

POP QUIZ #5

BEAM

1. If a routine is clocked at over 1:30 at 130.68, the following is correct
 - a. Deduction .1 for overtime
 - b. Any elements performed after 130.00 are NOT evaluated
 - c. No timing deduction applies
 - d. The routine is over at 1:30.00.
 - e.
2. Which of the following is correct.
 - a. Following a fall, the routine resumes when the gymnast touches the beam to remount
 - b. The gymnast has 45 seconds to remount the beam after a fall.
 - c. The coach may speak to the gymnast during the fall time
 - d. A gymnast may perform an element on the mat prior to remounting without penalty
 - e.
3. Which is correct?
 - a. The addition of a $\frac{1}{4}$ turn make the element different
 - b. A Split jump with $\frac{1}{4}$ turn and a split leap with $\frac{1}{4}$ turn are different elements
 - c. A Front handspring step out and a front handspring to two feet are the same element
 - d. BHS step out, BHS step out layout salto step out, and BHS step out, Layout salto step out are different series.
4. A side aerial connected to a BHS which is directly connected to a layout full dismount satisfies how many special requirements?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
5. Which of the following are C elements?
 - a. Straddle jump in cross position with $\frac{1}{4}$ turn to end in side position
 - b. Straddle jump with $\frac{1}{4}$ turn to side position to end in side position
 - c. Full turn with the leg at 45 below horizontal degrees throughout the turn
 - d. Tourjeté
6. A gymnast has the following errors on Balance Beam. What is the MAXIMUM deduction for the following errors:
 - . Insufficient height on leaps
 - . Incorrect boy/posture alignment during dance value parts
 - . Additional trunk movements to maintain balance on "stuck dismount".
 - a. 3
 - b. .4

- c. .5
 - d. .6
7. A gymnast lands an acro element in a deep squat and then falls off the beam. In addition, she has bent arms on two acro elements. Her MAXIMUM deduction is:
- a. 1.10
 - b. 1.20
 - c. 1.30
 - d. 1.40
 - e. None of the above