

Quiz (Compulsory / Optional / Xcel)

1.

True or False:

If a gymnast performs a vault and the judges' decision is split on whether her head contacted the table, one judge takes a 2.00 deduction, and another does not. The judges must average the scores as they are.

2.

True or False

If a coach spots the gymnast during the vault (not including landing), it is void vault for all levels/divisions

3.

True or False:

The deduction of up to 0.10 for insufficient extension of the glide swing into the kip applies to all levels/divisions

4.

True or False:

An up to 0.20 deduction on bars for lack of elements that achieve (or pass through) vertical applies to all optional levels.

5.

True or False:

The official beam routine time stops when the gymnast's feet leave the beam to dismount.

6.

True or False:

If a split leap or jump in optional beam routine shows less than 135° leg separation, it receives no Value Part

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True or False:

Failure to land on the bottom of the feet first on a salto results in no VP, no SR, no bonus, and a 0.50 deduction for the fall. No execution or amplitude deductions apply.

8.

True or False:

Coach on the floor mat .30 deduction at any level/division.

9.

True or False:

If a gymnast at any level misses her feet on an acro skill and never touches the top of the beam, resulting in a fall, will receive no credit for the skill

10.

True or False:

The 0.50 flat deduction for starting an exercise before the signal given applies to all levels.

ANSWER SHEET HERE