

# Judging Gymnastics: Level 9 Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. How much is deducted for bent legs while going into a salto during the support/repulsion phase?**
  - A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**
- 2. Which responsibility does a judge have during a gymnastics routine?**
  - A. Coaching gymnasts during performances**
  - B. Verifying the range of scores**
  - C. Encouraging audience participation**
  - D. Organizing the competition schedule**
- 3. What is the deduction for relaxed or incorrect footwork throughout non value parts in a floor routine?**
  - A. 0.10**
  - B. 0.20**
  - C. 0.30**
  - D. 0.40**
- 4. What penalty is applied for an incomplete twist on a twisting salto dismount?**
  - A. up to 0.10**
  - B. up to 0.15**
  - C. up to 0.20**
  - D. 0.25**
- 5. What is the maximum deduction for a slight hop during landing?**
  - A. 0.05**
  - B. up to 0.1**
  - C. 0.2**
  - D. 0.5**

- 6. What is the deduction for not incorporating any dance elements in the routine on beam?**
- A. 0.10**
  - B. 0.20**
  - C. 0.30**
  - D. 0.40**
- 7. What deduction applies when the circle to handstand angle is between 11-20 degrees?**
- A. 0.2 VP**
  - B. 0.05 VP**
  - C. 0.1 VP**
  - D. 0 VP**
- 8. What is the maximum deduction for hitting the apparatus with foot/feet bars?**
- A. 0.10**
  - B. 0.20**
  - C. 0.30**
  - D. 0.40**
- 9. What is the maximum deduction for poor preflight technique in gymnastics?**
- A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**
- 10. What is the maximum deduction for lack of balance control movements?**
- A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**

## **Answers**

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

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## **Explanations**

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**1. How much is deducted for bent legs while going into a salto during the support/repulsion phase?**

**A. 0.1**

**B. 0.2**

**C. 0.3**

**D. 0.4**

In gymnastics, deductions for form-related issues are critical for maintaining the integrity of a performance. When a gymnast performs a salto, particularly during the support or repulsion phase, bent legs indicate a lack of controlled execution and can compromise the overall presentation. A deduction of 0.2 is applied for bent legs in this context because it reflects a moderate error that affects the quality of the skill without being classified as a severe fault. This deduction recognizes that while the gymnast is still attempting the skill, the bent knees detract from the ideal execution and aesthetic appeal that judges look for in a level 9 routine. The grading of deductions is carefully calibrated, and this specific reduction of 0.2 serves to encourage athletes to strive for cleaner form, which is essential at higher levels of competition.

**2. Which responsibility does a judge have during a gymnastics routine?**

**A. Coaching gymnasts during performances**

**B. Verifying the range of scores**

**C. Encouraging audience participation**

**D. Organizing the competition schedule**

A judge's primary responsibility during a gymnastics routine is to assess the performance according to the code of points and assign a score that reflects the gymnast's execution, difficulty, and overall performance. This includes verifying the range of scores to ensure that they meet the criteria outlined for different elements and routines. The accuracy and fairness in scoring are essential for maintaining the integrity of the competition. In other roles such as coaching, encouraging audience participation, or organizing competition schedules, judges would not be actively involved. Their focus should remain on the performance at hand, providing unbiased and objective evaluations based on their training and the standards set by the governing bodies of gymnastics. This concentration on assessing performances ensures that each gymnast is judged according to the same criteria, promoting fairness in the sport.

**3. What is the deduction for relaxed or incorrect footwork throughout non value parts in a floor routine?**

- A. 0.10**
- B. 0.20**
- C. 0.30**
- D. 0.40**

The deduction for relaxed or incorrect footwork throughout non-value parts in a floor routine is indeed 0.20. This deduction applies specifically to elements that do not earn value credit but affect the overall execution and presentation of the routine. When a gymnast exhibits poor footwork, such as insufficient precision in their steps or maintaining a relaxed posture during non-value elements, it can detract from the overall impression of the performance. In judging, it's crucial to ensure that gymnasts not only execute their skills but also display a level of artistry and control during all parts of their routine. Deductions for footwork focus on the subtleties that contribute to the overall execution score, as cohesive and deliberate movements create a more polished performance. Therefore, a 0.20 deduction reflects the seriousness of the error while allowing for the gymnast to maintain some level of credit for their routine's other elements.

**4. What penalty is applied for an incomplete twist on a twisting salto dismount?**

- A. up to 0.10**
- B. up to 0.15**
- C. up to 0.20**
- D. 0.25**

When a gymnast performs a twisting salto dismount and does not complete the specified number of twists, a penalty is assessed to reflect the error in execution. According to the judging criteria, an incomplete twist is typically penalized with a deduction of up to 0.20. This deduction is designed to correspond with the significance of the technical error, which impacts the difficulty and artistry of the routine. The rationale for this specific deduction lies in the impact that an incomplete twist can have on the overall performance. Since dismounts are critical moments in a routine, executing them correctly is essential for achieving a high score. Incomplete twists indicate a lack of control and precision, key components of gymnastics performance that judges meticulously evaluate. In this context, the choice of a 0.20 deduction accurately reflects the standard penalty assigned for this particular fault, reinforcing the importance of achieving full execution in twists to maintain a competitive standard in gymnastics routines.

**5. What is the maximum deduction for a slight hop during landing?**

**A. 0.05**

**B. up to 0.1**

**C. 0.2**

**D. 0.5**

In gymnastics judging, a slight hop during landing is typically considered a minor error, which falls within specific deduction ranges. The maximum deduction for a slight hop is categorized as being up to 0.1. This reflects the importance of the landing in routines, as it is the final impression presented to the judges, yet it recognizes that small adjustments, such as a slight hop to regain balance, do not significantly detract from the overall performance. In contrast, larger mistakes or more significant hops would incur higher deductions, while extremely minor errors such as a mere step or a visual imbalance might be assessed differently. Thus, understanding the nuance of what constitutes a "slight hop" helps in applying the correct deduction, supporting the idea that while best performances aim for perfection, slight discrepancies in landings are viewed within a measured framework.

**6. What is the deduction for not incorporating any dance elements in the routine on beam?**

**A. 0.10**

**B. 0.20**

**C. 0.30**

**D. 0.40**

The deduction for not incorporating any dance elements in a beam routine is set at 0.20. This deduction reflects the importance of balance and artistry in gymnastics, particularly on the beam, where dance elements contribute to the overall presentation, execution, and fluidity of the routine. Incorporating these elements ensures that the gymnast demonstrates not only technical skills but also an understanding of choreography and expression, which are crucial for scoring. By not including dance elements, the routine may appear stiff and lack the essential connection between movements, suggesting the gymnast did not fulfill all requirements laid out in the routine. This deduction serves to maintain a standard for artistry that is necessary for competitive performance at this level. Thus, the value of 0.20 aligns with the judging criteria that emphasize the combination of skills, including artistic elements, in a gymnast's performance.

**7. What deduction applies when the circle to handstand angle is between 11-20 degrees?**

**A. 0.2 VP**

**B. 0.05 VP**

**C. 0.1 VP**

**D. 0 VP**

When assessing the angle of a circle to handstand in gymnastics, the relevant deduction applies based on how the gymnast positions their body during the transition from the circle to the handstand. If the angle is between 11-20 degrees off from the optimal vertical position, a specific deduction is made. In this case, a deduction of 0.05 value part (VP) is correct because this range signifies that the gymnast is close to achieving the correct position but has not fully reached the vertical alignment. The slight angle indicates that while the execution is relatively strong, there is enough deviation from the perfect form to warrant a small penalty in the value part evaluation. Thus, this deduction reflects the necessity for precision in gymnastics skills, especially in transitions like moving from a circle to a handstand. Understanding this system of deductions helps judges accurately evaluate performances based on strict criteria, emphasizing the importance of body alignment and skill execution in gymnastics.

**8. What is the maximum deduction for hitting the apparatus with foot/feet bars?**

**A. 0.10**

**B. 0.20**

**C. 0.30**

**D. 0.40**

The maximum deduction for hitting the apparatus with foot or feet bars is 0.20. This deduction reflects the importance of maintaining control and precision during a routine. When a gymnast makes contact with the apparatus in this manner, it indicates a loss of body alignment and can disrupt the overall flow and execution of the skill being performed. The deduction is designed to address this minor error without heavily penalizing the gymnast, as hitting the apparatus with the feet can be an involuntary mistake during a complex routine. In judging, it's vital to differentiate between more severe mistakes and minor infractions, and a deduction of 0.20 strikes a balance by recognizing the impact of the error while still allowing room for positive execution in the overall performance. Lower deductions reflect less significant errors, whereas higher deductions may be reserved for major infractions that considerably affect the routine.

**9. What is the maximum deduction for poor preflight technique in gymnastics?**

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

The maximum deduction for poor preflight technique in gymnastics is 0.2. This deduction applies specifically to elements where the gymnast's technique as they prepare for landing is not executed properly. Preflight technique is critical as it sets the foundation for a successful landing, and judges look for specific criteria such as body position, angle, and coherence in movement. A deduction of 0.2 reflects a significant enough error to impact the overall quality of the routine but does not represent a complete failure of the element. This is why the value is set at this level—acknowledging that while the gymnast may show considerable skill, a poor preflight can detract from the execution score due to safety and technical issues. Each deduction tier is designed to help maintain consistent judging that reflects the gymnast's performance accurately. Other deduction levels indicate either less serious issues or more glaring errors and, therefore, carry different value deductions.

**10. What is the maximum deduction for lack of balance control movements?**

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

In gymnastics judging, the deduction for lack of balance control movements is important for assessing a gymnast's performance. The maximum deduction for this particular aspect is indeed 0.3. This reflects the significant impact that balance has on the overall quality of a routine. When a gymnast demonstrates a lack of balance, it can manifest in various ways, such as wobbling, falling out of a skill, or requiring extra adjustments to regain stability. Since balance is critical for maintaining flow and execution, a higher deduction is applied to encourage precision and control in movements. In contrast, the other options represent lower deductions, which would not adequately reflect the importance of balance within a routine. Therefore, 0.3 serves as a strong incentive for gymnasts to focus on refining their balance control to enhance their performances.