



Xcel Program Practice Quiz

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

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 score
 - d. Deduct 0.50 from the Start Value
 - e. None of these
3. Which of the following is CORRECT?
 - a. Incorrect attire is a 0.20 deduction.
 - b. The safety zone mat may be used at all divisions without a deduction
 - 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. 0.30
 - d. 0.50
5. TRUE or FALSE. Composition deductions are deducted from the Start Value of the exercise.
6. TRUE or FALSE. Elements performed that are NOT ALLOWED due to difficulty restrictions may not be used to fulfill Special Requirements.
7. 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

General Questions, cont.

8. TRUE or FALSE. All events in all Divisions could possibly start at a 10.0 Start Value.
9. What is the appropriate score range of the two counting scores for the following scores: Judge1 - 8.8, Judge 2 - 9.3
 - a. 0.70
 - b. 0.50
 - c. 1.00
 - d. Not in range, must conference
10. 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 Vaulting Quiz

1. If a gymnast attempts her first vault, and it is a balk, does she still have two attempts to complete one or two vaults?
2. What is the TOTAL MAXIMUM DEDUCTION FOR SPOT ON THE 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-What is the TOTAL MAXIMUM DEDUCTION for: 1A - lack of height during the jump and one additional jump on the board (double bounce)?
 - a. 1.00
 - b. 0.90
 - c. 0.80
 - d. 0.60
5. BRONZE VAULT IB- A gymnast makes the following errors: What is the TOTAL MAXIMUM DEDUCTION she would receive: Failure to use lever action into handstand, Bent arms in handstand position?
 - a. 1.50
 - b. 1.00
 - c. 0.90
 - d. 1.60
 - e. None of the above

6. BRONZE Vault 2 - What is the TOTAL MAXIMUM DEDUCTION for:
Bent arms
Failure to show an inverted vertical position from hands to hips
- 1.00
 - 2.00
 - 0.60
 - 2.50
7. SILVER VAULT – Which of the following is an allowable vault for SILVER?
- Handstand on table to flat back
 - Free jump onto mat stack, handstand to flat back
 - Front handspring over mat stack sideways
 - $\frac{1}{4}$ to $\frac{1}{2}$ onto mat stack, landing on stomach on mat stack
8. GOLD, PLATINUM and DIAMOND VAULT - The gymnast makes the following errors:
Knees bent and legs crossed during the First flight, Too long in support in the repulsion phase of the vault.
What is the TOTAL MAXIMUM DEDUCTION for these errors.
- 0.90
 - 1.10
 - 1.20
 - 1.30
9. GOLD, PLATINUM and DIAMOND VAULT - What is the deduction for “Run approach resulting in gymnast coming to rest on top of table without execution of the vault?”
- Balk
 - Void
 - 0.50 Fall
 - 2.00
10. GOLD, PLATINUM and DIAMOND VAULT: TOTAL MAXIMUM DEDUCTION for the following errors:
Leg separation in the 1st flight
Two additional hand placements (support phase)
Late completion of the twist (2nd phase)
One large step on landing
- 0.90
 - 0.80
 - 1.20
 - 1.50
11. GOLD, PLATINUM and DIAMOND VAULT - Which of the following statements is TRUE:
- Performance of a vault without a signal receives a 0.50 penalty
 - The gymnast gets two attempts to complete two vaults
 - Coming to support on top of the table without a vault is a BALK
 - If a gymnast receives a void on the first vault the event score is zero

12. DIAMOND VAULT – TOTAL MAXIMUM DEDUCTION for the following errors in vault
#4.305 - Round-off, flic-flac on- layout salto backward?
- Knees bent in first flight
 - Shoulder angle
 - Insufficient Height
 - Failure to maintain stretch
 - Body posture on landing
 - Five extra steps
- a. 1.50
 - b. 2.20
 - c. 1.90
 - d. 1.80

XCEL Uneven Bars

1. BRONZE BARS--Which of the following is a Special Requirement
 - a. Cast to horizontal
 - b. A minimum of 5 value parts from the *Xcel Code*/Skills from the Bronze Skill Chart
 - c. A circling skill
 - d. A dismount from the High Bar
 - e. None of these

2. BRONZE BARS-Which of the following is NOT an allowable 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. BRONZE BARS-Which of the following is TRUE?
 - a) No skills on HB
 - b) No salto dismounts
 - c) 'A' value parts listed in the *Xcel Code* and Bronze Skill Chart are allowed
 - d) All of the above

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

5. SILVER BARS - Which of the following statements is FALSE?
 - a. Silver Division may do skills on HB, but NO giants.
 - b. Silver Division may do salto dismounts.
 - c. No extra swing deductions are taken.
 - d. A 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. SILVER BARS - Which element is NOT allowable
- a. Single leg basket swing
 - b. Long hang pullover from long swing
 - c. Glide swing to stand
 - d. Cast to 20 degrees from vertical
 - e. Tap swing/counterswing
8. GOLD BARS- Which is TRUE 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 long hang pullover from a long swing will satisfy one special requirement
9. PLATINUM BARS- Which of the following is a Special Requirement?
- a. Cast to horizontal
 - b. Long hang pullover from a hang
 - c. Kip
 - d. Tap swing/counterswing
 - e. None of these
10. PLATINUM BARS - Which skill is NOT allowed?
- a. Cast to Handstand- $\frac{1}{2}$ turn
 - b. Stride circle forward
 - c. Giant circle
 - d. Clear Hip circle to Handstand
11. Which of the following is TRUE?
- a. Gold Division may NOT perform giants
 - b. Gold Division may NOT perform 'C' value parts
 - c. Gold Division needs 6 'A' value parts
 - d. All are True

12. PLATINUM BARS- What is the TOTAL MAXIMUM DEDUCTION for the following errors:
- Hit on apparatus with feet
 - Two extra swings
 - Fall on the dismount
- a. 1.20
 - b. 1.30
 - c. 1.50
 - d. 1.20
13. PLATINUM BARS - Which of the following statements is FALSE?
- a. May not do Salto dismounts?
 - b. A long hang pullover is considered a circling skill only if preceded by a cast?
 - c. Clear hip to handstand receives 'B' VP credit?
 - d. The first Tap swing/counterswing is considered 'A' VP?
14. DIAMOND BARS- Which is TRUE?
- a. J.O. cast angle deductions are used at the Diamond Division.
 - b. A tap swing/counterswing will receive an extra swing deduction
 - c. No D value skills are allowed
 - d. A horizontal cast is an A value part

Xcel Balance Beam Quiz

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. BRONZE BEAM- The maximum routine time limit is:
- a. 40 seconds
 - b. 45 seconds
 - c. 50 seconds
 - d. 1 minute
3. BRONZE BEAM- Which of the following is NOT an allowable skill?
- a. Lever to touch the beam
 - b. From lying position, push up to bridge (hold 1 second)
 - c. Cartwheel to handstand, mark $\frac{1}{4}$ turn dismount
 - d. Balance stand on one foot, free leg sideward upward hold 140 degrees (2 sec)
 - e. None of these

4. SILVER BEAM – A gymnast makes 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
- What is the TOTAL MAXIMUM DEDUCTION?
- 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. The time limit is 50 seconds
 - 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. SILVER BEAM - What is the split requirement for the Jump/ leap Special Requirement?
- a. None
 - b. 90 degrees
 - c. 120 degrees
 - d. 180 degrees
7. GOLD BEAM- What is the TOTAL MAXIMUM DEDUCTION for the following errors?
- Missing two different jumps/leaps (one with 120 degree split)
 - No Full turn
 - Routine is 50 seconds
- a. 1.00
 - b. 0.80
 - c. 1.50
 - d. 0.60
8. GOLD BEAM- Which of the following fulfills the dance requirement of two jumps/leaps?
- a. Straddle jump (120°) - tuck jump
 - b. Tuck jump – wolf jump
 - c. Straight jump – tuck jump with ½ turn
 - d. Cat leap – straight jump
9. 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.

10. PLATINUM BEAM- TRUE/FALSE One Acro skill with flight or an acro series with or without flight is required.
11. PLATINUM BEAM- Which is TRUE?
- The time limit is 1:15
 - 'C' Dance elements are not allowed
 - One non-flight acro element is a Special Requirement
 - Leaps must be 150 degrees
 - None of these
12. SILVER THROUGH DIAMOND BEAM- A gymnast makes the following errors while performing a back walkover on Beam. What would the TOTAL MAXIMUM DEDUCTION BE?
- Bent arms in support
 - Additional movements to maintain balance after the back walkover
- 0.40
 - 0.50
 - 0.60
 - 0.70
 - None of these
13. ALL DIVISIONS ON BEAM- Which is CORRECT if the coach spots the gymnast during an element?
- VP credit is awarded
 - If the gymnast falls after the spot an additional 0.50 will be taken for the fall
 - If the spot occurs on the dismount element, an additional 0.30 is taken for no dismount
 - If the spot occurs on the landing of a dismount, there is no credit for the dismount.
14. DIAMOND BEAM- Which is INCORRECT regarding the breaking of a series?
- A stop between the elements breaks the series
 - Loss of balance, causing a stop between the elements breaks the series
 - Repositioning of a support leg breaks the series
 - Landing the first element in a pli  and then straightens her legs, and pli s again breaks the series
 - All of the above break a series

Xcel Floor Exercise Quiz

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

2. BRONZE FLOOR - Which of the following is INCORRECT?
 - a. No 'B' or higher ACRO
 - b. No saltos or aerials
 - c. Maximum 3 flight skills per routine
 - d. Any 'A' listed in *Xcel Code*/Bronze Skills Chart is allowed

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 difficulty restriction does NOT apply?
 - a. No 'B' Acro
 - b. No 'C' or higher VP
 - c. No 'B' dance
 - d. Maximum of 1 salto

5. SILVER FLOOR- Which of the following is an acceptable skill?
 - a. Handstand to 45°
 - b. Leg swing hop with free leg at horizontal or above
 - c. Switch leg leap with ¼ turn
 - d. Front Salto piked

6. 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

7. ALL DIVISIONS FLOOR - What is the TOTAL MAXIMUM DEDUCTION for the following errors?
 - Poor relationship of music and movement throughout
 - Relaxed/incorrect footwork on non-value parts throughout
 - Insufficient dynamics
 - a. 0.50
 - b. 0.90
 - c. 0.70
 - d. 0.60

8. 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. Switch leap, run, run, jump 1/1 turn.

9. 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

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

11. ALL DIVISIONS 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. 0.60
 - c. 1.10
 - d. 0.50

12. DIAMOND FLOOR - Which is TRUE regarding Special Requirements?
 - 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

13. DIAMOND FLOOR - Which of the following is CORRECT?
 - a. 'E' Value Parts are not allowed
 - b. Maximum of one 'D' allowed
 - c. Any 'C' VP listed in the *Xcel Code* is allowed
 - d. Minimum 'B' turn on one foot is required
 - e. All of the above are correct

14. 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. F
6. T
7. D
8. F
9. B
10. C

Xcel Vault

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

Xcel Uneven Bars

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

Xcel Program Practice Quiz Answer Sheet, pg. 2

Balance Beam

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

Floor Exercise

1. C
2. C
3. C
4. C
5. B
6. C
7. D
8. D
9. B
10. F
11. D
12. C
13. E
14. B

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