

Xcel Program Practice Quiz

This open-book self-quiz is designed to help prepare officials for judging Xcel Divisions and for finding the appropriate answers in the *Xcel Code of Points* and appropriate documents. It also provides a review for coaches.

General Questions

1. **Each event - Bars, Beam, and Floor, has the following number of special requirements:**
 - a. 2
 - b. 3
 - c. 5
 - d. 4
 - e. None of these

2. **Which of the following is CORRECT concerning unallowable/restricted skills?**
 - a. They may be used to fulfill special requirements.
 - b. Value part credit can be awarded.
 - c. Deduct 0.50 from the Average (C.J.)
 - d. Deduct 0.50 from the Start Value
 - e. None of these

3. **Which of the following is CORRECT?**
 - a. Incorrect attire is a 0.30 deduction.
 - b. A routine missing two (2) "A"s and one (1) Special Requirement on Bars, Beam or Floor would receive a 9.3 Start Value.
 - c. Unauthorized use of mats is a deduction take by all judges on an event.
 - d. Small tape markings are allowed on beam.

4. **If the mounting apparatus is not removed, the deduction is:**
 - a. None
 - b. 0.20 C.J.
 - c. 0.30 C.J.
 - d. 0.50 C.J.

5. **TRUE or FALSE. Composition deductions are deducted from the Start Value of the exercise.**

6. **What is the TOTAL MAXIMUM DEDUCTION for the following general errors?**
Bent arms in support, additional trunk movements upon landing to maintain balance, and large step on landing
 - a. 0.50
 - b. 0.60
 - c. 0.40
 - d. 0.70

7. **Which of the following statements is TRUE:**
 - a. Open scoring is required at all Xcel Meets
 - b. A score change due to a clerical error cannot be made once the score is flashed.
 - c. Flashing of Start Values is required at all Xcel competitions.
 - d. The lowest score you can give is a 1.0 (courtesy score)

Xcel Vault

- 1. True or False. A gymnast has two attempts to complete 2 vaults.**
- 2. What is the TOTAL MAXIMUM DEDUCTION FOR SPOT ON ANY VAULT?**
 - a. 0.50
 - b. 1.00
 - c. 1.50
 - d. 2.00
- 3. At which divisions is an alternative Springboard allowed without a change in Start Value?**
 - a. All Divisions
 - b. Bronze and Silver
 - c. Only Bronze
 - d. Bronze, Silver, and Gold
- 4. BRONZE Vault 2 - What is the TOTAL MAXIMUM DEDUCTION for: Bent legs and Failure to show an inverted vertical position from hands to hips?**
 - a. 1.00
 - b. 2.00
 - c. 0.60
 - d. 2.30
- 5. SILVER VAULT – Which of the following is an allowable vault for SILVER?**
 - a. Handstand on table to flat back
 - b. Free jump onto mat stack, handstand to flat back
 - c. Front handspring over mat stack sideways
 - d. $\frac{1}{4}$ to $\frac{1}{2}$ onto mat stack, landing on stomach on mat stack
- 6. Which of the following is CORRECT?**
 - a. Yurchenko timers to a stack mat are allowed at Gold
 - b. Use of an alternative springboard at Gold results in a 9.0 SV
 - c. Round off, Flic Flac on - Repulsion (with flight to feet) is allowed at Platinum
 - d. Diamond athletes may perform a Front handspring on – front tuck salto off.
- 7. GOLD, PLATINUM and DIAMOND VAULT - What is the TOTAL MAXIMUM DEDUCTION for the following errors: Knees bent and legs crossed during the First flight, Too long in support in the repulsion phase, Large step on landing?**
 - a. 0.90
 - b. 1.10
 - c. 1.20
 - d. 1.30

Xcel Uneven Bars

1. **BRONZE BARS- Which of the following is CORRECT regarding Special Requirements?**

- a. Cast to horizontal
- b. A minimum of 5 "A" Value Parts from the *Xcel Code of Points*
- c. A 360° circling skill & an "A" mount are 2 of the Special Requirements
- d. A dismount from the High Bar
- e. None of these

2. **BRONZE BARS-Which of the following is a RESTRICTED skill?**

- a. Stride Circle forward
- b. A dismount consisting of a cast off to Stand
- c. Clear hip circle under horizontal
- d. Jump to front support Mount
- e. None of these

3. **ALL DIVISIONS- TRUE or FALSE. A cast to squat on with jump to HB and a cast, shoot through are each considered one skill.**

4. **What is the TOTAL MAXIMUM DEDUCTION for the following errors?**

Lack of extension on a glide kip, Bent arms on a back hip circle, Incorrect body posture on dismount landing.

- a. 0.40
- b. 0.50
- c. 0.60
- d. 0.70

5. **SILVER BARS - Which of the following statements is CORRECT?**

- a. Silver Division may do skills on HB, but NO giants.
- b. Silver Division may do salto dismounts.
- c. Extra swings result in a 0.30 deduction with a maximum of 0.50 on one skill
- d. A "B" 360-degree circle is required.

6. **SILVER BARS- A gymnast performs the following routine:**

- Pullover Mount
- Cast to horizontal
- Back Hip Circle
- Cast to squat on
- Jump off forward to stand dismount

Has this gymnast fulfilled all her Special Requirements? YES_____NO__

7. **GOLD BARS- Which of the following is CORRECT concerning the Special Requirements?**

- a. The Gold Division has 5 Special Requirements
- b. A Cast to 45 degrees from Vertical is a Special Requirement
- c. The dismount must be from the Low Bar
- d. A Back hip circle on Low Bar and A long hang pullover from a long swing will satisfy two (2) Special Requirements

8. **Which of the following is CORRECT regarding cast angles (Silver, Gold, Platinum, Diamond)?**
- A cast to 40° under horizontal will fulfill the Silver Special Requirement – an up to 0.1 deduction for insufficient amplitude will be applied
 - A cast to 12° below horizontal will fulfill the Gold Special Requirement – no deduction for insufficient amplitude
 - A cast to horizontal will fulfill the Diamond Special Requirement – an up to 0.3 deduction for insufficient amplitude will be applied
 - A cast to 5° below horizontal will fulfill the Special Requirement at Gold and Platinum - a flat 0.10 deduction for insufficient amplitude will be applied.
9. **PLATINUM BARS - Which skill is NOT allowed/restricted?**
- Cast to Handstand ½ turn
 - Stride circle forward
 - Giant circle
 - Clear Hip circle to Handstand
10. **What is the TOTAL MAXIMUM DEDUCTION for the following errors:**
- Hit on apparatus with feet.
 - Two extra swings on the same skill
 - Fall
- 1.00
 - 1.10
 - 1.20
 - 1.30
11. **PLATINUM BARS - Which of the following statements is CORRECT?**
- Salto dismounts are restricted
 - A long hang pullover is considered a circling skill only if preceded by a cast
 - Toe shoot to the high bar receives 'B' VP credit
 - The first Tap swing/counterswing is considered an extra swing (0.30 deduction)
12. **DIAMOND BARS- Which of the following statements is CORRECT?**
- Developmental Program cast angle deductions are used at the Diamond Division.
 - A tap swing/counterswing will receive an extra swing deduction
 - No D value skills are allowed
 - A horizontal cast is an A value part

Xcel Balance Beam

- 1. BRONZE BEAM- Which of the following does NOT fulfill the Acro Skill Special Requirement?**
 - a. Forward Roll
 - b. Front handspring dismount
 - c. Partial handstand with both feet off the beam while at least one leg reaches a minimum of 45 degrees from vertical.
 - d. Headstand

- 2. Which of the following is CORRECT?**
 - a. No hold is required for "A" handstands
 - b. In the Lever to touch beam at Bronze Division, touch of the fingertips is sufficient
 - c. A squat turn will fulfill the turn Special Requirement for Bronze Division
 - d. A 180° split jump will receive "A" credit at Bronze Division
 - e. All of the above are correct.

- 3. BRONZE BEAM- Which of the following is a RESTRICTED skill?**
 - a. Lever to touch the beam
 - b. From lying position, push up to bridge (hold 1 second)
 - c. Cartwheel to handstand, ¼ turn dismount
 - d. 1 ½ toe turn

- 4. What is the TOTAL MAXIMUM DEDUCTION for the following errors?**
 - Up to 20° missing from required leap leg separation
 - Insufficient height on one jump
 - Foot remains on mat or board as mount is completed
 - a. 0.50
 - b. 0.60
 - c. 0.70
 - d. 0.80
 - e. None of these

- 5. GOLD BEAM- Which of the following is CORRECT?**
 - a. A forward swing turn will fulfill the turn Special Requirement
 - b. Two forward rolls will satisfy the acro Special Requirement
 - c. A Partial Handstand to 45 degrees from vertical with closed feet is an acceptable acro skill
 - d. A straddle jump dismount is acceptable at the Gold Division

- 6. Which of the following statements is CORRECT?**
 - a. Bronze requires a 60° split for SPECIAL REQUIREMENT credit
 - b. Gold and Platinum require a 120° split in one leap/jump.
 - c. Diamond requires a 180° split in one leap/jump
 - d. Gold, Platinum and Diamond require a 150° split in one leap/jump

- 7. GOLD BEAM- What is the TOTAL MAXIMUM DEDUCTION for the following errors?**
- Missing one acro skill that achieves or passes through vertical
 - No Full turn
 - a. 1.00 from the average
 - b. 0.60 from the Start Value
 - c. 0.50 from the average
 - d. 1.00 from the Start Value
- 8. Platinum Beam - Which of the following is CORRECT?**
- a. 'C' Dance Value Parts are allowed
 - b. The Acro series must have a flight element
 - c. 6 'A' and 2 'B' Value Parts
 - d. 'C' acro elements are allowed.
- 9. PLATINUM BEAM- TRUE/FALSE One Acro skill with flight OR an acro series with or without flight is required (one of the Acro skills in the series must achieve or pass through vertical).**
- 10. What is the TOTAL MAXIMUM DEDUCTION for the following errors?**
- Bent arms in support on a handstand
 - Additional movements to maintain balance after a back walkover
 - Concentration pause of 4 seconds before a dismount
 - a. 0.70
 - b. 0.80
 - c. 0.90
 - d. 1.0
 - e. None of these
- 11. Which statement is CORRECT if the coach spots the gymnast during an element?**
- a. VP and Special Requirement credit are awarded - 0.50 deduction for the spot
 - b. No VP or Special Requirement credit are awarded - no deduction for the spot
 - c. No VP or Special Requirement credit are awarded - 0.50 deduction for the spot
 - d. VP and Special requirement credit are awarded - 0.30 deduction for the spot
- 12. Which is CORRECT regarding the breaking of a series?**
- a. A stop between the elements breaks the series
 - b. Loss of balance, causing a stop between the elements breaks the series
 - c. Repositioning of a support leg / foot breaks the series
 - d. Landing the first element in a pli  and then straightens legs, and pli s again breaks the series
 - e. All of the above break a series

Xcel Floor Exercise

- 1. BRONZE FLOOR - Which is CORRECT?**
 - a. The maximum time limit on floor is 1 minute
 - b. A coach on the floor is a 0.50 deduction
 - c. A headstand is a Bronze Division skill
 - d. A 1½ turn is an allowable skill on Bronze Division Floor

- 2. BRONZE FLOOR - Which of the following is CORRECT?**
 - a. Four (4) "A" Value Parts are required
 - b. No saltos or aerials
 - c. Maximum 2 flight skills per routine
 - d. All of the above are correct

- 3. BRONZE FLOOR - Which of the following would NOT fulfill Special Requirements #1 and #2?**
 - a. 1st pass – Round-off, rebound, backward roll
2nd pass - Round-off
 - b. 1st pass – Round-off, flic-flac
2nd pass – Dive roll
 - c. 1st pass – Round-off, flic-flac
2nd pass – Front handspring

- 4. SILVER FLOOR- Which of the following is an acceptable Value Part skill?**
 - a. Lever to touch fingertips on the floor
 - b. Leg swing hop with free leg at horizontal or above
 - c. Switch leg leap with ¼ turn
 - d. Front Salto piked

- 5. SILVER FLOOR -What is the penalty for a routine with NO 1/1 turn?**
 - a. 0.20
 - b. 0.30
 - c. 0.50
 - d. 1.00

- 6. What is the TOTAL MAXIMUM DEDUCTION for the following errors?**
 - Failure to hold ending pose for 1 second
 - Relaxed/incorrect footwork on non-value parts throughout
 - Insufficient dynamics
 - a. 0.45
 - b. 0.55
 - c. 0.65
 - d. 0.75

- 7. GOLD DIVISION FLOOR- Which of the following will fulfill a Special Requirement?**
 - a. Round-off, straddle jump, back handspring
 - b. Cat leap, split jump
 - c. Jump 1/1 turn
 - d. Run punch front pike salto

8. ALL DIVISIONS FLOOR- A gymnast makes the following errors on a split leap. What would be her TOTAL MAXIMUM deduction?

- Incorrect body alignment
- Insufficient height on leap
- Legs not even on the leap

- a. 0.60
- b. 0.50
- c. 0.55
- d. 0.45
- e. 0.40

9. TRUE OR FALSE. The Platinum Division requires a leap with 180-degree split for Special Requirement in the Dance Passage.

10. FLOOR- What is the total maximum deduction for the following errors?

- Coach on the floor exercise mat
- Lack of projection, focus -Squat on landing
- Missing synchronization of movement and music at the end of the routine.

- a. 0.40
- b. 0.50
- c. 1.00
- d. 1.50

11. DIAMOND FLOOR - Which of the following is a DIAMOND Special Requirement?

- a. A turn on one foot, minimum A
- b. 3 different saltos within the routine
- c. 2 separate acro connections, each with a minimum of 2 directly connected acro flight skills.
- d. None of the above

12. DIAMOND FLOOR -Which would fulfill Special Requirements #1 & #2?

- a. 1st pass - Front handspring, front tuck
2nd pass – Front handspring, round-off, flic-flac, back salto stretched
- b. 1st pass – Round-off, flic-flac, back salto stretched
2nd pass – Front handspring, Front salto stretched
- c. 1st pass – Front tuck step out, round-off, flic-flac
2nd pass – Round-off, flic-flac

Xcel Program Practice Quiz Answer Sheet

General Information

1. D
2. D
3. B
4. C
5. False
6. D
7. C

Xcel Vault

1. False
2. C
3. B
4. D
5. C
6. C
7. B

Xcel Uneven Bars

1. C
2. C
3. True
4. C
5. A
6. YES
7. D
8. D
9. A
10. C
11. B
12. B

Xcel Beam

1. B
2. E
3. D
4. C
5. C
6. B
7. D
8. A
9. TRUE
10. B
11. C
12. E

Xcel Floor Exercise

1. C
2. D
3. C
4. B
5. C
6. B
7. D
8. B
9. FALSE
10. B
11. C
12. B