

Practice Test 7/8 Bars

Level 7

1. What is the maximum deduction for amplitude/angle of completion of a clear hip circle?
 - a. 0.2
 - b. 0.3
 - c. 0.4
 - d. 0.5

2. Which of these elements fulfills a special requirement at Level 7?
 - a. Cast handstand $\frac{1}{2}$ (180°) turn
 - b. Giant circle $\frac{1}{2}$ (180°) turn
 - c. Back uprise
 - d. A and B are correct

3. Which of these elements can be performed without penalty at Level 7?
 - a. Cast handstand $\frac{1}{2}$ (180°) turn
 - b. Giant circle forward
 - c. Backward stalder circle to handstand
 - d. A and C are correct.
 - e. All of these statements are correct.

4. Which of the following is correct regarding the cast angle requirement for Level 7 to receive Special Requirement Credit?
 - a. The cast must be a minimum of 10° from vertical.
 - b. The cast must be a minimum of 20° from vertical.
 - c. The cast must be a minimum of 30° from vertical.
 - d. The cast must be a minimum of 45° from vertical.

5. Which of the following are awarded B value part credit at Level 7?
 - a. Cast handstand $\frac{1}{2}$ (180°) turn
 - b. Clear hip circle below horizontal
 - c. Clear hip circle to handstand
 - d. B and C are correct
 - e. All of these are correct

Level 8

1. What is the composition deduction for choice of dismount if a Level 8 does a clear hip circle to handstand to a layout flyaway?
 - a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.2

2. Which of these has a maximum deduction of 0.2?
 - a. Swing forward or backward below horizontal
 - b. Insufficient dynamics throughout
 - c. Squat on landing
 - d. Hit on mat with foot or feet

3. Which of the following is correct?
 - a. An underwing with $\frac{1}{2}$ turn over LB to hang on LB can fulfill two special requirements.
 - b. One of the Special Requirements for Level 8 is 2 bar changes.
 - c. Two clear hip circles will fulfill 2 Special Requirements for Level 8.
 - d. A giant circle with $\frac{1}{2}$ (180°) turn will fulfill 1 Special Requirement for Level 8.

4. Which of the following is correct?
 - a. A cast to horizontal receives no value part credit with a 0.4 deduction.
 - b. A cast to between 21° and 30° from vertical receives B value part credit with a 0.1 deduction.
 - c. A cast to between 11° and 20° from vertical receives B value part credit with a 0.05 deduction.
 - d. A cast to between 21° and 30° from vertical receives A value part credit with a 0.1 deduction.

5. What is the maximum deduction for lack of elements that achieve or pass through vertical?
 - a. 0.05
 - b. 0.1
 - c. 0.2
 - d. 0.3

Level 7

- 1 C
- 2 A
- 3 D
- 4 D
- 5 E

Level 8

- 1 A
- 2 B
- 3 D
- 4 C
- 5 C