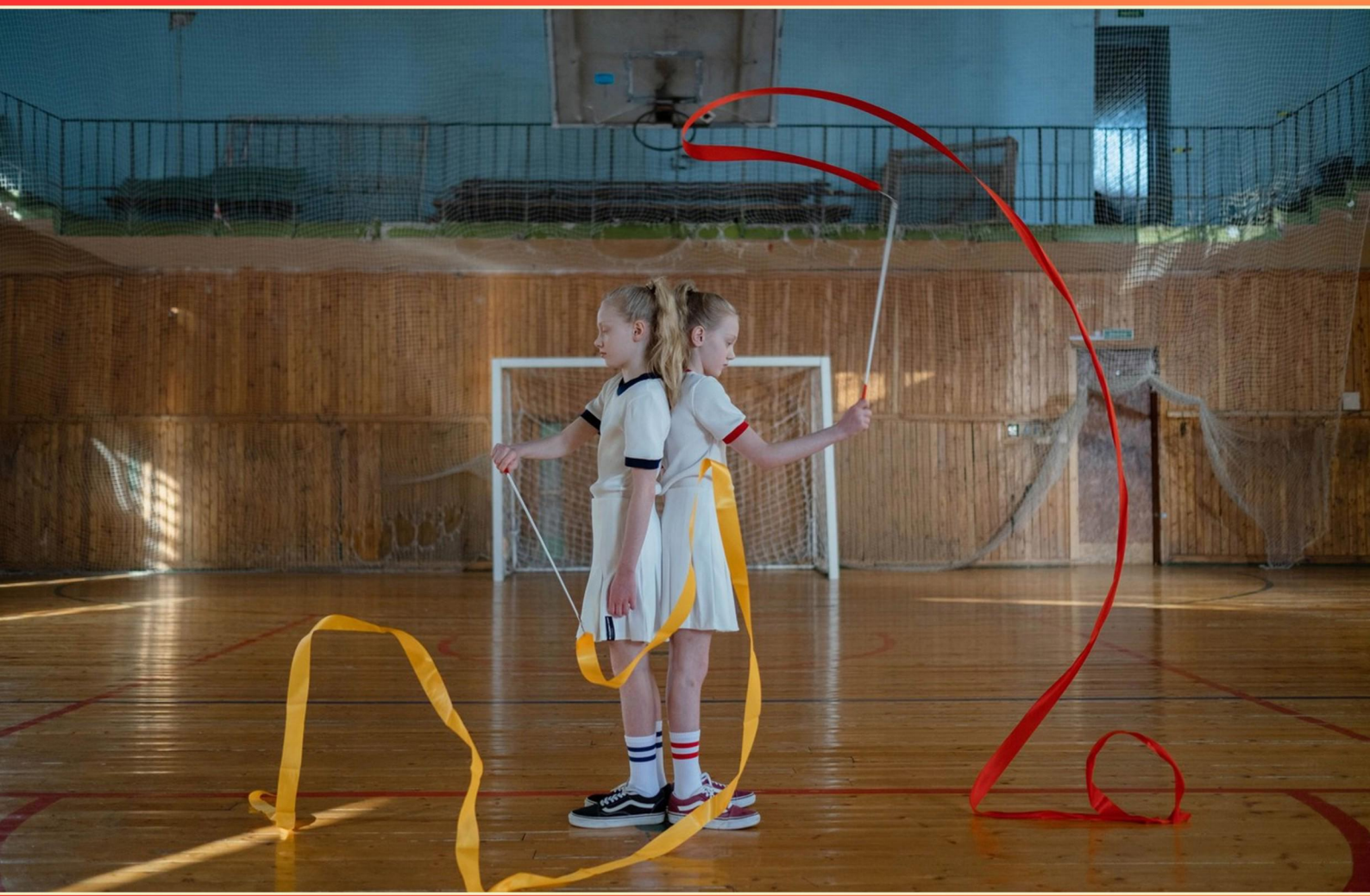
USA GYMNASTICS (USAG) JUDGING XB-XG PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Silver Vault warm-up timing?

A. 60 seconds / 2 warm-up vaults

B. 45 seconds / 2 warm-up vaults

C. 30 seconds / 1 warm-up vault

D. 60 seconds / 1 warm-up vault

2. Which statement about Xcel Bronze Floor Value Parts is true?

A. Five 'A' Value Parts are required.

B. No 'B' Value Parts are allowed.

C. A round-off rebound is an Acro Connection.

D. There is no limit on the number of flight elements.

3. Do falls affect the Start Value?

A. Falls reduce Start Value

B. Falls increase Start Value

C. Falls do not affect Start Value

D. Falls affect only on Beam

4. Which deduction is CORRECT for the SILVER division vaulting?

A. Arched body in the first flight phase Up to 0.50

B. Too long in support Up to 0.20

C. Insufficient dynamics Up to 0.30

D. Failure to pass through vertical on the 1/4 - 1/2 turn on - repulsion off Up to 0.30

5. How many Special Requirements are there on Bars, Beam, and Floor routines, and what is their point value each?

A. All Bars, Beam, and Floor routines have 4 Special Requirements worth 0.50 each

B. All routines have 3 Special Requirements worth 0.60 each

C. Only Bars have Special Requirements

D. There are no Special Requirements in these events

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6. Turn completion: when are turns considered complete?

A. All turns are considered complete when the heel drops onto beam/floor

B. When the toe leaves the beam

C. When the first foot lands

D. When the torso completes the turn

7. Bronze Vault warm-up timing?

A. 30 seconds / 1 warm-up vault

B. 60 seconds / 2 warm-up vaults

C. 45 seconds / 2 warm-up vaults

D. 30 seconds / 2 warm-up vaults

8. Xcel Silver - Bars Special Requirements: Which statement is true?

A. Mount

B. Cast to minimum 45˚ below horizontal (not mount or dismount)

C. 360˚ circle (not mount or dismount)

D. Dismount - from LB or HB (no saltos)

9. Which of the following statements is CORRECT in regard to Value Part recognition?

A. Skills are considered different when they have a different number in the Xcel Code of Points.

B. Skills with the same number in the Xcel Code of Points that have different degrees of turn are considered different.

C. Mounts performed as elements within the exercise are considered different elements.

D. All of these are correct.

10. Which statement best describes a restricted skill's impact on Start Value and credits?

A. It receives Value-Part credit but no Start Value deduction

B. It receives Special Requirement credit but no Start Value deduction

C. It does not receive Value-Part or Special Requirement credit, but there is a Start Value deduction

D. It does not receive Value-Part or Special Requirement credit, and there is a 0.50 Start Value deduction

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Answers

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

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Explanations

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1. Silver Vault warm-up timing?

A. 60 seconds / 2 warm-up vaults

B. 45 seconds / 2 warm-up vaults

C. 30 seconds / 1 warm-up vault

D. 60 seconds / 1 warm-up vault

Warm-up timing on vault is about giving the gymnast a short, focused window to get the run-up, board contact, and timing dialed in before the actual vaults. For the Silver level, that window is 45 seconds, and two warm-up vaults are allowed. This strikes a balance: there's enough time to find a consistent run and block, but not so long that the meet slows down. If the window were longer or if only one warm-up vault were allowed, it would either waste time or not give enough reps to settle the run-up. If it were shorter or offered more vaults, it could rush the gymnast or unduly stretch the event. So the 45 seconds with two warm-up vaults best matches the competition flow and the needs of Silver-level vaulting.

2. Which statement about Xcel Bronze Floor Value Parts is true?

A. Five 'A' Value Parts are required.

B. No 'B' Value Parts are allowed.

C. A round-off rebound is an Acro Connection.

D. There is no limit on the number of flight elements.

Understanding how floor value parts are categorized in Xcel Bronze, especially how an acrobatic sequence is counted as a connection versus as a separate element, is key. A round-off rebound is an Acro Connection because it links two acrobatic elements in one continuous sequence—the round-off followed by the rebound creates a seamless transition from one skills to the next. That means it's counted as a connection between acro elements, not as its own standalone element, which affects how it contributes to the routine's value part total. This is why the statement is true: the round-off rebound qualifies specifically as an Acro Connection. The other options don't fit because Bronze floor routines do include B value parts, there is a limit on how many flight elements can be used, and the value-part requirements aren't fixed to exactly five A parts.

3. Do falls affect the Start Value?

A. Falls reduce Start Value

B. Falls increase Start Value

C. Falls do not affect Start Value

D. Falls affect only on Beam

Start Value is the base potential score of a routine, determined by the planned difficulty and composition. It is fixed before the gymnast performs and does not change because of what happens during the performance. A fall is an execution deduction that reduces the final score after Start Value is set, not a change to the Start Value itself. So falls do not affect the Start Value; they subtract from it to arrive at the final score. This applies across apparatus, so the idea that falls only affect beam isn't correct.

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4. Which deduction is CORRECT for the SILVER division vaulting?

A. Arched body in the first flight phase Up to 0.50

B. Too long in support Up to 0.20

C. Insufficient dynamics Up to 0.30

D. Failure to pass through vertical on the 1/4 - 1/2 turn on - repulsion off Up to 0.30

In vault, a key element is how the body lines up and rotates during the preflight and takeoff. Passing through vertical during the rotation in the first part of the preflight (a quarter to a half turn) is essential to establish proper direction, height, and control before the repulsion from the table. The deduction described applies when the athlete does not achieve vertical alignment while turning about 90 to 180 degrees in the preflight and the repulsion is off. This indicates insufficient rotation and control, which directly affects the vault's execution and safety. Because this fault shows a failure to establish the correct body line before leaving the table, it carries a deduction up to 0.30 in the Silver division. The other faults describe different issues—like an arched body in the first flight, being too long in support, or insufficient dynamics—but they do not pinpoint the specific failure to pass through vertical during the preflight turn when repulsion is not yet engaged, so they aren't the correct deduction here.

5. How many Special Requirements are there on Bars, Beam, and Floor routines, and what is their point value each?

A. All Bars, Beam, and Floor routines have 4 Special Requirements worth 0.50 each

B. All routines have 3 Special Requirements worth 0.60 each

C. Only Bars have Special Requirements

D. There are no Special Requirements in these events

Special Requirements are mandatory elements that must be included in Bars, Beam, and Floor routines. For these three events, there are four such requirements, and each one is worth 0.50. So, if all four are properly included, they contribute a total of 2.0 points to the routine's score. The other options don't fit because these events share the same four requirements, each valued at 0.50, rather than having a different number or no requirements at all.

6. Turn completion: when are turns considered complete?

A. All turns are considered complete when the heel drops onto beam/floor

B. When the toe leaves the beam

C. When the first foot lands

D. When the torso completes the turn

Completing a turn on beam or floor is marked by the moment the working heel returns to contact the surface after finishing the rotation. That heel contact signals a full 360-degree turn has been achieved and the gymnast is back in a stable base ready to continue. Relying on the heel touching down provides a clear, observable end to the turn that applies across different turn types and body positions. Why this fits best: It gives a definite, verifiable point that indicates the rotation is complete, regardless of where the torso ends up or how the toes are placed during the turn. The other cues aren't reliable finish signals—leaving the beam with the toe marks the start or an ongoing phase of the turn, the first foot landing is about the next action after the turn, and the torso's orientation can change without indicating the turn itself has fully finished.

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7. Bronze Vault warm-up timing?

A. 30 seconds / 1 warm-up vault

B. 60 seconds / 2 warm-up vaults

C. 45 seconds / 2 warm-up vaults

D. 30 seconds / 2 warm-up vaults

Warm-up timing for Vault at the Bronze level is set to 30 seconds for a single warm-up vault. This short, standardized window gives a gymnast enough time to rehearse the run and setup and feel the board before the actual vault, while keeping the meet moving smoothly and consistently for all competitors. Longer warm-ups or multiple warm-up vaults aren't used at Bronze; those allowances appear in other levels or formats, and adding them here would slow the schedule and introduce variation.

8. Xcel Silver - Bars Special Requirements: Which statement is true?

A. Mount

B. Cast to minimum 45˚ below horizontal (not mount or dismount)

C. 360˚ circle (not mount or dismount)

D. Dismount - from LB or HB (no saltos)

The main idea being tested is what the Bars special requirement for Xcel Silver actually asks you to demonstrate. For this level, you must show a cast that reaches a minimum depth: the body must be positioned at least 45 degrees below the horizontal. Importantly, that angle is measured during the cast portion of the routine and cannot be counted if it's just the mount or the dismount. This is why the statement about casting to a minimum of 45 degrees below horizontal is the best answer. It directly matches the official requirement that the cast depth be at least 45 degrees, and it makes clear that mounts and dismounts don't fulfill this criterion by themselves. The other statements describe other bar actions (mounts, a 360-degree circle, a dismount) that aren't the specific special element being tested for Silver Bars.

9. Which of the following statements is CORRECT in regard to Value Part recognition?

A. Skills are considered different when they have a different number in the Xcel Code of Points.

B. Skills with the same number in the Xcel Code of Points that have different degrees of turn are considered different.

C. Mounts performed as elements within the exercise are considered different elements.

D. All of these are correct.

Value Part recognition in Xcel is about how the Code of Points identifies and counts the elements that make up a routine. Each element has a specific value part, and different numbers represent different value parts, so when a skill changes to a different number in the Code, it's treated as a separate element. If the same base skill is performed with different degrees of turn, it's considered a different value part because the turn variation changes the element's identity and difficulty. Mounts counted as parts of the exercise are also treated as separate elements, not just a setup or transition, and they contribute to the overall element count and value. So, all of these aspects are correct: different numbers indicate different value parts, same-number elements with different turns are distinct, and mounts performed as part of the routine are counted as separate elements. For example, a skill coded with a twist or turn variation might be counted as a different value part than the same skill without the twist, and a mount used to start the routine is counted as its own element.

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10. Which statement best describes a restricted skill's impact on Start Value and credits?

A. It receives Value-Part credit but no Start Value deduction

B. It receives Special Requirement credit but no Start Value deduction

C. It does not receive Value-Part or Special Requirement credit, but there is a Start Value deduction

D. It does not receive Value-Part or Special Requirement credit, and there is a 0.50 Start Value deduction

A restricted skill is treated as not meeting the standard element criteria, so it can't earn Value-Part credit or Special Requirement credit. At the same time, the rule applies a Start Value deduction of 0.50 to reflect the limitation of performing the skill under restriction. Therefore the routine loses 0.50 of Start Value for that element and does not gain Value-Part or Special Requirement credit. The other options would imply credits or no deduction that don't align with how restricted skills are scored, so the best description is that there is a 0.50 Start Value deduction with no Value-Part or Special Requirement credit.

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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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