

JUDGING GYMNASTICS: LEVEL 10 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://judginggymnasticslvl10.examzify.com>



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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. What is the CV bonus for a unique connection of 3 or more elements on uneven bars?**
 - A. A 1.0 CV bonus
 - B. B 3.0 CV bonus
 - C. C 2.0 CV bonus
 - D. D 2.5 CV bonus

- 2. If a series contains only one D/E acro flight but no other acro flight elements, what is the deduction?**
 - A. 0
 - B. .1
 - C. .05
 - D. .2

- 3. What type of bonus do VPs allow in terms of order?**
 - A. Order is strict and organized
 - B. Order can be any
 - C. Order must be ascending difficulty
 - D. Order must alternate between acro and dance

- 4. For what combination is a 0.4 CV bonus awarded?**
 - A. BB C leap + C leap + D jump
 - B. BB B jump + D jump
 - C. BB C salto + C jump
 - D. None of the above

- 5. In gymnastics, what does 'direct' mean in terms of performance connections?**
 - A. Skills that are performed in sequence without breaks.
 - B. Skills that can be performed with visual cues.
 - C. Skills that require assistance during execution.
 - D. Skills that use props or additional equipment.

6. What is the deduction for failing to land on the bottom of feet first when performing saltos, aerials, or dismounts?
- A. No VP, No SR
 - B. 0.5
 - C. 0.2
 - D. 0.1
7. How is a gymnast penalized for a failure to maintain precision in handstand positions throughout their routine?
- A. No penalty
 - B. Up to 0.1
 - C. Up to 0.2
 - D. 0.1
8. If a gymnast executes a 3 element acro flight series with a C flight and an isolated D/E acro flight, what is the deduction?
- A. .1
 - B. .2
 - C. 0
 - D. .05
9. What is the deduction for incorrect foot form during the second flight of the vault?
- A. 0.05
 - B. 0.1
 - C. 0.2
 - D. 2.00
10. What is the deduction for a split leap on the balance beam?
- A. 0.1
 - B. 0.2
 - C. 0.3
 - D. 0.4

Answers

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

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Explanations

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1. What is the CV bonus for a unique connection of 3 or more elements on uneven bars?

- A. A 1.0 CV bonus
- B. B 3.0 CV bonus
- C. C 2.0 CV bonus**
- D. D 2.5 CV bonus

The choice of a 2.0 CV bonus for a unique connection of 3 or more elements on the uneven bars is accurate because the Code of Points recognizes the value of complex combinations in routines. To earn a CV bonus for connections, the elements must be performed with varying difficulties or skills that meet specific criteria. In this context, a unique connection signifies that the gymnast is demonstrating their ability to connect a series of skills in a seamless manner, adding to the difficulty and complexity of their routine. The established bonus values in the Code of Points reward gymnasts for executing these challenging combinations, and a 2.0 CV bonus is designated for a unique connection that meets the outlined standards. This reflects the importance placed on both the execution and the creativity involved in connecting three or more elements, recognizing the skill level required to perform such combinations efficiently.

2. If a series contains only one D/E acro flight but no other acro flight elements, what is the deduction?

- A. 0**
- B. .1
- C. .05
- D. .2

When assessing a gymnastics routine, it's important to evaluate the acro flight elements within a series. A series that contains only one D/E acro flight element signifies that the gymnast has included a significant skill in terms of difficulty and execution but has not included any additional acro flight elements. According to the judging guidelines, if a series consists of just a single D/E acro flight element, the absence of any additional acro flight elements usually incurs no deduction. This is because the performance of one D/E flight element meets the criteria for that aspect of the routine without being penalized further for lacking complexity or additional acro flight elements. Thus, the correct assessment reflects that there would be no deduction for having only one such acro flight, confirming that there is no issue with fulfilling the requirement for this aspect of the routine.

3. What type of bonus do VPs allow in terms of order?

- A. Order is strict and organized
- B. Order can be any**
- C. Order must be ascending difficulty
- D. Order must alternate between acro and dance

The correct choice regarding the type of bonus that Value Parts (VPs) allow in terms of order is that the order can be any. This means that gymnasts do not need to perform their value parts in a specific sequence or structure; they have the flexibility to arrange their skills as they choose. This flexibility is particularly important because it allows gymnasts to showcase their individual strengths and creativity while still meeting the requirements for scoring. The diversity in performance can ultimately enhance the overall appeal and execution of the routine. In contrast, other options stipulate specific constraints on the performance order, such as requiring an organized or strict order, ascending difficulty, or alternating between acrobatic and dance elements. These constraints do not apply when considering the bonus from VPs, confirming that gymnasts have freedom in how they present their skills within the routine when aiming for bonus points.

4. For what combination is a 0.4 CV bonus awarded?

A. BB C leap + C leap + D jump

B. BB B jump + D jump

C. BB C salto + C jump

D. None of the above

A 0.4 CV bonus is awarded for the combination of a C leap followed by another C leap and then a D jump on the balance beam. This bonus is designed to reward gymnasts for executing a series of difficult skills that are well-composed in terms of difficulty level and connection. In this specific case, the requirement is met as the gymnast successfully links two C-level skills with a D-level jump, demonstrating both difficulty and the element of connection in their routine. The combination of skills must not only meet the required letter value but also show a progressive difficulty that is cohesive within the routine. Options involving jumps or saltos that do not satisfy the specific criteria for connection or do not meet the minimum difficulty level do not qualify for the awarded bonus. Therefore, understanding the importance of mixing elements of various difficulty levels and the importance of connections among them helps clarify why the specific combination of the C leap + C leap + D jump is the correct answer for earning the 0.4 CV bonus.

5. In gymnastics, what does 'direct' mean in terms of performance connections?

A. Skills that are performed in sequence without breaks.

B. Skills that can be performed with visual cues.

C. Skills that require assistance during execution.

D. Skills that use props or additional equipment.

The term 'direct' in gymnastics refers to skills that are executed in a continuous flow without interruptions or pauses—in other words, they occur in seamless succession. This characteristic is crucial for demonstrating fluidity, rhythm, and coordination in a routine. When gymnasts connect skills directly, they create a dynamic and engaging performance that showcases technical proficiency and compositional artistry. This method of performing skills enhances the overall presentation and difficulty of a routine, as it requires the athlete to maintain control and precision throughout the transitions between elements. By linking skills directly, gymnasts can minimize breaks, which helps emphasize their strength and skill in executing complex sequences. Understanding this concept is vital for both gymnasts and judges, as it impacts how routines are scored in terms of execution and connection value.

6. What is the deduction for failing to land on the bottom of feet first when performing saltos, aerials, or dismounts?

A. No VP, No SR

B. 0.5

C. 0.2

D. 0.1

When a gymnast fails to land on the bottom of their feet first during saltos, aerials, or dismounts, it is crucial to recognize the scoring implications this has on the routine. The correct answer appropriately addresses that this fault can heavily influence the overall execution score, leading to both a lack of Value Part credit and a failure to meet the specific skill requirement. When a landing does not meet the fundamental expectation of feet-first contact, it signals a significant issue in execution. It indicates that the gymnast has not completed the skill properly, which directly affects both the value of the skill performed and the technical standards expected. Consequently, the absence of value part credit means that the judge would not acknowledge the difficulty of the performed skill, rendering it ineffective in contributing to the total score. In situations like this, the absence of a proper landing may suggest a need for better technique or control, leading to the decision by judges to impose a deduction that encompasses the overall impact of this error on the performance. Thus, the correct handling of such a mistake is reflected in the option that denotes no value part credit along with no skill requirement fulfillment, aligning with the critical nature of landing techniques in gymnastics.

7. How is a gymnast penalized for a failure to maintain precision in handstand positions throughout their routine?

A. No penalty

B. Up to 0.1

C. Up to 0.2

D. 0.1

In gymnastics, maintaining precision during handstand positions is crucial for demonstrating control and technique. When a gymnast fails to achieve or maintain a proper handstand, judges may assess penalties based on the significance of the error. In this case, a penalty of up to 0.2 is applied for failure to maintain the required precision in handstand positions. This reflects the importance of the skill in terms of overall execution and presentation. The deduction acknowledges that a lack of control in handstand positions not only affects the gymnast's performance but may also impact the judges' perception of their overall execution and difficulty. A penalty of this magnitude signifies that proper form is essential, and deviations from the ideal position can significantly detract from the overall quality of the routine. This larger penalty point—up to 0.2—indicates the higher level of expectation placed on gymnasts at this level, where small inaccuracies in technique can lead to considerable deductions. Thus, the penalty scale for such precision-related errors is defined to indicate the importance of maintaining accuracy and control throughout their routines.

8. If a gymnast executes a 3 element acro flight series with a C flight and an isolated D/E acro flight, what is the deduction?

- A. .1
- B. .2
- C. 0**
- D. .05

In this scenario, the gymnast performs a 3-element acro flight series that includes a C flight, along with an isolated D or E level acro flight. In gymnastics, when assessing the composition of routines, it's important to understand how elements are categorized and how they impact deductions. The gymnast is demonstrating the required elements for level 10, which includes both the acro flight series and isolated acro skills. Since the gymnast fulfilled the composition requirements by including a 3-element series with a C flight and then an additional D/E flight, this combination meets the necessary criteria without any deductions for lack of fulfillment of skills. As a result, there is no deduction applied for the combination of skills executed correctly as per level 10 requirements. Thus, the correct deduction in this case is zero, reflecting the gymnast's successful execution of the routine elements without any composition errors.

9. What is the deduction for incorrect foot form during the second flight of the vault?

- A. 0.05
- B. 0.1**
- C. 0.2
- D. 2.00

The deduction for incorrect foot form during the second flight of the vault is 0.1. In gymnastics judging, attention to detail is critical, and correct foot form is essential for both aesthetics and technical execution. During the second flight phase of a vault, any visible issues such as toes not pointed, feet flexed, or legs not appropriately aligned may result in a deduction. A deduction of 0.1 signifies that while the infraction is noticeable, it is not severe enough to warrant a higher penalty. This reflects the judges' emphasis on the overall execution of the vault while still recognizing minor errors. By understanding the standard deduction criteria, gymnasts can focus on improving specific technical aspects to enhance their overall performance.

10. What is the deduction for a split leap on the balance beam?

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

The deduction for a split leap on the balance beam is 0.2. This deduction is applied when the gymnast fails to achieve the required split position or when the leap does not display appropriate height and flight. In gymnastics, particularly at Level 10, execution standards are quite high, and a split leap is expected to have at least a 180-degree split between the legs. If the leap is performed with less than the required split or appears low in elevation, the judges will assess this factor and impose a deduction accordingly, which is standardized at 0.2. This ensures that athletes are rewarded for technical skill and artistic presentation in their routines.

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:

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

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