

## Robin's Evil Mock Test Level 4/5

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Please let me know if you find errors! [robinruegg@gmail.com](mailto:robinruegg@gmail.com)

50 questions: 10 general, 10 vault, 5 each level on Bars, BB, FX

### General

1. Which is a flat 0.1 deduction?
  - a. Lack of coordination on connections on beam
  - b. Touch/brush on mat with feet on bars
  - c. Uneven leg separation in leaps/jumps on beam or floor
  - d. Changing, reversing or omitting a small part
  - e. All of the about are a flat 0.1 deduction
  
2. Regarding falls on bars, which is INCORRECT?
  - a. When a gymnast falls from the bars, the fall time begins
  - b. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall
  - c. The gymnast has 30 seconds to remount and resume her exercise
  - d. If the fall time is exceeded, the exercise is terminated
  - e. When the gymnast remounts the bars (leaves the floor), the fall time stops.
  
3. Which is the LARGEST deduction?
  - a. Incomplete major element
  - b. Substituting or omitting a major element
  - c. Changing a major element
  - d. Reversing a major element (if not allowed to be reversed)
  - e. Repetition of a missed element
  
4. On Level 4 bars, gymnast casts, does a back hip circle on the high bar, but has so much momentum that she inadvertently does a second back hip circle. What is the deduction?
  - a. No deduction
  - b. 0.4 for changing a major element
  - c. 0.8 for substituting a major element
  - d. ^0.4 for incomplete major element
  - e. 0.3 for adding an extra element
  
5. What is the total maximum deduction for the following errors?
  - Bending knees
  - Feet flexed on a major element
  - Concentration pause (more than 2 seconds)
  - a. 0.3
  - b. 0.35
  - c. 0.4
  - d. 0.45
  - e. 0.5
  - f. 0.55
  - g. 0.6

6. Four judges' scores are being used at a state meet. Their scores are 9.0, 7.8, 8.6 and 7.7. The Chief Judge's score is the 7.7. What should she do?
- Call a conference because the scores are out of range
  - Call a conference because the panel is too high and she's right
  - Let the scores go...they are in range
  - Call a conference and tell everyone the average of 8.2 is ok because it's within 0.5 of her score, but she wants the scores closer together so everyone should move 0.1 towards the average
  - Cry. How on earth could four judges see such a different routine?
7. Which is the LARGEST Chief Judge (CJ) deduction?
- Failure to remove springboard after mount
  - Failure to begin exercise within 30 seconds of signal by Chief Judge
  - Incorrect attire (after warning)
  - Coach standing next to the beam throughout exercise
  - Floor exercise routine performed without music
  - Gymnast begins exercise without signal from CJ
8. What is the total MAXIMUM deduction for these errors on bars?
- Insufficient external amplitude away from bar during circling movement
  - Hits bars with feet
  - Takes five running steps upon landing dismount
- 0.6
  - 0.7
  - 0.8
  - 0.9
  - 1.0
9. How many Up to 0.2 deductions are listed?
- Leg separation
  - Bent arms
  - Balance errors
  - Insufficient split
  - Insufficient height (hip rise) on leaps and jumps
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
10. Which is CORRECT?
- Allowable range of scores between judges is 0.5 for average score less than 8.0
  - Award a 1.0 if routine results in score of less than 1.0
  - If gymnast performs  $\frac{1}{2}$  or less of exercise and does not continue, start from 10.0 and deduct for missing elements and execution on the elements performed
  - The deduction for overtime is 0.2
  - Stepping out of bounds on floor is 0.1 for one foot, 0.3 for both feet

## Vault

11. What is the MAXIMUM deduction for the following errors?
- Piked on first flight and arched on second flight
  - Arms bent during support phase
  - Very large hop during landing
- a. 1.3
  - b. 1.4
  - c. 1.5
  - d. 2.0
  - e. 3.0
12. Gymnast falls on her first vault attempt and is being assessed for an injury. How long does she have to leave the landing area and get ready for her second vault?
- a. 30 seconds
  - b. 45 seconds
  - c. 1 minute
  - d. 2 minutes
  - e. Until the judges have calculated their scores and are ready
13. What is the deduction for a one-arm vault, and who takes it?
- a. VOID, all panel judges take
  - b. VOID, the chief judge takes from the average
  - c. 1.0, all panel judges take
  - d. 1.0, the chief judge takes from the average
  - e. 2.0, all panel judges take
  - f. 2.0, the chief judge takes from the average
14. Which is the LARGEST deduction?
- a. Fall upon landing
  - b. Taking 6 steps upon landing
  - c. Insufficient distance
  - d. Insufficient height
  - e. Coach aids during first flight on Level 4 vault
15. Gymnast runs and balks. Then she runs and does a swan dive onto the table, landing belly-first. She then runs and does a vault, scoring 8.2. What do you do?
- a. She is done, no more attempts allowed
  - b. She gets one more attempt, but deduct 0.5 from the average on the counting vault
  - c. She gets one free balk, so let her do another vault and give her the highest score of the two performed vaults
  - d. Play the theme song from "Swan Lake"
  - e. Heck, I don't know, the balk rules are confusing!

16. How many of these deductions are Up to 0.3?
- Arch in first phase
  - Legs bent in second phase
  - Arms bent in support phase
  - Insufficient dynamics
  - Direction
- a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
17. What is the total MAXIMUM deduction if the gymnast leaves the table more than  $45^\circ$  past vertical and is also too long in support?
- a. 1.3
  - b. 1.4
  - c. 1.5
  - d. 1.6
  - e. 1.8
  - f. 2.0
18. Gymnast has her legs apart during the first flight phase, takes 2 steps on her hands on the table, and does an extra arm swing when she lands. What is the total MAXIMUM deduction?
- a. 0.4
  - b. 0.5
  - c. 0.6
  - d. 0.7
  - e. 0.8
  - f. 1.0
19. Which is the LARGEST potential deduction?
- a. Flexed feet in second phase
  - b. Incorrect shoulder alignment in support phase
  - c. Additional trunk movements to maintain balance upon landing
  - d. Lands with feet staggered
  - e. Alternate repulsion
20. Gymnast gets to handstand, then arches over and ends up sitting on the top of the table. What is the total deduction?
- a. 0.5
  - b. 1.0
  - c. 1.5
  - d. 2.0
  - e. 2.5

## Bars

### Level 4

21. Which is correct order of elements?
- Pike glide kip, cast to horizontal, back hip circle, squat on, jump to long hang kip
  - Hip pullover, cast to horizontal, squat on, jump to long hang kip
  - Hip pullover, cast to horizontal, back hip circle, squat on, jump to long hang kip
  - Straddle glide kip, cast to horizontal, squat on, jump to long hang kip
  - None of the above are correct
22. What is the total MAXIMUM deduction for these errors on the jump to long hang kip?
- Fail to swing near horizontal
  - Legs separated
  - Bent arms
- 0.4
  - 0.5
  - 0.6
  - 0.65
  - 0.7
  - 0.75
23. Gymnast fails to complete her glide kip and falls off. In addition to the 0.5 for the fall, what is the deduction for failing to complete the glide kip?
- 0.2
  - 0.4
  - 0.5
  - 0.6
  - 0.8
24. How many skills worth 0.4 are listed?
- Cast to horizontal & return to front support
  - Cast squat on
  - Jump to long hang kip
  - Back hip circle
  - Underswing, first counterswing
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
25. What is the total MAXIMUM deduction for:
- Both casts more than 45° below horizontal
  - Fail to maintain straight-hollow body position throughout the back hip circle
  - Fail to re-contact bar with the free hand on the dismount as the ½ turn is completed
- 0.8
  - 0.9
  - 1.0
  - 1.1
  - 1.2
  - 1.3

## Level 5

26. Which is the correct order of elements?
- Glide kip, cast to horizontal, back staller to clear support, straddle kip, cast squat on
  - Glide kip, cast above horizontal, back sole circle to clear front support, pike kip, cast pike on
  - Jump to long hang kip, cast to horizontal, clear hip circle to above horizontal, long hang pullover
  - Jump to long hang kip, cast above horizontal, clear hip circle to above horizontal, long hang pullover
  - None of the above are the correct order
27. How many 0.6 elements are listed?
- Straddle glide kip
  - Clear hip circle to above horizontal
  - Jump to long hang kip
  - Long hang pullover
  - Tap swing to flyaway tuck dismount
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
28. Which is the SMALLEST deduction?
- Fail to show slight arched position at bottom of tap swing
  - Flyaway dismount done 30° below the level of the high bar
  - Excessive piking of body on long hang pullover
  - Incorrect body alignment on cast to above horizontal
  - Insufficient extension at end of glide kip
  - Legs apart on the cast to above horizontal
29. How do you measure the amplitude of the cast angles?
- Line from hands to feet
  - Line from hands to lowest body part
  - Line from hands to mid-point of the lowest body part
  - Line from shoulders to feet
  - Line from shoulders to lowest body part
  - Line from shoulders to mid-point of lowest body part
30. Gymnast's body is arched and her hips are open to an extended position with her feet over the LB on the counterswing. What is the deduction?
- 0.1
  - Up to 0.1
  - 0.2
  - Up to 0.2
  - 0.3
  - Up to 0.3

## Beam

### Level 4

31. How many 0.4 elements are listed?  
--Cartwheel,  $\frac{1}{4}$  turn inward  
--Scale (horizontal)  
--Straight leg leap  
--Split jump  
--Stretch jump  
-- $\frac{1}{2}$  turn ( $180^\circ$ ) in forward passé'  
a. 1  
b. 2  
c. 3  
d. 4  
e. 5  
f. 6
32. Which is the proper order of elements?  
a. Scale, Cartwheel, Straight leg leap, Cross handstand  
b. Cartwheel, Scale, Cross handstand, Straight leg leap  
c. Cross handstand, Scale, Cartwheel, Straight leg leap  
d. Cartwheel, Scale, Straight leg leap, Cross handstand  
e. Cartwheel, Straight leg leap, Scale, Cross handstand
33. What is the total MAXIMUM deduction for:  
--Lack of continuity in  $\frac{1}{2}$  turn to straddle sit mount  
--Bending front leg on take-off for straight leg leap  
--Fail to hold cross handstand for one second  
--Fail to land with feet closed on split jump  
a. 0.3  
b. 0.4  
c. 0.5  
d. 0.6  
e. 0.7  
f. 0.8
34. Which is the LARGEST deduction?  
a. Fail to lift free leg a minimum of horizontal in scale  
b. Fail to hold scale one second  
c. Fail to attain vertical on handstand  
d. Insufficient continuity between jumps on the split jump, stretch jump  
e. Fail to perform the  $\frac{1}{4}$  turn on the Cartwheel to side handstand  $\frac{1}{4}$  turn dismount

35. What is the total MAXIMUM deduction for the following errors on the Cross Handstand?

- Staggered hand placement
- Fail to join legs side by side
- Fail to hold one second
- Bent knees

- a. 0.5
- b. 0.6
- c. 0.7
- d. 0.8
- e. 0.9
- f. 1.0

**Level 5**

36. How many 0.6 elements are listed?

- Back walkover
- Scale above horizontal
- Straight leg leap (150°)
- Stretch jump
- Cross Handstand

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5

37. Which is the SMALLEST deduction?

- a. Leg in incorrect position on the full turn (correct is forward passé')
- b. Fail to hold the side handstand on the dismount for two seconds
- c. Fail to hold the cross handstand for two seconds
- d. Fail to lift the free leg above horizontal in the scale
- e. Balance error after the back walkover

38. Which is the correct order of the elements?

- a. Cross handstand, Full turn, Split jump, Scissone, Cartwheel side handstand ¼ turn dismount
- b. Split jump, Scissone, Cross Handstand, Full turn, Cartwheel side handstand ¼ turn dismount
- c. Cross handstand, Split jump, Scissone, Full turn, Cartwheel side handstand ¼ turn dismount
- d. Full turn, Cross handstand, Split jump, Scissone, Cartwheel side handstand ¼ turn dismount
- e. Split jump, Scissone, Full turn, Cross handstand, Cartwheel side handstand ¼ turn dismount

39. How many Chief Judge deductions (taken from the average) are listed?
- Overtime 0.1
  - Simultaneous hand placement on Cartwheel side handstand  $\frac{1}{4}$  turn dismount 0.1
  - Gymnast fails to present at end of beam routine 0.1
  - Concentration pause of more than 2 seconds before the back walkover 0.1
  - Coach fails to remove springboard after the mount 0.3
  - Coach stands next to the beam throughout the entire exercise 0.1
- a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
40. Which is INCORRECT about timing the Level 5 beam routine?
- a. The official time starts when the gymnast's feet leave the board or mat
  - b. The official time stops when the gymnast dismounts and arrives on the mat
  - c. Warning is called at 1:00
  - d. Time is called at 1:05
  - e. Regardless of overtime, the entire exercise evaluated by all judges and value part credit awarded for the entire exercise.

## **Floor**

### **Level 4**

41. Which is the correct order of elements?
- a. Forward split, Straight arm backward roll to handstand, Straight leg leap, Full turn in forward passé, Back walkover
  - b. Straight arm backward roll to handstand, Forward Split, Straight Leg Leap,  $\frac{1}{1}$  turn in forward passé, Back walkover
  - c. Full turn in forward passé', Forward split, Straight leg leap, Straight arm backward roll to handstand, Back walkover
  - d. Back walkover, Straight arm backward roll to handstand, Forward split, Straight leg leap,  $\frac{1}{1}$  turn in forward passé'
  - e. None of the above are correct
42. Which is the LARGEST deduction?
- a. Performs a backward roll step-out instead of a back extension roll to handstand
  - b. Dive into the front handspring to two feet
  - c. Hands placed on floor during squat phase prior to rolling backward on back extension roll to handstand
  - d. Fail to pass through vertical on back extension roll to handstand
  - e. Squat into flic-flac
43. True or False: The round-off and each of the flic-flacs are elements worth 0.6 each.

44. What is the total MAXIMUM deduction for the following errors?

- Bent arms on both of the flic-flacs
- Failure to pass through vertical on the round-off
- Incorrect foot work on connections throughout the exercise
- Legs bent on the straight leg leap

- a. 1.0
- b. 1.1
- c. 1.2
- d. 1.3
- e. 1.4
- f. 1.5
- g. 1.6

45. Which is INCORRECT?

- a. The straddle jump should be a minimum of 150°
- b. Failure to land the straddle jump with legs closed is an Up to 0.1 deduction
- c. The stretch jump with ½ turn is worth 0.4
- d. On the front handspring to 2 feet, gymnast needs to keep her arms next to her ears and focus on her hands throughout. Failing to do this is an up to 0.1 deduction.
- e. If hands are more than shoulder-width apart on the back extension roll, deduct Up to 0.1

#### Level 5

46. Which is the LARGEST deduction?

- a. Fail to pass through vertical on round-off
- b. Use of heel-snap turn technique on the 1/1 turn in forward passé
- c. Fail to achieve 180° split position with legs flat on the floor on the forward split
- d. Performing a pike backward roll instead of a back extension roll to handstand
- e. Doing a pike back salto

47. Which is the correct order of elements?

- a. Straddle jump, stretch jump 1/1 turn, front salto tucked, front handspring step-out, front handspring to 2 feet
- b. Straddle jump, stretch jump 1/1 turn, back extension roll to handstand, Front handspring step-out, front handspring to 2 feet, front salto tucked
- c. Straddle jump, stretch jump with 1/1 turn, front handspring step-out, front handspring to 2 feet, front salto tucked
- d. Front handspring step-out, front handspring to 2 feet, straddle jump, stretch jump 1/1 turn, front salto tucked
- e. Are you crazy? Not one of these is correct. I used to teach this routine.

48. What is the total MAXIMUM deduction for these errors?

- Legs apart on the jump full turn
- Uneven leg separation in the switch-leg leap
- Legs apart on landing the straddle jump (hmm, is that why legs apart on the jump 1/1 turn? 😊)
- Failure to pause in “controlled stick” after the back salto tucked.

- a. 0.4
- b. 0.45
- c. 0.5
- d. 0.55
- e. 0.6

49. How many 0.6 value elements are listed?

- Stretch jump 1/1 turn
- Front handspring step-out
- Front handspring to two feet
- Straight leg or switch-leg leap
- Back salto tucked

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5

50. Which is the SMALLEST deduction?

- a. Failure to finish with the music
- b. Movement lacking dynamics throughout
- c. Insufficient split
- d. Quality of expression
- e. Lack of acceleration in the front handspring step-out to front handspring to 2 feet series
- f. Passing the written 4-5 test because you got through this entire evil test

## Answer Sheet

1. d. All other deductions listed are Up to 0.1
2. c. Gymnast has 45 seconds to remount bars after a fall (and note from the 5/20/19 Joint JO & Technical committee minutes that beam falls will also be 45 seconds starting Aug 1, 2019)
3. b. Substituting or omitting a major element is a deduction of double the value of the element
4. e. 0.3 for adding an extra element
5. d. 0.45 ^0.3 for bent knees, 0.05 for flexed feet, 0.1 for a concentration pause
6. a. Call a conference. The two middle scores, 7.8 and 8.6 are 0.8 apart. The maximum spread is 0.7 for average scores between 8.0 and 8.975.
7. e. 1.0 for no floor music. (0.3 for fail to start w/in 30 sec, 0.2 incorrect attire, 0.1 coach next to beam whole routine, 0.3 fail to remove springboard, 0.5 start without signal from CJ)
8. c. 0.8 Up to 0.2 amplitude, 0.2 for hitting feet, max 0.4 for running steps
9. d. 3 Bent arms and balance errors are Up to 0.3 deductions. The rest listed are up to 0.2
10. b. Award 1.0 if routine would score less than 1.0 (it's happened!) (Allowable range 1.0 for average <8.0, if performs < ½ of routine, award credit for elements performed, overtime is 0.1 and out of bounds is 0.1 no matter how many feet out of bounds for the JO program.)
11. c. 1.5 ^0.5 pike on first flight, ^0.3 arch on second flight, ^0.5 arms bent, 0.2 large hop
12. c. 1 minute. After that, a second vault is not allowed. The chief judge monitors the time.
13. d. 1.0, the chief judge takes from the average
14. e. Coach aids on first flight, support or second flight for Level 4 vault is 2.0. Fall is 0.5, 6 steps is a maximum of 0.4, distance is ^0.3 and height is ^0.5
15. a. She is done. Gymnast gets 3 tries to get over the vault.
16. e. 4 All are up to 0.3 except arms bent is up to 0.5
17. c. 1.5. Angle of repulsion Up to 1.0 and Too long in support up to 0.5
18. b. 0.5 ^0.2 legs apart, 0.2 for 2 steps on hands, ^0.1 for arm swing on landing
19. b. Incorrect shoulder angle ^0.3. Flexed feet ^0.1, Additional trunk movements upon landing ^0.2, staggered feet on landing ^0.1, alternate repulsion ^0.2
20. e. 2.5 Take the fall onto the apparatus 0.5 plus landing on the table 2.0
21. d. Straddle (or pike) glide kip, cast to horizontal, squat on, long hang kip
22. e. 0.7 ^0.2 swing horizontal, ^0.2 legs separated, ^0.3 arms bent
23. d. ^0.6 for failure to complete a major element. Kip's value is 0.6
24. c. 2 The cast to horizontal and the back hip circle are each worth 0.4. The squat on is worth 0.2, the long hang kip and the underswing-counterswing are each worth 0.6
25. d. 1.1 ^0.3 x 2 casts = 0.6, ^0.2 body position on hip circle and flat 0.3 for no hand contact on dismount
26. b. Glide kip, cast above horizontal, back sole circle to clear front support, pike kip, cast pike on
27. f. 5 All skills listed worth 0.6
28. a. Fail to show slight arch at bottom of tap swing is 0.1 deduction. All others listed are ^0.2
29. f. Line from shoulders to mid-point of lowest body part
30. e. 0.3 This is a SAFETY issue and thus the flat, large deduction!
31. d. 4 the Scale, split jump, stretch jump and ½ turn are 0.4 elements. Cartwheel and leap worth 0.6
32. d. Cartwheel, Scale, Straight leg leap, Cross handstand
33. b. 0.4. All the deductions listed are up to 0.1 (^0.1 x 4 = 0.4)
34. c. Failure to attain vertical on handstand is an ^0.3 deduction. Horizontal leg on scale ^0.2, Fail to hold scale 1 second ^0.1, Continuity on leaps ^0.2 and no ¼ turn on dismount 0.2
35. b. 0.6 0.1 for staggered hand placement, 0.1 for not joining legs, ^0.1 for fail to hold 1 second and ^0.3 for bent legs.
36. d. 3 The back walkover, leap and cross handstands are each worth 0.6. The Scale and Stretch jump are each worth 0.4
37. a. 0.1 for incorrect leg position on turn. Other deductions ^0.2 except the balance error is ^0.3
38. c. Cross handstand, Split jump, Scissone, Full turn, Cartwheel side handstand ¼ turn dismount

39. e. 4 Simultaneous hand placement and concentration pause are taken by each judge. Others listed are Chief Judge deductions from the average score.
40. d. Time is called at 1:05 is INCORRECT. Time for Level 5 is called at 1:10.
41. b. Straight arm backward roll to handstand, Forward Split, Straight Leg Leap, 1/1 turn in forward passé, Back walkover
42. a. doing back roll step-out is 0.4 deduction. Dive ^0.2, Hands on floor 0.3, Not vertical ^0.3, squat into back handspring ^0.2
43. False. The Round-off is worth 0.4 and each of the flic-flacs worth 0.6. I had to give you ONE somewhat easy question. Now get back to work...the rest of the test is still hard.
44. f. 1.5 All of the deductions listed are ^0.3. Did you miss that there are TWO flic-flacs and thus 0.6 for bent arms on both?
45. a. For Level 4, the minimum split on the straddle jump is 120°. For Level 5 it's 150°.
46. e. Doing pike back salto 0.6. Fail to pass through vertical ^0.3, heel-snap technique 0.3, not split on split ^0.2, Doing backward roll 0.4
47. c. Straddle jump, stretch jump with 1/1 turn, front handspring step-out, front handspring to 2 feet, front salto tucked
48. b. 0.45 ^0.2 legs apart on jump full turn, ^0.1 uneven split on a leap, ^0.1 legs not together on landing straddle jump, 0.05 for not pausing and showing the controlled stick on the back tuck salto.
49. e. 4 The straight jump 1/1 turn is worth 0.4; the rest are worth 0.6
50. a. Failure to finish with the music 0.1, Dynamics ^0.2, Split ^0.2, Quality of expression ^0.15, Lack of acceleration on front handspring series ^0.1