the performance, making it a notable point of focus for judges. Deductions in this area are designed to ensure that athletes adhere to the high standards required at Level 10, where precision in all aspects of the routine is expected. A .3 deduction acknowledges that while the error may not occur in a value part, it still affects the aesthetic value and overall impression of the routine.

7. What is the deduction if both passes include an E salto and simple dance elements not up to competition level?

A. up to 0.2

B. 0

C. 0.05

D. 0.1

In gymnastics judging, deductions are applied based on the quality of the skills performed and how well they meet the required standards for the level of competition. In the scenario where both passes include an E salto, which is a high-difficulty skill, but are accompanied by simple dance elements that do not meet the expected performance level, a deduction of up to 0.2 makes sense. This is due to the fact that the use of simple dance elements suggests a lack of complexity and artistry, which are critical components at higher levels of competition, particularly in level 10 routines where judges expect a higher standard. The presence of both the E salto and the simple elements indicates that while the gymnast is executing high-difficulty skills, the overall routine may not fulfill the criteria for artistic execution and composition. Thus, a deduction that approaches the maximum allowed reflects the need for a balance between difficulty and execution quality, emphasizing the importance of not only performing harder elements but also incorporating them skillfully into the routine's composition.

8. When performing a giant half or 1/1 Healy, what is the key element?

A. A continuous motion through the lower bar

B. A change in handgrip

C. A circular motion through handstand

D. A controlled descent to the mat

The key element in performing a giant half or 1/1 Healy is a circular motion through handstand. This element is crucial because the rotation must not only create the necessary dynamics for the skill but also ensure that the gymnast maintains proper body form and alignment throughout the execution. A smooth circular motion allows the gymnast to transition effectively from one phase of the skill to the next, ensuring that they achieve adequate height and rotation for the successful completion of the Healy. It also facilitates the control and precision needed for landing or further movements after the skill. Mastery of this circular motion is fundamental for the integrity of the skill and for performing at a competitive level.

9. What is the maximum deduction that can be applied per element in uneven bars?

A. 0.6

B. 0.7

C. 0.8

D. 0.9

The maximum deduction that can be applied per element in uneven bars is 0.6. This deduction is established within the gymnastics scoring system, where judges evaluate each element based on technical execution and adherence to skill requirements. If a gymnast performs an element with flaws such as poor form, lack of height, or insufficient precision, the judges will assign deductions. However, even in cases of significant errors, the maximum deduction remains capped at 0.6 for each individual element performed on the uneven bars. This standard helps maintain consistency in scoring across performances and ensures that no single error can disproportionately affect a gymnast's overall score.

10. How much is deducted for a hit of foot/feet on the apparatus in uneven bars routines?

A. 0.1

B. 0.2

C. 0.3

D. 0.4

In uneven bars routines, a deduction of 0.2 is applied when there is a hit of the foot or feet on the apparatus. This deduction reflects the importance of maintaining clean execution and control during performances. A hit on the apparatus demonstrates a lack of precision or can suggest a lack of proper technique, which is critical in gymnastics, especially at the Level 10 standard. This specific deduction is in line with the rules and guidelines set by gymnastics governing bodies, which aim to ensure that athletes demonstrate high levels of skill and artistry. Proper execution is heavily emphasized in the scoring criteria, and any disruption to the fluidity or balance of a routine, such as a foot hitting the apparatus, warrants a penalty to maintain competitive fairness.

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://judginggymnasticslvl10.examzify.com>

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