

# USA Gymnastics (USAG) Judging XB-XG Practice Test (Sample)

## Study Guide



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

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# 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>15</b>

SAMPLE

# 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

SAMPLE

- 1. Which of the following statements is CORRECT regarding Bronze, Silver, and Gold Special Requirements?**
  - A. Bronze Special Requirement is for a cast where hips leave the bar.**
  - B. Silver Special Requirement is for a cast to a minimum of 45° below horizontal.**
  - C. Gold Special Requirement is for a skill finishing in clear support at horizontal.**
  - D. All of these are correct.**
  
- 2. Bronze 1A vault lack of height on the stretch jump from board to mat: Up to?**
  - A. Up to 0.50**
  - B. Up to 0.20**
  - C. Up to 0.30**
  - D. Up to 0.40**
  
- 3. What is the maximum number of flight elements allowed in Xcel Bronze Floor?**
  - A. Two**
  - B. Three**
  - C. Four**
  - D. Five**
  
- 4. Bronze Vault warm-up timing?**
  - A. 30 seconds / 1 warm-up vault**
  - B. 60 seconds / 2 warm-up vaults**
  - C. 45 seconds / 2 warm-up vaults**
  - D. 30 seconds / 2 warm-up vaults**
  
- 5. In Xcel Bronze Bars, how many 'A' Value Parts are required and what is their value?**
  - A. Five (5) 'A' Value Parts required worth 0.10 each**
  - B. Four (4) 'A' Value Parts required worth 0.10 each**
  - C. Three (3) 'A' Value Parts required worth 0.10 each**
  - D. Six (6) 'A' Value Parts required worth 0.10 each**

- 6. Which of the following is CORRECT in regard to the BRONZE Division?**
- A. The gymnast may perform a low bar flyaway dismount.**
  - B. The routine may contain skills on both the low bar and the high bar.**
  - C. The routine may not contain B or higher Value Parts.**
  - D. The routine must contain a cast 45° below horizontal.**
- 7. The July 2024 UPDATE states what about casts?**
- A. All casts are subject to amplitude deductions.**
  - B. Only some casts are subject to amplitude deductions.**
  - C. Amplitude deductions were removed for casts.**
  - D. Amplitude deductions apply only to Bronze division casts.**
- 8. If the coach spots the gymnast during an element, what are the consequences?**
- A. Each judge deducts 0.50 for the spot; If the gymnast falls after the spot, deduct an additional 0.50; Value Part credit and Special Requirement are NOT awarded.**
  - B. The spot carries no deductions; Value Part credit is awarded.**
  - C. The spot results in an automatic disqualification.**
  - D. Only the dismount is affected; no other deductions apply.**
- 9. Can Acro elements or restricted dance elements be performed between elements in the Dance Passage (SR#3)?**
- A. They may not be performed between elements in the Dance Passage**
  - B. They may be performed between elements**
  - C. They are allowed only at start**
  - D. They are allowed only at end**
- 10. What is the courtesy score for unusual situations (incomplete exercise due to injury / unusual circumstances)?**
- A. 3.00**
  - B. 4.00**
  - C. 2.00**
  - D. 5.00**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Which of the following statements is CORRECT regarding Bronze, Silver, and Gold Special Requirements?**

- A. Bronze Special Requirement is for a cast where hips leave the bar.**
- B. Silver Special Requirement is for a cast to a minimum of 45° below horizontal.**
- C. Gold Special Requirement is for a skill finishing in clear support at horizontal.**
- D. All of these are correct.**

Special Requirements in the uneven bars routine set clear benchmarks for each level, and the statements describe those benchmarks accurately. For Bronze, a cast where the hips leave the bar shows the gymnast is moving the body away from contact with the bar, meeting a minimum swing requirement. For Silver, the cast to a minimum of 45° below horizontal ensures a deeper, more extended cast than a shallow swing. For Gold, finishing a skill in clear support at horizontal demonstrates control and solid support position when the body is level with the bar. Since each statement aligns with the defined criteria for Bronze, Silver, and Gold, all of these are correct.

**2. Bronze 1A vault lack of height on the stretch jump from board to mat: Up to?**

- A. Up to 0.50**
- B. Up to 0.20**
- C. Up to 0.30**
- D. Up to 0.40**

The concept here is how much height lacking on the stretch jump from board to mat is still considered acceptable in Bronze 1A vault. In this level, a stretch jump that doesn't rise enough is allowed only up to a certain amount before a deduction is taken. The threshold is 0.50, meaning if the height deficit is 0.50 meters or less, there's no penalty for lack of height. If the deficit is greater than 0.50 meters, a deduction applies. That's why the best answer is the option that states up to 0.50. The other figures would imply stricter limits, which aren't the maximum allowed.

**3. What is the maximum number of flight elements allowed in Xcel Bronze Floor?**

- A. Two**
- B. Three**
- C. Four**
- D. Five**

Flight elements are moments in a floor routine where the gymnast leaves the floor from takeoff to landing. In Xcel Bronze Floor, there's a cap on how many of these elevated elements you can perform. The limit is two, so you may include up to two flight elements in your routine. This keeps Bronze level routines at a safer, more manageable difficulty while still allowing some aerial work. If three or more flight elements were attempted, the routine would exceed the Bronze limit and wouldn't meet the rules. Sticking to two flight elements gives you room for a basic flight move or leap with air alongside other non-flight skills to complete the routine.

#### 4. Bronze Vault warm-up timing?

- A. 30 seconds / 1 warm-up vault**
- B. 60 seconds / 2 warm-up vaults**
- C. 45 seconds / 2 warm-up vaults**
- D. 30 seconds / 2 warm-up vaults**

Warm-up timing for Vault at the Bronze level is set to 30 seconds for a single warm-up vault. This short, standardized window gives a gymnast enough time to rehearse the run and setup and feel the board before the actual vault, while keeping the meet moving smoothly and consistently for all competitors. Longer warm-ups or multiple warm-up vaults aren't used at Bronze; those allowances appear in other levels or formats, and adding them here would slow the schedule and introduce variation.

#### 5. In Xcel Bronze Bars, how many 'A' Value Parts are required and what is their value?

- A. Five (5) 'A' Value Parts required worth 0.10 each**
- B. Four (4) 'A' Value Parts required worth 0.10 each**
- C. Three (3) 'A' Value Parts required worth 0.10 each**
- D. Six (6) 'A' Value Parts required worth 0.10 each**

In Xcel Bronze Bars, the difficulty of a routine is built from individual elements categorized by value letters. The A Value Parts are the simplest elements, each contributing 0.10 to the routine's difficulty. For Bronze Bars, the routine must include a specific minimum number of these A Value Parts. Four A Value Parts are required, and each is worth 0.10. That means the total A-value contribution from these parts is 0.40 toward the routine's difficulty score. This is why the correct description is four parts at 0.10 each—the rest of the routine's value comes from higher-value parts (B, C, etc.) as applicable.

#### 6. Which of the following is CORRECT in regard to the BRONZE Division?

- A. The gymnast may perform a low bar flyaway dismount.**
- B. The routine may contain skills on both the low bar and the high bar.**
- C. The routine may not contain B or higher Value Parts.**
- D. The routine must contain a cast 45° below horizontal.**

Bronze division centers on the simplest elements, with routines built entirely from the lowest-value parts. In this level, you're not allowed to include any B-valued or higher elements, so every skill should be an A value. That makes the statement about not containing B or higher Value Parts the correct one for Bronze, because it matches the level's fundamental restriction. If you tried to include a low bar flyaway dismount, that would typically be worth more than an A value and wouldn't fit Bronze's limit. Likewise, a routine that covers skills on both the low bar and the high bar implies higher difficulty or cross-bar requirements that Bronze doesn't permit. And requiring a cast 45° below horizontal isn't a Bronze-mandated element; it would usually fall into a higher value or simply not be a required Bronze component. So the only statement that aligns with Bronze's restriction to A-valued parts is the one that says no B or higher Value Parts may be included.

**7. The July 2024 UPDATE states what about casts?**

- A. All casts are subject to amplitude deductions.**
- B. Only some casts are subject to amplitude deductions.**
- C. Amplitude deductions were removed for casts.**
- D. Amplitude deductions apply only to Bronze division casts.**

Amplitude, in this context, is the height and extension you achieve away from the bar during a cast. The July 2024 update clarifies that amplitude deductions apply to every cast, with no exceptions for event, division, or type of cast. That means judges will penalize any cast that doesn't reach the required height and extension, consistently across all routines. This standard helps ensure uniform scoring and that athletes demonstrate a sufficiently extended, controlled cast to set up the next move. If a gymnast casts only a short distance and stays close to the bar, a deduction is taken; if the cast is high and well-extended, the amplitude deduction won't apply (though other deductions could still be possible for execution or form). The other options don't fit because the update does not limit deductions to Bronze, nor remove them, nor apply them to only some casts.

**8. If the coach spots the gymnast during an element, what are the consequences?**

- A. Each judge deducts 0.50 for the spot; If the gymnast falls after the spot, deduct an additional 0.50; Value Part credit and Special Requirement are NOT awarded.**
- B. The spot carries no deductions; Value Part credit is awarded.**
- C. The spot results in an automatic disqualification.**
- D. Only the dismount is affected; no other deductions apply.**

Spots by a coach during an element mean the skill wasn't completed independently, so the routine is penalized accordingly. For each judge, a 0.50 deduction is taken for the spot. If the gymnast falls after the spot, there is an additional 0.50 deduction. Because the element was performed with assistance, Value Part credit and any associated Special Requirement credit are not awarded. This combination of penalties is why the described outcome is the correct one.

**9. Can Acro elements or restricted dance elements be performed between elements in the Dance Passage (SR#3)?**

- A. They may not be performed between elements in the Dance Passage**
- B. They may be performed between elements**
- C. They are allowed only at start**
- D. They are allowed only at end**

In a Dance Passage, the sequence of listed dance elements is meant to be shown as a continuous rhythm without inserting other movements in the middle. Acro elements or restricted-dance elements are not allowed to be performed between those Dance Passage elements. Keeping the passage uninterrupted ensures the scoring reflects the intended dance sequence and flow, without mid-sequence additions that would alter rhythm or difficulty. If an acro or restricted-dance element were inserted between the listed elements, it would break the defined sequence and isn't permitted within that passage.

**10. What is the courtesy score for unusual situations (incomplete exercise due to injury / unusual circumstances)?**

**A. 3.00**

**B. 4.00**

**C. 2.00**

**D. 5.00**

**When a routine cannot be completed because of an injury or other unusual circumstances, a courtesy score is used to provide a fair, fixed value so the meet can continue. The rules specify that this courtesy score is four points. This mid-range, non-deducted value ensures the gymnast isn't left with a zero while not overrating the incomplete performance. Other options would either understate the situation or exceed what the policy assigns for an incomplete routine, so four points is the designated courtesy score in these cases.**

**SAMPLE**

## 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://usagjudgingxbtoxg.examzify.com>**

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

SAMPLE