

Judging Gymnastics: Level 9 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is the maximum deduction for a piked down dismount on bars?**
 - A. up to 0.10**
 - B. up to 0.15**
 - C. up to 0.20**
 - D. 0.25**
- 2. What is the deduction for a split leap where 1-20 degrees is missing?**
 - A. 0.05-0.10**
 - B. 0.15-0.20**
 - C. 0.10**
 - D. 1.00**
- 3. Which of the following represents a situation where a score is VOID?**
 - A. No hand contact on table**
 - B. One hand on table**
 - C. Support/repulsion phase too long**
 - D. Head contact on table**
- 4. What is the maximum deduction for a support/repulsion phase angle of repulsion at 1-45 degrees?**
 - A. 0.05**
 - B. 0.1**
 - C. 0.5**
 - D. 0.55**
- 5. What deduction is taken if a coach stands between the vault and the board?**
 - A. 0.3**
 - B. 0.5**
 - C. 1.0**
 - D. No deduction**

- 6. What deduction is given for head contact on the table during a routine?**
- A. 0.5**
 - B. 1.0**
 - C. 1.5**
 - D. 2.0**
- 7. How much is deducted for lack of balance between acro and dance VP elements on the beam?**
- A. 0.05**
 - B. 0.10**
 - C. 0.15**
 - D. up to 0.20**
- 8. What deduction is applicable for a dismount salto if the height is deemed insufficient?**
- A. 0.20**
 - B. 0.30**
 - C. No deduction**
 - D. 0.10**
- 9. How is amplitude assessed in release moves on low bar?**
- A. Based on the speed of execution**
 - B. In terms of angle completed**
 - C. Based on height achieved**
 - D. Measured against horizontal lines**
- 10. For a gymnast's routine, what is the maximum deduction for lack of proper body shape during elements?**
- A. 0.20**
 - B. 0.30**
 - C. 0.40**
 - D. 0.50**

Answers

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

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Explanations

1. What is the maximum deduction for a piked down dismount on bars?

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

The maximum deduction for a piked down dismount on bars is indeed up to 0.20. This deduction reflects the judges' assessment of the execution quality of the dismount, which includes aspects such as the body position during the dismount and the landing. A piked position during the dismount can indicate a lack of control and precision, which are crucial for a clean and well-executed exit from the apparatus. Judges evaluate the performance nuances, and the maximum 0.20 deduction aligns with the severity of the technique faults commonly associated with a piked down dismount. This standard is established to maintain consistency in scoring across all gymnasts, ensuring that the deductions reflect the gymnasts' adherence to the technical requirements of the dismount. In this case, the 0.20 maximum deduction is appropriate, considering that significant issues in execution can severely impact the overall performance score.

2. What is the deduction for a split leap where 1-20 degrees is missing?

- A. 0.05-0.10**
- B. 0.15-0.20**
- C. 0.10**
- D. 1.00**

The deduction for a split leap where the split position is missing by 1-20 degrees is indeed in the range of 0.05 to 0.10. In gymnastics, the execution of skills such as split leaps is evaluated on how closely they conform to the required positions. A split leap requires the gymnast to achieve a specific angle between their legs to demonstrate proper form and technique. When the split is not fully achieved, judges assess the degree of deviation from the ideal position. Missing the split by 1-20 degrees indicates that the gymnast is not significantly off from the standard but does have a noticeable deficiency in the execution. Therefore, the deductions are minimal and fall within the range outlined. The slight deduction reflects the gymnast's effort and skill, while still acknowledging the technical requirement that was not fully met. The other options suggest higher deductions or specific single amounts, which do not align with the established guidelines for the degree of split missed, thus making them unsuitable for this scenario.

3. Which of the following represents a situation where a score is VOID?

- A. No hand contact on table**
- B. One hand on table**
- C. Support/repulsion phase too long**
- D. Head contact on table**

A score is considered VOID in the context of gymnastics when there is a significant violation of the rules that prevents the gymnast from executing a valid routine. In this case, a scenario where there is no hand contact on the table represents a fundamental failure to perform a required element of the skill, such as the handspring or vault. Contact with the apparatus is essential for the skill to be valid; without it, the routine cannot be scored, hence resulting in a VOID score. The other situations, while they may involve deductions, still allow for the routine to be considered valid. For instance, one hand on the table may indicate a lack of control but does not disqualify the effort entirely. Similarly, if the support/repulsion phase is too long, it may incur a deduction for execution but still possesses the basic elements of the skill. Head contact on the table typically does not negate the overall validity of the skill; instead, it can be judged based on the impact on execution.

4. What is the maximum deduction for a support/repulsion phase angle of repulsion at 1-45 degrees?

- A. 0.05**
- B. 0.1**
- C. 0.5**
- D. 0.55**

The maximum deduction for a support/repulsion phase angle of repulsion at 1-45 degrees is appropriately set at 0.5. This particular range indicates a specific alignment of the gymnast during their transition or release from an apparatus. The deduction exists to emphasize the importance of body positioning and technique during the support phase as the gymnast prepares to repulse off the apparatus. A deduction of 0.5 reflects a significant fault, which is consistent with its clear impact on the gymnast's overall execution and performance quality. Such a noticeable angle suggests that the gymnast's form is compromised, which could potentially affect their stability and the success of subsequent elements. By setting the deduction at this level, it aligns with the governing rules and standards in gymnastics judging, highlighting this deviation as a major point of concern without penalizing the athlete excessively. This approach ensures that judges can effectively evaluate the gymnast's technical performance while maintaining consistency in scoring across different athletes.

5. What deduction is taken if a coach stands between the vault and the board?

A. 0.3

B. 0.5

C. 1.0

D. No deduction

When a coach stands between the vault and the board during a gymnast's vault, it interferes with the execution of the skill and the safety of the gymnast. The deduction of 0.5 is specifically applied in this instance as it signifies a significant error that can impact the performance. This deduction recognizes that the coach's presence in the landing area could potentially distract the gymnast or cause an obstruction during the execution of the vault, which is taken seriously in gymnastics judging. The deduction emphasizes the importance of clear boundaries and proper coaching practices to ensure both the safety and performance quality of the gymnast.

6. What deduction is given for head contact on the table during a routine?

A. 0.5

B. 1.0

C. 1.5

D. 2.0

A deduction of 2.0 is applicable for head contact on the table during a routine because such contact is considered a significant safety violation. In gymnastics, safety is paramount, and any instance of head contact not only poses a risk of injury but also reflects a failure in execution, control, or technique. The severity of this deduction is intended to emphasize the importance of performing skills with precision to avoid dangerous situations. This strict penalty reinforces the rules governing gymnastic routines, ensuring that athletes prioritize their safety and execution quality. Thus, the high deduction accurately reflects the seriousness of the error.

7. How much is deducted for lack of balance between acro and dance VP elements on the beam?

A. 0.05

B. 0.10

C. 0.15

D. up to 0.20

The deduction for lack of balance between acro and dance value parts (VP elements) on the balance beam is set at up to 0.20. This reflects the importance of a well-rounded routine that includes a harmonious integration of acrobatic elements and dance elements. The judges are looking for a balanced composition that showcases the gymnasts' versatility and skill in both categories. If a gymnast's routine heavily favors one type of element over the other, this lack of variety and balance can result in a significant deduction. The maximum deduction is designed to emphasize the necessity for gymnasts to showcase a balanced skill set, rewarding those who successfully incorporate a mixture of both acro and dance elements within their routines.

8. What deduction is applicable for a dismount salto if the height is deemed insufficient?

A. 0.20

B. 0.30

C. No deduction

D. 0.10

In gymnastics, when evaluating dismounts that involve a salto, judges are required to assess several components, including the height achieved during the salto. If a gymnast's dismount salto is considered to have an insufficient height, a deduction is incurred to reflect the lack of technical execution and difficulty. The specific deduction for insufficient height is set at 0.30. This deduction is significant, as it directly impacts the gymnast's overall score by penalizing them for not executing the skill with the required amplitude. Height is a critical factor because it not only demonstrates the gymnast's power and technique, but also affects the overall presentation and landing of the dismount, which is vital in high-level gymnastics competitions. The other deductions or options do not accurately represent the penalty assigned in this situation, as they pertain to different aspects of execution or are not applicable in this context. Therefore, the correct deduction for a dismount salto with insufficient height is indeed 0.30.

9. How is amplitude assessed in release moves on low bar?

A. Based on the speed of execution

B. In terms of angle completed

C. Based on height achieved

D. Measured against horizontal lines

Amplitude in release moves on the low bar refers to the height achieved by the gymnast during the motion. When a gymnast performs a release move, judges look for how high the gymnast is able to get off the bar before re-grasping it, as this demonstrates the athlete's strength, technique, and overall execution of the skill. A higher release signifies greater control and mastery over the movement, making it a key aspect of the assessment. While other factors, such as execution speed or angles, may contribute to the overall impression of the skill, they do not directly measure the amplitude in terms of how high the gymnast has traveled away from the bar. Therefore, the focus on the height achieved during a release move makes this the correct choice for assessing amplitude in this context.

10. For a gymnast's routine, what is the maximum deduction for lack of proper body shape during elements?

A. 0.20

B. 0.30

C. 0.40

D. 0.50

The maximum deduction for lack of proper body shape during elements in a gymnast's routine is 0.30. This deduction is applied when the gymnast fails to maintain appropriate body alignment and form throughout their performance, which is crucial for achieving a high score in gymnastics. Proper body shape contributes not only to the aesthetic quality of the routine but also to the execution and overall skill level recognized by judges. When assessing body shape, judges look for positions that showcase the gymnast's control and technique. Deviations from the expected form, such as arching, bending limbs excessively, or not aligning the body correctly, can lead to deductions. Specifically, a deduction of 0.30 accounts for significant but not the most severe violations of body shape. Other levels of deductions exist, but 0.30 signifies a moderate error in execution related to body form without reaching the most critical infractions that might incur higher penalties. This underscores the importance of maintaining a strong and correct body shape throughout all elements in a routine for overall performance quality and scoring consistency.

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!