

Practice Test 7/8 Floor

Level 7

1. How many special requirements are met by the following elements?
Round off, flic flac, back layout to two feet
Front layout, front layout
Switch leap, chasse', switch leap
Round off, whip back, back layout 1/1 (360°) twist
 - a. 0
 - b. 1
 - c. 2
 - d. 3

2. Which of the following will fulfill a Special Requirement for Level 7 Floor?
 - a. Front handspring step out + front handspring to 2 feet
 - b. Front handspring step out + front layout
 - c. Round off + flic flac + back layout 1/1 (360°) twist
 - d. Front tuck + dive roll
 - e. B and D are correct
 - f. All of these are correct

3. Which of the following is true for a switch leg leap?
 - a. The first leg should swing forward to 45°.
 - b. If the first leg does not reach 45°, award A value part credit and deduct up to 0.10 for insufficient height of leg swing.
 - c. If the first leg is in stag position and does not extend prior to leg switch, no value part credit is awarded.
 - d. If the split is less than 135°, no value part credit is awarded.

4. Which of these has a maximum deduction of 0.2?
 - a. Insufficient of extension (open) of tuck/pike body position prior to landing acro elements
 - b. Legs not parallel to floor in split or straddle pike leaps/jumps
 - c. Incorrect body posture/alignment during dance value parts
 - d. Deviation from straight direction on landing

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

Level 8

1. How many of the listed skills are C values?

Back layout with 1/1 (360°) twist
Front layout 1/1 (360°) twist
Switch side leap
2/1 (720°) turn on one foot

- a. 1
 - b. 2
 - c. 3
 - d. 4
2. What is the composition deduction for dance elements not up to level of competition if a gymnast performs the skills listed below?

1 ½ (540°) turn on one foot
Switch leap, chasse', switch side leap
Switch side leap, straddle jump with 1/1 (360°) turn

- a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.15
 - e. 0.2
3. Which of the following is awarded a B value part?
- a. Whip salto backward
 - b. back layout with 1/1 (360°) twist
 - c. front salto piked
 - d. B and C are B value parts
 - e. All of these are B value parts
4. What is the maximum deduction for insufficient variation in rhythm and tempo throughout the exercise?
- a. 0.05
 - b. 0.1
 - c. 0.15
 - d. 0.2
5. What is the compositional deduction for level of dismount if the last acro series is round off, flic flac, back layout with 1/1 (360°) twist, front tuck?
- a. No deduction
 - b. 0.05
 - c. 0.1
 - d. 0.15
 - e. 0.22

Level 7

1 C

2 B

3 A

4 B

5 C

Level 8

1 C

2 A

3 D

4 D

5 A