

Practice Test 7/8 Beam

Level 7

1. How many special requirements are met by the following elements?
1 ½ (540°) turn on one foot
Split leap forward
Front aerial with 1/1 (360°) twist dismount
 - a. 0
 - b. 1
 - c. 2
 - d. 3

2. Which of the following will fulfill the ACRO requirement for Level 7 beam?
 - a. Cartwheel + cartwheel
 - b. Round off + back layout dismount
 - c. Press handstand (no hold) + flic flac
 - d. Back walkover + flic flac
 - e. B and D are correct
 - f. C and D are correct

3. What would be the total deductions from the start value if a Level 7 gymnast performs a front tuck with 1/1 (360°) twist dismount ?
 - a. 0.5
 - b. 1.0
 - c. 1.3
 - d. 1.5
 - e. 2.0

4. Which of the following is correct?
 - a. If a gymnast balks twice on her mount, she is allowed a third attempt with each judge deducting 0.5.
 - b. If a gymnast balks twice on her mount, she is allowed a third attempt with the chief judge deducting 0.5 from the average.
 - c. If a gymnast balks twice on her mount, she is not allowed a third attempt.
 - d. There is no deduction if the gymnast runs and touches the board and or beam without mounting.

5. What is the maximum deduction for insufficient height on salto dismounts?
 - a. 0.1
 - b. 0.2
 - c. 0.3
 - d. 0.4
 - e. 0.5

Level 8

1. What is the composition deduction for choice of dismount if a Level 8 does a round off to a back tuck dismount?
 - a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.2

2. Which of following elements receive B value part at Level 8?
 - a. Wolf jump
 - b. Split leap forward
 - c. Cartwheel to side stand
 - d. Front layout dismount
 - e. B and D are correct
 - f. C and D are correct

3. What is the composition deduction for choice of acro elements not up to level of competition if a gymnast performs flic flac + flic flac and a roundoff + back tuck dismount?
 - a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.15
 - e. 0.2

4. What is the composition deduction for dance elements not up to level of competition if a gymnast performs a free jump with $\frac{1}{2}$ (180°) turn to stand mount and a split leap + tuck jump?
 - a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.15
 - e. 0.2

5. What is the compositional deduction for lack of a dance series?
 - a. Up to 0.2
 - b. 0.2
 - c. Up to 0.3
 - d. 0.3

Level 7

1 D

2 D

3 C

4 A

5 C

Level 8

1 A

2 E

3 B

4 A

5 B