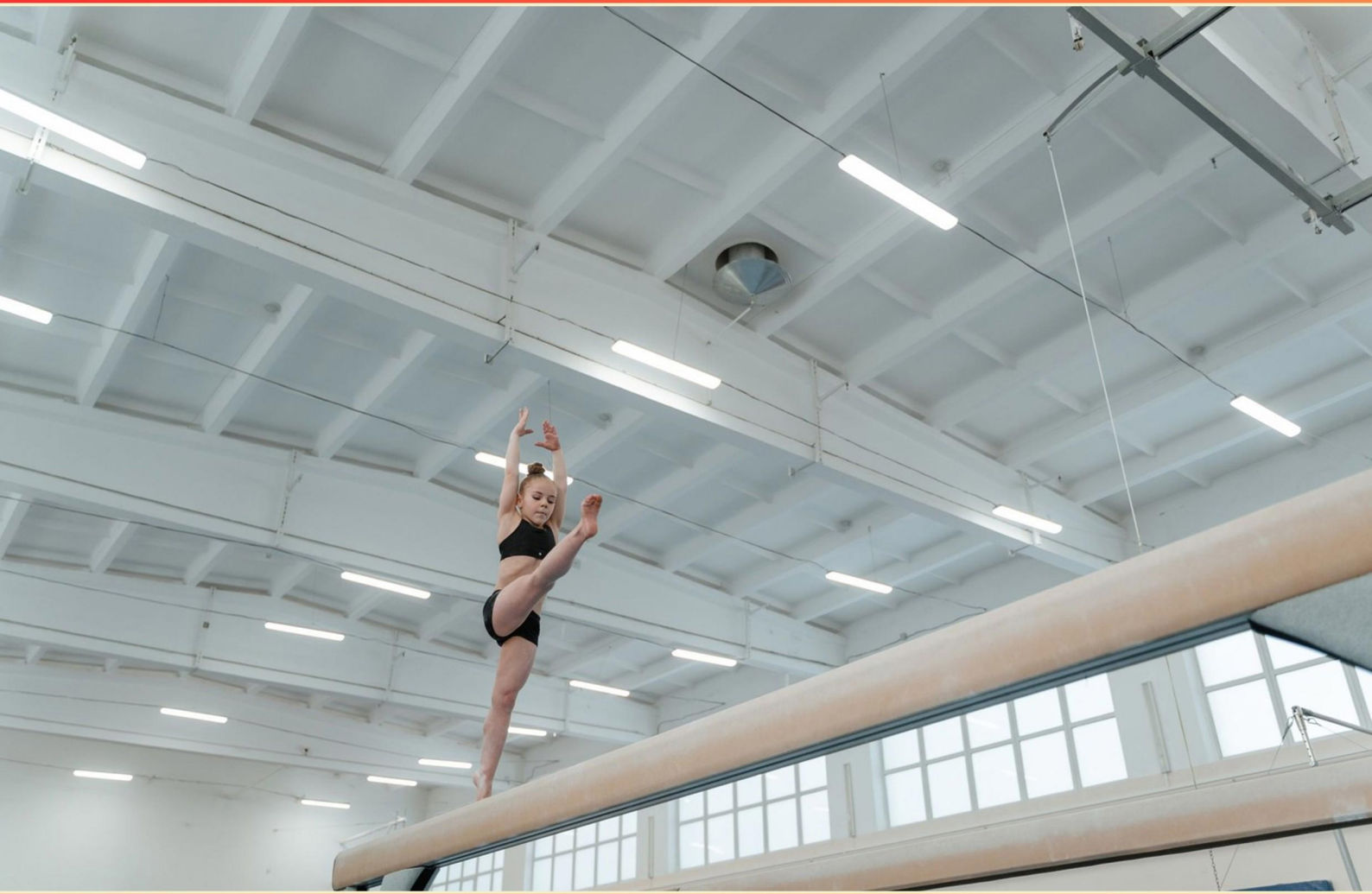


JUDGING GYMNASTICS: LEVEL 9 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://judginggymnasticslvl9.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. How much can be deducted for bent knees during a gymnastics routine?**
 - A. 0.1
 - B. 0.2
 - C. 0.3
 - D. 0.4
- 2. What is the maximum point deduction for floor exercise elements not meeting specified requirements?**
 - A. up to 0.20
 - B. up to 0.25
 - C. up to 0.30
 - D. up to 0.35
- 3. What deduction is assessed for insufficient exactness of tuck, pike, or stretched position in Value Part elements on the beam?**
 - A. Up to 0.10
 - B. Up to 0.20
 - C. Up to 0.30
 - D. Up to 0.50
- 4. What is the deduction for insufficient distance in the post flight phase?**
 - A. Up to 0.5
 - B. Up to 0.3
 - C. Up to 0.4
 - D. Up to 0.2
- 5. How many dance elements are required in a beam routine to avoid deductions?**
 - A. 1
 - B. 2
 - C. 3
 - D. 4

- 6. What angle range can result in a 0.10 deduction for a cast?**
- A. 10-20 degrees
 - B. 21-30 degrees
 - C. 31-45 degrees
 - D. 0-10 degrees
- 7. How much is deducted for a large step during the landing?**
- A. 0.1
 - B. Up to 0.2
 - C. Up to 0.3
 - D. 0.2
- 8. How are extra steps during the landing phase penalized?**
- A. 0.1 each, max 4
 - B. Up to 0.1
 - C. Up to 0.2
 - D. Up to 0.3
- 9. What is the deduction for missing a turn of 90 degrees or more on the beam?**
- A. 0.05 deduction
 - B. 0.10 deduction
 - C. 0.15 deduction
 - D. Lower value part awarded
- 10. In Level 9, what is the minimum number of bar changes required?**
- A. One
 - B. Two
 - C. Three
 - D. Four

Answers

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

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Explanations

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1. How much can be deducted for bent knees during a gymnastics routine?

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

In gymnastics judging, bent knees are considered a common form deduction that can occur during various elements of a routine. The deduction for bent knees is typically assessed based on the severity and duration of the bend. A deduction of 0.3 is appropriate when the gymnast demonstrates noticeable bent knees throughout significant elements of their routine, especially if the knees are consistently bent during the execution of skills where straight legs are expected. This level of deduction reflects a moderate error, acknowledging that the technical execution of the maneuver has been compromised but not to the extent that it warrants the highest level of deduction. Smaller deductions, such as 0.1 or 0.2, would apply for minor or momentary instances of bent knees that do not significantly detract from the overall performance. The 0.4 deduction usually pertains to more severe errors or falls, which would not strictly apply to the issue of bent knees alone. Therefore, a 0.3 deduction serves as a justified assessment for this particular execution fault, capturing the impact of bent knees on the overall aesthetic and technical integrity of the gymnast's performance.

2. What is the maximum point deduction for floor exercise elements not meeting specified requirements?

- A. up to 0.20**
- B. up to 0.25
- C. up to 0.30
- D. up to 0.35

The maximum point deduction for floor exercise elements not meeting specified requirements is up to 0.20. This is in line with the established judging guidelines that aim to maintain consistency and fairness in scoring across all gymnastic performances. Each element in a routine must meet certain technical standards, and failing to adhere to these results in deductions. In a gymnastic routine, judges assess the execution of various elements, and deviations from required criteria—such as errors in landings, incomplete turns, or lack of intended movements—can lead to deductions. The 0.20 deduction represents significant but measured consequences, allowing gymnasts to refine their technical skills while still recognizing that even smaller errors occur as a natural part of performance. Other options reflect higher potential deductions, which typically apply to more severe violations or cumulative errors in a routine. Since the scoring system is designed to encourage skill development and proper execution, it establishes a limit on deductions that allows for the constructive assessment of gymnasts' performances.

3. What deduction is assessed for insufficient exactness of tuck, pike, or stretched position in Value Part elements on the beam?

- A. Up to 0.10
- B. Up to 0.20**
- C. Up to 0.30
- D. Up to 0.50

When evaluating the position of a gymnast during their performance on the beam, judges are attentive to the exactness of the tuck, pike, or stretched positions in Value Part elements. Insufficient exactness refers to how well the gymnast maintains the intended body shape and alignment throughout the element. The deduction for lack of proper form or position typically falls within a specific range, and for the level of gymnastics being assessed, this particular infraction has been determined to carry a deduction of up to 0.20. This reflects the importance of precision in gymnastics, particularly in a discipline where form can significantly impact overall execution scores. Deductions are designed to encourage gymnasts to adhere to the established standards of body positions, thus fostering improvement in performance quality. The lower limit of deductions, such as 0.10, does not adequately capture the importance of exactness in higher-level gymnastics, while higher deductions like 0.30 and 0.50 would be too severe for this specific type of form error within the context of Value Part elements on the beam. Thus, a deduction of up to 0.20 is appropriate for insufficient exactness in this context.

4. What is the deduction for insufficient distance in the post flight phase?

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

In gymnastics, the post flight phase refers to the period after a gymnast has completed their aerial skills and begins their descent. When a gymnast does not achieve the required distance during this phase, it can impact the overall execution of the routine. The correct deduction for insufficient distance in the post flight phase is up to 0.3. This deduction is applied to emphasize the importance of not just completing skills, but doing so with the appropriate amplitude and distance, which enhances the overall aesthetic and technical quality of the performance. Gymnasts need to demonstrate proper control and placement upon landing; if they fall short, judges will assess the performance with this deduction accordingly. Understanding how judges evaluate each phase of a routine helps gymnasts focus on areas that may require improvement to maximize their scores during competitions.

5. How many dance elements are required in a beam routine to avoid deductions?

- A. 1
- B. 2**
- C. 3
- D. 4

In a Level 9 beam routine, to meet the requirements and avoid deductions, the gymnast must perform at least two dance elements. This requirement ensures that the routine showcases not only strength and acrobatic skills but also artistic expression and the ability to perform dance connections effectively. Incorporating dance elements contributes to the overall composition of the routine and reflects the gymnast's versatility and finesse. Meeting or exceeding this minimum requirement allows the gymnast to gain valuable connection bonus points and demonstrates proficiency in the artistry component of gymnastics. Therefore, performing two dance elements is essential for fulfilling these aspects in a Level 9 routine while avoiding any penalties related to element requirements.

6. What angle range can result in a 0.10 deduction for a cast?

- A. 10-20 degrees
- B. 21-30 degrees**
- C. 31-45 degrees
- D. 0-10 degrees

When judging a cast in gymnastics, a deduction of 0.10 is typically applied when the angle of the body relative to the bar is between 21 to 30 degrees from horizontal. This range signifies that the gymnast has not achieved a sufficiently vertical position during the cast, which is essential for proper execution and aesthetics in the routine. The importance of this angle range lies in meeting the technical requirements for casts, where judges are looking for near-vertical alignment to avoid deductions. When a cast falls within the specified range of 21-30 degrees, it indicates a noticeable but not severe issue with the execution, justifying a 0.10 deduction. Understanding the nuances of these angle ranges helps in accurately assessing performances, ensuring that gymnasts receive proper feedback on their techniques, and encouraging improvements in their skills.

7. How much is deducted for a large step during the landing?

- A. 0.1
- B. Up to 0.2
- C. Up to 0.3
- D. 0.2**

A large step during landing is an important element that judges observe in gymnastics routines. The deduction for a large step typically falls within a range established by the FIG (Fédération Internationale de Gymnastique) code of points. When a gymnast takes a significant step upon landing, it indicates a lack of control or stability, which can adversely affect the overall execution score of the routine. In this case, the maximum allowable deduction is generally set at 0.2 for a large step. This standard recognizes the difference between a minor adjustment and a clear loss of control, allowing judges to appropriately penalize significant errors while still taking into account the gymnast's performance quality. Therefore, the chosen answer accurately reflects the deduction protocol outlined in the judging guidelines for gymnastics.

8. How are extra steps during the landing phase penalized?

A. 0.1 each, max 4

B. Up to 0.1

C. Up to 0.2

D. Up to 0.3

Extra steps during the landing phase are penalized in a specific manner to reflect the degree of control a gymnast has upon landing. Each additional step taken is penalized at a rate of 0.1 points, with a maximum deduction of 0.4 points for four or more extra steps. This penalty system emphasizes the importance of a clean landing, which is pivotal in competitive gymnastics. A well-executed landing, ideally with no steps, demonstrates proper technique and stability, crucial elements judged in routines. The structure of the penalties allows judges to systematically evaluate the level of deductions based on the gymnast's performance. A maximum penalty for four extra steps is a common standard in gymnastics judging, helping maintain consistency across evaluations. It also encourages gymnasts to strive for precision and control throughout their routine, particularly during the critical landing phase.

9. What is the deduction for missing a turn of 90 degrees or more on the beam?

A. 0.05 deduction

B. 0.10 deduction

C. 0.15 deduction

D. Lower value part awarded

When a gymnast misses a turn of 90 degrees or more on the beam, there is a specific deduction related to the difficulty achieved during the routine. If a turn is not executed correctly and a significant error occurs, such as failing to complete the rotation, the gymnast may not receive the value assigned to that element. Thus, opting for the lower value being awarded directly reflects the gymnast's failure to complete the turn as intended. This deduction is applied because the execution of the skill is vital to overall performance, and not achieving the required turn constitutes a significant error that impacts the quality of the routine. This rationale explains why the choice regarding the lower value part being awarded is the correct answer for this question. It emphasizes the importance of technical execution in gymnastics, especially at higher levels such as Level 9.

10. In Level 9, what is the minimum number of bar changes required?

A. One

B. Two

C. Three

D. Four

For Level 9 gymnastics, the routine on the bars requires a minimum of two bar changes to meet the skill level expectations set by the judging criteria. The inclusion of multiple bar changes is designed to demonstrate the gymnast's ability to perform a variety of skills and transitions while maximizing the use of the apparatus. Having at least two bar changes allows the gymnast to showcase their proficiency in executing different grips and transitions, which adds complexity and difficulty to the routine. This criterion emphasizes the importance of variety and fluidity in the gymnast's performance, key components that judges look for in scoring. All routines must meet this minimum requirement to ensure that gymnasts are demonstrating the necessary skills capable of competing at this level.

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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