

Judging Gymnastics: Level 9 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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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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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

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- 1. How much is the bonus for a B + E acro combination executed on the beam?**
 - A. 0.10**
 - B. 0.20**
 - C. 0.30**
 - D. 0.40**
- 2. What deduction should be applied if incorrect mats are used during a performance?**
 - A. 0.2**
 - B. 0.3**
 - C. 0.4**
 - D. 0.5**
- 3. What deduction applies for an insufficient lay, arch, or hip angle in post flight?**
 - A. Up to 0.4**
 - B. Up to 0.1**
 - C. Up to 0.3**
 - D. Up to 0.5**
- 4. In Level 9 floor routines, what is the maximum number of D acro elements allowed?**
 - A. None**
 - B. One**
 - C. Two**
 - D. Three**
- 5. What is the point deduction for a lack of a turn on one foot?**
 - A. 0.10**
 - B. 0.15**
 - C. 0.20**
 - D. 0.25**

6. If a gymnast scores between 9.0 and 9.475, what adjustment is necessary?

- A. 0.2
- B. 0.5
- C. 0.7
- D. 1.0

7. How much is deducted for an incomplete LA turn during the preflight phase?

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

8. In gymnastics, how is an additional arm swing during landing typically penalized?

- A. 0.05
- B. up to 0.1
- C. 0.2
- D. 0.5

9. In gymnastics, what is the deduction for a pike down position during landing?

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

10. What deduction applies for insufficient variation in rhythm and tempo throughout a floor routine?

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

Answers

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

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Explanations

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1. How much is the bonus for a B + E acro combination executed on the beam?

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

The bonus for a B + E acro combination on the beam is 0.20. In gymnastics judging, combinations of elements with varying difficulty can earn bonus points based on their levels. The specific combination of a B element, which represents a lower-level skill, paired with an E element, considered a higher-level skill, qualifies for a bonus, illustrating the gymnast's ability to execute both basic and advanced techniques successfully within their routine. This bonus recognizes the gymnast's skill in combining different levels of difficulty and encourages gymnasts to incorporate more complex elements into their routines, enhancing both the performance's technical merit and its overall artistic impression. The established value of 0.20 for this specific combination reflects the standard scoring regulations set forth in the Code of Points for gymnastics, which judges reference when scoring routines.

2. What deduction should be applied if incorrect mats are used during a performance?

- A. 0.2**
- B. 0.3**
- C. 0.4**
- D. 0.5**

When incorrect mats are used during a gymnastics performance, the appropriate deduction is 0.3. This guideline is rooted in ensuring that the safety and performance integrity of the gymnasts are upheld. Using mats that are not suitable for the routine can significantly affect both the performance quality and the risk of injury. If the mats are deemed unsuitable, a deduction reflects the seriousness of this issue while allowing the gymnast to still compete. The 0.3 deduction serves as a balanced penalty, addressing the negative implications of the improper equipment without being overly punitive. It underscores the importance of using the correct apparatus for the safety and fairness of all competitors.

3. What deduction applies for an insufficient lay, arch, or hip angle in post flight?

- A. Up to 0.4**
- B. Up to 0.1**
- C. Up to 0.3**
- D. Up to 0.5**

The correct answer highlights that a deduction of up to 0.3 is applied for an insufficient lay, arch, or hip angle in post flight. This deduction is important in gymnastics scoring because it reflects the execution quality necessary for a well-performed skill. A properly executed lay, arch, or hip angle enhances the gymnast's body position, control, and overall aesthetic appeal during the post flight phase of a routine. In a gymnastics context, judges are tasked with assessing the body positions and execution of elements during a routine. Insufficient angles can lead to deductions, as they imply a lack of artistry, control, and proper technique. Though deductions can vary depending on the specific issue, a 0.3 deduction for these particular angles is consistent and aligned with established judging guidelines in the sport. This deduction recognizes that while the gymnast may still complete the skill, the execution falls short of the expected standards, warranting a measurable penalty without being overly punitive, as would be the case with larger deductions.

4. In Level 9 floor routines, what is the maximum number of D acro elements allowed?

- A. None**
- B. One**
- C. Two**
- D. Three**

In Level 9 floor routines, gymnasts are permitted to perform a maximum of one D-level acro element. This requirement ensures that the routines remain balanced and incorporate a variety of skill levels, maintaining an emphasis on execution and artistry while still challenging the gymnast. Having only one D acro element encourages athletes to focus on the quality and execution of that single skill instead of performing multiple D elements, which could detract from the overall complexity and artistry of the routine. This rule helps to promote a well-rounded performance that includes a mixture of mandatory elements and choreographed movements without overwhelming gymnasts with excessively difficult skills at this level.

5. What is the point deduction for a lack of a turn on one foot?

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

When judging gymnastics, the deduction for a lack of a turn on one foot is set at 0.20 points. This deduction reflects the importance of executing a turn on one foot as part of the required elements in a routine. A turn on one foot demonstrates balance, control, and the gymnast's ability to perform complex skills, which are essential criteria for level 9 routines. Furthermore, the specific value of 0.20 points was determined by the governing bodies in gymnastics to ensure consistency in scoring and to encourage gymnasts to fulfill all required elements satisfactorily. This emphasizes not only the skill set needed to perform the turn but also contributes to the overall artistic impression of the routine. The other options reflect smaller deductions which would not accurately represent the significance of executing this particular skill.

6. If a gymnast scores between 9.0 and 9.475, what adjustment is necessary?

- A. 0.2**
- B. 0.5**
- C. 0.7**
- D. 1.0**

In gymnastics scoring, specific adjustments are made based on the final score obtained by the gymnast. When a gymnast scores between 9.0 and 9.475, an adjustment of 0.5 is applied. This adjustment is part of the scoring system designed to encourage fair competition and accurately reflect the gymnast's performance. This range suggests that the performance was solid but may not have been executed flawlessly. By implementing a standard adjustment of half a point, judges ensure that scores remain within a manageable range while also accounting for minor deductions that might occur during the routine. Other options would not be applicable in this situation, as they either signify a different scoring tier or adjustment not relevant to scores falling between 9.0 and 9.475. Thus, understanding the specific adjustment of 0.5 helps both judges and gymnasts maintain consistency and fairness in scoring.

7. How much is deducted for an incomplete LA turn during the preflight phase?

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

The deduction for an incomplete LA (Los Angeles) turn during the preflight phase is specifically set at 0.3. This particular deduction is applied because the gymnast does not fulfill the required elements of the skill as prescribed in the judging codes. An incomplete LA turn suggests that the gymnast either did not complete the full rotation or there was a significant lack of control during the execution of the turn. This deduction reflects the importance of precision and proper technique in gymnastics routines, particularly during critical phases like the preflight, where the execution lays the groundwork for the entire skill. Recognizing these small but significant details is essential for accurate judging.

8. In gymnastics, how is an additional arm swing during landing typically penalized?

- A. 0.05**
- B. up to 0.1**
- C. 0.2**
- D. 0.5**

An additional arm swing during landing in gymnastics is penalized to maintain consistent judging standards concerning a gymnast's control and stability upon landing. When a gymnast completes a routine element and lands with an arm swing, it indicates a lack of balance or control, which is considered a deduction to reflect the technical execution of the skill. The penalty of up to 0.1 is standard for this type of error, allowing judges to assess the severity of the deduction based on the extent of the arm swing. This deduction is not as severe as those for more significant errors like falls or significant steps taken away from the intended landing position, which would incur larger penalties. Thus, the specific amount of 0.1 serves to reflect the importance of precision and control in landing while still providing some leniency for minor errors. This deduction structure encourages gymnasts to improve their stability during routines without heavily penalizing smaller mistakes that do not drastically affect the overall performance.

9. In gymnastics, what is the deduction for a pike down position during landing?

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

In gymnastics, a pike down position during landing is considered a significant error, as it indicates that the gymnast did not achieve the proper body position and control upon landing. The deduction for this error is generally set at 0.2. This deduction reflects the impact such a position has on both the execution and overall presentation of the routine. When a gymnast lands in a pike down position, it suggests a lack of stability, which is critical in maintaining form and demonstrating control. Therefore, the deduction accurately represents the severity of this error in the context of scoring.

10. What deduction applies for insufficient variation in rhythm and tempo throughout a floor routine?

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

The deduction for insufficient variation in rhythm and tempo throughout a floor routine is indeed 0.20. This deduction is applied when the gymnast fails to display a range of musicality or changes in tempo that would elevate the artistic performance of the routine. Rhythm and tempo are key elements in gymnastics that contribute to the overall impression of a routine; they allow the gymnast to connect with the music and enhance their movement quality. In a well-performed routine, gymnasts should incorporate different rhythms and tempos, seamlessly transitioning between them to express the music's dynamics and maintain audience engagement. If the routine is too uniform and lacks this variation, it fails to meet the artistic expectation, resulting in a deduction for insufficient variation in rhythm and tempo. The specific value of 0.20 indicates a moderate level of deduction, reflecting the importance of this aspect within the evaluation criteria.

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://judginggymnasticslvl9.examzify.com>

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

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