

# Intermediate Practise Exam 1

\*\* Please note this practise exam is not sanctioned by Gymnastics Australia and has been developed as a tool for those preparing for the intermediate course to get an indication of what the exam is like.

1. What is the final score for the following routine?

Judge 1 total deductions 2.4

Judge 2 total deductions 3.0

Judge 3 total deductions 3.4

Judge 4 total deductions 4.2

- A. 8.0
- B. 8.4
- C. 6.8
- D. 7.6

2. What is the final score for the following routine?

Judge 1 total deductions 2.7

Judge 2 total deductions 3.1

Judge 3 total deductions 3.4

Judge 4 total deductions 4.9

- A. 6.75
- B. 8.375
- C. 8.425
- D. 7.335

3. Which of the following statements is correct?

- A. Gymnasts who fail to present at the beginning and end of a routine will be deducted 0.3 each time for failing to do both
- B. Coaches are not permitted on the podium during a bar routine
- C. Gymnasts who don't start within 30 seconds of the green light/ signal will be deducted 0.1
- D. Failure to land on the 10cm supplementary matting will be deducted 0.5

4. Which of the following statements is correct?

- A. Gymnasts may have 2 runs to perform their 2 vaults
- B. Gymnasts who have not touched the board, vault or mats may have up to 3 runs to perform 2 vaults
- C. The deduction for no flight is 1.0
- D. The deduction for landing sitting up in level 3-5 is 1.0

5. Which of the following statements is correct for Vault?

1. The maximum deduction for lack of height is 0.8
2. Bent knees can be deducted in the repulsion phase
3. Length can be deducted in all levels
4. The deduction for a strong pike is 1.0

- A. 1 and 2
- B. 2 and 3
- C. 3 and 4
- D. 1 and 4

6. Match the correct statement to the correct deduction.

1. The gymnast uses an unauthorised mat
2. The gymnast commences her exercise when the red light is on
3. The gymnast breaks a series
4. The gymnast falls on landing

- a) 0.00 final score
- b) 0.3 neutral deduction
- c) 0.5 neutral deduction

- A) 1 and a
- B) 2 and b
- C) 3 and b
- D) 1 and c

7. What is the value of the following bars skills in a Level 5 bar routine?

- Glide kip
- Back hip circle
- Climb or squat on




- A) 1.0, 1.0, 1.0
- B) 1.0, 1.0, 0.5
- C) 1.0, 1.0, no value
- D) 0.5, 1.0, 1.0





8. Select the correct statements for bars.

1. Letting go of the bar in a pullover is a 0.3 deduction
2. The maximum deduction for amplitude in a cast is 0.5
3. The maximum deduction for amplitude in swings is 0.3
4. The maximum deduction for incorrect body shape in a swing is 0.1

- A) 1 and 2 are correct
- B) 1 and 3 are correct
- C) 2 and 4 are correct
- D) 1 and 4 are correct

9. What is missing from this level 4 Bar routine?

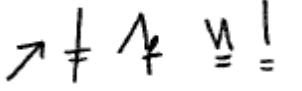
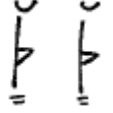
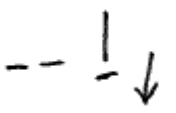
2x glide swings	Pullover	Back hip circle	Climb or squat on	2 long swings	Swing pullover	Underswing or toeshoot
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

- A) Flyaway dismount 
- B) Glide kip 
- C) Cast to toes height of bar 
- D) Cast to horizontal 

10. Which of the following statements is correct?

- A) A level 6 gymnast who performs a swing ½ dismount will have a 10.0 start value
- B) A level 6 gymnast who performs a swing ½ dismount will incur a 0.5 execution deduction
- C) A level 6 gymnast who performs a flyaway dismount will have a 10.5 start value
- D) A level 6 gymnast who performs a swing ½ dismount will have a 9.5 start value

11. What is missing from this level 3 beam routine?

Mount sequence with clear straddle marked	Forward kicks x 2	2x straight jump series	L handstand to lunge	Passe ½ turn, ½ turn on 2 feet releve hold	Punch jump dismount
	YY	!!	!		

- A) Split leap 
- B) Front salto dismount 
- C) Backward kicks x2 
- D) Cartwheel 

12. What are the total maximum deductions for the following faults on beam?

- Wobble
- Fall
- Lack of split
- Not reaching 10° of handstand

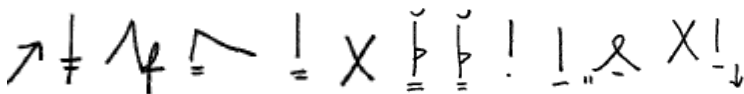
- A) 2.1  
B) 1.9  
C) 2.3  
D) 1.7

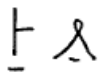



13. Select the correct statements.

1. Failure to hold straddle hold in level 3 mount sequence is a 0.3 deduction
2. Failure to reach 10° of handstand will incur a 0.3 deduction
3. Landing from the L handstand in level 3 in a step in will incur a 0.3 deduction
4. Breaking a series will incur a 0.3 deduction

- A) 1 statement is correct  
B) 2 statements are correct  
C) 3 statements are correct  
D) All statements are correct

14. What is missing from the level 5 beam routine?



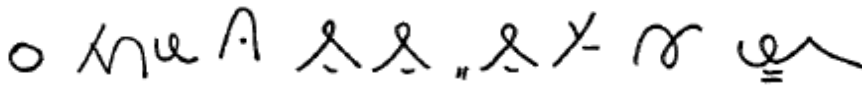
- A)   
B)   
C)   
D) 

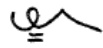



15. Which of the following statements are correct?

- All handstands on beam must be held for 2 seconds
- All handstands must finish in a step in
- Level 6 split leaps are required to be 180°
- Level 3 straddle hold is only required to be marked, not held

- A) 1 statement is correct  
B) 2 statements are correct  
C) 3 statements are correct  
D) All statements are correct

16. Which skill should not be in a level 5 floor routine?



- A) 
- B) 
- C) 
- D) 

17. Which statement is correct?

- A) A passage of dance is 2 directly connected leaps
- B) A passage of dance may include leaps, hops and jumps
- C) A passage of dance must have 2 leaps with split
- D) A passage of dance must have 2 different leaps one of which has split

18. Which of the following statements is correct?

- Failure to rebound where required will incur a 0.3 deduction
- The value of a skill is taken from the start value when omitted
- An incomplete turn will incur a 0.3 deduction
- Attempting a skill but not completing it will mean the value is taken from the start value.

- A) 1 statement is correct
- B) 2 statements are correct
- C) 3 statements are correct
- D) All statements are correct

19. What is the total maximum deduction for the following floor faults?

- Using the compulsory choreography to optional music
- Lack of flex in a walkover
- Breaking a series
- Bent legs

- A) 1.2
- B) 2.2
- C) 2.1
- D) 1.9



# Intermediate Practise Exam 1 - answers

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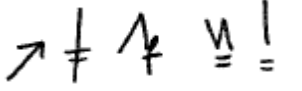
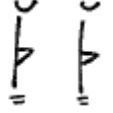
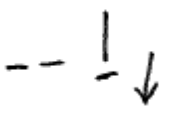
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

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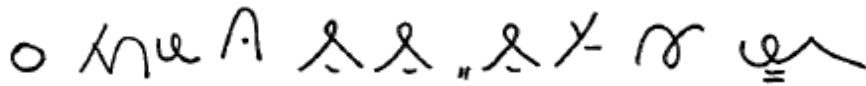
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