Read the following pdf’s from USA Gymnastics for all the 2014 updates and changes.

http://www.nawgjwa.com/pdf's/ntc_MAY%202014.pdf


GENERAL

1. Which of the following statements is CORRECT for the awarding of Value Parts?
   A. An element may receive credit a second time if performed in a different connection.
   B. 3 A’s worth 0.10 each may replace 1 B element worth 0.30.
   C. An element which does not receive a Value Part may still receive Special Requirement credit.
   D. None of the above

2. What is the TOTAL MAXIMUM deduction for the following errors?
   - Bent knees
   - Legs crossed during salto
   - Insufficient exactness of tuck, pike or stretched position
   A. 0.40
   B. 0.50
   C. 0.60
   D. 0.70
   E. 0.80

3. Which of the following is applied by the Chief Judge only?
   A. Deducts for missing Special Requirements
   B. Deducts for missing Value Parts
   C. Deducts for spotting assistance during the exercise
   D. Deducts for missing presentation before or after exercise

4. Which of the following statements is INCORRECT?
   A. A higher value part may replace a missing lower value part.
   B. The Start Value of exercises on Bars, Beam and Floor is 10.00.
   C. Composition deductions may be taken at both level 7 and level 8.
   D. Flashing of the start value is required at all Jr. Olympic Optional levels.
   E. A final score of 1.0 will be awarded for a routine that results in a score equal to or less than 1.0.

5. What is the Start Value of a Level 7 exercise comprised of the following:
   - 6 A’s, 1 B’s, 0 C
   - Missing 1 Special Requirement
   A. 9.50
   B. 9.40
   C. 9.30
   D. 9.20

6. What is the Start Value of a Level 8 exercise comprised of the following:
   - 3 A’s, 3 B’s, 1 allowable C
   - No Dismount
   A. 8.20
   B. 8.50
   C. 9.10
   D. 9.20
   E. 9.50
7. Which of the following deductions is CORRECT?
   A. Legs crossed up to .10
   B. Deviation from straight direction on landing (UB,BB,FX) 0.10
   C. Illegal placement of supplementary mats 0.20
   D. Very large step or jump on landing 0.10
   E. Trunk movements on UB and BB dismount landings for balance and FX acros up to .30

8. Which of the following statements is CORRECT?
   A. Insufficient exactness of body shape: tuck, pike, stretch up to .03
   B. The same exact connection may receive Connection Value two times.
   C. Support on the mat with one hand 0.30
   D. Quality of movement reflects personal style up to .10

9. Which of the following is CORRECT when the bottoms of the feet do not touch first on the landing of salto elements?
   A. Value Part credit and Special Requirement credit are awarded plus 0.50 for the fall is deducted.
   B. Value Part credit and Special Requirement credit are not awarded and 0.50 is deducted for the fall.
   C. Special Requirement credit is awarded but Value Part credit is not awarded and 0.50 is deducted for the fall.
   D. Value Part credit is awarded but no Special requirement is awarded and 0.50 is deducted for the fall.

10. What is the TOTAL MAXIMUM deduction for the following errors?
    - Spotting assistance during an element
    - Squat on landing
    - Extra arm swing
    A. 1.00
    B. 0.90
    C. 0.80
    D. 0.70
    E. 0.60

VAULT

11. What is the penalty for performing a different vault than the one flashed/announced?
    A. 0.20
    B. 0.30
    C. 0.50
    D. 1.00
    E. No penalty

12. What is the TOTAL MAXIMUM deduction for the following errors in a Handspring 1/1 twist off vault?
    - Arch in 1st flight
    - Insufficient exactness of turn in the second flight phase
    - Arch in 2nd flight
    - LA turn incomplete upon landing
    A. 0.5
    B. 0.6
    C. 0.7
    D. 0.8
    E. 0.9

13. What is the TOTAL MAXIMUM deduction for the following faults in a Handspring on –1/1 twist off vault?
    - Staggered hand placement
    - Deviation from a straight direction
    - Trunk movements to maintain balance
    A. 0.6
    B. 0.7
    C. 0.8
    D. 0.9
    E. 1.00
14. What is the penalty if a Level 8 gymnast performs a Piked Tsukahara and fails to land on the bottoms of her feet first?
   A. 0.30
   B. 0.50
   C. 1.00
   D. Void vault
   E. None of the above

15. What is the TOTAL MAXIMUM deduction for the following faults?
   - Brush/hit of body on the vault table in the second flight
   - Touching the horse with only one hand
   - 3 large steps and a fall upon landing
   - Total lack of extension before landing of tuck or pike vault
   A. 1.75
   B. 1.8
   C. 1.95
   D. 2.00

16. What is the TOTAL MAXIMUM deduction for the following faults?
   - Knees bent in first flight phase
   - Legs crossed in second flight phase
   - Fall against apparatus upon landing
   A. 0.70
   B. 0.80
   C. 0.90
   D. 1.00
   E. 1.20

17. What is the TOTAL MAXIMUM deduction for the following faults?
   - Head touching the table in support phase
   - Prescribed LA turn begun too early in the repulsion phase
   A. 0.80
   B. 1.00
   C. 1.50
   D. 2.00
   E. 2.30

18. What is the TOTAL MAXIMUM deduction for the following faults for a Level 7 handspring vault?
   - Legs apart in first flight phase
   - Total absence of extension before landing
   - Too long in support
   - Angle of repulsion at horizontal
   A. 1.50
   B. 1.80
   C. 2.00
   D. 2.20
   E. 2.50

19. What is the TOTAL MAXIMUM deduction for the following faults?
   - Shoulder angle in repulsion phase
   - One extra arm swing upon landing
   A. 0.20
   B. 0.30
   C. 0.40
   D. 0.50
   E. 0.60

20. Which of the following is CORRECT?
   A. No touch of the hands on vault table 2.00
   B. Third run approach with no touch of the springboard or table 0.30
   C. Spotting assistance during the vault 0.50
   D. Coach standing between board and table on handspring vault Void
   E. Failure to use safety collar for round off entry vaults Void
UNEVEN BARS
21. What is the TOTAL MAXIMUM deduction for the following errors?
   - No changes of direction in the routine
   - Touch on mat with feet on glide kip
   - Bent arms on two giant circles backwards
   A. 0.60
   B. 0.80
   C. 0.90
   D. 1.00
   E. 1.20

22. Which of the following is a “B” Value Part?
   A. Jump with 1/1 (360°) to hang on HB – Mount
   B. Jump with ½ (180°) turn, glide kip grip change to hang on HB – Mount
   C. Clear hip circle to handstand
   D. Tuck double back dismount

23. What is the TOTAL MAXIMUM deduction for the following faults in a cast to handstand with ½ (180°) turn in handstand?
   - ½ turn completed 45° past vertical
   - Legs bent on cast
   A. 0.25
   B. 0.30
   C. 0.35
   D. 0.45
   E. 0.50

24. Which of the following is the SMALLEST deduction?
   A. Flexed feet on an element.
   B. Hit on the mat with foot on glide kip
   C. Poor rhythm in elements/connections
   D. Under rotation of release/flight elements

25. Which of the following is a “B” element?
   A. Handstand on HB – underswing with ½ turn and flight over LB to hang on LB
   B. Straddle Cut
   C. Clear hip circle to handstand with ½ turn
   D. Handstand on HB – swing down between bars, swing forward to double salto backward piked – dismount

26. Which of the following is an INCORRECT Level 7 Special Requirement?
   A. One cast minimum of 45°
   B. Min of one bar change
   C. Two 360° clear circling elements – same or different
   D. Salto or hecht dismount “A” value

27. Level 8 – which of the following is INCORRECT?
   A. All allowable “C’s” will receive “B” value part credit
   B. A back stalder to handstand is an allowable “C”
   C. Insufficient distribution is up to .1
   D. Lack of elements that achieve (or pass thru) vertical is a flat .2 deduction

28. At Levels 7 and 8, there is no penalty for amplitude if the high bar cast does not go to handstand before an underswing with ½ turn with flight to low bar. (Bail)
   A. True
   B. False

29. Concerning clear hip circles: Which is CORRECT?
   A. Clear hip circles receive either B or C value part depending on the degree of angle from vertical achieved.
   B. 90° from vertical is a .3 deduction
   C. At levels 6-8, there are no amplitude deductions applied from 45° to vertical
   D. All of above are correct
30. Which of the following deductions is CORRECT?
   A. Full support of feet on the mat is .3
   B. 3 extra swings in a row is .9
   C. Insufficient amplitude on “B” clear hip circles is an up to .4
   D. Hesitation in jump or swing to handstand is up to .2

**BALANCE BEAM**

31. How many Special Requirements are missing from the following Level 8 routine?
   - Jump to a stand (mount)
   - Wolf jump from both feet, wolf jump from both feet with ½ turn
   - Back handspring, back walkover
   - Stretched jump
   - Gainer salto stretched with ½ twist to side of beam dismount

   A. 0
   B. 1
   C. 2
   D. 3
   E. 4

32. Which is INCORRECT in a Level 7 Beam routine?
   A. Maximum time is 1:20
   B. The acro series must have two elements with flight
   C. One acro flight element may be included in the acro series

33. What is the TOTAL MAXIMUM deduction for the following faults?
   - Third run approach for mount
   - 3 dance elements of the same shape
   - Lack of rhythm during execution of a dance connection
   - Grasp of beam to avoid a fall
   - Dismount too close to the beam

   A. 1.30
   B. 1.20
   C. 1.10
   D. 0.90
   E. 0.80

34. Which of the following statements is CORRECT?
   A. If the gymnast takes longer than 30 seconds to remount the beam after a fall the deduction is 2.00.
   B. If the gymnast lands at the sound of the second signal the deduction is 0.10.
   C. The timing of the exercise begins when the gymnast touches the beam.
   D. The duration (time) of the exercise may not be less than 1 minute, 10 seconds.
   E. The timing of the fall period begins when the gymnast lands on the mat.

35. Which of the following is the CORRECT Value Part?
   A. Full turn - B
   B. Switch leg leap - D
   C. Wolf jump - B
   D. Tuck jump with ½ turn - A
   E. From cross position – jump with ¼ turn to split jump in the side position - C

36. Which of the following deductions is CORRECT?
   A. Two leap/jump/hop elements that land in prone or front support position 0.20
   B. Insufficient height of saltos up to .30
   C. Insufficient distribution up to .20
   D. None of the above are correct
37. What is the CORRECT Value Part credit awarded for the following elements performed in a routine?
   A. From cross position, jump with a ¼ turn to straddle pike jump in side position - B
   B. 1 arm Flic flac step out - B
   C. Front walkover - B
   D. Salto backward stretched with 1/1 twist dismount - A

38. A. What is the TOTAL number of Special Requirements fulfilled by the following elements?
   - Split leap, 1 ½ turn on one foot, drive forward roll into an immediate flic-flac
   A. 0
   B. 1
   C. 2
   D. 3
   E. 4

39. If the same element is performed a third time, value part credit is awarded.
   Example: back walkover /fall; / back walkover, back walkover
   A. True
   B. False

40. Which of the following is a “B” element?
   A. Straddle Jump in cross position with ¼ turn to finish in side position
   B. Handstand forward roll
   C. Valdez
   D. All of the above

FLOOR EXERCISE
41. How many of the following would receive “B” Value Part credit?
   - Side split jump landing in front lying support (Schuschnova)
   - Split jump
   - Wolf jump with 1/1 turn
   - Ring jump
   - Switch leap
   A. 1
   B. 2
   C. 3
   D. 4
   E. 5

42. What is the TOTAL MAXIMUM deduction for the following faults in a Level 8 routine?
   - Split leap missing 20° of split position
   - Fail to perform saltos/aerials in two different directions
   - Deviation from straight direction on landing
   - Lack of minimum of a “B” salto
   A. 0.20
   B. 0.30
   C. 0.40
   D. 0.50
   E. 0.60
43. What is the TOTAL MAXIMUM deduction for the following errors?
   - Lack of originality of choreography
   - Feet apart on landing of a jump
   - Exercise not ended with music

   A. 0.20
   B. 0.30
   C. 0.40
   D. 0.50

44. Only with the addition or deletion of salto elements, acro elements with out hand support (aerials) or “B” acro flight elements with hand support, will a series be considered different.
   A. True
   B. False

45. How many Special Requirements are fulfilled in a Level 7 routine containing the following combinations?
   1st  Front handspring, Salto forward stretched
   2nd  Round off, back handspring, back salto stretched to two feet
   3rd  Round off, Straddle jump

   A. 0
   B. 1
   C. 2
   D. 3
   E. 4

46. What is the TOTAL MAXIMUM deduction for the following errors?
   - Legs not parallel to floor in a split jump
   - Insufficient height of a salto
   - Missing synchronization of movement – whole exercise

   A. 0.60
   B. 0.70
   C. 0.80
   D. 0.90

47. Which of the following is a “C” Value Part?
   A. Switch leap ½ turn
   B. Cat leap with 1/1 turn
   C. Salto backward with 1/1 twist

48. What is the CORRECT Value Part credit for an exercise containing the following elements?
   - Salto backward stretched with 1/1 twist
   - Tour jeté
   - Whip salto with ½ twist
   - Wolf jump

   A. 2A 2B
   B. 1A 3B
   C. 3A 1B

49. How many of the following would fulfill the Dance Series requirement on Floor Exercise?
   - 1/1 turn on one foot, Ring leap
   - Switch leg leap, split jump
   - Straddle jump with ½ turn, Split jump with 1/1 turn
   - Cat leap 1/1 turn, chasse, Wolf jump with 1/1 turn
50. Level 8 – If the final salto was never initiated, which of the following is true?
   A. Deduct .5 from the start value for SR of “A” last salto missing and .3 from start value for no attempt to perform a last salto.
   B. Deduct .5 from the start value for SR of “A” last salto missing and .5 from start value for no attempt to perform a last salto.
   C. Deduct .2 from the start value for missing the SR.

ANSWER KEY

1. A
2. C
3. D
4. C
5. D
6. C
7. A
8. D
9. B
10. B
11. E
12. E
13. A
14. D
15. D
16. C
17. E
18. C
19. B
20. E
21. B
22. B
23. E
24. A
25. B
26. B
27. D
28. A
29. D
30. C
31. C
32. B
33. B
34. E
35. E
36. D
37. C
38. D
39. B
40. D
41. C
42. E
43. B
44. A
45. C
46. C
47. A
48. B
49. B
50. A

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