

Judging Gymnastics: Levels 4 and 5 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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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

- 1. What is the deduction for a level 4 vault involving the aid of a coach?**
 - A. 2.00**
 - B. 1.00**
 - C. 0.50**
 - D. 0.10**
- 2. What deduction applies for incorrect foot form on uneven bars, balance beam, or floor exercise?**
 - A. Each time 0.03**
 - B. Each time 0.05**
 - C. Each time 0.1**
 - D. No penalty**
- 3. For a round off back handspring series, what is the maximum deduction for lack of acceleration between elements?**
 - A. 0.10**
 - B. 0.20**
 - C. 0.30**
 - D. 0.05**
- 4. What is the deduction for exceeding the allotted time for a performance?**
 - A. 0.05**
 - B. 0.10**
 - C. 0.15**
 - D. 0.20**
- 5. During a clear hip circle, if the hips touch the bar as the upswing finishes, what is the deduction?**
 - A. 0.20**
 - B. 0.40**
 - C. 0.60**
 - D. 0.80**

- 6. What is the deduction for providing verbal cues during a gymnast's performance?**
- A. 0.10**
 - B. 0.20**
 - C. 0.30**
 - D. 0.40**
- 7. How much is deducted each time an athlete's body touches outside the floor exercise area?**
- A. 0.05**
 - B. 0.10**
 - C. 0.15**
 - D. 0.20**
- 8. 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**
- 9. What is the penalty for insufficient quickness of hands in flight elements with hand support?**
- A. 0.2**
 - B. 0.25**
 - C. 0.1**
 - D. 0.3**
- 10. What is the consequence for a coach standing between bars or next to the beam throughout an entire exercise?**
- A. 0.0**
 - B. 0.1**
 - C. 0.3**
 - D. 0.5**

Answers

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

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Explanations

1. What is the deduction for a level 4 vault involving the aid of a coach?

A. 2.00

B. 1.00

C. 0.50

D. 0.10

In gymnastics, when a competitor receives assistance from a coach during their vault, it results in a specific deduction to maintain the integrity and challenge of the sport. For a level 4 vault, the deduction for the involvement of a coach is indeed 2.00 points. This significant deduction reflects the importance of independent execution in vaults, which is meant to assess the gymnast's ability to perform the skill without external help. Although other deductions might pertain to minor errors or procedural infractions, using a coach provides substantial support that directly interferes with the athlete's performance. Therefore, to uphold competition standards and encourage self-reliance among gymnasts, a 2.00 deduction is applied in such scenarios.

2. What deduction applies for incorrect foot form on uneven bars, balance beam, or floor exercise?

A. Each time 0.03

B. Each time 0.05

C. Each time 0.1

D. No penalty

The deduction for incorrect foot form on the uneven bars, balance beam, or floor exercise is set at 0.05 for each instance of poor foot form. This is established as part of the gymnastics scoring system to encourage gymnasts to maintain proper technique and aesthetics in their routines. In gymnastics, foot positioning is crucial not only for the performance but also for safety and execution quality. A deduction of 0.05 acknowledges minor infractions in foot form while still allowing for a gymnast's overall performance to be assessed favorably if other elements are executed well. This motivates gymnasts to focus on precision in their footwork, which adds to the overall visual and technical quality of their routines. The other options either reflect deductions that are too high or suggest no penalty, which does not align with the standards set for judging at these levels. A lower deduction emphasizes the importance of corrective guidance rather than punitive measures, thus supporting the gymnast's growth and performance improvement.

3. For a round off back handspring series, what is the maximum deduction for lack of acceleration between elements?

A. 0.10

B. 0.20

C. 0.30

D. 0.05

The maximum deduction for lack of acceleration between elements in a round off back handspring series is 0.05. This deduction reflects the expectation that gymnasts should demonstrate continuity and fluidity in their movements. When a gymnast executes a round off followed by a back handspring, the transition should be smooth and purposeful, showing a clear flow from one element to the next. A lack of acceleration can indicate a hesitation or a loss of momentum, which detracts from the overall performance quality. However, since this deduction is relatively minor, it emphasizes that while acceleration is important for fluidity, it is just one aspect of the gymnast's performance. Deductions for lack of acceleration are limited to a maximum of 0.05 because the judges prioritize the overall execution and connection of the skills rather than just focusing on speed alone. Other deductions might apply for execution errors, but those are separate from the concern of acceleration.

4. What is the deduction for exceeding the allotted time for a performance?

A. 0.05

B. 0.10

C. 0.15

D. 0.20

The deduction for exceeding the allotted time for a performance in gymnastics is specifically set at 0.10. This is established to encourage gymnasts to manage their routines efficiently within the time constraints, which is a crucial aspect of performance evaluation. Exceeding the time limit can disrupt the flow of the event, potentially impacting both the overall presentation and the scheduling of the competition. Therefore, the 0.10 deduction reflects a significant yet manageable penalty that judges apply to encourage adherence to performance guidelines without excessively punishing the gymnast. This deduction helps maintain fairness and consistency across all performances, as all gymnasts are expected to comply with the same time requirements.

5. During a clear hip circle, if the hips touch the bar as the upswing finishes, what is the deduction?

- A. 0.20**
- B. 0.40**
- C. 0.60**
- D. 0.80**

In the context of gymnastics, specifically during a clear hip circle, touching the bar with the hips at the end of the upswing is a significant error. This results in a noticeable deduction due to the impact on the flow and execution of the skill. The deduction of 0.60 reflects a severe deviation from the expected technique and execution. It indicates that the gymnast has not maintained appropriate body alignment and control throughout the movement. In gymnastics, maintaining a clean line, free from unintended contact with apparatus, is crucial for precision and performance quality. The additional deduction signifies that this error not only affects the beauty and execution of the skill but also alters the overall impression of the routine. A deduction of 0.60 captures the importance of this movement in competition and underscores the need for gymnasts to execute clear hip circles without any such contact.

6. What is the deduction for providing verbal cues during a gymnast's performance?

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

The deduction for providing verbal cues during a gymnast's performance is 0.20. This deduction reflects the importance of a gymnast performing independently and relying solely on their own skills and judgment during a routine. When a coach or trainer gives verbal cues, it can act as a crutch or may alter the gymnast's performance or decision-making process. The rules of gymnastics emphasize the need for gymnasts to showcase their abilities autonomously, making this specific deduction a standard part of the judging criteria to maintain fairness and integrity in competition. Other amounts in the options are not aligned with the established rules for deductions regarding external assistance during performances.

7. How much is deducted each time an athlete's body touches outside the floor exercise area?

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

When an athlete's body touches outside the designated area during a floor exercise, a deduction of 0.10 is applied for each instance of boundary violation. This deduction reflects the importance of maintaining control and precision within the defined space of the competition area. Maintaining proper boundaries is crucial in gymnastics as it demonstrates technique, focus, and adherence to competition rules. A larger deduction would indicate a more serious violation, but in this case, the standard deduction for a single boundary touch is set at 0.10, emphasizing the value placed on performance integrity within the specified limits of the exercise area.

8. 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.

9. What is the penalty for insufficient quickness of hands in flight elements with hand support?

A. 0.2

B. 0.25

C. 0.1

D. 0.3

The penalty for insufficient quickness of hands in flight elements with hand support is set at a deduction of 0.2. This penalty is applied because quickness of hands is essential for maintaining fluidity and control during these elements. A gymnast must demonstrate precise timing and swift movement when transitioning through flight elements; otherwise, their overall execution and performance quality can suffer. The 0.2 deduction reflects the degree to which this lack of quickness impacts the overall skill execution, marking it significant enough to warrant a penalty but not so severe as to result in a larger deduction. In this context, understanding the scoring criteria helps clarify the importance of speed and precision in gymnastics routines.

10. What is the consequence for a coach standing between bars or next to the beam throughout an entire exercise?

A. 0.0

B. 0.1

C. 0.3

D. 0.5

In gymnastics, when a coach stands between the bars or next to the beam during an athlete's entire exercise, it disrupts the flow and concentration of the routine. This presence is considered a form of interference that can negatively affect the gymnast's performance. The appropriate consequence for such behavior is to assign a deduction to maintain fairness in judging and to encourage a clear, uninterrupted performance. A deduction of 0.1 is typically applied for this type of situation, as it represents a minor yet significant infraction. It emphasizes the importance of the gymnast performing independently while also preserving the integrity of the event. Therefore, a deduction of this amount serves as a reminder to both coaches and gymnasts about the expectations regarding coach presence during routines.

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://judginggymnasticslvls4and5.examzify.com>

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