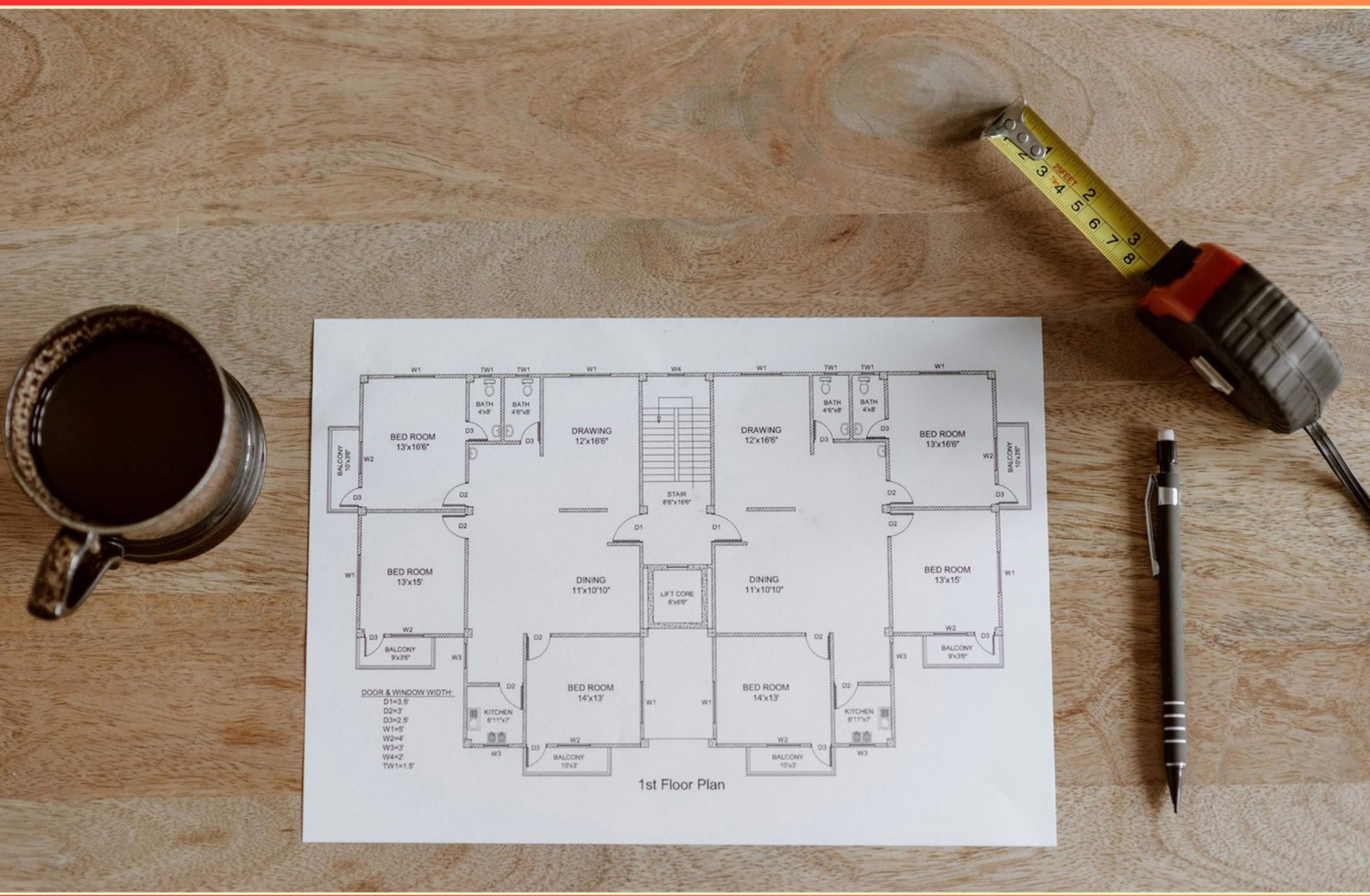
2026-2030 FLOOR LEVEL 10 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://floorlevel10.examzify.com

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Lv 8/9/10 Lack of min of B turn

A. 0.10

B. 0.00

C. flat 0.20

D. 0.30

2. Insufficient extension (open) of tuck/pike body position prior to landing acro element results in which deduction?

A. Up to 0.30

B. Up to 0.20

C. 0.15-0.20

D. 0.05-0.10

3. Which criterion is Musicality Throughout?

A. Artistry: Expression Throughout.

B. Artistry: Musicality Throughout.

C. Insufficient dynamics throughout.

D. Dynamics: Energy maintained throughout routine.

4. Which steps are typically included in a commissioning formal handover?

A. Draft new system design, order parts, and postpone training.

B. Archive old drawings, delete manuals, and decommission systems.

C. Verify systems meet performance criteria, compile O&M manuals, train staff, and obtain owner acceptance.

D. Reconfigure control software, run tests only during off-hours, and terminate staff training.

5. Which statement best describes NFPA 70E's guidance for electrical safety?

A. Electrical safety-related work practices.

B. Energized work permits.

C. It provides guidelines for electrical safety-related work practices, energized work permits, PPE, and arc-flash hazard analysis.

D. Fire suppression standards.

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6. What is the score when there is a contact on the mat with 1 or 2 hands upon landing?

A. Flat 0.50

B. Up to 0.30

C. Flat 0.30

D. Up to 0.50

7. Which description denotes lands with feet hip-width apart or closer but heels do not touch?

A. Lands with feet hip-width apart or closer but never joins feet (heels)

B. Deviation from straight direction on landing

C. Small Step (max 0.40)

D. Lands with feet further than hip-width apart

8. What are the steps in performing a root cause analysis for a recurring fault?

A. Define problem, collect data, identify root causes via methods (5 Whys, fishbone), implement sustaining fixes, verify.

B. Guess the cause, replace parts, test.

C. Escalate to management and wait.

D. Only check the last maintenance note.

9. Which description yields a flat deduction of 0.05 on landing?

A. Flexed/sickle feet on VP elements

B. Deviation from straight direction on landing

C. Slight hop, small adjustments of feet or staggered feet on isolated acro element or last element in acro pass

D. Small Step (max 0.40)

10. Lv 10 Lacks Min of D salto in routine

A. flat 0.10

B. flat 0.00

C. flat 0.30

D. flat 0.20

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Answers

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1. C
2. A
3. B
4. C
5. C
6. A
7. A
8. A
9. A
10. D

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Explanations

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1. Lv 8/9/10 Lack of min of B turn

A. 0.10

B. 0.00

C. flat 0.20

D. 0.30

When a minimum requirement isn't met, many rules switch to a fixed, no-surprise outcome rather than letting the result vary with other factors. In this scenario, if B's turn lacks the minimum, the payoff is set to a constant value of 0.20, regardless of other inputs. That's why the flat 0.20 choice is the correct fit. The other numbers would suggest some variation or a different condition, which doesn't apply when the minimum isn't reached.

2. Insufficient extension (open) of tuck/pike body position prior to landing acro element results in which deduction?

A. Up to 0.30

B. Up to 0.20

C. 0.15-0.20

D. 0.05-0.10

Not fully extending before landing on an acro element signals a clear loss of control and weaker body alignment at contact with the floor. When you come out of a tuck or pike, you're expected to open into a fully extended position with straight legs and proper alignment before you land. If you don't, the landing looks rushed and unstable, which judges penalize more heavily because it shows a lack of control and finished technique. Among the options, this fault matches the highest penalty category shown, so it's the best choice. The other options reflect smaller deductions for milder execution faults, but insufficient extension before landing has the greatest impact on the score.

3. Which criterion is Musicality Throughout?

A. Artistry: Expression Throughout.

B. Artistry: Musicality Throughout.

C. Insufficient dynamics throughout.

D. Dynamics: Energy maintained throughout routine.

Musicality across a performance means tying everything you do to the music from start to finish—timing, phrasing, accents, and expression that reflect the musical cues throughout the routine. The best option labels the artistry criterion as "Artistry: Musicality Throughout," which signals that the musical interpretation should be present consistently throughout the entire performance. The other choices either emphasize expression without tying it to the music, or shift focus to dynamics or energy rather than the ongoing musical interpretation. In practice, you'd look for movements that align with musical structure—phrases, accents, tempo changes—so the whole routine feels connected to the music.

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4. Which steps are typically included in a commissioning formal handover?

A. Draft new system design, order parts, and postpone training.

B. Archive old drawings, delete manuals, and decommission systems.

C. Verify systems meet performance criteria, compile O&M manuals, train staff, and obtain owner acceptance.

D. Reconfigure control software, run tests only during off-hours, and terminate staff training.

In a commissioning handover, the focus is to confirm the system is ready for operation and that the client can take it over smoothly. First, the team verifies that the installed systems meet the defined performance criteria through acceptance and functional tests, addressing any remaining gaps. Then all operation and maintenance information is compiled and handed over, including manuals, drawings, warranties, spare parts lists, and a maintenance plan, so the operations team has what they need to run and sustain the system. Next, the staff who will operate and maintain the system receive training, ensuring they understand normal operation, routine maintenance, and basic troubleshooting. Finally, the owner reviews everything and provides formal acceptance, signaling that responsibilities transfer and the project is officially complete. Tasks like drafting new designs, archiving old drawings and decommissioning, or overhauling software outside of this handover context belong to other phases and aren't part of the formal handover itself.

5. Which statement best describes NFPA 70E's guidance for electrical safety?

A. Electrical safety-related work practices.

B. Energized work permits.

C. It provides guidelines for electrical safety-related work practices, energized work permits, PPE, and arc-flash hazard analysis.

D. Fire suppression standards.

NFPA 70E guides electrical safety in the workplace by laying out a comprehensive set of controls for electrical tasks. It covers electrical safety-related work practices, requires energized work permits when work must be performed with systems energized, specifies the use of appropriate PPE, and provides methods for conducting an arc-flash hazard analysis to determine incident energy and protective measures. This combination ensures planning and controls from the start of a task through its execution, including training and qualifications for workers. The arc-flash hazard analysis is key because it translates the electrical system's potential energy into concrete PPE and boundary requirements. Fire suppression standards are outside the scope of NFPA 70E, which focuses on electrical safety rather than fire suppression; the other options describe only parts of the standard, while this choice captures the full intended coverage.

6. What is the score when there is a contact on the mat with 1 or 2 hands upon landing?

A. Flat 0.50

B. Up to 0.30

C. Flat 0.30

D. Up to 0.50

When a gymnast lands and touches the mat with one or both hands, the scoring rule assigns a fixed penalty of 0.50 points. This fixed amount reflects imperfect control on the landing, and it doesn't change whether one hand or both touch. If the landing were clean with no hand contact, that penalty wouldn't apply. The other options imply a variable or smaller deduction, but the rule for this scenario specifies exactly 0.50.

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7. Which description denotes lands with feet hip-width apart or closer but heels do not touch?

A. Lands with feet hip-width apart or closer but never joins feet (heels)

B. Deviation from straight direction on landing

C. Small Step (max 0.40)

D. Lands with feet further than hip-width apart

In landing descriptions, the focus is on how far apart the feet are and whether the heels touch. The statement that fits is describing a landing where the feet are at hip width or closer, with the heels never touching. This matches the idea that you can be at or nearer than hip width, but you should not have the feet join at the heels. The other phrases shift the emphasis: one talks about staying on a straight path rather than foot spacing, another refers to how far the foot moves after contact, and the last describes a stance wider than hip width.

8. What are the steps in performing a root cause analysis for a recurring fault?

A. Define problem, collect data, identify root causes via methods (5 Whys, fishbone), implement sustaining fixes, verify.

B. Guess the cause, replace parts, test.

C. Escalate to management and wait.

D. Only check the last maintenance note.

A systematic, data-driven approach to find and fix the underlying causes of a fault is being tested here. Start by clearly defining the problem—what's happening, when it occurs, where, and under what conditions. This sets the scope and avoids chasing vague symptoms. Next, collect relevant data: failure logs, maintenance records, sensor readings, timestamps, and any patterns that emerge. This evidence helps separate normal variation from true deviations and guides the investigation. With data in hand, explore potential root causes using structured methods. The 5 Whys approach digs deeper by repeatedly asking why the fault occurred until you reach a fundamental cause. A fishbone (Ishikawa) diagram helps organize possible categories—such as people, processes, equipment, materials, environment, and measurements—so you can systematically consider different sources of variation or failure modes rather than guessing. Once you've identified likely root causes, implement fixes aimed at the underlying issue, not just the symptom. These should be designed to prevent recurrence, with changes that are robust and verifiable. Finally, verify the effectiveness of the solution through follow-up monitoring, testing, or continued data collection to confirm the fault does not reappear. That's why this option is the best: it codifies a complete, repeatable process that moves from problem definition through data-driven analysis to sustained prevention and validation. Elements like guessing the cause, merely replacing parts, waiting on escalations, or only checking a single maintenance note don't establish a true, lasting resolution and can let the fault recur.

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9. Which description yields a flat deduction of 0.05 on landing?

A. Flexed/sickle feet on VP elements

B. Deviation from straight direction on landing

C. Slight hop, small adjustments of feet or staggered feet on isolated acro element or last element in acro pass

D. Small Step (max 0.40)

The key idea is that tiny faults in foot position at landing are penalized with a fixed, very small deduction. When feet are flexed or sickled on landing during a VP (Value Part) element, judges assign a flat 0.05 penalty for that foot form. It's a minimal execution error that doesn't involve distance or direction, just how the feet are positioned at contact with the floor. Other described issues—like deviating from a straight landing path, making a slight hop or feet adjustments on a final element, or taking a small step—are typically treated as larger or different types of faults and thus carry bigger or different deductions. Therefore, the description of flexed/sickle feet on VP elements best matches the fixed 0.05 deduction on landing.

10. Lv 10 Lacks Min of D salto in routine

A. flat 0.10

B. flat 0.00

C. flat 0.30

D. flat 0.20

In Level 10 routines, there is a requirement to include a minimum number of D-level salto elements. If the routine does not meet this minimum, a deduction is added to the routine's difficulty score to reflect the shortfall in high-difficulty content. The specific penalty for lacking the minimum number of D saltos is a 0.20 deduction. This is a standard adjustment to encourage including enough high-difficulty saltos rather than substituting with lower-difficulty elements. So the correct deduction amount for missing the minimum is 0.20.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://floorlevel10.examzify.com

We wish you the very best on your exam journey. You've got this!

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