JUDGING GYMNASTICS: LEVELS 4 AND 5 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 16

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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. On Level 4 bars, how much is deducted if the hips are not a minimum of 30 degrees below the level of the high bar during the tap swing forward and second counterswing?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

2. For insufficient internal body amplitude during extended positions, what is the maximum deduction?

A. 0.15

B. 0.1

C. 0.2

D. 0.3

3. For a Level 5 FHS series, what is the penalty if the gymnast fails to keep arms next to ears at all times?

A. 0.05

B. 0.10

C. 0.15

D. 0.20

4. What is the deduction for an arched body position during the first counterswing at Level 5 bars?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

5. What is the maximum deduction for failing to pass through vertical during a Level 5 floor round off?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

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6. How is the value of a split jump measured in level 5 gymnastics?

A. 0.2

B. 0.4

C. 0.6

D. 0.8

7. For bent arms or legs during routines on the Uneven Bars, Balance Beam, or Floor Exercise, what is the highest possible deduction?

A. 0.2

B. 0.3

C. 0.1

D. 0.4

8. If a gymnast demonstrates a lack of control into glide after a stalder circle to clear front support, what is the maximum deduction allowed?

A. 0.10

B. 0.20

C. 0.30

D. 0.60

9. What does it indicate if there is a failure to present by the gymnast?

A. 0.0

B. 0.1

C. 0.2

D. 0.3

10. In a Level 4 beam routine, what deduction is applied for a lack of continuity in a 1/2 turn to a straddle sit?

A. 0.10

B. 0.25

C. 0.00

D. 0.15

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Answers

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

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Explanations

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1. On Level 4 bars, how much is deducted if the hips are not a minimum of 30 degrees below the level of the high bar during the tap swing forward and second counterswing?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

In the context of Level 4 uneven bars, there is a specific deduction for the position of the hips during the tap swing forward and the second counterswing. When the hips do not reach a minimum of 30 degrees below the level of the high bar, a deduction is warranted. The set standard for this particular error is a deduction of 0.20. This deduction is applied because proper hip position is crucial for executing the tap swing correctly, facilitating a more effective swing and preparation for subsequent skills. Ensuring that the hips drop to the correct angle also helps maintain the flow and continuity of the routine, which is essential for achieving higher scores in gymnastics. Thus, the amount deducted for not meeting this requirement is 0.20.

2. For insufficient internal body amplitude during extended positions, what is the maximum deduction?

A. 0.15

B. 0.1

C. 0.2

D. 0.3

The maximum deduction for insufficient internal body amplitude during extended positions is 0.2. This deduction reflects the importance of maintaining proper body alignment and amplitude in gymnastics. Insufficient amplitude can significantly impact the overall execution and appearance of the routine, as it may lead to a decrease in the visual aesthetics and the expected execution of skills. In judging gymnastics, deductions are based on the degree to which a gymnast fails to meet specific performance standards. A 0.2 deduction allows judges to penalize performances that don't achieve the required amplitude without being excessively harsh, ensuring that the scoring remains fair while still encouraging gymnasts to focus on improving their execution in this area. This balance is vital in development levels, where gymnasts are learning and refining their skills. The other options suggest lower deductions, which wouldn't adequately reflect the importance of internal body amplitude in a routine's overall performance quality.

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3. For a Level 5 FHS series, what is the penalty if the gymnast fails to keep arms next to ears at all times?

A. 0.05

B. 0.10

C. 0.15

D. 0.20

In a Level 5 FHS (Front Handspring) series, it is important for gymnasts to maintain proper form throughout their routine, which includes keeping their arms positioned next to their ears. This positioning is integral to achieving an optimal line and showcasing control during the skill. Deviations from this expected form can lead to deductions. A penalty of 0.10 is appropriate when the gymnast fails to maintain arms next to the ears throughout their performance. This deduction reflects the importance of proper technique and body alignment in gymnastics, as any slack in form can affect the overall execution of the skill. Therefore, the 0.10 deduction serves as a recognition of the failure to maintain this critical posture, impacting both the aesthetic and technical quality of the routine.

4. What is the deduction for an arched body position during the first counterswing at Level 5 bars?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

The deduction for an arched body position during the first counterswing at Level 5 bars is 0.30. This standard is set to ensure that gymnasts maintain proper body alignment and control during their routines, which are crucial for both performance quality and safety. An arched body position indicates that the gymnast is not achieving the desired straight body line, which can affect the execution of skills and transitions. In gymnastics judging, the goal is to promote proper technique and form. An arched position can signify a lack of control and can affect the gymnast's ability to perform subsequent skills effectively. Therefore, the 0.30 deduction is appropriate as it reflects a significant deviation from the ideal body position expected at this level. This level of deduction serves as both a correction and encouragement for gymnasts to focus on improving their technique in future performances.

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5. What is the maximum deduction for failing to pass through vertical during a Level 5 floor round off?

A. 0.10

B. 0.20

C. 0.30

D. 0.40

The correct answer identifies that the maximum deduction for failing to pass through vertical during a Level 5 floor round-off is indeed substantial. In gymnastics, specifically at Level 5, a round-off is a critical skill where the gymnast transitions from a back handspring to a vertical position before landing. If a gymnast does not achieve this vertical position, it indicates a lack of control and proper technique, which can significantly impact the execution score. The deduction for this specific error is set at 0.30, reflecting the importance of maintaining proper body alignment and control during the skill. This deduction aims to uphold the standards of performance expected at this level. Keeping form and technique intact is essential to ensure that gymnasts are developing the foundational skills needed for more advanced gymnastics. Understanding the reasoning behind this deduction helps in recognizing how performance components are evaluated in gymnastics. While minor errors might have smaller deductions, failing to achieve a critical technical aspect like passing through vertical warrants a more significant reduction to emphasize its importance in both safety and skill progression.

6. How is the value of a split jump measured in level 5 gymnastics?

A. 0.2

B. 0.4

C. 0.6

D. 0.8

In level 5 gymnastics, the value of a split jump is assigned a base score of 0.4 when performed correctly. This is a standard referencing of the difficulty values for different skills which are outlined in the official judging criteria. The split jump, characterized by a distinct split of the legs in the air, emphasizes the gymnast's flexibility and control. To achieve the full value, the split jump must meet specific requirements, including the level of split and execution quality. When performed well, this jump contributes positively to the overall difficulty score of a routine. Understanding the scoring system for skills like the split jump is crucial for gymnasts to strategize their routines effectively and to understand how judges assess their performances.

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7. For bent arms or legs during routines on the Uneven Bars, Balance Beam, or Floor Exercise, what is the highest possible deduction?

A. 0.2

B. 0.3

C. 0.1

D. 0.4

In gymnastics, the deductions for bent arms or legs during routines on apparatus such as the Uneven Bars, Balance Beam, or Floor Exercise are essential for evaluating the execution quality of the performance. When a gymnast performs skills with bent arms or legs, it negatively impacts the overall execution and presentation of the routine, as straight limbs are generally expected for clean lines and form. The highest possible deduction for bent arms or legs is 0.3. This reflects the significant impact that such technical faults can have on the aesthetics and execution of the routine. It acknowledges that consistently maintaining straight arms and legs is crucial for achieving a high-level performance. Smaller deductions apply for minor imperfections, indicating a tiered approach to penalties based on the severity and frequency of the errors observed during a routine. Thus, the maximum deduction for pronounced bent arms or legs is 0.3, as it underscores the importance of precise positioning in gymnastics routines.

8. If a gymnast demonstrates a lack of control into glide after a stalder circle to clear front support, what is the maximum deduction allowed?

A. 0.10

B. 0.20

C. 0.30

D. 0.60

The situation described involves a gymnast transitioning from a stalder circle to clear front support, and the specific issue noted is a lack of control during this transition. In gymnastics, deductions are taken for various execution errors, including lack of control. For a lack of control into the glide position, the maximum deduction allowed is 0.10. This deduction reflects minor execution errors that do not significantly impact the overall performance. A lack of control does suggest a problem, but it is not categorized as a major fault. Other transitions or skills may carry larger deductions for more severe execution errors, but in this case, the deduction for lack of control is limited to 0.10 to align with the scale of minor faults as outlined in the judging guidelines for Levels 4 and 5. This means that while the gymnast's performance can still be viewed as flawed in this specific transition, the deduction remains capped at a level that recognizes the gymnast's overall skill ability and the context of the error. Understanding this deduction helps judges focus on the nuances of performance without overstating the severity of minor issues in the execution.

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9. What does it indicate if there is a failure to present by the gymnast?

A. 0.0

B. 0.1

C. 0.2

D. 0.3

The failure to present by the gymnast indicates a deduction of 0.1. Presentation is a crucial aspect of gymnastics routines, as it reflects the gymnast's ability to portray confidence, poise, and readiness to perform. When a gymnast does not adequately engage in the presentation, it can disrupt the overall performance and affect how it is perceived by the judges. This deduction is applied to guide athletes towards maintaining a standard of presentation that aligns with the expectations of the sport. The specific deduction reflects a minor but important aspect of performance, distinguishing it from more severe deductions for issues such as falls or major errors.

10. In a Level 4 beam routine, what deduction is applied for a lack of continuity in a 1/2 turn to a straddle sit?

A. 0.10

B. 0.25

C. 0.00

D. 0.15

In a Level 4 beam routine, a deduction for a lack of continuity during the transition into a straddle sit following a 1/2 turn is critical for evaluating the gymnast's performance. A deduction of 0.10 is appropriate because it reflects a minor form execution error related to the fluidity of the movement. When gymnasts perform transitions, such as a turn to a straddle sit, judges expect a seamless flow that demonstrates skill and control. Any hesitation, lack of clean connection between the movements, or visible breaks in the transition may result in this specific deduction. The scoring criteria prioritize the importance of fluidity and continuity in routines, as they enhance the overall aesthetic quality. Therefore, a deduction of 0.10 accurately represents the minor impact that a lack of continuity can have on the routine's execution score. This reflects the emphasis placed on transitions in gymnastics, especially at the Level 4 competitive stage.

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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:

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

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