

JUDGING GYMNASTICS: LEVELS 4 AND 5 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://judginggymnasticslvls4and5.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. In Level 4 bars, how much is deducted for performing the jump to long hang kip with failure to swing to near horizontal?**
 - A. Up to 0.30
 - B. 0.10
 - C. 0.20
 - D. 0.05

- 2. Which body position is specifically noted as detrimental during the second counterswing of Level 5 bars?**
 - A. Hips flat
 - B. Body arched
 - C. Legs straight
 - D. Shoulders square

- 3. 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

- 4. What is the deduction for a flic flac x2 where each flic flac has a squat into it?**
 - A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.05

- 5. When an extra arm swing occurs upon landing, what is the maximum deduction?**
 - A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.40

6. If a gymnast receives aid from a coach during the vault, what is the score for that attempt?
- A. 0.50
 - B. VOID
 - C. 1.50
 - D. 2.00
7. What is the result of performing a major element with a significant extra turn included?
- A. Deduction of initial value
 - B. Scored at the original value of the element
 - C. Lose double the value
 - D. No penalty
8. What deduction applies for insufficient extension at the end of glide in a glide kip exercise?
- A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.60
9. What is the deduction for hands completely releasing the bar during a baby giant in Level 5?
- A. 0.20
 - B. 0.25
 - C. 0.30
 - D. 0.35
10. What deduction is applied for performing an inward turn instead of an outward turn?
- A. 0.1
 - B. 0.2
 - C. 0.3
 - D. 0.4

Answers

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

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Explanations

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1. In Level 4 bars, how much is deducted for performing the jump to long hang kip with failure to swing to near horizontal?

A. Up to 0.30

B. 0.10

C. 0.20

D. 0.05

The deduction for performing the jump to long hang kip with failure to swing to near horizontal is indeed up to 0.30. This deduction reflects the importance of achieving a proper body position during the swing, which is essential for executing the skill effectively. The skill requires the gymnast to maintain a near-horizontal position to demonstrate control, strength, and technique. If the gymnast does not achieve this position, it indicates a lack of proper execution, and judges will impose a deduction to account for this imperfection. The specific deduction of up to 0.30 allows for the severity of the error, as the failure to swing to the correct angle significantly impacts the overall performance and the transition to subsequent elements. This point of deduction emphasizes the judges' focus on form and execution in Level 4 routines, where proper technique is crucial for scoring well.

2. Which body position is specifically noted as detrimental during the second counterswing of Level 5 bars?

A. Hips flat

B. Body arched

C. Legs straight

D. Shoulders square

The body arched position is specifically noted as detrimental during the second counterswing on Level 5 bars because it can significantly affect the gymnast's overall form and control. In gymnastics, maintaining a strong and tight body position is crucial for executing skills efficiently and safely. An arched body position can lead to an improper line and disrupt the gymnast's center of gravity. This misalignment can affect the execution of subsequent skills, making it more difficult for the gymnast to transition smoothly and maintain momentum. Having a flat hip position, straight legs, and square shoulders contributes positively to the gymnast's overall body alignment and control during the swing. These positions help in generating appropriate kinetic energy and preparing the gymnast for the next skill. Conversely, an arched position often indicates a lack of core engagement and can result in a loss of power, leading to execution flaws or deductions in scoring.

3. 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.

4. What is the deduction for a flic flac x2 where each flic flac has a squat into it?

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

When assessing the flic flac element in gymnastics, it's important to remember that specific deductions are applied for various errors, including the presence of a squat during the skill. In this case, since each flic flac has a squat, the total deduction would be cumulative based on each occurrence. In gymnastics judging, a squat is typically penalized as a deduction of 0.10 for each instance. Given that there are two flic flacs, each with a squat, the overall deduction accumulates to 0.20. This logic aligns with the rules of gymnastics judging, which aim to ensure that skills are executed with precision and minimal error. Therefore, the total deduction for this scenario of two flic flacs, each having a squat, leads to the conclusion of a 0.20 deduction.

5. When an extra arm swing occurs upon landing, what is the maximum deduction?

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

When an extra arm swing occurs upon landing, the maximum deduction is 0.10. This deduction is in line with the gymnastics scoring guidelines, which stipulate that a minor balance check, such as a small additional arm movement, indicates a lack of control without being excessive in nature. A single extra arm swing typically signals a moderate error rather than a significant loss of balance or control, thus the deduction remains limited to that amount. It reflects the emphasis on maintaining a clean and controlled landing while allowing for minor imperfections.

6. If a gymnast receives aid from a coach during the vault, what is the score for that attempt?

- A. 0.50
- B. VOID**
- C. 1.50
- D. 2.00

When a gymnast receives aid from a coach during the vault, the attempt is considered to be void. This means that the gymnast does not receive any score for that performance. The rules are designed to ensure that gymnasts perform their routines independently, and any assistance from a coach during the execution of a vault violates these standards. Consequently, a void score reflects that the attempt cannot be evaluated against the gymnastics scoring system. Understanding this helps in recognizing the importance of independent execution in gymnastics routines, particularly for levels 4 and 5, where the emphasis is placed on developing personal skill and technique without assistance.

7. What is the result of performing a major element with a significant extra turn included?

- A. Deduction of initial value
- B. Scored at the original value of the element**
- C. Lose double the value
- D. No penalty

When a gymnast performs a major element with a significant extra turn, the situation is understood in the context of how gymnastics is judged. The intention behind this is to assess the difficulty and execution of the routine. If the extra turn is added to a major element, it does not inherently decrease the value of that element; rather, the gymnast still receives credit for the skills performed, and as such, the element is scored at its original value. This indicates that while assessing the routine, judges recognize the additional difficulty introduced by the extra turn, but they do not penalize the gymnast by reducing the score. Instead, the skill is evaluated based on its execution and the overall composition of the routine, which is why it is scored at the original value of the element. This understanding is crucial for judges when evaluating performances, as it ensures that gymnasts are credited appropriately for their efforts and skills, even when they introduce variations to their routines.

8. What deduction applies for insufficient extension at the end of glide in a glide kip exercise?

- A. 0.10
- B. 0.20**
- C. 0.30
- D. 0.60

In a glide kip exercise, the gymnast is expected to demonstrate a strong glide position that transitions smoothly into the kip. Insufficient extension at the end of the glide indicates that the gymnast did not achieve the necessary body alignment and extension before executing the kip. When assessing this specific deduction, a value of 0.20 is appropriate because it signifies a moderate error in the gymnast's form and technique during that critical phase. Insufficient extension is a fundamental aspect that can affect the overall execution and fluidity of the skill, warranting a notable deduction to reflect the impact on performance quality. The specific level of deduction highlights the importance of maintaining proper body position and control at all times, especially during key transitions in gymnastics routines. This deduction helps emphasize the standards expected in the sport, ensuring that gymnasts focus on precision in their movements.

9. What is the deduction for hands completely releasing the bar during a baby giant in Level 5?

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

In the context of Level 5 gymnastics, a baby giant involves performing a swing on the bars where the gymnast is expected to maintain contact with the bar throughout the movement. If the gymnast completely releases their hands from the bar during this skill, it results in a significant deduction due to the loss of control and connection, which are crucial for the execution of the skill. The deduction of 0.30 is appropriate because it reflects the seriousness of completely releasing the bar, which disrupts the flow of the routine and indicates a lack of proficiency in the skill. This level of deduction emphasizes the importance of maintaining grip and connection during the execution of skills on the uneven bars. Other lower deduction values do not capture the impact of such a major error in execution, aligning with the judging standards that prioritize the integrity of the skill performed.

10. What deduction is applied for performing an inward turn instead of an outward turn?

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

The correct deduction for performing an inward turn instead of the required outward turn is 0.1. This deduction reflects the minor nature of the mistake; while it changes the expected execution of the skill, it does not drastically affect the complexity or overall performance of the routine. In gymnastics judging, deductions are used to assess how closely performances adhere to the prescribed elements and skills. When a gymnast performs an inward turn rather than the outward turn required, it indicates a misunderstanding of the specific skill but still demonstrates an overall ability to execute a turn. Consequently, the deduction is kept minimal to recognize that it is a relatively small deviation from the expected performance.

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://judginggymnasticslvl4and5.examzify.com>

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

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