

Judging Gymnastics: Levels 4 and 5 Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. For a Level 5 beam dismount, what is the deduction for having simultaneous hand placement?**
 - A. 0.05**
 - B. 0.10**
 - C. 0.15**
 - D. 0.20**
- 2. In Level 5 floor, what is the deduction for failing to land with feet simultaneously after a FHS?**
 - A. 0.10**
 - B. 0.20**
 - C. 0.30**
 - D. 0.40**
- 3. What flaw in the execution of a cast results in a deduction of up to 0.30?**
 - A. Incorrect timing**
 - B. Insufficient amplitude**
 - C. Insufficient push**
 - D. Faulty body position**
- 4. What deduction applies if the hips contact the bar during the first counterswing at Level 5 bars?**
 - A. 0.10**
 - B. 0.20**
 - C. 0.30**
 - D. 0.40**
- 5. What deduction applies for failure to perform steps and pivot turns in high releve during a routine?**
 - A. 0.1**
 - B. 0.2**
 - C. 0.3**
 - D. 0.4**

- 6. How much is deducted for a failure to step out during a flic flac on the Level 5 beam?**
- A. 0.15**
 - B. 0.20**
 - C. 0.25**
 - D. 0.30**
- 7. What deduction is assessed for a coach standing next to the beam throughout a gymnast's exercise?**
- A. 0.10**
 - B. 0.20**
 - C. 0.25**
 - D. 0.30**
- 8. What is the maximum deduction for showing a failure to achieve a straight line from hands to hips in a tap swing forward on Level 5 bars?**
- A. Up to 0.10**
 - B. Up to 0.20**
 - C. 0.30**
 - D. No deduction**
- 9. What is the correct score for a squat in gymnastics routines?**
- A. 0.1**
 - B. 0.2**
 - C. 0.3**
 - D. 0.4**
- 10. How much is a kip valued at in gymnastics?**
- A. 0.50**
 - B. 0.60**
 - C. 0.70**
 - D. 0.80**

Answers

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

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Explanations

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1. For a Level 5 beam dismount, what is the deduction for having simultaneous hand placement?

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

In gymnastics, particularly at Level 5, deductions are applied based on the execution of skills. For a beam dismount, if a gymnast places both hands on the beam simultaneously when landing, this indicates a level of control that does not align with the expected landing technique. The standard deduction for this specific situation is 0.10. This deduction reflects the importance placed on maintaining proper form and execution, which includes the separation of hand placements during dismounts. A simultaneous hand placement suggests either a lack of preparation for the landing or a struggle with balance, both of which can affect the overall impression of the performance. The intention of deductions is to ensure that gymnasts adhere to technical standards, and this specific deduction serves to uphold the integrity of the skill performed. Consequently, the answer of 0.10 for simultaneous hand placement in a Level 5 beam dismount is accurate, as it aligns with the established judging guidelines.

2. In Level 5 floor, what is the deduction for failing to land with feet simultaneously after a FHS?

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

The correct deduction for failing to land with feet simultaneously after a front handspring (FHS) in Level 5 floor routines is indeed 0.10. This deduction is based on the rules established by the governing bodies of gymnastics, which emphasize the importance of achieving proper technique and execution. When a gymnast performs a front handspring, it is critical that they land with their feet together for the skill to be executed correctly and to demonstrate control. If the landing is not performed with both feet landing simultaneously, it signals a lack of precision in the routine, which is why the judges apply a minor deduction. A deduction of 0.10 reflects that this error, while noted, does not significantly impair the overall quality of the routine in comparison to more serious faults that would warrant greater deductions.

3. What flaw in the execution of a cast results in a deduction of up to 0.30?

- A. Incorrect timing**
- B. Insufficient amplitude**
- C. Insufficient push**
- D. Faulty body position**

Insufficient amplitude in a cast refers to how high or far the gymnast lifts their body away from the horizontal plane of the bar during the execution of the skill. In gymnastics, amplitude is crucial for showcasing the skill effectively. A cast should ideally reach a position that elevates the gymnast's hips well above the level of the bar. When the amplitude is insufficient, it indicates a lack of proper technique and strength, which detracts from the overall execution of the skill. This is significant in the judging process and results in a deduction of up to 0.30, as it does not meet the expected standard of performance required for a well-executed cast. This deduction also reflects the level of difficulty and the expectations of accuracy in movements at levels 4 and 5. Other possible flaws such as incorrect timing, insufficient push, and faulty body position may also incur deductions, but they do not specifically result in the same maximum deduction for amplitude issues. Understanding the importance of amplitude helps gymnasts focus on achieving the right body positioning and motions to fulfill judging criteria effectively.

4. What deduction applies if the hips contact the bar during the first counterswing at Level 5 bars?

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

When assessing a routine at Level 5 bars, if the hips make contact with the bar during the first counterswing, the appropriate deduction is 0.20. This deduction reflects a significant deviation from the expected execution in this skill. The contact indicates a loss of form and control, disrupting the fluidity and performance quality that judges look for. In gymnastics judging, maintaining a clean and precise technique is crucial. The counterswing is a foundational skill, and any contact with the apparatus would typically signal a reduction in the gymnast's performance level. The 0.20 deduction serves as a moderate penalty for this error, indicating that while it affects the routine's quality, it is not deemed as severe as other more critical mistakes that could result in higher deductions. Thus, this deduction aligns with established judging guidelines to ensure fair assessment of the gymnast's performance.

5. What deduction applies for failure to perform steps and pivot turns in high releve during a routine?

A. 0.1

B. 0.2

C. 0.3

D. 0.4

In gymnastics, executing specific elements, such as steps and pivot turns in high releve, is crucial for demonstrating control, balance, and the aesthetic quality of the routine. When a gymnast fails to perform these elements correctly, it directly impacts the overall execution score. A deduction of 0.2 applies in this situation because it reflects a moderate deviation from the expected execution. This deduction acknowledges that while the gymnast may still be performing the elements, they are not doing so in the intended manner, which is to showcase poise and skill in high releve. The standard for this type of deduction considers the importance of maintaining a high releve position, as it is fundamental to many elements of the routine, enhancing both the difficulty and beauty of the performance. Knowing the appropriate deductions allows judges to award points accurately based on the gymnast's adherence to the performance standards, ensuring a fair assessment of their routine.

6. How much is deducted for a failure to step out during a flic flac on the Level 5 beam?

A. 0.15

B. 0.20

C. 0.25

D. 0.30

In the context of gymnastics scoring, particularly for Level 5 beam routines, achieving a clean execution of skills is crucial for receiving a higher score. When performing a flic flac, or backward handspring, gymnasts should ideally demonstrate a clear and controlled landing — which includes stepping out onto the beam following the skill. When a gymnast fails to step out correctly after a flic flac, it indicates a lack of control and proper technique. The deduction for this specific error is set at 0.20. This reflects the importance of execution in gymnastics, where attention to transitions and landings is critical. Deductions in gymnastics are used to penalize deviations from the expected performance criteria, and in this case, the 0.20 deduction serves to emphasize the need for precise and deliberate movement post-skill.

7. What deduction is assessed for a coach standing next to the beam throughout a gymnast's exercise?

A. 0.10

B. 0.20

C. 0.25

D. 0.30

In gymnastics judging, a deduction of 0.10 is assessed when a coach stands next to the beam during a gymnast's exercise. This rule is in place to ensure that gymnasts perform their routines independently, without direct physical support or encouragement from coaches while they are executing their skills. The presence of a coach can be distracting and may affect the gymnast's performance, which is why a minor deduction is applied. This encourages the development of the gymnast's confidence and ability to perform on their own. The specific deduction amount may vary depending on the level of support provided or the rules in place, but in this case, standing next to the beam constitutes a minor infraction rather than a more serious support issue, which would warrant a higher deduction. This ensures that judges apply a consistent approach while addressing coaching involvement during routines.

8. What is the maximum deduction for showing a failure to achieve a straight line from hands to hips in a tap swing forward on Level 5 bars?

A. Up to 0.10

B. Up to 0.20

C. 0.30

D. No deduction

The maximum deduction for showing a failure to achieve a straight line from hands to hips in a tap swing forward on Level 5 bars is up to 0.20. This deduction applies when the gymnast does not maintain the correct body alignment during the skill execution. Achieving a straight line from the hands to the hips is crucial for the execution criteria and overall aesthetic of the movement, reflecting proper form and technique. When this alignment is off, it compromises the skill's overall effectiveness and can detract from the performance score, resulting in a deduction. A maximum of 0.20 allows judges to emphasize the importance of alignment in executing skills at this level, as it's essential for both safety and presentation in gymnastics.

9. What is the correct score for a squat in gymnastics routines?

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

In gymnastics, scoring is based on performance execution, with specific deductions applied for flaws in the execution of skills. The correct score for a squat within a routine, particularly at the Level 4 and 5 gymnastics levels, is typically assigned a deduction of 0.2. This deduction reflects minor errors related to the execution of the squat, such as insufficient depth, lack of control, or poor form that would detract from the overall presentation and technical merit of the skill. Choosing the score of 0.2 appropriately acknowledges that while there may be minor faults present, they do not significantly undermine the overall quality of the performance. This approach allows for a fair assessment, recognizing small execution errors while still valuing the gymnast's effort and skill development.

10. How much is a kip valued at in gymnastics?

- A. 0.50
- B. 0.60**
- C. 0.70
- D. 0.80

A kip is valued at 0.60 in gymnastics. This value reflects the skill's complexity and execution in a routine. In the scoring system for Levels 4 and 5, the kip demonstrates both strength and technique, which are crucial elements judges look for. A gymnast performing a kip is expected to show fluidity and control while transitioning from a hanging position to a support position on the bar. The value assigned to the kip helps standardize scoring across competitions, ensuring judges evaluate the skill consistently. This is particularly important as gymnasts aim to accumulate points and achieve competitive scores through their routines.