

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

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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. In gymnastics, what is the penalty for a lack of continuity in movements during a routine?**
  - A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**
- 2. 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**
- 3. How much is the deduction for a slight pause in between elements during a Level 5 front handspring series?**
  - A. 0.10**
  - B. 0.30**
  - C. 0.60**
  - D. 0.50**
- 4. How much is deducted for any part of the body touching outside the floor area?**
  - A. 0.05**
  - B. 0.10**
  - C. 0.15**
  - D. 0.20**
- 5. What is the possible deduction for failing to maintain the required form throughout a routine?**
  - A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**

- 6. What is the maximum deduction for performing a vault with legs separated?**
- A. 0.30**
  - B. 0.10**
  - C. 0.20**
  - D. 0.50**
- 7. For a flic flac series, what is the deduction for failure to rebound immediately?**
- A. 0.10**
  - B. 0.20**
  - C. 0.30**
  - D. 0.05**
- 8. What is the deduction for alternating hand grasp or regaining hand grasp without supplementary support?**
- A. 0.1**
  - B. 0.2**
  - C. 0.3**
  - D. 0.4**
- 9. 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**
- 10. What deduction is assessed for a staggered hand position during a handstand on the level 5 beam?**
- A. Up to 0.10**
  - B. 0.10**
  - C. Up to 0.20**
  - D. Up to 0.30**

## **Answers**

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

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## **Explanations**

**1. In gymnastics, what is the penalty for a lack of continuity in movements during a routine?**

**A. 0.1**

**B. 0.2**

**C. 0.3**

**D. 0.4**

The penalty for a lack of continuity in movements during a gymnastics routine is set at 0.1. This penalty reflects a minor disruption in the flow of the routine, indicating that while the gymnast may have performed their elements correctly, there was a noticeable disconnect between them that affected the overall performance. Judges assess continuity as a crucial aspect of execution, as smooth transitions contribute to the overall presentation and artistry of the routine. A score reduction of 0.1 signals that while the gymnast maintained a certain level of performance, there is an expectation for a more seamless presentation to enhance the visual appeal and technical execution of their routine.

**2. 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.

**3. How much is the deduction for a slight pause in between elements during a Level 5 front handspring series?**

**A. 0.10**

**B. 0.30**

**C. 0.60**

**D. 0.50**

The deduction for a slight pause in between elements during a Level 5 front handspring series is 0.50. This deduction reflects the emphasis placed on fluidity and connection in a gymnast's routine. In Level 5, gymnasts are expected to demonstrate continuous movement and a seamless transition between elements. A slight pause interrupts the flow, which is considered a significant error. The 0.50 deduction is consistent with the judging guidelines that aim to maintain a high standard of performance in terms of difficulty, execution, and overall artistry. A deductible pause, even if slight, is treated seriously because it detracts from the overall presentation and effectiveness of the routine.

**4. How much is deducted for any part of the body touching outside the floor area?**

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

In gymnastics, when a part of the body makes contact with the area outside the floor boundary, a deduction is applied to reflect the execution and control of the performance. The standard deduction for any body part touching outside the floor area is set at 0.10. This rule is based on ensuring that gymnasts maintain proper positioning and boundaries during their routines. Touching outside the designated area is considered a significant error that affects the overall presentation and control of the routine, thus justifying a 0.10 deduction. This understanding helps judges maintain a consistent scoring system that emphasizes the importance of adhering to defined boundaries in gymnastics performances.

**5. What is the possible deduction for failing to maintain the required form throughout a routine?**

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

The deduction for failing to maintain the required form throughout a routine is a critical aspect of gymnastics judging. A deduction of 0.2 is appropriate in this case as it reflects a significant but not excessive penalty for form errors that can affect overall execution and presentation. Maintaining proper form is crucial in gymnastics as it showcases the athlete's control, technique, and adherence to the sport's standards. When an athlete fails to do so, it can detract from the aesthetic quality of the routine and may indicate a lack of precision or discipline. The specific deduction of 0.2 allows judges to differentiate between minor deviations, which may warrant a smaller penalty, and more noticeable or consistent form errors that disrupt the flow of the performance. This level of deduction encourages gymnasts to strive for excellence in their technique while still recognizing that all athletes will encounter challenges in maintaining optimal form throughout their routines.

**6. What is the maximum deduction for performing a vault with legs separated?**

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

In gymnastics, when evaluating a vault, one of the key factors judges assess is the form and execution of the skill. Legs separated during a vault is considered a significant error in terms of body alignment and technique, which can impact the overall presentation and safety of the performance. The maximum deduction for this specific fault is 0.20. This standard reflects the importance gymnastics places on maintaining proper body position throughout the execution of skills. When gymnasts allow their legs to separate, it can indicate a lack of control and execution, resulting in a notable deduction. Understanding this specific fault helps judges accurately evaluate performances and maintain consistency in scoring across different gymnasts. The identified maximum deduction emphasizes how proper form is crucial in competitive gymnastics and the importance of precise skill execution, all of which contribute to the overall score of the vault.

**7. For a flic flac series, what is the deduction for failure to rebound immediately?**

- A. 0.10**
- B. 0.20**
- C. 0.30**
- D. 0.05**

In the context of a flic flac series, the deduction for failure to rebound immediately is set at 0.10. This deduction is applied when the gymnast does not demonstrate an immediate rebound after the flic flac, which is a key aspect of executing this skill effectively. An immediate rebound shows good control, strength, and continuity in the movement, which are critical elements of a well-performed flic flac series. When a gymnast fails to rebound immediately, it indicates a lack of fluidity in the transition between the skills, impacting the overall effectiveness and presentation of the routine. A 0.10 deduction reflects the importance of this execution criterion without penalizing excessively for minor variations in performance. This emphasizes that while maintaining flow is essential, some minor instances of hesitation are still considered somewhat acceptable in the evaluation process.

**8. What is the deduction for alternating hand grasp or regaining hand grasp without supplementary support?**

**A. 0.1**

**B. 0.2**

**C. 0.3**

**D. 0.4**

The deduction for alternating hand grasp or regaining hand grasp without supplementary support is set at 0.2. This deduction applies in situations where a gymnast demonstrates a lack of control or fluidity in their performance, specifically when they momentarily lose their grip on the apparatus. It reflects a moderate error in execution, suggesting that while the gymnast is able to perform the elements, there is a noticeable lack of precision or stability that impacts the overall quality of the routine. This deduction is intended to encourage gymnasts to focus on the importance of maintaining a secure and stable hand position throughout their performance, as it is crucial for safety and execution quality in gymnastics routines.

**9. 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.

**10. What deduction is assessed for a staggered hand position during a handstand on the level 5 beam?**

**A. Up to 0.10**

**B. 0.10**

**C. Up to 0.20**

**D. Up to 0.30**

When assessing a staggered hand position during a handstand on the Level 5 beam, the deduction is determined based on the severity of the hand placement. A staggered hand position can indicate a lack of control and precision, which the judges must penalize to maintain the integrity of the routine. The appropriate deduction for a staggered hand position is up to 0.10. This amount reflects a slight error that does not disrupt the overall performance but still shows a deviation from the expected standard of execution. It is important for judges to maintain a strict evaluation of form and technique, as these elements are critical in gymnastics. A deduction of this nature encourages athletes to strive for optimal positions during their skills, therefore enhancing their overall performance. Understanding this allows gymnasts and coaches to focus on the finer details of their routines, as maintaining proper hand positioning during skills like the handstand is essential for good presentation and scoring.

## 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](mailto: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!**