



2019 - 2020 Certification Test for Judges

2

☆REGISTRATION FORM☆

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (Home) _____

(Cell) _____

(Work) _____

Email address (required): _____

Years Judging Amerikids _____

State(s) that you will be judging in: _____

Are you a judge in any other program?

Yes Organization: _____

Level: _____ Years Judging _____

No

Have you ever been:

Convicted of a felony? _____

Convicted of sexual misconduct? _____

Denied membership in any gymnastics program? _____

Please send the following to the advisory committee member, Mike Stanner

Send to: Mike Stanner

11222 Kentucky Rd

Papillion NE 68133

\$5.00 for the Judging certification

Registration form

Completed answer sheet

THANK YOU for your support in the AmeriKids program. You are very important to the success of this program!



2019 - 2020 Certification Test for Judges

GIRLS – AK-1

1. Which answer is most correct regarding the requirement of the underarm circle in AK-1 vault?
- A. The underarm circle is required for both of the vaults
 - B. The underarm circle is not required for any of the vaults
 - C. The underarm circle is required for the straight jump only
 - D. The underarm circle is required for the handstand smash down only
2. What is the deduction for over 16 degrees forward lean into the board at contact?
- A. 0.5
 - B. 0.3
 - C. 0.2
 - D. 0.7
3. Which of the following is/are requirement(s) for the pull over in the AK-1 uneven bar routine?
- A. Legs are to be straight by vertical position
 - B. Feet are to come together before vertical
 - C. Up to two steps are allowed before the pull-over
 - D. Show a finished and extended body in the front support
 - E. All of the above
4. The angle requirement for the AK-1 cast on uneven bars is?
- A. No angle requirement
 - B. 45 degrees below horizontal
 - C. Horizontal
 - D. Above horizontal

- _____ 5. In the AK-1 uneven bar routine, there is a leg lift over the bar. What is/are the requirement(s) regarding the completion of the skill?
- A. No hold requirement
 - B. The hips must lift up and off the bar when in the stride support
 - C. The leg may rest against the bar but must be straight
 - D. All of the above
- _____ 6. There are three options that the AK-1 gymnast may do following the beam mount. The first one is to swing to a squat (Tuck stand; then stand in lock position) the _____ others are? (Choose the best answer)
- A. Swing to a push up position
 - B. Swing to knee
 - C. Both A and B
 - D. It is Optional – the coach can make up that part of the routine
- _____ 7. The arabesque in the AK-1 beam routine has which of the following requirement(s)?
- A. Arms may be to the side middle position or in crown
 - B. The leg should be a minimum of 30 degrees off of the beam
 - C. Has a momentary hold = 1 second
 - D. Answers A and B only
 - E. Answers A, B and C
- _____ 8. The straight jump in the AK1 beam routine has which of the following requirement(s)?
- A. Land on both feet in a demi-plie position
 - B. Arms should remain in crown upon landing the skill
 - C. The legs should extend to finish in a straight stand – not in releve
 - D. All of the above
 - E. None of the above
- _____ 9. All the elements in the balance beam and floor exercise routines must be competed by which of the following?
- A. Without switching the feet in between skill elements
 - B. In any order the gymnast would like to do them in without a deduction
 - C. May be done in reverse as the routine is written – left side versus right side
 - D. The gymnast may add any skills she would like to
 - E. All of the above

- _____ 10. The roll back to candlestick element in the AK-1 floor routine must be completed by which of the following?
- A. Roll forward with both feet together to stand
 - B. Roll forward stepping one foot in from of the other then to stand
 - C. One second hold on candlestick.
 - D. A, B and C are correct
 - E. B and C are correct
- _____ 11. What is the deduction that will be given if the gymnast performs a straight jump before the backward roll to pike stand in the AK-1 floor routine?
- A. No deduction
 - B. 0.10
 - C. 0.20
 - D. 0.30 for adding an element in the routine
 - E. 0.50

GIRLS – AK-2

- _____ 12. What is the deduction for 15 degrees or more backward lean into the board?
- A. 0.7
 - B. 0.5
 - C. 0.2
 - D. No deduction
- _____ 13. On the AK-2 vault - the gymnast has which of the following requirement(s) regarding the handstand to the flat back position?
- A. Minimum of 24 inches are required for the mat height
 - B. Repulsion is not required
 - C. May use a hand mat or carpet square as a hurdle mark.
 - D. All of the above
 - E. A and B
- _____ 14. What are the possible deductions for the glide swing in the AK-2 uneven Bar routine?
- A. Up to 0.20 deductions for execution (arms, legs, feet, knees and head)
 - B. Up to 0.20 deductions for rhythm and failure to open up hips
 - C. Up to 0.10 for palms not being on top of the bar at end of glide
 - D. All are allowable deductions

- _____ 15. The Glide swing in the AK-2 uneven bar routine has which of the following requirement(s)?
- A. Releasing the bar between the glide and the pullover is not allowed
 - B. The gymnast may release the bar between the glide and the pullover
 - C. The gymnast is allowed to have bent arms on the glide
 - D. Both B and C
- _____ 16. The dismount on the AK-2 beam routine (cartwheel to side handstand) must be completed with which of the following requirement(s)?
- A. May land on either side of the beam
 - B. Required to do the $\frac{1}{4}$ turn over the beam
 - C. Must hit vertical (handstand)
 - D. Both A and C
- _____ 17. The gymnast should do which of the following requirement(s) when completing the partial cross handstand to passé'?
- A. Handstand (1 second hold) to passé (2 second hold)
 - B. Back leg must reach minimally horizontal in the handstand then step down to passé hold (2 sec)
 - C. Arms in crown position in the passé balance
 - D. B and C
- _____ 18. The waltz steps in the AK-2 beam routine require which of the following?
- A. May take as many steps as she wishes
 - B. Waltz step (down – up – up)
 - C. May run forward, backward or sideways (Gymnast choice)
 - D. Four extra steps after the three required steps
- _____ 19. What is the deduction given if the stretch jump is NOT directly connected to the split jump in the AK-2 floor routine?
- A. 0.30deduction
 - B. 0.20 deduction
 - C. 0.10 deduction
 - D. No deduction
- _____ 20. The round off with flight requires which of the following?
- A. One to three running steps with a hurdle
 - B. show flight with hands and feet off the floor before the finish
 - C. Finish feet together with the arms by the ears
 - D. All of the above

- _____ 21. A gymnast in AK-2 is required to compete which of the following elements in her floor routine?
- A. Handstand forward roll with bent or straight arms
 - B. A backward roll to pike stand with straight arms or a backward roll to push up and then hopping legs to a pike
 - C. A back walkover or a backbend kick over
 - D. All the elements are required

GIRLS – AK-3

- _____ 22. The definition of a hollow body regarding the AK-3 vault is which of the following?
- A. The back should be in full contact with the mat upon landing
 - B. The gymnast may show a slight elevation of the legs, arms and head
 - C. Have a fully extended straight body
 - D. A, B and C
 - E. A and B only
- _____ 23. What is the start value given if an AK-3 gymnast does not attempt a kip but completes a pull over instead?
- A. 8.80
 - B. 9.00
 - C. 9.40
 - D. 10.00
- _____ 24. What is the deduction if the shoulders are 15° in front of the feet on the vault board for AK-3?
- A. 0.1
 - B. 0.5
 - C. 0.7
 - D. No deduction
- _____ 25. In the AK-3 beam routine, what are the requirements for the holds on the arabesque and the cross handstand?
- | | |
|---------------------------------------|-----------------------------|
| A. Arabesque → 1 second | Cross Handstand → 1 second |
| B. Arabesque → 2 seconds | Cross Handstand → 1 second |
| C. Arabesque → 1 second | Cross Handstand → 0 seconds |
| D. Arabesque → 1 seconds | Cross Handstand → 2 seconds |
| E. There is no requirements for holds | |

GIRLS – Optional Levels

- _____ 26. In the AmeriKids program, a Novice or Intermediate competes a $\frac{1}{2}$ on – $\frac{1}{2}$ off vault, what is the start value for that vault?
- A. NO 9.60 Intermediate 9.40
 - B. NO 9.40 Intermediate 10.0
 - C. NO 10.0 Intermediate 9.80
 - D. NO 10.0 Intermediate 10.0
- _____ 27. Which optional levels are allowed to use the developmental B's from the skill sheets and receive B credit for them on uneven bars?
- A. All levels
 - B. Novice and Intermediate Optionals only
 - C. Novice, Intermediate and Advance Optionals
- _____ 28. Each of the special requirements in the Novice Optional level has what value?
- A. There are no values for skill requirements at this level in AmeriKids
 - B. 0.30 per special requirement
 - C. 0.20 per special requirement
 - D. 0.50 per special requirement
- _____ 29. How many B skills are required in the optional levels below?
- A. NO → 0 IO → 2 AO → 2 Open → 3
 - B. NO → 0 IO → 1 AO → 2 Open → 3
 - C. NO → 1 IO → 2 AO → 4 Open → 3
 - D. NO → 1 IO → 2 AO → 4 Open → 4
 - E. NO → 0 IO → 2 AO → 3 Open → 4
- _____ 30. If an optional gymnast competes in her uneven bar routine – tap swing, tap swing, dismount; What is the deduction for each tap swing?
- A. 0.50 each – just like a deduction for a fall
 - B. 0.30 each; Novice and Intermediate Optional
 - C. 0.10 – 0.30 each – discretion of the judge
 - D. No deduction Novice or Intermediate Optional
- _____ 31. What is the start value in the Novice Optional uneven bar routine if she competes a flyaway as her dismount but still has six skill elements?
- A. 9.2
 - B. 9.4
 - C. 9.5
 - D. 10.00
 - E. Void

- _____ 32. What would be the deduction if an optional gymnast, on her uneven bar routine, taps her feet on her kip?
- A. No deduction
 - B. 0.50 – just like a fall
 - C. 0.30 – 0.50 – depends on the severity
 - D. 0.05 - 0.30 – depends on the severity
 - E. 0.10
- _____ 33. How many feet (minimum) must an optional gymnast get on the beam to receive credit for an element? (choose the best answer)
- A. One foot
 - B. Both feet
 - C. No feet – as long as they go for the skill
 - D. A & B
- _____ 34. Which of the following skills on the uneven bars will receive “B” credit for the optional program?
- A. Cast to handstand
 - B. Pike or layout flyaway
 - C. Straddle or stoop circle – forward or backward
 - D. B & C
 - E. All of the above

Judging Guidelines

- _____ 35. Which of the following matches the philosophy of AmeriKids?
- A. When it comes to judging the skill and there is a question regarding if it receives credit or not, the benefit of the doubt always goes to the gymnast.
 - B. It is possible for a gymnast to receive a 10.00 with the AmeriKids rules
 - C. Judging AmeriKids means that you must be accurate, consistent and speedy
 - E. As an AmeriKids judge, you must be willing to answer questions regarding the routines and deductions as well as help wherever is needed regarding the administration of the meets
 - E. All of the above

- _____ 36. What is the deduction when a gymnast takes an extra swing in her uneven bar routine unless otherwise stated?
- A. 0.10 per occurrence
 - B. 0.20 per occurrence
 - C. 0.30 per occurrence
 - D. 0.10 – 0.30 depending on how high the swing is
 - E. No deduction
- _____ 37. If a gymnast falls in the middle of a skill during her routine, which of the following is the best answer regarding the deduction for the AmeriKids program?
- A. 0.50 + part of the skill value – dependent on how much of the skill is completed before the fall
 - B. Flat 0.50
 - C. 0.50 + the full value of the element
 - D. 1.00 per the Federation of International Gymnastics (FIG)
 - E. None of the above
- _____ 38. If a gymnast is spotted on a skill in her routine, what is the deduction taken?
- A. 0.50 only
 - B. Up to 0.50 + the value of the skill if the coach does over 50% of the skill
 - C. 0.30 only
 - D. 0.50 depending on how much of the skill is done by the coach
 - E. The value of the skill if 30% is completed by the coach
- _____ 39. If the gymnast falls and is spotted simultaneously, what is the deduction?
- A. 0.50 for the fall + 0.50 for the spot
 - B. 0.50 – she is only penalized for either the fall or the spot – Not both
 - C. 0.50 for the fall + 0.10 – 0.50 for the spot depending on the amount she is spotted
 - D. 0.50 for the fall and part of the element she had not completed
 - E. 0.8 for the fall per FIG + 0.50 for the spot
- _____ 40. What is the deduction if the gymnast does not show a semicircle or full underswing on her approach for vault?
- A. No deduction
 - B. 0.30
 - C. 0.1 - 0.30
 - D. 0.50
 - E. 1.00

- _____ 41. What is the deduction for extra steps taken during the landing of a gymnast's routine?
- A. Per the discretion of the judge
 - B. Up to 0.20 per step (no maximum amount taken)
 - C. Up to 0.10 per step (0.30 maximum amount taken)
 - D. Up to 0.20 per step (0.40 maximum amount taken)
 - E. Up to 0.10 per step (0.50 maximum amount taken)
- _____ 42. Which of the following is the best answer for angle deductions when angles are required to be shown?
- A. 1° to 10° past angle requirement → -0.10
 - B. 11° to 20° past angle requirement → -0.20
 - C. 21° and more past angle requirement → -0.30
 - D. 30° past angle → No value
 - E. Missing angle requirements 0.1
- _____ 43. An Advance Optional gymnast performs a leap that is 110° on floor. What would the deduction be given if any?
- A. No credit for the element since it needs to be 150° with minimum to be 120° to receive the credit (0.50 special requirement)
 - B. Angle deduction of 0.30 only
 - C. No element (0.50) + Angle deduction (0.30)
 - D. No element (0.50) + Angle deduction (0.30) + Skill requirement value
- _____ 44. Which of the following deductions are true deductions to take starting at the State Meet or higher?
- A. Lack of salute by gymnast before/after the exercise - 0.10 per occurrence
 - B. Coaching during the course of the routine at all meets - 0.20 (second offense)
 - C. Not completing the routine in the time allowed - 0.10
 - D. A and B only
- _____ 45. (True or False) In the compulsory program (Levels 1-4), you can not take any more deduction than the value of the skill unless there are falls or omitted skills?

- _____ 46. What is the lowest baseline score a judge may post when judging any given routine?
- A. 6.0 not including falls and/or omitted skills Nebraska
 - B. 7.0 not including falls and/or omitted skills
 - C. 8.0 not including falls and/or omitted skills
 - D. 6.0 including falls and/or omitted skills
 - E. 7.0 including falls and/or omitted skills
- _____ 47. When a gymnast is vaulting and the coach is standing directly between the board and the table/mats, what is the appropriate response by the judge(s)?
- A. Verbal warning given once the infraction is first seen
 - B. The gymnast is unable to compete her vault until the coach moves from that position
 - C. The coach can stand anywhere he/she feels she needs to
 - D. A and B
 - E. A, B and C
- _____ 48. The B level skills for Intermediate and Advance Optional are which of the following?
- A. Flyaway bar height
 - B. Flyaway in a Pike or Layout position
 - C. Cast to 45° or higher
 - D. All of the above
 - E. B & C

BOYS – Level 2

- _____ 49. In the level 2 boys floor routine what is the requirement for “step partial handstand”?
- B. Kick up to 45 degrees above horizontal
 - C. Legs come together at the top of the kick
 - D. Switch legs at the top of the kick
 - E. All of the above
 - F. A. and C.
- _____ 50. In the level 2 boys Horizontal bar routine how many swings are required each time swings are performed?
- A. 6
 - B. 4
 - C. 3
 - D. 1 or more

- _____ 51. In level 2 boys what apparatus is used for pommel horse?
A. Mushroom
B. Pommel horse
C. Stacked mats
D. Floor Mushroom and Pommel horse
- _____ 52. In level 2 boys how many swings are required each time swings are performed on Still Rings?
A. 3
B. 2
C. 5
D. None
E. 1 or more

Level 3 Boys

- _____ 53. In the Level 3 floor routine what are the one-second (momentary) holds?
A. Kick to handstand
B. Tripod
C. Straddle Press to handstand
D. A and C
E. B and C
- _____ 54. What is the deduction in the level 3 pommel horse routine if the gymnast Sits before the push away dismount?
A. 0.5
B. 0.3
C. 0.4
D. 0.1-0.3
- _____ 55. The level 3 floor mushroom routine has which of the following requirement(s)?
A. May compete four $\frac{1}{4}$ circle jumps
B. May compete one or more complete circles + a half circle $\frac{1}{4}$ turn dismount
C. $\frac{1}{2}$ circle reset to $\frac{1}{2}$ circle
D. Only A and C are correct

- _____ 56. The height for the level 3 vault has what minimum height requirement?
A. 12 inches
B. 24 inches
C. 32 inches
D. 40 inches
E. No requirement
- _____ 57. In the level 3 rings routine, the Flexed arm hang and the Hanging tuck position has the following hold requirements?
A. Flexed arm hang - No Hold Hanging tuck - No hold
B. Flexed arm hang - 1 second Hanging tuck - 1 second
C. Flexed arm hang - 1 second Hanging tuck - 2 second
D. Flexed arm hang - 2 seconds Hanging tuck - 1 second
E. Flexed arm hang - 2 seconds Hanging tuck - 2 seconds

BOYS - Level 4

- _____ 58. In the level 4 floor routine how long is the hold for the press to handstand?
A. No hold
B. One second hold required
C. Two second hold required
- _____ 59. What is the hold requirement for the “L” seat in the level 4 parallel bar routine? (choose the best answer)
A. One second
B. Two seconds
C. Momentary
D. A & C
- _____ 60. All swings in the level 4 ring routine must be completed with which of the following requirements?
A. Show ring turnout with big arch
B. Show ring turnout with hollow body
C. No ring turnout and optional body positions
D. Show ring turn out with proper body positions (hollow – slight arch)
E. No requirement
- _____ 61. In level 4 boys Horizontal Bar how many swings are required each time swings are performed?
A. 7
B. 4
C. 2
D. 1 or more



NAME: _____ Phone Number: _____

- | | | | |
|-----------|-----------|-----------|---------------------------|
| 1. _____ | 20. _____ | 39. _____ | 58. _____ |
| 2. _____ | 21. _____ | 40. _____ | 59. _____ |
| 3. _____ | 22. _____ | 41. _____ | 60. _____ |
| 4. _____ | 23. _____ | 42. _____ | 61. _____ |
| 5. _____ | 24. _____ | 43. _____ | 62. <u> </u> X <u> </u> |
| 6. _____ | 25. _____ | 44. _____ | 63. <u> </u> X <u> </u> |
| 7. _____ | 26. _____ | 45. _____ | 64. <u> </u> X <u> </u> |
| 8. _____ | 27. _____ | 46. _____ | 65. <u> </u> X <u> </u> |
| 9. _____ | 28. _____ | 47. _____ | 66. <u> </u> X <u> </u> |
| 10. _____ | 29. _____ | 48. _____ | 67. <u> </u> X <u> </u> |
| 11. _____ | 30. _____ | 49. _____ | 68. <u> </u> X <u> </u> |
| 12. _____ | 31. _____ | 50. _____ | 69. <u> </u> X <u> </u> |
| 13. _____ | 32. _____ | 51. _____ | 70. <u> </u> X <u> </u> |
| 14. _____ | 33. _____ | 52. _____ | 71. <u> </u> X <u> </u> |
| 15. _____ | 34. _____ | 53. _____ | 72. <u> </u> X <u> </u> |
| 16. _____ | 35. _____ | 54. _____ | 73. <u> </u> X <u> </u> |
| 17. _____ | 36. _____ | 55. _____ | 74. <u> </u> X <u> </u> |
| 18. _____ | 37. _____ | 56. _____ | 75. <u> </u> X <u> </u> |
| 19. _____ | 38. _____ | 57. _____ | 76. <u> </u> X <u> </u> |



2019 - 2020 Certification Test for Judges

☆ RESULTS ☆

NAME: _____ Phone Number: _____

You correctly answered _____ out of 65 questions → _____%
(need a 75% to pass)

- CONGRATULATIONS! You are now a certified judge in the AmeriKids program. You are very important to the success of this program.
 - You did not pass the test. You will need to retake the test to become a certified AmeriKids judge.
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Remember as an AmeriKids certified judge you should:

1. Present yourself in a professional-like manner. You represent AmeriKids as well as the judging and gymnastics community. Be an advocate for the AmeriKids program, the gymnasts and our sport.
2. Always be prepared. Bring a copy of the routine code with all the latest updates and materials. Bring your own paper and writing utensils. Do not expect the hosting gym to supply those items.
3. Know the routines and deductions. You are to be able to explain all your deductions if asked.
4. Make sure you arrive to the meet site one half hour before the meet is to begin. Do not leave the meet site until all the scores are in and are official.
5. If there is a question regarding a deduction, REMEMBER the benefit of the doubt goes to the gymnast.
6. When judging AmeriKids, your primary role is to judge accurately, consistently and speedy.

Congratulations and thank you again for being a part of the AmeriKids program!