

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

Note: Even though we will have an open-book test, it is important that we can look up the answers! This test is purposefully hard, for example it has way too many choices and I am trying to trick you! Enjoy with good humor; See explanations via the answer sheet on the last page.

### General

- 1) Which deduction is correct?
  - a. Taking 5 running steps into the front salto tucked on Level 5 floor 0.05
  - b. Running into the Aerial cartwheel on Level 5 floor 0.05
  - c. Taking 3 running steps into the front handspring step-out Level 4 floor 0.1
  - d. Taking 3 running steps into the Front handspring step-out, front handspring on Level 5 floor 0.05
  - e. All of the above are correct
  - f. a.
  - g. b.
  - h. a. and c.
  - i. b. and d.
  
- 2) General throughout—what is the deduction for Incorrect position of head, arms, legs or feet (text errors)?
  - a. 0.05 each time
  - b. 0.1 each time
  - c. Up to 0.05
  - d. Up to 0.1
  - e. Up to 0.2
  - f. Up to 0.3
  - g. Up to 0.4
  - h. Really? I have to know this?
  
- 3) Which of the following is INCORRECT regarding landing of elements and dismounts?
  - a. If gymnast lands in a squat (hips lower than knees) and then falls, deduct only 0.5 for the fall
  - b. Arm swing on landing to maintain balance Up to 0.1
  - c. Additional trunk movements to maintain balance/control on floor acro stuck landings with trunk movement to avoid steps Up to 0.2
  - d. Deviation from a straight direction on landing Up to 0.1
  - e. Incorrect body position on landing of elements and dismount Up to 0.1
  - f. All of the above are INCORRECT deductions
  - g. a. and e. are INCORRECT deductions
  - h. b. and c. are INCORRECT deductions

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 4) Which is the largest chief judge deduction? (To be taken from the average and the coach must be informed)
  - a. Technical verbal clues by coach or teammates to own gymnast. Judge must be able to hear this. (So, for those of us with poor hearing, they get away with it!)
  - b. Incorrect spring configuration (of the board we presume)
  - c. Unsportsmanlike conduct of gymnast
  - d. Failure to present at the end of the routine
  - e. Overtime on beam
  - f. Any part of the body touching outside the floor exercise border marking
  - g. All of the above are an Up to 0.2 deduction
  
- 5) Which of the following are a flat 0.2 deduction?
  - a. Legs or knees separated
  - b. Alternate hand grasp on bars
  - c. Hit bars with feet
  - d. Insufficient split when required
  - e. Extra kick up to handstand
  - f. Concentration pause of three seconds on balance beam
  - g. All of the above are a flat 0.2 deduction
  - h. a., d. and e.
  - i. b., c., and f.
  
- 6) For Level 5 beam: Gymnast does a round-off punch Instead of a cartwheel punch. What is the deduction?
  - a. 0.5
  - b. 0.6
  - c. 0.7
  - d. 0.8
  - e. 1.0
  - f. 1.1
  - g. 1.2
  - h. 1.5
  
- 7) For Level 4 beam, gymnast does split jump + stretched jump. What is the deduction?
  - a. No deduction, this is correct
  - b. 0.2
  - c. 0.3
  - d. 0.4
  - e. 0.5
  - f. 0.6
  - g. I don't know, could you look it up?

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 8) What is the total maximum you can deduct for the following errors?  
Bent arms + Balance error + Overall incorrect foot form throughout the exercise
- 0.3
  - 0.4
  - 0.5
  - 0.6
  - 0.7
  - 0.8
  - 0.9
  - 1.0
  - 1.1
  - 1.2
  - 1.3
- 9) Which is the smallest deduction?
- Missing synchronization of music with musical beat once
  - Insufficient amplitude on non-value part choreography/dance steps throughout routine
  - Fail to kick/swing leg to horizontal or above when required on floor exercise
  - Fail to perform 180° and 360° turns on one foot in high relevé
  - Fail to contract or arch when indicated
  - Fail to land with feet closed on jumps on beam or floor (that land on 2 feet)
  - Hesitation during jump to high bar
- 10) Which is CORRECT regarding spotting deductions?
- Each judge takes spotting deduction
  - If coach assists by touching on the landing only deduct 0.5
  - If coach spots a back walkover on Level 5 beam, deduct 1.1
  - If coach spots athlete on a skill and then athlete falls, deduct 0.5 spot AND 0.5 fall
  - If coach catches a falling gymnast, deduct only for the fall
  - All of the above are correct

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

### Vaulting

- 11) What is the total maximum deduction for these errors on Level 4 or 5 vault?  
Coach stands between the board and vault table + Alternate hand placement in the support phase + gymnast bends her knees throughout the vault
- 0.5
  - 0.6
  - 0.7
  - 0.8
  - 0.9
  - 1.0
  - 1.1
  - 1.2
  - 1.3
  - 1.4
  - 1.5
- 12) Which of the following is/are NOT a VOID vault?
- Assistance of coach on Level 4 vault
  - Assistance of coach on Level 5 vault
  - Using a trampoline-like, alternative springboard
  - Performing a squat-on
  - Gymnast never achieves vertical and comes back onto the board
  - Gymnast rebounds from the board and comes to rest on her belly on the vault table
  - All of the above are VOID
  - a. and b.
  - e. and f.
- 13) Gymnast jumps to a handstand then lands on her back on top of the vaulting table. (Don't worry, she's not hurt, it was a very slow vault). What is the deduction?
- 0.5
  - 1.0
  - 1.5
  - 2.0
  - 2.5
  - 3.0
  - VOID

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 14) What is the total maximum deduction for:  
Pike in 1<sup>st</sup> flight phase and in Support phase + Arch in 2<sup>nd</sup> flight phase + 5 running steps in landing
- 1.4
  - 1.5
  - 1.6
  - 1.7
  - 1.8
  - 1.9
  - 2.0
  - 2.1
- 15) Which is the SMALLEST landing deduction?
- Slight brush/touch of 1 hand on the mat with no support
  - Large step or jump
  - Lands with feet less than hip width apart, but never joins the feet (heels) together
  - Arm swings to maintain balance
  - Landing with feet more than hip-width apart
  - Landing with staggered feet
  - Additional trunk movements to maintain balance
- 16) Gymnast sticks her head out throughout the entire vault, lacks dynamics and is lacking height. What is the MAXIMUM deduction for these errors?
- 0.9
  - 1.0
  - 1.1
  - 1.2
  - 1.3
  - 1.4
  - 1.5
- 17) Gymnast runs, jumps on board, puts hand on vault table and comes back to the board. She then goes again, runs and goes off the side of the runway. May she try a third time?
- Yes
  - No
  - It depends on where the sun is in the sky that day and whether her coach had coffee
  - No way—3 strikes and she's out. Well, that's 2 strikes. Never mind

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 18) Gymnast does a vault even though the Chief Judge didn't raise a flag. She then does a vault with the following errors:  
Shoulder angle in support + Too long in support + Arm swing to maintain balance when she lands

What is the final score after the Chief judge takes a deduction?

- a. 8.3
  - b. 8.4
  - c. 8.5
  - d. 8.6
  - e. 8.7
  - f. 8.8
  - g. 8.9
  - h. 9.0
  - i. 9.1
- 19) What is the final score if you take MAXIMUM deductions for:  
Feet flexed in all phases + Arms bent in support + Angle of repulsion 90° past vertical + squat on landing
- a. 7.8
  - b. 7.9
  - c. 8.0
  - d. 8.1
  - e. 8.2
  - f. 8.3
  - g. 8.4
  - h. 8.5
  - i. 8.6
  - j. 8.7
- 20) Gymnast runs slowly, and her legs are apart on the preflight and support phase of the vault. She takes 3 steps on her hands on the vault table. She then falls over the vault, lacking length. (There are a few other issues, but just add these 3 things up!) What is her total MAXIMUM deduction?
- a. 0.8
  - b. 0.9
  - c. 1.0
  - d. 1.1
  - e. 1.2
  - f. 1.3
  - g. 1.4
  - h. 1.5
  - i. 1.6

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

### Bars

- 21) What is the total MAXIMUM deduction for the following errors?  
Hesitation during jump to HB after the squat-on  
Throwing head backward (instead of neutral position) in back hip circle  
Insufficient dynamics
- 0.3
  - 0.4
  - 0.5
  - 0.6
  - 0.7
  - 0.8
  - 0.9
- 22) Level 4 Bars: Which element has the lowest value?
- Glide kip mount
  - Cast squat on
  - Cast to horizontal and return to front support
  - Back hip circle
  - Underswing
  - Tap swing forward
  - ½ turn dismount
- 23) Level 4 Bars: Gymnast starts her routine with a hip pullover. She then casts at 45° below horizontal. Her cast to squat on is wonky and she lands one foot followed by the other. The rest of her routine is PERFECT! What is her final score?
- 8.4
  - 8.5
  - 8.6
  - 8.7
  - 8.8
  - 8.9
  - 9.0

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

24) Level 4 Bars: Gymnast makes the following errors. What is the total MAXIMUM deduction?

- On counterswing, hips open to an extended position with the feet over the low bar
- On dismount, fails to show slight arched position during the downward swing (no tap)
- On dismount, fails to re-contact the bar with the free hand as the  $\frac{1}{2}$  turn is completed
  - a. 0.3
  - b. 0.4
  - c. 0.5
  - d. 0.6
  - e. 0.7
  - f. 0.8
  - g. 0.9
  - h. 1.0

25) Level 4 Bars: Which is the SMALLEST deduction?

- a. Fail to take off from both feet simultaneously on the glide kip mount
- b. Insufficient extension at end of glide swing on mount
- c. Lack of control in returning to the bar after the cast
- d. Insufficient backward swing of legs into the cast squat-on
- e. Fail to swing near horizontal on the long hang kip
- f. Fail to maintain neutral head position on the back hip circle
- g. Lack of continuity of back hip circle
- h. All of these are Up to 0.1

26) Level 5 Bars: What is the total MAXIMUM deduction for these errors?

The cast on the LB and on the HB are at horizontal

Hips touch the bar on the upswing of the clear hip circle

Gymnast doesn't close legs on a straddle kip mount and on a straddle kip after the clear hip circle

- a. 0.4
- b. 0.5
- c. 0.6
- d. 0.7
- e. 0.8
- f. 0.9
- g. 1.0
- h. 1.1

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 27) Level 5 Bars: On the dismount, the gymnast lands too close to the bar and gives the judges a heart attack. She lands with her feet hip-width apart but does not join her heels (doesn't click them together like Dorothy does in the Wizard of Oz). What is the total deduction?
- No deduction
  - 0.05
  - 0.1
  - 0.15
  - 0.2
  - 0.25
- 28) Level 5 Bars: On the cast after the mount and the cast after the long hang kip, gymnast casts at  $45^\circ$  below horizontal. Similarly, on her tucked flyaway dismount her salto is at  $45^\circ$  below the level of the high bar. What is the total deduction?
- 0.3
  - Up to 0.3
  - 0.4
  - Up to 0.4
  - 0.5
  - Up to 0.5
  - 0.6
  - Up to 0.6
  - 0.7
  - Up to 0.7
  - Stop already. Why are some deductions flat and others "up to?"!
- 29) Level 5 Bars: Which is/are correct regarding timing of falls on bars?
- If the 30 second fall time is exceeded, the exercise is terminated
  - If the 45 second fall time is exceeded, the exercise is terminated
  - If a second fall occurs, do not deduct an additional 0.5
  - The timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
  - The timer will give a verbal notification of 30 seconds remaining and 15 seconds remaining for remounting after a fall
  - None of the above is correct
  - a., c. and e. are correct
  - b. and d. are correct

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 30) Level 5 Bars: What is the maximum deduction for Grasping the bar to avoid a fall, Repositioning/adjustment of hands in front support, and Arm swings on landing to maintain balance?
- a. 0.3
  - b. 0.4
  - c. 0.5
  - d. 0.6
  - e. 0.7
  - f. 0.8

### Beam

- 31) Level 4 Beam: Gymnast does a Stretch Jump + Split Jump, but the connection is kind of slow and you're asking yourself, "Was it really connected?" She also had uneven leg separation on the split jump and did not land with her feet closed on either the stretch jump or the split jump. What is the total MAXIMUM deduction?
- a. 0.3
  - b. 0.4
  - c. 0.5
  - d. 0.6
  - e. 0.7
  - f. 0.8
  - g. 0.9
- 32) Level 4 Beam: Gymnast is very scared to do the cartwheel, so she stands there for 4 seconds and then finally goes for it. The cartwheel is not very good. She flexes her feet and then goes around the side (not through vertical). What is the total MAXIMUM deduction?
- a. 0.4
  - b. 0.45
  - c. 0.5
  - d. 0.55
  - e. 0.6
  - f. 0.65
  - g. 0.7
  - h. 0.75

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

33) Level 4 Beam: How many 0.4 elements are listed?

- Front support to fish pose mount
  - Cartwheel
  - ½ turn in forward passe'
  - Stretch jump
  - Split jump
  - Cross Handstand
  - Scale at Horizontal
- a. 1
  - b. 2
  - c. 3
  - d. 4
  - e. 5
  - f. 6
  - g. 7

34) Level 4 Beam: Gymnast does a stretch jump, stops, takes a lunch break, and then does the split jump. She does not mark the passe' position in relevé' at the end of her half turn. Her ears are not covered by her arms when moving in and out of the cartwheel. What is the total MAXIMUM deduction?

- a. 0.05
- b. 0.1
- c. 0.15
- d. 0.2
- e. 0.25
- f. 0.3
- g. 0.35
- h. 0.4

35) Level 4 Beam: Which is the LARGEST deduction?

- a. Uneven leg separation in leaps/jumps
- b. Insufficient dynamics
- c. Fail to hold cross handstand 1 second (1-gymnastics...)
- d. Bending front leg on take-off on leap
- e. Simultaneous hand placement on the cartwheel to side handstand dismount
- f. All of the above are the same deduction
- g. a. and b.
- h. d. and e.

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 36) Level 5 Beam: Gymnast does split jump, falls, then does the sissonne. She then does the straight leg leap, stops and drinks coffee before completing the stretch jump. What is the deduction?
- 0.5
  - 0.55
  - 0.6
  - 0.7
  - 0.75
  - 0.8
  - 0.9
  - Heck, I want to see her drink coffee while on the beam! And I bet there's an overtime deduction if she does that.
- 37) Level 5 Beam: On the Front support fish mount, gymnast misses putting her leg on the beam and instead uses that leg on the side of the beam to support herself to maintain her balance. She then goes on with the routine. She stands for 2 seconds before doing her tumbling (which was a back handspring-step-out). She wobbles after the back handspring, bending over and windmilling her arms to try to stay on. What is the MAXIMUM possible deduction for these errors?
- 0.5
  - 0.6
  - 0.7
  - 0.8
  - 0.9
  - 1.0
- 38) Level 5 Beam: Which is the correct order of elements?
- Back Walkover, Full turn, Split Jump, Sissonne, Scale
  - Straight leg leap, Stretch jump, Cartwheel, Sissone, Back salto dismount
  - Flic-flac step-out, Split jump, Sissone, Full turn, Scale
  - Scale, Straight Leg Leap, Sissonne, Cartwheel, Stretch jump
  - Front walkover, full turn, Straight leg leap, stretch jump, Scale
  - Backward roll to  $\frac{3}{4}$  handstand, Full turn, Split jump, Sissonne, Cartwheel, Straight leg leap, Stretch jump
  - None of the above are the correct order

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 39) Level 5 Beam: Gymnast does a back handspring step-out for her tumbling but is slow getting off her hands. Her leg is in coupe' on her full turn. Her split jump is far less than 150o. What is the total MAXIMUM deduction?
- a. 0.1
  - b. 0.2
  - c. 0.3
  - d. 0.4
  - e. 0.5
  - f. 0.6
  - g. 0.7
  - h. 0.8
  - i. 0.9
- 40) Level 5 Beam: During her mount, gymnast's feet end up touching the board. (Hmm, should the coach have raised the beam?) Throughout her beam routine, the gymnast does not show the lock position (and there are multiple places she should show the lock!). On her back salto dismount she is terribly low. What is the MAXIMUM deduction for these errors?
- a. 0.4
  - b. 0.5
  - c. 0.6
  - d. 0.7
  - e. 0.8
  - f. 0.9
  - g. 1.0

### Floor

- 41) Level 4 Floor: Which is INCORRECT?
- a. Concentration pause of 2 seconds or more is 0.1 deduction
  - b. Insufficient height of aerials is Up to 0.3
  - c. Alternate/stagger hand placement on front handspring step-out is Up to 0.1 deduction
  - d. Error in line of direction or placement of a whole section of the floor pattern is Up to 0.3 deduction
  - e. Gymnast performing a fast front walkover instead of a front handspring step-out is no deduction.
  - f. Failing to keep ears covered by arms when moving in and out of the back walkover is 0.05 deduction
  - g. Lack of acceleration in the Round-off, Flic-flac, flic-flac series of Up to 0.2 is NOT applied if a 0.3 deduction is taken for a stop between elements

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 42) Level 4 Floor: Which is the correct order of the elements?
- Back walkover, front handspring step-out, Back extension roll, Cartwheel, Stretch jump  $\frac{1}{2}$  turn
  - Front handspring step-out, Cartwheel, Back Extension Roll, Straight Leg Leap, Stretch jump  $\frac{1}{2}$  turn
  - Back extension roll, Stretch jump  $\frac{1}{2}$  turn, straight leg leap, straddle jump, Forward split
  - Stretch jump  $\frac{1}{2}$  turn, Back Extension roll, Straight leg leap, Straddle jump, forward split
  - Straddle jump, Full turn, Forward split, Round-off, flic-flac, flic-flac
  - Stretch jump  $\frac{1}{2}$  turn, Straight leg leap, Straddle jump, Forward split, Full turn, Round-off, flic-flac
  - Wrong, wrong, wrong. None of these is correct
- 43) Level 4 Floor: Gymnast lifts leg, then drops and then does the back walkover. She puts both hands down at the same time on the cartwheel—kind of like a round-off. She puts her hands on the floor during squat phase prior to the back extension roll. What is the MAXIMUM deduction?
- 0.4
  - 0.5
  - 0.6
  - 0.7
  - 0.8
  - 0.9
  - 1.0
- 44) Level 4 Floor: How many flat 0.1 deductions are listed?
- Staggered hand placement on the back walkover
  - Staggered hand placement on the front handspring step-out
  - Failure to keep head in alignment on the cartwheel
  - Interlocking fingers on the back extension roll
  - Fail to keep legs joined in air throughout the stretch jump  $\frac{1}{2}$  turn
  - Fail to land on both feet simultaneously on the stretch jump  $\frac{1}{2}$  turn.
- 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

- 45) Level 4 Floor: Gymnast does a Round-off, then balks and does not do either back handspring. She is way ahead of the music and hits the ending pose well before the music ends. What is the total deduction?
- 1.6
  - 1.7
  - 2.4
  - 2.5
  - I don't know! And I'm tired so I don't care either.
- 46) Level 5 Floor: Which is the LARGEST maximum deduction?
- Changing a series of connections
  - Bent legs
  - Balance errors
  - Fall
  - Movement lacking artistry of presentation throughout
  - Doing a front pike salto
  - Squat into the back handspring
  - Stop between the back handspring and back salto tucked
- 47) Level 5 Floor: Gymnast does not mark the passe' position at the end of her full turn. She also does not get her legs flat on the floor in her split and does not get completely around on her stretch jump full turn. What is the total MAXIMUM deduction?
- 0.5
  - 0.55
  - 0.6
  - 0.65
  - 0.7
  - 0.75
  - 0.8
  - 0.85
- 48) Level 5 Floor: Which element is NOT in the Level 5 routine?
- Cartwheel
  - Front salto tucked
  - Back walkover
  - Front handspring step-out, front handspring step-out
  - Straight leg or switch leg leap at 150°
  - Back extension roll with straight arms
  - Straddle jump
  - Forward split
  -

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

49) Level 5 Floor: Which is the SMALLEST maximum deduction?

- a. Omitting a small part
- b. Incorrect posture on major elements
- c. Failure to perform 1/1 turn in high relevé
- d. Fail to contract or arch when indicated (like on the toe fall to the final poses)
- e. Failure to pause in a controlled stick after the back salto tucked
- f. Insufficient amplitude on non-value part choreography/dance steps throughout

50) Level 5 Floor: How many 0.6 elements are listed?

- Aerial cartwheel
  - 1<sup>st</sup> Front handspring step-out
  - 2<sup>nd</sup> Front handspring step-out
  - Back extension roll
  - Straight leg leap
  - Straddle jump
  - Round-off
  - Back salto tucked
- a. 0
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8

51) **Bonus question:** Which deduction is correct?

- a. Chief judge deducts 0.1 if gymnast does not present to the Chief judge before the exercise (after, gymnast needs to present but not specifically to face a judge)
- b. Chief judge deducts 0.2 after a warning, if gymnast does an element and does not observe the warm-up time. Deduct from the event score.
- c. Chief judge deducts 0.3 for using too many mats, springboard on unauthorized surface or for using a hand placement mat for vault.
- d. Chief judge deducts 0.3 for using incorrect apparatus specifications, including incorrect spring configurations. (Whew—do we have TIME to look at every spring?!) )
- e. All of the above are correct

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

### Answer key:

1. i—there's a new deduction of 0.05 maximum for running into a forward tumbling pass (but not for the front salto tucked). See the Specific Execution Deductions for Bars, Beam & Floor Exercise
2. f. Up to 0.3 (this is a CHANGE in deduction that used to be Up to 0.4)
3. g. a. is incorrect. This is new wording (so you'll probably be tested on it!) Take up to 0.3 for the squat AND 0.5 for the fall for a total maximum of 0.8 e. is also incorrect as this new deduction is Up to 0.2
4. b. incorrect spring configuration is 0.3 deduction just like any incorrect equipment. Technical clues and Unsportsmanlike conduct are 0.2 deductions. Failure to present, overtime, and out-of-bounds on floor are all 0.1 deductions.
5. i. Alternate hand grasp, Hit bars with feet and concentration pauses >2 seconds on beam are flat 0.2 deductions. Legs separated ^0.2, Insufficient split ^0.2 and Extra kick to handstand 0.3
6. g. 1.2 She substituted a major element worth 0.6 so the deduction is 2 times the value or 1.2 (Don't argue with me. A round-off is not a variation of a cartwheel but I know some of you want to make that case. If she did a 1-arm cartwheel I could see your point.)
7. c. 0.3 for reversing the order of 2 elements in a directly connected dance series on beam
8. g. 0.9 All of the deductions are Up to 0.3
9. a. Missing synchronization with music is 0.05 deduction each time. The rest of the deductions listed are Up to 0.1
10. f. All of the above are correct. We could argue about the back walkover as the deduction is Up to the value of the element plus the fall, but I told you the coach spotted. Don't overthink this!
11. f. 1.0 No deduction for coach between board and vault table, Up to 0.1 for alternate hand placement and Up to 0.3 for each phase (First flight, support and Second flight) for a total of 1.0
12. a. Assistance of coach on Level 4 vault is a 2.0 deduction. The rest listed are VOID vaults.
13. e. 2.5 Deduction 0.5 for a fall on the apparatus plus 2.0 for a total of 2.5
14. d. 1.7 0.5 on 1<sup>st</sup> flight and 0.5 in support for the pike, 0.3 in 2<sup>nd</sup> flight for arch and maximum of 0.4 for the 5 steps. Did I trick you on the steps? You can only take 0.4 maximum on steps!
15. c. Not joining feet/heels is 0.05 deduction, ^0.3 for brushing hand on mat (no support), 0.2 large step, ^0.1 arm swing, 0.1 feet >hip width apart, ^0.1 staggered feet, ^0.2 additional trunk movements
16. c. ^0.1 each phase for a total of 0.3 for the head out of alignment, ^0.3 for dynamics and ^0.5 for height for a total of 1.1
17. a. Yes. The first balk there is no deduction. She gets a balk (VOID) for her second attempt. She gets one more attempt. Remember—3 tries to get over on a vault.

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

18. d. 8.6. Deduct  $\wedge 0.3$  for shoulder angle,  $\wedge 0.5$  for too long in support and  $\wedge 0.1$  for the arm swing which is 9.1. Then the Chief judge deducts 0.5 for going without a signal so final score is 8.6
19. b. 7.9 Feet  $\wedge 0.1$  for 3 phases = 0.3, Arms bent 0.5, Angle of repulsion 1.0, Squat on landing 0.3 total deductions 2.1 so final score is  $10.0 - 2.1 = 7.9$
20. c. 1.0  $\wedge 0.2$  for legs apart x 2 phases = 0.4. 3 steps on hands = 0.3. Length = 0.3. Total is 1.0.
21. b. 0.4  $\wedge 0.1$  for Hesitation jumping to HB,  $\wedge 0.1$  Failure to maintain neutral head position in back hip circle,  $\wedge 0.2$  Dynamics
22. b. Cast squat on is worth 0.2. Cast to horizontal worth 0.4, Back hip circle worth 0.4, rest of elements listed worth 0.6
23. a. 8.4 Deduct 2 times the value of the mount = 1.2 for substitution. Cast at  $45^\circ$  is 0.2. Alternate foot placement on squat-on is 0.2. Total deductions 1.6 so score is 8.4.
24. e. 0.7. 0.3 for opening hips over low bar on counterswing, 0.1 for no tap into dismount, 0.3 for 2<sup>nd</sup> hand not regrasping bar on dismount (and though the coaches don't believe this, sometimes seeing if the 2<sup>nd</sup> hand touched the bar can be tough depending on the judge's angle!) totals 0.7
25. d. Insufficient backward swing of legs into the cast squat on is 0.05 deduction. Insufficient extension at end of glide swing on mount  $\wedge 0.2$ , Lack of control in returning to the bar after the cast  $\wedge 0.1$ , Fail to swing near horizontal on the long hang kip  $\wedge 0.2$ , Fail to maintain neutral head position on the back hip circle  $\wedge 0.1$ , Lack of continuity of back hip circle  $\wedge 0.1$
26. f. 0.9. 0.05 each for the 2 casts at horizontal, 0.6 for hips hitting bar on clear hip circle, 0.1 each for 2 straddle kips where the legs don't close.
27. d. 0.15 total. That's 0.1 for landing too close to the bar and 0.05 for not joining her heels together. ("There's no place like home, there's no place like home.")
28. g. 0.6 Each cast is flat 0.2 as is the dismount.
29. h. If fall time allowed of 45 seconds is exceeded, the routine is terminated. And, the timer calls out 20 seconds and 10 seconds remaining.
30. c. 0.5. It's 0.3 for grasping the bar to avoid a fall, 0.1 for repositioning hands, and Up to 0.1 for arm circles to maintain balance on landing.
31. b. 0.4. There is NO DEDUCTION anymore for a slow connection. Uneven leg separation is Up to 0.2 and Failing to land with feet closed is Up to 0.1 for each of the jumps.
32. d. 0.55 Deduct 0.2 for a concentration pause > 2 seconds, 0.05 for flexed feet and Up to 0.3 for not passing through vertical.
33. c. 3. The  $\frac{1}{2}$  turn, Split jump and Scale are 0.4 elements. The mount and stretch jump are 0.2 elements. The cartwheel and handstand are 0.6 elements.
34. c. 0.15 Deductions are each 0.05. However, I have a question that I'll get answered... is it 0.05 on the entrance into the cartwheel and another 0.05 on the exit of the cartwheel? If that is true, then the correct answer would be d. 0.2. So, yes, this test is evil because sometimes it creates more questions than it answers!

## Robin's Evil Level 4-5 Practice Test

Development Program Compulsories 2021-2029. Contact [robinruegg@gmail.com](mailto:robinruegg@gmail.com) if you find errors or have corrections. Updated 8/3/2021

35. g. Both a. and b. are Up to 0.2 deductions. Not holding the handstand is Up to 0.1, Bending front leg on leap is Up to 0.1, Simultaneous hand placement on dismount is 0.1
36. c. 0.6. It's 0.05 each time for breaking the dance series and 0.5 for the fall
37. b. 0.6. It's 0.2 for support of the leg on the side of the beam 0.1 for a 2 second concentration pause and Up to 0.3 for additional movements to maintain balance.
38. a. Back Walkover, Full turn, Split Jump, Sissonne, Scale
39. e. 0.5. Quickness off hands ^0.2, Foot should be in passe' on turn 0.1, Lack of split in the jump ^0.2
40. f. 0.9 On the mount, this is supplemental support so 0.3 deduction (as is using the base/uprights of the beam for example). Failing to hit lock positions throughout is ^0.3. Height of salto ^0.3
41. b. Insufficient height of aerials is an Up to 0.2 deduction. Rest are correct.
42. c. Back extension roll, Stretch jump ½ turn, straight leg leap, straddle jump, Forward split
43. b. 0.5. Lift/drop/lift leg on back walkover ^0.1, Simultaneous hands on cartwheel 0.1, Hands on floor during squat phase on back extension 0.3
44. d. 3. The staggered hands on the back walkover, Interlocking fingers on the back extension roll and failing to land on both feet simultaneously on the stretch jump ½ turn are flat 0.1 deductions. The other deductions listed are Up to 0.1. (Whew—did I trick you on that one?!)
45. d. 2.5. Deduct 2 times the element value so 2.4 for leaving out both back handsprings. Also deduct 0.1 for failing to synchronize the movement with the music at the end of the routine.
46. f. Doing a front pike salto (instead of tuck) is an Up to 0.6 deduction. Series of connections 0.3, Bent legs ^0.3, Balance ^0.3, Fall 0.5, Artistry ^0.3, Squat into back handspring ^0.3, Stop between back handspring and back tuck 0.3
47. d. 0.65 Not marking passe' after turn 0.05, Split lacking ^0.2, incomplete turn ^Value of element (which is 0.4 in this case)
48. c. Back walkover. This is in the Level 4 routine (at the beginning of the Level 4 routine), NOT in the Level 5 routine
49. e. Fail to pause in controlled stick 0.05, Omit 0.1, Posture ^0.2, High relevé ^0.1, Fail to contract/arch ^0.1, Amplitude of choreography/dance steps ^0.1
50. f. 5. The aerial cartwheel, front handsprings, split leg leap and back salto tucked are all 0.6 elements. The rest listed are 0.4 elements. (and remember—there are 2 front handsprings so they each count!)
51. e. All of these are correct