JUDGING GYMNASTICS: LEVEL 10 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://judginggymnasticslvl10.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **What is the deduction for failing to land on the bottom of feet first when performing saltos, aerials, or dismounts?**

   A. No VP, No SR

   B. 0.5

   C. 0.2

   D. 0.1

2. **Which skill is characterized by a "double layout" position during execution?**

   A. FX layout

   B. FX double lay

   C. FX arabesque

   D. FX tuck

3. **What is the penalty for quality of movement not reflecting personal style?**

   A. 0.1

   B. 0.2

   C. 0.3

   D. 0.4

4. **What does the term "salto" refer to in gymnastics?**

   A. A jump with rotation

   B. A type of landing

   C. A specific mount

   D. A turn

5. **If a gymnast includes more than two identical dance elements in their floor routine, what value is deducted?**

   A. 0.1

   B. 0.05

   C. 0.0

   D. 0.2

SAMPLE

6. How should the handspring element be performed to reach full potential in scoring?

A. Dynamic and high

B. Slow and controlled

C. Wide leg position

D. With a dismount

7. What is the deduction for a clear hip circle that ends at a 45-degree angle from vertical in upper body?

A. 0

B. 0.05

C. 0.3

D. 0.1

8. For 2 Cs in FX dance, what score is assigned?

A. 0

B. .1

C. .15

D. .2

9. What is the lowest possible score for FX dance elements not up to competition level?

A. 0

B. .05

C. .1

D. .15

10. If a gymnast executes a 3 element acro flight series with a C flight and an isolated D/E acro flight, what is the deduction?

A. .1

B. .2

C. 0

D. .05

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the deduction for failing to land on the bottom of feet first when performing saltos, aerials, or dismounts?

A. No VP, No SR

B. 0.5

C. 0.2

D. 0.1

When a gymnast fails to land on the bottom of their feet first during saltos, aerials, or dismounts, it is crucial to recognize the scoring implications this has on the routine. The correct answer appropriately addresses that this fault can heavily influence the overall execution score, leading to both a lack of Value Part credit and a failure to meet the specific skill requirement. When a landing does not meet the fundamental expectation of feet-first contact, it signals a significant issue in execution. It indicates that the gymnast has not completed the skill properly, which directly affects both the value of the skill performed and the technical standards expected. Consequently, the absence of value part credit means that the judge would not acknowledge the difficulty of the performed skill, rendering it ineffective in contributing to the total score. In situations like this, the absence of a proper landing may suggest a need for better technique or control, leading to the decision by judges to impose a deduction that encompasses the overall impact of this error on the performance. Thus, the correct handling of such a mistake is reflected in the option that denotes no value part credit along with no skill requirement fulfillment, aligning with the critical nature of landing techniques in gymnastics.

2. Which skill is characterized by a "double layout" position during execution?

A. FX layout

B. FX double lay

C. FX arabesque

D. FX tuck

The skill characterized by a "double layout" position during execution is the FX double lay. In gymnastics, a double layout refers to a skill where the gymnast completes two flips (somersaults) in a horizontal position without any bending at the hips or knees, maintaining a straight body alignment throughout the rotation. This skill is typically performed in the floor exercise, where the gymnast will take off from the floor, execute two full flips, and then land, ideally without losing form. In contrast, the other skill options do not involve the double layout position. For instance, an FX layout indicates a single straight body layout position, while an FX tuck involves the gymnast bending their knees and bringing them towards their chest, significantly differing from the straight-line position required in a double layout. An FX arabesque typically describes a position held during balance rather than a dynamic flipping skill. Therefore, the FX double lay distinctly represents the execution of two flips in the layout position.

3. What is the penalty for quality of movement not reflecting personal style?

A. 0.1

B. 0.2

C. 0.3

D. 0.4

The penalty for quality of movement not reflecting personal style is set at 0.1. This emphasizes the importance of individuality in gymnastics performances, particularly at high levels such as Level 10. Judges look for athletes to not only execute skills technically well but also to incorporate their unique flair and expression into their routines. A lack of personal style can be seen as an oversight in artistic presentation, leading judges to issue a minor deduction of 0.1. This small penalty reinforces the expectation that while execution and difficulty are critical, artistic expression and personal style play an equally crucial role in the overall performance.

SAMPLE

4. What does the term "salto" refer to in gymnastics?

A. A jump with rotation

B. A type of landing

C. A specific mount

D. A turn

The term "salto" refers specifically to a jump with rotation in gymnastics. It involves an athlete performing a flip or somersault in which the body rotates around the horizontal axis. This can occur in various forms, such as front flips, back flips, or even twists added to these rotations. The execution of a salto requires precise control and timing to ensure a successful landing and to meet the technical requirements during competitions. This understanding of the term is fundamental in gymnastics, as it distinguishes between different types of movements and skills performed on various apparatus.

5. If a gymnast includes more than two identical dance elements in their floor routine, what value is deducted?

A. 0.1

B. 0.05

C. 0.0

D. 0.2

When a gymnast includes more than two identical dance elements in their floor routine, the deduction is 0.1. This rule is in place to encourage variety and complexity in routines, contributing to the overall artistry and difficulty of the performance. The principle behind this deduction is to avoid redundancy, as too many identical elements can detract from the creativity and skill demonstrated by the gymnast. By imposing this penalty, the scoring system incentivizes gymnasts to incorporate diverse dance elements, which can enhance their routine and overall score. The choice reflecting a deduction of 0.1 aligns with the guidelines established for maintaining the standard of performance in gymnastics.

6. How should the handspring element be performed to reach full potential in scoring?

A. Dynamic and high

B. Slow and controlled

C. Wide leg position

D. With a dismount

To achieve the maximum potential score for a handspring element in gymnastics, a dynamic and high execution is essential. This approach emphasizes the gymnasts' ability to generate explosive power and height during the performance, which are key factors in scoring. A dynamic execution showcases the gymnast's strength and technique, allowing for a more impressive display that catches the judges' attention. Height in a handspring helps demonstrate the level of skill and control, as it requires the gymnast to execute the move while maintaining form and balance upon landing. Judges assess these qualities critically, and a higher, more dynamic movement generally results in better scoring due to the aesthetic and technical standards set for high-level gymnastics. In contrast, while controlled movements hold importance in certain elements, the nature of the handspring benefits from a more vigorous approach. Additionally, factors like leg position and dismount may contribute to the overall performance, but they do not directly influence the execution quality of the handspring itself in terms of scoring as prominently as height and dynamics do.

SAMPLE

7. What is the deduction for a clear hip circle that ends at a 45-degree angle from vertical in upper body?

A. 0

B. 0.05

C. 0.3

D. 0.1

The deduction for a clear hip circle that ends at a 45-degree angle from vertical in the upper body is specifically governed by the rules of gymnastics judging. When evaluating a clear hip circle, judges look for the position of the gymnast's body upon completion of the skill. A clear hip circle that finishes at a 45-degree angle from vertical is considered to have a slight deviation from the ideal position, but it does not incur a deduction for improper form or positioning. The skill is fundamentally executed correctly without any major errors that would warrant a penalty, thus resulting in no deduction at all. This interpretation aligns with the standards set forth in gymnastics judging criteria, where the expectation is that a minor angle deviation (like 45 degrees) does not constitute a clear fault that would lead to a deduction if the overall execution is sound. Therefore, the correct answer reflects the understanding that a performance finishing in that position does not negatively impact the score.

8. For 2 Cs in FX dance, what score is assigned?

A. 0

B. .1

C. .15

D. .2

When gymnast performs dance elements that are designated as "C" level skills, there is a specific scoring guideline that judges follow to evaluate how the performance meets the requirements. In the context of this question, for two "C" level dance elements executed in the floor exercise (FX), a deduction is applied based on the combination and execution of those elements. Assigning a score of 0 for two "C" elements is incorrect because some value must be assigned for achieving both elements. A score of 0.15 or 0.2 would indicate a larger deduction or greater penalty, typically reserved for more significant errors or omissions. When two distinct "C" dance elements are successfully included in the routine and properly executed, the standard deduction for that scenario is a score of 0.1. This reflects that the gymnast has met the requirement for the difficulty while recognizing a minor penalty for the performance but without significant faults that would require larger deductions. Thus, assigning a score of 0.1 accurately recognizes the achievement of including the required elements in the routine while adhering to the established scoring system.

SAMPLE

9. What is the lowest possible score for FX dance elements not up to competition level?

A. 0

B. .05

C. .1

D. .15

The lowest possible score for floor exercise dance elements that do not meet the required competition level is indeed zero. In gymnastics, if a skill is performed in a way that completely fails to meet the difficulty or execution standards set by the governing body, it can receive no credit. This can occur if the element is not performed at all or if it is executed in such a way that it is deemed unworthy of receiving a score, such as a complete absence of the required movement or form. For dance elements specifically, failing to perform them according to the set criteria can result in a zero score, indicating that the gymnast did not fulfill the requirements necessary to earn any points for that element. This reflects the stringent nature of scoring in gymnastics, where precision and adherence to rules are critical.

10. If a gymnast executes a 3 element acro flight series with a C flight and an isolated D/E acro flight, what is the deduction?

A. .1

B. .2

C. 0

D. .05

In this scenario, the gymnast performs a 3-element acro flight series that includes a C flight, along with an isolated D or E level acro flight. In gymnastics, when assessing the composition of routines, it's important to understand how elements are categorized and how they impact deductions. The gymnast is demonstrating the required elements for level 10, which includes both the acro flight series and isolated acro skills. Since the gymnast fulfilled the composition requirements by including a 3-element series with a C flight and then an additional D/E flight, this combination meets the necessary criteria without any deductions for lack of fulfillment of skills. As a result, there is no deduction applied for the combination of skills executed correctly as per level 10 requirements. Thus, the correct deduction in this case is zero, reflecting the gymnast's successful execution of the routine elements without any composition errors.

SAMPLE

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://judginggymnasticslvl10.examzify.com

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

SAMPLE