JUDGING GYMNASTICS: LEVEL 10 PRACTICE TEST (SAMPLE)

STUDY GUIDE

Prepare with structure. Pass with confidence

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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.

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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!

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Questions

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1. What type of dismount is required in bars SR 4?

A. Minimum A

B. Minimum C

C. Minimum B

D. Minimum D

2. What is the deduction for a fall against the vaulting table?

A. 0.0

B. 0.5

C. 1.0

D. 1.5

3. What score is given for FX dance elements categorized as 2 Bs?

A. .05

B. .1

C. .15

D. .2

4. How much bonus is needed in the 3rd pass of a routine consisting of D/E saltos in 2 passes to avoid penalties?

A. B + C

B. C + D

C. D + E

D. D + C

5. In a two pass routine with 1 pass having a D salto and the second with minimum C + C difficulty, what is the deduction?

A. 0

B. 0.05

C. 0.1

D. 0.15

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6. How is the press jump or swing to handstand on the balance beam evaluated?

A. 0.1 deduction

B. 0.2 deduction

C. 0.3 deduction

D. 0.4 deduction

7. 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

8. What's the impact on scoring for a gymnast who has bent arms during execution?

A. No VP

B. 0.1 deduction

C. 0.3 deduction

D. 0.2 deduction

9. Which option can fulfill a B dismount in beam SR 4?

A. Connected directly to a C acro series

B. Associated with a D acro flight

C. Replacing the acro series altogether

D. Completing a dance series

10. How many points are deducted for a slight brush or touch of 1 or 2 hands on the mat during a vault landing?

A. 0.1

B. 0.2

C. 0.3

D. 0.5

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Answers

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

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Explanations

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1. What type of dismount is required in bars SR 4?

A. Minimum A

B. Minimum C

C. Minimum B

D. Minimum D

In gymnastics, particularly at the Level 10 standard on the uneven bars, the term "dismount" refers to the maneuver that a gymnast performs to exit from the apparatus. Each dismount is categorized based on its difficulty, which is determined by the value assigned to it based on the elements it includes. For SR (Special Requirements) 4 specifically, the requirement stipulates that a minimum of a C-level dismount is needed. This means that the dismount must be at least a difficult element classified as a C. This level of difficulty ensures that gymnasts not only demonstrate their ability to execute the routine's complexity but also meet the competitive standards for scoring. Choosing a dismount with at least a C value aligns with the required difficulty and keeps in line with the expectations for a competitive routine at this level. It is crucial for gymnasts aiming for maximum scores to include these higher-value elements, which also contribute to a well-rounded routine. Disregarding the minimum value could lead to deductions or failure to meet the requirements for successfully completing their routine.

2. What is the deduction for a fall against the vaulting table?

A. 0.0

B. 0.5

C. 1.0

D. 1.5

A fall against the vaulting table incurs a deduction of 0.5. This deduction reflects the gymnast's inability to maintain control during the vaulting maneuver, which is an important aspect of executing a successful vault. In gymnastics, falls are typically penalized to emphasize the importance of stability and technique. The score reflects both the performance quality and the execution, so a minor deduction for a fall signifies a significant impact on the overall execution of the vault. In this scenario, the deduction is specifically tailored to account for a fall against the vaulting table and is standardized to maintain consistency in judging across competitions. Understanding this deduction is crucial for both gymnasts and judges, as it highlights the importance of precision and control in this challenging element of gymnastics.

3. What score is given for FX dance elements categorized as 2 Bs?

A. .05

B. .1

C. .15

D. .2

In gymnastics, particularly within the context of floor exercise (FX), dance elements are scored based on their difficulty level and execution. Dance elements are categorized by letters, with 'A' being the easiest and 'E' being the most challenging. When dance elements are classified as 'B', they represent a moderate level of difficulty. In this specific case, when two 'B' dance elements are successfully performed, they can collectively add to the gymnast's overall score. According to the rules and scoring guidelines, two 'B' dance elements receive an additive value of 0.20. This value recognizes the gymnast's skill in performing moderately difficult dance elements, and it's crucial for building the overall score in a routine. If a gymnast includes these elements in their performance, the score of 0.20 is applied to acknowledge the number and complexity of those elements. The more difficult and demanding the elements, the higher the potential score. Thus, achieving two 'B' rated dance elements earns the gymnast a score of 0.20.

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4. How much bonus is needed in the 3rd pass of a routine consisting of D/E saltos in 2 passes to avoid penalties?

A. B + C

B. C + D

C. D + E

D. D + C

To avoid penalties in a gymnastics routine with D and E saltos, it is essential to achieve a required amount of bonus points, particularly when assessing the 3rd pass of the routine. In this scenario, the inclusion of two passes already consists of D/E saltos, which influences the necessary bonus for the succeeding pass. The correct answer, which states that a combination of B and C is needed, signifies that in addition to what is performed in the first two passes, the gymnast must also demonstrate further difficulty elements in the 3rd pass to ensure compliance with the set requirements. By requiring the gymnast to reach the threshold defined by B + C, it reflects the need for a balance between the levels of difficulty in the routine overall and the need to include elements that contribute appropriately towards meeting the standard for bonus acquisition. This is critical to maintaining a competitive score while minimizing the risk of penalties for not achieving the requisite bonus points. Other combinations are incorrect as they either do not account for the proper levels of difficulty needed for the 3rd pass or suggest configurations that do not maximize the necessary bonus element to meet the criteria set by governing bodies of gymnastics scoring.

5. In a two pass routine with 1 pass having a D salto and the second with minimum C + C difficulty, what is the deduction?

A. 0

B. 0.05

C. 0.1

D. 0.15

In this scenario, let's evaluate the requirements for a two-pass routine. According to gymnastics rules, each pass must meet certain difficulty criteria. A routine that includes one pass with a D salto (a salto with a difficulty value of D) and a second pass contributing at least minimum C + C difficulty is subject to deductions if the difficulty criteria are not fully met. For a successful execution, there needs to be appropriate difficulty distribution across both passes. If the second pass is not up to the minimum requirements or does not fulfill the C + C combination (which usually involves having two C elements or one C and another with minimum value), the judges will impose a deduction on the overall score. In this case, the deduction of 0.15 is applied when the second element does not meet the required difficulty combination. The specific points of deduction come from failing to adequately meet these elements within the routine based on the scoring guidelines set for Level 10 gymnastics. Thus, a deduction of 0.15 accurately reflects the situation presented in the question, correctly aligning with the elements of difficulty and requirements outlined for the routine.

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6. How is the press jump or swing to handstand on the balance beam evaluated?

A. 0.1 deduction

B. 0.2 deduction

C. 0.3 deduction

D. 0.4 deduction

The press jump or swing to handstand on the balance beam is evaluated with a 0.2 deduction for specific form breaks or other minor errors. This deduction applies generally when the gymnast does not achieve a vertical handstand position or shows a lack of control in their execution, such as bent arms, legs not being straight, or any form issues during the transition. The standard of 0.2 reflects the expectation that while this skill requires considerable strength and precision, small flaws do not penalize the routine as severely as more significant errors. A higher deduction would indicate more considerable mistakes, such as falling off the beam or failing to complete the skill, which are not reflected in this scenario. This level of deduction allows for a nuanced evaluation of the gymnast's performance, highlighting the importance of technique and continuity, while still valuing the difficulty of performing such a complex skill on the balance beam.

7. 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.

8. What's the impact on scoring for a gymnast who has bent arms during execution?

A. No VP

B. 0.1 deduction

C. 0.3 deduction

D. 0.2 deduction

When a gymnast displays bent arms during the execution of their routine, it negatively impacts the overall execution score. This is due to the standard of form and technique that judges are looking for; straight arms are often a requirement for demonstrating strength, control, and precision in the movements. A deduction of 0.3 reflects a significant violation of these expectations, as it indicates a marked lack of proper form that detracts from the overall aesthetics and execution quality of the performance. This level of deduction serves to emphasize the importance of clean lines and technical execution in gymnastics, aligning with scoring guidelines that prioritize skill proficiency and presentation. The other potential deductions would not accurately reflect the impact of such a significant error in form, making 0.3 the appropriate choice in this context.

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9. Which option can fulfill a B dismount in beam SR 4?

A. Connected directly to a C acro series

B. Associated with a D acro flight

C. Replacing the acro series altogether

D. Completing a dance series

The correct choice for fulfilling a B dismount in beam SR 4 is associated with being connected directly to a C acro series. This implies that if a gymnast performs a C acro series and concludes with a B dismount, they meet the requirement for that specific series composition. In gymnastics, dismounts have specific requirements based on their difficulty and connection to previous elements. By linking a B dismount directly to a C acro series, the gymnast demonstrates a higher level of skill by incorporating a more complex series immediately before the dismount, thereby fulfilling the score requirements. While the other options might seem valid at first glance, they either do not meet the specific requirements for a B dismount or deviate from the defined structure necessary for fulfilling the scoring criteria in gymnastics. For instance, simply completing a dance series or replacing the acro series does not necessarily fulfill the criteria set forth for fulfilling a B dismount as it relates to enhancing the gymnast's overall routine complexity and difficulty level.

10. How many points are deducted for a slight brush or touch of 1 or 2 hands on the mat during a vault landing?

A. 0.1

B. 0.2

C. 0.3

D. 0.5

In gymnastics judging, a slight brush or touch of one or two hands on the mat during a vault landing typically results in a deduction of 0.1 points. This deduction is applied because it indicates a minor break in control during the landing, which impacts the overall execution of the vault. The impact of such a mistake is considered slight, hence the relatively low point deduction. Although other options suggest higher point deductions, they apply to more significant errors, such as an outright fall (which could lead to deductions of 0.3 or 0.5) or specific execution errors that are more severe than a mere brush of the hands. Key in judging is understanding that the objective is to assess the extent of the error and how it affects the performance, especially in a skill like vaulting where landing is critical for the overall score.

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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!

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