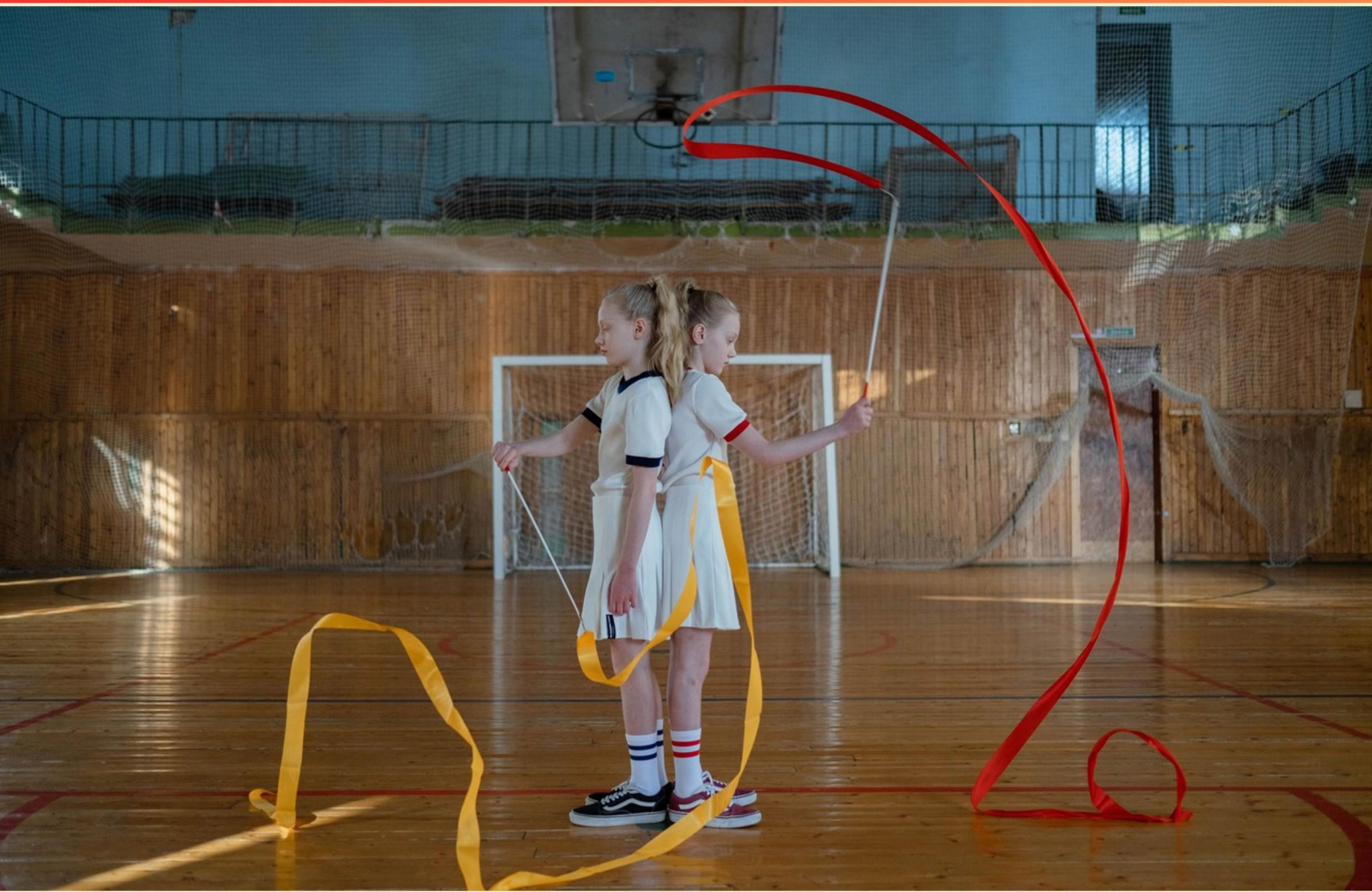


USA GYMNASTICS (USAG) JUDGING XB- XG PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://usagjudgingxbtoxg.examzify.com>



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

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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 is true about Insufficient amplitude of casts in GOLD Division?**
 - A. Insufficient amplitude of casts is up to 0.30 deduction.
 - B. Insufficient amplitude of casts is up to 0.10 deduction.
 - C. There is no amplitude deduction for casts in GOLD.
 - D. Amplitude deductions apply only to Start Value.
- 2. In regard to restricted vaults, which statement is CORRECT?**
 - A. If either vault is restricted, the event is scored a 0 (void).
 - B. A vault not listed on the chart for the gymnast's division is a 1.00 deduction.
 - C. There are no restricted vaults in the Gold division.
 - D. None of the above are CORRECT.
- 3. 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
- 4. How many times can a single skill receive Value Part credit if it appears in different connections?**
 - A. One time
 - B. Two times
 - C. Three times
 - D. Four times
- 5. A cross split jump versus a sissonne: which statement is true about their take-off and landing?**
 - A. A cross split jump has a 2-foot take-off and landing, while a sissonne has 2-foot take-off and 1-foot landing.
 - B. A sissonne requires the front leg to be exactly 90 degrees.
 - C. The front leg of sissonne can be less than 45 degrees without deduction.
 - D. The cross split jump does not require any specific split angle.

- 6. Bronze beam dismount requirements specify that the dismount must be without a salto or aerial.**
- A. Dismount without a salto or aerial.
 - B. Dismount must include a salto.
 - C. Dismount may be performed on the ground.
 - D. Dismount is optional.
- 7. Which statement is CORRECT in regard to the GOLD Division?**
- A. A cast squat on - jump to high bar is awarded two Value Parts.
 - B. An exercise with five (5) A elements plus a cast at 10° below horizontal receives a 9.4 Start Value.
 - C. A clear hip circle finishing at horizontal fulfills two Special Requirements.
 - D. The dismount may be from the high bar or the low bar.
- 8. What is the maximum deduction for leg or knee separation on an element?**
- A. 0.10
 - B. 0.20
 - C. 0.30
 - D. 0.40
- 9. Under Floor rules, which factor differentiates two floor skills with the same code number, aside from saltos shapes and degree of turn?**
- A. The take-off is from one leg vs both legs.
 - B. The music tempo.
 - C. The audience size.
 - D. The floor area used.
- 10. To be eligible for a Value Part or Special Requirement, a 360-degree turn must reach a minimum of how many degrees?**
- A. 90 degrees
 - B. 360 degrees
 - C. 180 degrees
 - D. 270 degrees

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is true about Insufficient amplitude of casts in GOLD Division?

- A. Insufficient amplitude of casts is up to 0.30 deduction.
- B. Insufficient amplitude of casts is up to 0.10 deduction.**
- C. There is no amplitude deduction for casts in GOLD.
- D. Amplitude deductions apply only to Start Value.

When judging casts, you're looking at how fully extended and elevated the gymnast's body is as they move away from the bar. If the cast isn't tall enough, a deduction for insufficient amplitude is added to the execution score. In GOLD Division, that deduction is capped at 0.10. So a minor shortfall in height costs up to 0.10, not more. The other possibilities don't fit: 0.30 would be too large for GOLD, there is indeed a deduction for insufficient amplitude, and amplitude deductions relate to execution, not Start Value (which is set by the routine's difficulty).

2. In regard to restricted vaults, which statement is CORRECT?

- A. If either vault is restricted, the event is scored a 0 (void).**
- B. A vault not listed on the chart for the gymnast's division is a 1.00 deduction.
- C. There are no restricted vaults in the Gold division.
- D. None of the above are CORRECT.

Restricted vaults are vaults not permitted for the gymnast's division. If either vault attempted is restricted, the entire vault event is scored as a 0 (void). This rule ensures that only allowed vaults contribute to the score. The other statements don't reflect this rule consistently—vaults not listed on a division's chart don't automatically rule the event a 1.00 deduction, and there can be restricted vaults in divisions where they're allowed, so those statements aren't universally true.

3. 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.

4. How many times can a single skill receive Value Part credit if it appears in different connections?

- A. One time
- B. Two times**
- C. Three times
- D. Four times

Value Part credit for a given skill can be earned in up to two different connections within a routine. If the same skill appears again in a separate connection, it can receive Value Part credit a second time. However, a third or additional appearance in other connections does not add more Value Part credit for that same skill. This cap prevents overcounting by repeating the same element multiple times in different parts of the routine, while still rewarding demonstrated versatility by performing the skill in more than one context.

5. A cross split jump versus a sissonne: which statement is true about their take-off and landing?

- A. A cross split jump has a 2-foot take-off and landing, while a sissonne has 2-foot take-off and 1-foot landing.**
- B. A sissonne requires the front leg to be exactly 90 degrees.
- C. The front leg of sissonne can be less than 45 degrees without deduction.
- D. The cross split jump does not require any specific split angle.

The main idea here is how these two jumps differ in how you take off and where you land. The cross split jump is performed from both feet and you land on both feet as well, often with a clear split in the air. A sissonne, on the other hand, starts from two feet but finishes on one foot, with the other leg typically extending in the air or behind. That's why the statement that matches the mechanics exactly is that the cross split jump has a two-foot take-off and a two-foot landing, while a sissonne has a two-foot take-off and a one-foot landing. The other points aren't accurate: there isn't a fixed 90-degree front-leg position required for a sissonne, and there are expectations about adequate leg extension—saying a front leg can be less than 45 degrees without deduction isn't correct. Also, cross split jumps generally do involve a defined split angle for proper execution, so saying there's no specific split angle isn't right.

6. Bronze beam dismount requirements specify that the dismount must be without a salto or aerial.

- A. Dismount without a salto or aerial.**
- B. Dismount must include a salto.
- C. Dismount may be performed on the ground.
- D. Dismount is optional.

The key idea is that on Bronze beam, the dismount must end with a non-salto, non-aerial exit from the apparatus. This means the final move cannot involve flipping or leaving the beam in the air; it should finish with a controlled, grounded landing off the beam, such as a step-off, small hop, or another non-flipping ending that returns to the floor mat with control. This makes the correct choice the best because it directly reflects the rule: the dismount is restricted to non-salto, non-aerial movements. Choosing any dismount that includes a flip or aerial contradicts the requirement. Likewise, dismounts performed on the ground aren't completing a proper exit from the beam, and claiming the dismount is optional would ignore the necessity of finishing the routine with a proper dismount.

7. Which statement is CORRECT in regard to the GOLD Division?

- A. A cast squat on - jump to high bar is awarded two Value Parts.
- B. An exercise with five (5) A elements plus a cast at 10° below horizontal receives a 9.4 Start Value.**
- C. A clear hip circle finishing at horizontal fulfills two Special Requirements.
- D. The dismount may be from the high bar or the low bar.

In Gold division, Start Value reflects the routine's difficulty and is set by the combination of elements performed, with the score table assigning specific Start Values to particular element groupings. A routine that includes five A-level elements plus a cast performed at a shallow angle (10° below horizontal) matches the specific pattern on the Start Value table that yields a 9.4 Start Value. The angle of the cast matters because shallower casts contribute to the value as defined in the rules, and the five A elements provide the remaining credit needed to reach 9.4. Why the other statements don't fit: a cast squat on to the high bar isn't automatically counted as two separate value parts under Gold rules; a clear hip circle finishing at horizontal typically fulfills only one Special Requirement, not two; and the dismount is performed from the high bar, so saying it may be from the low bar isn't correct in this context.

8. What is the maximum deduction for leg or knee separation on an element?

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

Leg or knee separation on an element is treated as a minor form error that affects the lines of the body. The rule caps how much this particular mistake can cost on a single element, so the maximum deduction for leg or knee separation is 0.20. This means that no matter how many times or how severely the legs separate during that element, you won't lose more than 0.20 for this issue on that element. Smaller separations might get smaller notes, but the cap stays at 0.20, keeping the penalty proportionate to the error without over-penalizing.

9. Under Floor rules, which factor differentiates two floor skills with the same code number, aside from saltos shapes and degree of turn?

- A. The take-off is from one leg vs both legs.**
- B. The music tempo.
- C. The audience size.
- D. The floor area used.

On floor, your execution and the way you initiate an element matter for how it's coded and credited. The factor that differentiates two floor skills with the same code number, aside from how a saltos looks and how much you turn, is whether the take-off is from one leg or from both legs. This starting action changes the mechanics, balance, and flight path of the move, so the Code treats them as distinct variations within the same code family. Music tempo, audience size, and the floor area used don't affect which element code applies or the value of the skill, and thus aren't used to differentiate between these variations.

10. To be eligible for a Value Part or Special Requirement, a 360-degree turn must reach a minimum of how many degrees?

- A. 90 degrees
- B. 360 degrees
- C. 180 degrees
- D. 270 degrees**

When a turn is used to meet a Value Part or Special Requirement, judges look for a substantial rotation rather than a quick pivot. For a 360-degree turn to count, you must actually rotate at least 270 degrees. That means you need to show most of a full spin, not just a quarter or half turn. If you hit 270 degrees or more, the element qualifies; a full 360 degrees would also qualify. Degrees like 90 or 180 are far too small to count toward this requirement, so the minimum threshold is 270 degrees.

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.

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