

MD NAWGJ - Compulsory Quiz – 2025 – 2025 Season
October 27, 2025

Please answer the following questions to test your knowledge of the compulsory rules for the Development Program Levels 3 - 5. A separate Answer Sheet will be provided.

1. Which of the following statements is correct regarding the evaluation of a compulsory routine where the coach assists the athlete in performing more than half of the major elements in the routine?
 - a. Deduct 1/2 value part credit for all major elements assisted by the coach in addition to the "spot".
 - b. VOID the routine since the athlete is not ready to compete at that level.
 - c. Give value part credit only to those elements that are performed unassisted.
2. Which of the following is the correct deduction where an athlete forgets a major acrobatic element but later in the exercise adds the element back to the routine?
 - a. .3 for reversing the order of two elements
 - b. Double the value of the omitted element.
 - c. 0. There is no deduction if the athlete repeats a missed element.
3. What is the MAXIMUM total deduction for incorrect body alignment, position or posture during connections?
 - a. .5
 - b. .3
 - c. .2
4. A gymnast runs and falls on the runway during her first attempt at a vault. On her second attempt at a vault, she runs into the vault table but does not come to a rest on top of the table. The gymnast makes a third attempt and this time she inverts on top of the table and steps down on top of the table and jumps off to the landing mat. Which of the following is true?
 - a. The gymnast may make a fourth attempt since her first two attempts were "balks".
 - b. Only the gymnast's last attempt is considered a VOID vault.
 - c. The gymnast is only permitted three attempts to successfully complete one or two vaults. The second two attempts are VOID and she may not attempt another vault.
5. What is the total MAXIMUM deduction for the following Vault Landing faults? Arm swing(s) to maintain balance, incorrect body posture on landing, feet staggered on landing, one step to bring feet together.
 - a. .4

- b. .5
 - c. .6
6. What are the points of emphasis for the back hip circle, back hip circle sequence in Level 3 Bars?
- a. Quickness and swingfulness.
 - b. Straight hollow body position, straight arms and legs.
 - c. Hips free from the bars between circles.
7. What is the MAXIMUM total deduction if a Level 3 athlete fails two a performs two extra swings to initiate a cast into the dismount after the front hip circle? (Do not consider deductions for tempo/continuity/dynamics.)
- a. .5
 - b. .6
 - c. .8
8. What is the deduction if a Level 3 athlete contacts the high bar during the dismount?
- a. Value of the element.
 - b. .5
 - c. 0. No deduction.
9. What is the MAXIMUM total deduction for the following errors on the cast to above horizontal in Level 5 Bars? Bent arms, bent legs, leg separation, cast 46 degrees or more below horizontal?
- a. 1.4
 - b. .9
 - c. 1.1
10. Which of the following statements is true about the compulsory beam routines?
- a. Whenever high position arms are indicated in the text, the arms must be in crown.
 - b. A "step" in the text requires the proper dance technique to step - toe, ball, heel with the feet in slight turn out.
 - c. Any single element within a compulsory routine may be reversed without penalty.
11. TRUE or FALSE: The cross handstand in the Level 3 Beam routine must be held for a minimum of 1 second.

12. Which of the following listed elements in the Level 4 Beam routine may be reversed without penalty?
- a. Cartwheel
 - b. Cross Handstand
 - c. Both the Cartwheel and the Cross Handstand may be reversed.
13. Which of the following errors is not a .05 flat deduction in compulsory floor exercise?
- a. Flexed/sickled feet during major elements.
 - b. Failure to keep ears covered by arms when moving in and out of slow acro elements (handstands, cartwheels).
 - c. Failure to contract or extend when indicated.
14. Which of the following statements is incorrect regarding Front Handspring Step-Out in the Level 4 and Level 5 Floor routines?
- a. There is a flat .1 deduction for joining legs prior to step-out.
 - b. There is an up to a .2 deduction for flight (dive) prior to hand contact with the floor.
 - c. A fast front walkover is considered a change of element and would incur a penalty equal to the value of the element, or .6 flat deduction.
15. What is the deduction for missing synchronization of the music at the end of the routine?
- a. flat .05.
 - b. up to .1
 - c. flat .1.

[Answer Sheet Here](#)