

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



Aerobic Gymnastics

THEORETICAL EXAMINATION QUESTIONS

15th November 2016

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GENERAL PURPOSE OF THE REGULATIONS

✓ Nationality

1. The changes of the nationality of Judges is dealing by:
- a) FIG Technical Committee
 - b) FIG Executive Committee X
 - c) FIG Superior Jury

✓ Participating in FIG events

2. A Senior gymnast must be:
- 1. 16 years old
 - 2. 17 years old
 - 3. 18 years old X
3. A Junior gymnast (Age group2) must be:
- a) 12-14 years old
 - b) 15-17 years old X
 - c) 18-20 years old
4. A gymnast may participate in FIG World Age Group Competition if he/she is:
- a) 11 years old
 - b) 12 years old X
 - c) 18 years old

• WORLD CHAMPIONSHIPS (WCH)

5. The official FIG Aerobic Gymnastics competition is:
- a) World Championships (WCH) X
 - b) The World Games (TWG)
 - c) Final of World Series
6. The World Championships in Aerobic Gymnastics are held:
- a) Every 2 years in the uneven years (2017 – 2019 – 2021)
 - b) Every year
 - c) Every 2 years in the even years (2016 -2018 – 2020) X
7. The World Championships, prior to The World Games, acts as the qualifying event for The World Games:
- a) True X
 - b) False
 - c) Only in the uneven years
8. The maximum number of participants in the Qualifying Rounds for MP and TR in World Championships is:
- a) Two per category
 - b) Two per category and nation X
 - c) Two per nation
9. The maximum number of participants in the Qualifying Rounds for ADance and AStep in World Championships is:
- a) Two per category
 - b) Two per category and nation
 - c) One per category and nation X

10. The maximum number of participants in the Final for GR category in the World Championships is:
- a) Two per category and nation
 - b) One per category and nation
 - c) A max. of eight plus the defending World Champion
11. The maximum number of participants in the Finals for World Championships is:
- a) 8
 - b) 10
 - c) 12
12. The maximum number of participants in the Finals for The World Games is:
- a) 6
 - b) 4
 - c) 8
13. The team ranking list for World Championships will be established by:
- a) Adding the 5 best places
 - b) Adding the top 3 places
 - c) Adding all 1st places

• **AGE FOR PARTICIPATION IN AER GYMNASTICS WCH & WAGC**

14. The minimum age for participating at the World Championships is:
- a) 18 years old during the year of the competition
 - b) 18 years old on the day of the competition
 - c) 18 years old in the year before the competition
15. The minimum age for participating at the Aerobic Gymnastics World Age Group Competitions is:
- a) 12 years old in the year of the competition
 - b) 11 years old
 - c) 10 years old in the year of the competition

• **ORGANIZATION OF COMPETITIONS**

✓ **Registration**

16. The Provisional registration for World Championships must be sent to FIG:
- a) At least 4 months before the date of the competition
 - b) At least 5 months before the date of the competition
 - c) At least 6 months before the date of the competition
17. The Definitive Registration for World Championships must be sent to FIG:
- a) At least 6 months before the start of the competition
 - b) At least 5 months before the start of the competition
 - c) At least 3 months before the start of the competition
18. The Nominative Registration for World Championships must be sent to FIG:
- a) At least 2 weeks before the start of the competition
 - b) At least 3 weeks before the start of the competition
 - c) At least 4 weeks before the start of the competition

19. The composition of the Team for the Team ranking must be submitted when:
- a) The delegation arrives for the Competition
 - b) The Federation sends the Nominative Registration X
 - c) During Accreditation

✓ **Drawing of lots**

20. The drawing of lots for World Championships will take place:
- a) Within 4 weeks after the deadline of the definitive entry
 - b) Within 3 weeks after the deadline of the definitive entry
 - c) Within 2 weeks after the deadline of the definitive entry X

21. Who is allowed to attend the draw?
- a) Representative of the Federations
 - b) General Secretary of the FIG
 - c) All of the above X

✓ **Starting order**

22. The starting order for the Qualification rounds is decided by:
- a) Draw X
 - b) Alphabetical order
 - c) Alphabetical Federation order

23. The starting order for the Finals is decided by:
- a) Place at the Qualification round
 - b) Draw X
 - c) Total points at qualification

24. Between 2 categories, the gymnast must have a recovering period of:
- a) 12 minutes
 - b) 10 minutes X
 - c) 8 minutes

25. In order to allow the gymnast to recover and to compete in next category the draw will be adjusted by the:
- a) Competitor
 - b) Coach
 - c) Superior Jury President X

✓ **Accreditations**

26. Accreditations are allowed to be changed:
- a) Until 1 week prior to the competition
 - b) Until 48 hours prior to the competition
 - c) Until 24 hours prior to the competition X

27. A substitution of gymnasts is allowed for:
- a) Light injuries
 - b) Improper behavior
 - c) Serious medical reasons X

✓ **Training Facilities & Competition Hall**

28. The training hall is available:
- a) 1 day prior to the start of the competition
 - b) 2 days prior to the start of the competition
 - c) 3 days prior to the start of the competition
29. In the training facilities, the Aerobic floor must be:
- a) Identical to the one used in the competition hall
 - b) A carpet floor
 - c) A marked floor
30. Access to the training floor is given:
- a) By a rotation schedule, set up by the Organizers (LOC)
 - b) By drawing of the lots, prior to the competition
 - c) By a rotation schedule, set up by the LOC and AER TC
31. Aerobic floors have to be:
- a) FIG certified
 - b) Of a certain brand
 - c) With a carpeted top layer
32. The size of the podium is:
- a) No less than 7 x 7 m.
 - b) No less than 10 x 10 m.
 - c) No less than 14 x 14 m.
33. The height of the podium is:
- a) 50cm. to 100 cm.
 - b) 60 cm. to 120 cm.
 - c) 80 cm. to 140 cm.
34. The size of the competition area for Seniors is:
- a) 12 x 12 m
 - b) 10 x 10m
 - c) 7 x 7m
35. The size of the competition area for IM AG2 is:
- a) 12 x 12 m
 - b) 10 x 10m
 - c) 7 x 7m
36. The size of the competition area for MP AG 1 is:
- a) 7 x 7m
 - b) 10 x 10m
 - c) 12 x 12 m
37. The size of the competition area for TR AG 1 is:
- a) 12 x 12 m
 - b) 10 x 10m
 - c) 7 x 7m

38. The size of the competition area for IW AG 2 is:
 a) 12 x 12 m
 b) 10 x 10m
 c) 7 x 7m X
39. The size of the competition area for MP AG 2 is:
 a) 7 x 7m
 b) 10 x 10m
 c) 12 x 12 m X
40. The size of the competition area for Group AG 2 is:
 a) 12 x 12 m
 b) 10 x 10m
 c) 7 x 7m X
41. The size of the marking tape is:
 a) 7 cm. width
 b) 10 cm. width
 c) 5 cm. width X
42. The color of the marking tape is:
 a) Red
 b) White
 c) Black X
43. A warm-up period for each competitor and/or group preceding the competition is:
 a) 1 hour
 b) 3 minutes
 c) 30 minutes X
44. A podium training (Rehearsal on stage) for each competitor and/or group preceding the competition is:
 a) 1 hour
 b) 3 minutes
 c) 30 minutes X
- **COMPETITION/S**
 ✓ **Before competition/s**
45. The Workplan and General Programme must be sent to the Federations concerned at least:
 a) 1 month before the Competition
 b) 6 weeks before the Competition
 c) 3 weeks before the Competition X
46. The official Orientation meeting is compulsory for:
 a) All participating Federations
 b) Only Judges
 c) Only Gymnasts X

✓ **During the competition/s day/s**

47. The waiting area is used by:
a) All coaches
b) All competitors and their coaches of the 3 next starts
c) All competitors and their coaches of the 2 next starts X
48. May a coach communicate with the athlete during the performance:
a) Only by signals
b) Only verbally
c) Not at all X
49. The sound level at competitions must not exceed:
a) 80 dB X
b) 100 dB
c) 120 dB
50. Difficulty judges are seated:
a) Diagonally at the corners of the podium
b) Behind the Artistic and Execution Judges
c) In front of the podium X
51. Line judges are seated:
a) In front of the podium
b) Beside the Chair of Judges
c) Diagonally at the corners X
52. The Superior Jury is seated:
a) In front of Judges Panel A
b) Between Judges Panel A and B
c) On a podium behind both panels X
- **Inquiry**
53. The inquiries for Artistic scores are allowed:
a) When the Head of Delegation submits them to the Inquiry Officer
b) If something happens under extraordinary circumstances
c) Never X
54. The inquiries for Execution scores are allowed:
a) When the Coach submits them to the Inquiry Officer
b) If something happens under extraordinary circumstances
c) Never X
55. Inquiries are allowed:
a) Only in Finals
b) Only in Qualifications
c) Only for Difficulty scores X
56. Inquiries for the Difficulty scores are allowed:
a) When the Head of Delegation or coach submits them to the Inquiry Officer X
b) If something happens under extraordinary circumstances
c) Never

57. A Federation is allowed to make an inquiry against the difficulty score of:
- a) Their own Federation X
 - b) Every Federation
 - c) None of the above

58. The inquiry must be confirmed in writing within:
- a) The end of the competition
 - b) 4 minutes X
 - c) Before the next routine has finished

• **RESULTS**

59. In case of a tie at any place in Qualifications, the tie will be broken based on the following criteria:
- a) The highest total score in artistic
 - b) The highest total score in execution X
 - c) The highest total score in difficulty

60. When the scores in the Finals are equal, the winner will be:
- a) The competitor with the highest total score in execution X
 - b) The competitor with the highest total score in artistic
 - c) Both competitors get the same place

61. A tie at a Team ranking will be broken by:
- a) The highest total score in Artistic of all categories
 - b) The highest total score in Execution of all categories
 - c) The best ranked Group X

62. A complete set of results must be given to:
- a) Each competitor
 - b) Each Coach
 - c) Each participating member Federation X

• **AWARDS**

63. A certificate of participation will be given to:
- a) All Judges
 - b) All Coaches
 - c) All Competitors and Officials X

64. Not wearing the competition attire at the Medal Award Ceremony, the sanction will be:
- a) not receive a medal
 - b) receive only 50% of the prize money X
 - c) disqualification

65. If any competitor/team is absent at Medal Award Ceremony, the sanction will be:
- a) not receive a medal
 - b) receive only 50% of the prize money
 - c) disqualification X

• **JUDGING PROCESS**

✓ **Juries**

➤ **Jury of Appeal**

66. The Jury of Appeal in the World Championships consists of:

- a) 1 competent person
- b) 2 Executive Committee members
- c) All of the above

X

➤ **Superior Jury**

67. The Superior Jury in the World Championships consists of:

- a) 7 TC members
- b) 3 TC members
- c) 3 Executive Committee members

X

68. During the competition the President of the Superior Jury:

- a) Writes down the whole routine
- b) Monitors all scores for deviation
- c) Values the elements performed

X

69. For World Championships, the number of Reference Judges per panel is:

- a) 4 for Artistic
- b) 2 for Execution
- c) 2 for Execution and 2 for Artistic

X

70. The Superior Jury must:

- a) Assure discipline of all persons
- b) Record a score for every exercise
- c) Deals with unacceptable behavior

X

71. The Superior Jury scores will be used as:

- a) Start score/initial evaluation
- b) Final score
- c) A control score for analysis

X

72. Sanctions declared by the President of the Superior Jury are:

- a) Verbal or written warning
- b) Exclusion from the respective competition
- c) All of the above

X

73. Sanctions declared by the Disciplinary Commission can be:

- a) Exclusion as a judge for a set period of time
- b) Withdrawal of the brevet
- c) All of the above

X

74. Superior Jury is responsible for:

- a) Supervision of the competition
- b) Dress code
- c) All of the above

X

✓ **Chair of Judges' Panel**

75. In the World Championships, the Chair of Judges Panel is drawn by:

- a) Aerobic Gymnastics TC
- b) Executive Committee
- c) General Secretary

X

76. The draw of Chair of Judges Panel for the World Championships is done:
- a) From Cat 1 judges during the competition
 - b) From Cat 1 judges 6 months prior to the competition X
 - c) Appointed by the FIG 6 months prior to the competition
77. The Chair of Judges Panel is responsible for:
- a) Writing down the whole routine X
 - b) Number of difficulty elements
 - c) Value of elements performed
78. The deduction for failing to appear on stage within 20 sec. will be:
- a) 0.5 point X
 - b) 1.0 point
 - c) None
79. A walk over is called when:
- a) A competitor failed to appear on stage after being called
 - b) A competitor failed to appear on stage within 20 sec. after being called
 - c) A competitor failed to appear on stage within 60 sec. after being called X
80. The deduction of Chair of Judges Panel for stop of performance is:
- a) 0.5 point
 - b) 2.0 points X
 - c) 1.0 point
81. When a walk over is announced, a competitor:
- a) Loses his right to participate in the category in question X
 - b) Loses his right to participate in the competition
 - c) Loses his right to participate in each category
82. Presentation fault in the competition area will result in:
- a) A deduction of 0.2 point X
 - b) A deduction of 0.5 point
 - c) Disqualification
83. Deductions for incorrect attire are:
- a) 0.1 point
 - b) 0.2 point X
 - c) 1.0 point
84. The number of lifts in a routine required for Mixed Pairs Senior is:
- a) 1 X
 - b) 2
 - c) 3
85. The length of the routine for IW in Senior is:
- a) 1 minute and 45 seconds with a tolerance of 5 sec plus or minus
 - b) 1 minute and 20 seconds with a tolerance of 5 sec plus or minus X
 - c) 1 minute and 50 seconds with a tolerance of 5 sec plus or minus

86. The length of the routine for MP in Senior is:
- a) 1 minute and 45 seconds with a tolerance of 5 sec plus or minus
 - b) 1 minute and 30 seconds with a tolerance of 5 sec plus or minus
 - c) 1 minute and 20 seconds with a tolerance of 5 sec plus or minus
- X
87. Which move is prohibited in the lift:
- a) Direct Salto (lifted person) from propelling
 - b) Handstand more than 2 seconds
 - c) All of the above
- X
88. Which move is allowed in the lift:
- a) Direct Salto (lifted person) from propelling
 - b) Handstand more than 2 second
 - c) Propelling
- X
89. How many lifts are required in a TR Senior routine:
- a) 1
 - b) 2
 - c) 3
- X
90. A standing lift cannot be higher than:
- a) 2 persons standing one on top of the other
 - b) 2 standing persons
 - c) 1 standing person
- X
91. Interruption of performance is :
- a) A stop of performance between 2 and 10 seconds
 - b) A stop of performance between 2 and 12 seconds
 - c) A stop of performance between 5 and 15 seconds
- X
92. A stop of performance is:
- a) A stop of the music
 - b) A stop longer than 10 seconds
 - c) A stop longer than 20 seconds
- X
93. Deduction for a stop of performance:
- a) 0.5 point
 - b) 1.0 point
 - c) 2.0 points
- X
94. Deduction for a time infraction:
- a) 0.5 point
 - b) 0.2 point
 - c) 0.1 point
- X
95. Deduction for a time fault:
- a) 0.5 point
 - b) 1.0 point
 - c) A disqualification
- X

96. Penalty for themes in contravention with the Olympic Charter:
- a) Disqualification
 - b) A deduction of 1.0 point
 - c) A deduction of 2.0 points
- X
97. Disqualification is declared if:
- a) There is a walk over
 - b) Breaches of the Technical Regulations
 - c) All of the above
- X
98. Extraordinary circumstances could be:
- a) Incorrect music tape is cued
 - b) A background without FIG logo
 - c) Jury of Appeal not in their assigned seats
- X
99. Sanctions declared by the Chair of Judges Panel are:
- a) Verbal or written warning
 - b) Exclusion from the respective competition
 - c) All of the above
- X
- ✓ **JUDGE/S**
100. For judging at official FIG competitions, judges must:
- a) Be in possession of a valid FIG Brevet of the current cycle
 - b) Be listed in the FIG list of judges
 - c) All of the above
- X
101. All brevetted Judges are:
- a) Registered at the FIG Secretariat
 - b) Minimum age of 21 years old
 - c) Registered at the FIG Bulletin
- X
102. The Judge's brevet is valid for:
- a) 2 years
 - b) 1 Olympic cycle
 - c) 8 years
- X
103. The Judge's brevet and logbook can be inspected at:
- a) Every competition
 - b) Every International competition
 - c) Every FIG-registered competition
- X
104. Validations of competitions in the logbook are the responsibility of:
- a) The judge
 - b) The FIG office
 - c) The President of the Superior Jury
- X
105. The Intercontinental Judge's course is organized:
- a) Every four years by FIG
 - b) 1 year after the World Championships
 - c) 6 months before the Olympic Games
- X

106. The goal of an Intercontinental Judge's course is:
- a) To Present new and/or updated code of points, rules and regulations X
 - b) To start a new judges' cycle
 - c) To upgrade the judges' brevet
107. All judges attending a Judge's course must be registered by:
- a) The FIG
 - b) Their National Federation X
 - c) The World Aerobic Gymnastics Federation
108. Each Federation may register for an Intercontinental Judge's course a maximum of:
- a) 2 judges
 - b) 3 judges
 - c) 4 judges X
109. The maximum number of level 4 judges to attend an Intercontinental Judge's course is:
- a) 1 judge
 - b) 2 judges
 - c) Level 4 judges not allowed X
110. In the same cycle, Judges are allowed to attend:
- a) 2 Judges Courses X
 - b) 1 Judges Course
 - c) 3 Judges Courses
111. The Intercontinental Judge's course will last for:
- a) 4 days
 - b) 5 days X
 - c) 6 days
112. The minimum score of the examination results is:
- a) Fixed by the Technical committee X
 - b) Fixed by the Executive committee
 - c) Fixed by the Secretary General
113. The examination score will remain the same for:
- a) The first year
 - b) The whole cycle X
 - c) The first 2 years
114. During the Theory examination the following is allowed:
- a) A dictionary
 - b) The code of points
 - c) Nothing X
115. During the Practical examination the following is allowed:
- a) Code of Points
 - b) Personal notes
 - c) All of the above X

116. The basic prerequisites for judges are:
- a) Excellent knowledge of the FIG Code of Points
 - b) Excellent knowledge of the FIG Technical Regulations
 - c) All of the above
- X
117. During the competition each Judge is requested:
- a) To leave the assigned seat
 - b) To wear the prescribed competition uniform
 - c) All of the above
- X
118. If a Judge does not take part in the Judge's instruction:
- a) He/she has to pay CHF 1000.-
 - b) He/she is not allowed to judge in the Finals
 - c) He/she is not allowed to judge
- X
119. At the Judge's instruction, the TC members have the right:
- a) To test the knowledge of the Judges
 - b) To change the scale for Artistic
 - c) To add Difficulty elements to the element pool
- X
120. During the competition, judges are not allowed to use:
- a) Cellular phones
 - b) Calculators
 - c) Dictionary
- X
121. Judges panel may include more than 1 member from a single federation:
- a) False
 - b) True
 - c) Only as exception in case of not enough judges
- X
122. Judges must:
- a) Know the Code of Points
 - b) Attend all judges' meetings
 - c) All of the above
- X
123. During the competition, Judges may:
- a) Consult with other judges
 - b) Consult with the Difficulty experts
 - c) None of the above
- X
124. The nomination of Diff. Judges for the World Championships is done:
- a) By draw from Cat 1 judges during the competition
 - b) By draw from Cat 1 judges 6 months prior to the competition
 - c) Appointed by the FIG 6 months prior to the competition
- X
125. The assignment of Artistic and Execution Judges for the World Championships is made by:
- a) A draw prior to the Judges instruction
 - b) A draw after the Judges instruction
 - c) A draw on the day prior to the concerned competition
- X

126. A line judge is responsible for:
- a) 4 lines
 - b) 2 lines
 - c) 2 lines and all corners
127. Which colored flag do the line judges use:
- a) Red
 - b) White
 - c) Blue
128. The scores given by the judges must be displayed to:
- a) The competitors
 - b) The jury of appeal
 - c) The Public
129. Violation against to the COP by a judge is:
- a) Intentionally giving an advantage to one or more competitors
 - b) Not wearing the prescribed judges' uniform
 - c) All of the above
130. Disciplinary actions against judges during the competition are:
- a) Verbal warning
 - b) Exclusion from the respective competition
 - c) All of the above
131. Disciplinary actions against judges after the competition can be:
- a) A letter of warning or sanction
 - b) Verbal warning
 - c) None of the above
132. The judges who are sanctioned may appeal to:
- a) the FIG Appeal Tribunal
 - b) President of the TC
 - c) President of the Superior Jury
133. Persons allowed in the judging area are:
- a) All official FIG judges
 - b) All VIP persons
 - c) All coaches
- **DRESS CODE (COP. 2.3, P.15)**
134. A Gymnast must wear:
- a) National identification
 - b) Sponsorship logo
 - c) Hair band
135. Aerobic shoes must be:
- a) Specific brand
 - b) Without laces
 - c) White color

136. Which is forbidden for National Development Gymnasts:
- a) White aerobic shoes
 - b) White socks
 - c) Mascara
- X
137. Competition attire for IM can be:
- a) Long gymnastics trousers
 - b) 3/4 leggings
 - c) All of the above
- X
138. Competition attire for IW can be:
- a) Sleeves in transparent material
 - b) Long sleeves
 - c) All of the above
- X
139. Deductions will be given for:
- a) Showing undergarments
 - b) Competition attire depicting war
 - c) All of the above
- X
140. Women competition attire will receive deductions if:
- a) Two pieces leotard
 - b) Flesh colored tights
 - c) White athletic socks
- X
141. Women's attire may have:
- a) Sleeves in transparent material
 - b) A rhythmic gymnastics skirt
 - c) Black shoes
- X
142. Men's attire can have:
- a) An open cut at the back
 - b) Flesh colored tights
 - c) Long gymnastics trousers (leotard + trousers)
- X
143. Men's attire can be:
- a) With sequins
 - b) 3/4 Leggings
 - c) Transparent material
- X
144. At the Opening Ceremony all competitors must wear:
- a) A National track suit
 - b) Competition attire
 - c) None of the above
- X
145. For the Medal Award Ceremony the competitors must wear:
- a) National track suit
 - b) Competition attire
 - c) All of the above
- X
146. A competitor's national identity must be displayed:
- a) On their competition attire
 - b) On their track suit
 - c) None of the above
- X

147. An incorrect attire will result in:
- a) Disqualification
 - b) A deduction of 0.5 point
 - c) A deduction of 0.2 point
- X

• **COP**

148. Are modifications to the COP allowed during the cycle?
- a) No modifications allowed
 - b) Only in the last year of the cycle
 - c) Yes, minimum 6 months prior to the competition
- X

✓ **Definitions**

149. Aerobic Gymnastics is the:
- a) Ability to perform complex Aerobic Movement Patterns
 - b) Ability to make an acrobatic elements
 - c) Ability to perform combination of elements
- X

150. Aerobic Movement Patterns (AMP) are:
- a) Combinations of basic steps together with arm movements
 - b) Balance use of all space
 - c) Difficult Aerobic arm movements
- X

151. AMP Sequence is:
- a) A complete 8-count of movements with AMP
 - b) Linking movements
 - c) Combinations of basic steps together with arm movements
- X

ARTISTIC QUESTIONARIE

152. Artistic evaluation is based on:
- a) "WHAT" - "HOW" - "WHERE" the competitor(s) perform movements X
 - b) "WHAT" - "HOW" - "WHEN" the competitor(s) perform movements
 - c) "WHICH" - "HOW" - "WHERE" the competitor(s) perform movements
153. The basis and foundation of Aerobic Gymnastics routines, according to the definition from COP, are:
- a) to perform transitions, lifts and difficulty elements to the music
 - b) to perform AMP and difficulty elements to the music X
 - c) to perform choreography to the music
154. The criteria for music and musicality are:
- a) Selection and usage
 - b) Selection and composition and usage X
 - c) Speed of the music
155. The criteria for Aerobic content are:
- a) Amount of AMP and correct technique
 - b) Amount of AMP and complexity/variety X
 - c) Amount of AMP and elegance
156. The criteria for General content are:
- a) Complexity/variety and originality
 - b) Acrobatic elements and lifts
 - c) Complexity/variety and fluidity X
157. The criteria for space are:
- a) Traveling, formations and use of the 3 levels
 - b) Use of the competition area and formations and distribution of the routine components X
 - c) Use the competition area to the maximum
158. The criteria for artistry are.
- a) Quality of the performance and originality/creativity and expression X
 - b) Routines like a TV show
 - c) Style of the routine, personality and magnetism
159. The mapping out of the body's movements, over space and time as well as in relation to other performance partners, is the definition of?:
- a) Composition of the routine
 - b) Choreography X
 - c) Partnership
160. A routine, which includes/shows a good level criteria, would be evaluated at what level of the scale:
- a) Good level X
 - b) Poor level
 - c) Very good level

161. A routine, which includes/shows an outstanding level criteria, would be evaluated at what level of the scale:
- a) Good level
 - b) Excellent level
 - c) Very good level
- X
162. A routine, which includes/shows a high level criteria, would be evaluated at what level of the scale:
- a) Good level
 - b) Excellent level
 - c) Very good level
- X
163. A routine, which includes/shows a low level criteria, would be evaluated at what level of the scale:
- a) Good level
 - b) Poor level
 - c) Very good level
- X
164. A routine, which includes/shows an average level criteria, would be evaluated at what level of the scale:
- a) Good level
 - b) Satisfactory level
 - c) Very good level
- X
165. The scale for good is:
- a) 1.4 – 1.5
 - b) 1.6 – 1.7
 - c) 1.5 – 1.7
- X
166. The scale for poor is:
- a) 1.3 – 1.4
 - b) 1.2 – 1.3
 - c) 1.2 – 1.4
- X
167. The scale for very good is:
- a) 1.8 – 1.9
 - b) 1.7 – 1.8
 - c) 1.7 – 1.9
- X
168. The movement vocabulary, including elements of difficulty, and the structuring of aerobic routines is:
- a) Choreography
 - b) AMP
 - c) Composition
- X
169. Which one is a deviation from excellent in music and musicality?
- a) Choreography is separated from the music; the music is only BGM (back ground music).
 - b) Movements match with music beats and melody.
 - c) The movements performed are on the phrase of the music during the routine.
- X

170. The number of AMP sequences required for all categories is:
- a) 10 for Individuals and 8 for MP, TR and GR
 - b) 8 for all categories
 - c) 10 for all categories
171. Which sentence is correct?: complex/variety AMP sequences can be achieved by:
- a) Using different joint actions / planes / range of motion / lever length
 - b) Using many different finger actions
 - c) Using only arms movements
172. The general content of the routines are:
- a) Transitions, Partnership (lifts, collaborations), and acrobatic elements (used as transitions or not)
 - b) Choreography, AMP and Lifts
 - c) Difficulty elements, Acrobatic elements and combinations
173. Which one is deviation from excellent in General Content (fluidity):
- a) The connection between movements are fluent
 - b) Excessive pauses or preparation
 - c) Movements on the floor (links on the floor) without artistic advantage
174. Give the score for Aerobic content for this shorthand: A+ A+ A+ A+ A+ A+A- A
- a) 1.8
 - b) 1.7
 - c) 1.6
175. Give the score for Aerobic content for this shorthand: A+ A+ A- A+ A+ A+A- A
- a) 1.5
 - b) 1.7
 - c) 1.6
176. Give the score for Aerobic content for this shorthand: A+ A+ A+ A+ A A- A-
- a) 1.5
 - b) 1.4
 - c) 1.3
177. How many movements, from the General Content, should be included in the whole routine:
- a) 4 movements (or set of movements)
 - b) 3 movements (or set of movements)
 - c) 5 movements (or set of movements)
178. Give the score for General content for this shorthand: G+ G+ G G
- a) 1.6
 - b) 1.5
 - c) 1.4
179. Give the score for General content for this shorthand: G+ G+ G
- a) 1.7
 - b) 1.5
 - c) 1.4

180. A collaboration is considered as:
- a) Transition
 - b) Partnership X
 - c) Lift
181. Which one is a variation of arm movements:
- a) Use of symmetrical and asymmetrical moves X
 - b) Use of the head, torso and upper body
 - c) Use different music
182. Which are the criteria for Space
- a) Use of the competition area and formations / Distribution of the routine components X
 - b) Use the space to the maximum
 - c) Use airborne, surface and floor
183. Which is the number of beats recommended without change of level
- a) 24
 - b) 32 X
 - c) 18
184. Which is a criteria from the use of the competition area and formation
- a) Travelling using AMP sequences (long and short distances) X
 - b) Unbalanced structure of the routine
 - c) Lack of fluidity
185. Which is a criteria from distribution of the routine components
- a) Place of the movements X
 - b) Number of combinations performed
 - c) Number of AMP performed
186. Which one is a deviation from excellent in use of the competition area and formation
- a) Use AMP sequences with complexity and variety to cover the space
 - b) Performing in one level for a long time.
 - c) Not showing more than 6 different formations X
187. Which one is a deviation from excellent from distribution of the routine components
- a) Packing more than 3 AMP sequences
 - b) Performing in one level for a long time X
 - c) Performing elements in different competition zones
188. Which are the criteria for Artistry
- a) Quality of the performance and originality/creativity and expression X
 - b) To wear beautiful competition attire
 - c) Captivate the audience with exaggerated facial expressions
189. In the second style for AD the originality will be an essential factor. Which one is true?
- a) Use of large clothing like in hip hop choreography style
 - b) Originality with the idea of the choreography X
 - c) Originality in utilizing other discipline's movements.
190. Which one is correct for AS expression of the competitors?

- a) Must show a very serious face during the whole routine
b) Must show an enthusiastic attitude during the whole routine X
c) Show exaggerated facial expressions
191. Which are the criteria of quality of the performance?
a) Tedious routines
b) The movements are vague or look to have been forgotten, making the audience uneasy
c) Quality of the performance / Originality, creativity and expression X
192. Which one is a criteria of originality, creativity and expression?
a) Monotonous movements
b) Impersonal presentation
c) Singularity X
193. Which is deviation form excellent in originality, creativity and expression?
a) Memorable routines
b) Routine like small piece of art in sport manner
c) For MP/TR/GR, perform like individuals not showing the advantages of the team work X
194. Presentation of new, creative and original movements (collaborations, transitions, etc.) will be judged under the criteria of
a) General Content
b) Originality, creativity and expression X
c) Aerobic Content
195. Which is a criteria of quality of the performance?
a) The whole routine is performed with impression of lightness and smoothly, with high degree of perfection and virtuosity X
b) Attitude and range of emotion that is expressed not only on the faces, but in the bodies of the gymnasts
c) The AMP sequences must be used without respecting the gender of the competitor(s)
196. When one competitor support another competitor under shoulder axis it will be considered as:
a) Lift with value
b) Collaboration X
c) Formation change
197. Unique and memorable routines are judged under the criteria of:
a) Artistry X
b) General Content
c) Aerobic Content
198. Missing travelling trajectory will be judged under the criteria of:
a) Fluidity
b) Formation changes
c) Use of the competition area X

199. Showing agility during the execution of general content will be judged under the criteria of:
- a) Complexity / Variety
 - b) Coordination
 - c) Fluidity
- X
200. Which sentence is correct?
- a) In order to have variety in AMP, use as much as finger actions as possible
 - b) Feminine movements must be performed by IM category
 - c) The abuse of finger movements is not keeping with the direction of aerobic gymnastics discipline
- X
201. Which sentence is correct?
- a) A good musical selection will help establish the structure and pace, as well as the theme of the exercise
 - b) The use of the music means to perform AMP in double tempo
 - c) The Music in Aerobic Gymnastics is used as background
- X

EXECUTION QUESTIONNAIRE

202. Execution is based on:
- a) Composition, Aerobic content, Artistry
 - b) Difficulty elements, Choreography, Synchronization X
 - c) Choreography, General contest , Performance
203. Alignment is the ability to maintain:
- a) Intensity throughout the routine
 - b) Synchronization in all movements
 - c) Correct body posture X
204. Execution is scored according to negative judging:
- a) True X
 - b) False
 - c) Both of the above
205. Deduction for a medium error is:
- a) 0.2 each time
 - b) 0.3 each time X
 - c) 0.5 each time
206. Deduction for one touch error in group A:
- a) 0.2
 - b) 0.3 X
 - c) 0.5
207. Deduction for fall with total loss of control:
- a) 0.3 each time
 - b) 0.5 each time
 - c) 1.0 each time X
208. Maximum deduction for an element in Execution:
- a) 0.3
 - b) 0.5 X
 - c) 1.0
209. Synchronization is:
- a) Executing all movements as a unit X
 - b) To be in time with the beat
 - c) Movements and music are synchronized
210. Maximum deduction for Synchronization in Mixed Pair:
- a) 1.0
 - b) 2.0 X
 - c) 3.0
211. Maximum deduction for Synchronization in Trio:
- a) 1.0
 - b) 2.0 X
 - c) 3.0

212. Maximum deduction for Synchronization in Group:
 a) 1.0
 b) 2.0
 c) 3.0 X
213. Maximum deduction for Synchronization in Aerobic Dance:
 a) 1.0
 b) 2.0
 c) 3.0 X
214. Maximum deduction for Synchronization in Aerobic Step:
 a) 1.0
 b) 2.0
 c) 3.0 X
215. Maximum deduction for one AMP sequence:
 a) 0.3
 b) 0.5
 c) 1.0 X
216. Deduction for Fall during AMP:
 a) 0.2
 b) 0.5
 c) 1.0 X
217. Deduction for Fall during Transition & Link:
 a) 0.3
 b) 0.5
 c) 1.0 X

• **EXECUTION QUESTIONNAIRE- APPENDIX II**
 ✓ **General Errors / Deductions**

218. Incorrect body alignment:
 a) 0.1, 0.3
 b) 0.1, 0.2
 c) 0.1, 0.3, 0,5 X
219. Incorrect body form:
 a) 0.1, 0.3
 b) 0.1, 0.2
 c) 0.1, 0.3, 0,5 X
220. Incorrect landing position in split
 a) 0.3
 b) 0.5
 c) 0.1, 0.3, 0,5 X
221. Legs not parallel to the floor:
 a) 0.1, 0.3
 b) 0.3, 0,5
 c) 0.1, 0.3, 0,5 X

222. Legs/feet apart:
 a) 0.1, 0.3 X
 b) 0.3, 0.5
 c) 0.1, 0.3, 0,5
223. Uncontrolled landing in standing position:
 a) 0.1, 0.3
 b) 0.1, 0.3, 0.5 X
 c) 0.3, 0,5
224. Incomplete rotation/turn:
 a) 0.1, 0.3 X
 b) 0.3, 0,5
 c) 0.1, 0.3, 0,5
225. Incorrect technique:
 a) 0.1, 0.3
 b) 0.3, 0,5
 c) 0.1, 0.3, 0,5 X
226. Touching the floor one time in group A, D:
 a) 0.1
 b) 0.3 X
 c) 0.5
227. Touching the floor more than one time in group A, D:
 a) 0.3
 b) 0.5 X
 c) 1.0
228. Touching the floor in group B one time:
 a) 0.3
 b) 0.5 X
 c) 1.0
- **Deductions for specific mistakes in Group A.**
229. Shoulder not in line with the upper arm in PU:
 a) 0.1, 0.3 X
 b) 0.5
 c) 0.1, 0.3, 0,5
230. Incorrect direction of the elbow in lateral and hinge PU
 a) 0.1
 b) 0.3 X
 c) 0.5
231. "Wenson shape" – Leg lower than upper triceps /not supported
 a) 0.1
 b) 0.3 X
 c) 0.5

232. Hips not lifted during the extension phase for leg circles and flairs
 a) 0.3 X
 b) 0.1
 c) 0.5
233. Helicopter finishing with extended arm(s)
 a) 0.1
 b) 0.3 X
 c) 0.5
234. Back not parallel to the floor in High V support elements,
 a) 0.1
 b) 0.3 X
 c) 0.5
235. Ending in Split position: Incorrect arm positions
 a) 0.1, 0.3
 b) 0.5
 c) 0.1, 0.3, 0.5 X
236. Elements without airborne phase
 a) 0.1
 b) 0.5
 c) 0.3 X
237. Incomplete rotation/turn
 a) 0.1
 b) 0.3
 c) 0.1, 0.3 X
- **Deductions for specific mistakes in Group B.**
238. Incorrect position in Support and V-Support Families
 a) 0.1
 b) 0.3
 c) 0.1, 0.3 X
239. Any body parts touching the floor one time in group B
 a) 0.5 X
 b) 0.3
 c) 1,0
240. Body/legs not parallel to the floor in horizontal support families
 a) 0.1
 b) 0.3
 c) 0.1, 0.3 X
241. Skill not held for at least 2 seconds
 a) 0.5 X
 b) 0.3
 c) 1.0

• **Deductions for specific mistakes in Group C.**

242. Uncontrolled arms in airborne phase
a) 0.1 X
b) 0.3
c) 0.5
243. Knees not at the waist level in Tuck
a) 0.1, 0.3
b) 0.3, 0.5
c) 0.1, 0.3, 0.5 X
244. Legs not parallel to the floor in Straddle families
a) 0.1, 0.3
b) 0.3, 0.5
c) 0.1, 0.3, 0.5 X
245. Legs not parallel to the floor in Pike families
a) 0.1, 0.3
b) 0.3, 0.5
c) 0.1, 0.3, 0.5 X
246. Legs not parallel to the floor in Cossack families
a) 0.1, 0.3
b) 0.3, 0.5
c) 0.1, 0.3, 0.5 X
247. Legs not parallel to the floor in Split families
a) 0.1, 0.3
b) 0.3, 0.5
c) 0.1, 0.3, 0.5 X
248. Leading leg not parallel to the floor in Scissors Kick
a) 0.1, 0.3 X
b) 0.5
c) 0.1, 0.3, 0.5
249. Leading leg not parallel to the floor in Scissors Leap
a) 0.1, 0.3 X
b) 0.5
c) 0.1, 0.3, 0.5
250. Leading leg not parallel to the floor in Switch Split Leap
a) 0.1, 0.3 X
b) 0.5
c) 0.1, 0.3, 0.5
251. In Split families, legs less than 180°
a) 0.1, 0.3
b) 0.5
c) 0.1, 0.3, 0.5 X

252. Legs and hand(s) not landing to the floor at the same time.
 a) 0.3
 b) 0.3, 0.5
 c) 0.1 X
253. Butterfly: body and legs under the horizontal
 a) 0.1, 0.3, 0.5 X
 b) 0.5
 c) 0.3
254. Ending in Split position: Incorrect arm position
 a) 0.1, 0.3
 b) 0.5
 c) 0.1, 0.3, 0.5 X
- **Deductions for specific Mistakes in Group D**
255. Free foot touching the floor one time in group D
 a) 0.1
 b) 0.3 X
 c) 0.5
256. Leg position not horizontal during the turn with leg at horizontal
 a) 0.1
 b) 0.3 X
 c) 0.5
257. Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)
 a) 0.1
 b) 0.3 X
 c) 0.5
258. Vertical split out of vertical line
 a) 0.1
 b) 0.5
 c) 0.1, 0.3 X
259. Loss of balance
 a) 0.1, 0.3
 b) 0.3, 0.5
 c) 0.1, 0.3, 0.5 X
260. Lack of continuity (flow) in turns & illusion
 a) 0.1
 b) 0.3
 c) 0.1, 0.3 X
261. Slide or hopping during Illusion and turn
 a) 0.1
 b) 0.3 X
 c) 0.5

262. Extra turn after the Illusion
a) 0.1, 0.3 X
b) 0.3
c) 0.1
263. Incomplete rotation / turns
a) 0.1
b) 0.3
c) 0.1, 0.3 X
264. Turn not on the ball of the foot
a) 0.1
b) 0.3 X
c) 0.5
265. Hand in support on the leg during the free Illusion or free vertical split
a) 0.1
b) 0.3 X
c) 0.5
266. One hand touching the floor finishing in vertical or free vertical split position
a) 0.1
b) 0.3 X
c) 0.5
267. Illusion and turns to vertical split, the supporting foot is off the floor in the vertical split
a) 0.1
b) 0.3
c) 0.5 X

DIFFICULTY

268. Classification of new Difficulty elements can be made by: (COP, 5.3.B, p.20)
- a) Superior jury
 - b) Executive committee
 - c) Aerobic Gymnastics TC X
269. Elements submitted for evaluation must be sent to: (COP, 5.3.B, p.20)
- a) Executive committee before 15th January
 - b) Aerobic Gymnastics TC before 15th January
 - c) FIG Secretariat before 15th January X
270. The updated element pool is published in the Newsletter: (COP.5.3.B, p.20)
- a) Every 6 months
 - b) Once a year X
 - c) Directly after the TC meeting
271. The maximum number of difficulty elements allowed in IW, IM is:
(COP, 5.3.C, p.20)
- a) The 10 highest
 - b) The 9 highest
 - c) The first 10 elements performed X
272. The maximum number of difficulty elements allowed in MP, TR, GR is:
(COP, 5.3.C, p.21)
- a) 10 from different families
 - b) 9 from different families including 1 element from at least 3 groups from the element pool X
 - c) 10 different family named
273. All Difficulty elements performed must be: (COP, 5.3.C, p.21)
- a) From different families X
 - b) With a different value
 - c) From the same group
274. Which special requirement is for difficulty for all Categories: (COP, 5.3.C, p.21)
- a) Max. 5 difficulty elements landing in push up
 - b) A maximum of 3 difficulty elements from Group C landing in Push Up and or split position X
 - c) Max. 1 difficulty element in split position
275. Which special requirement is for difficulty for MP,TR, GR: (COP, 5.3.C, p.21)
- a) Maximum 9 DIFF elements from different families including 1 element from at least 3 groups X
 - b) All elements performed in the same direction
 - c) A maximum of 9 difficulty elements from different families
276. Which special requirement is for difficulty for IW, IM: (COP, 5.3.C, p.21)
- a) 10 elements performed from 2 different families from the Element Pool
 - b) 10 elements performed from different families from the Element Pool X
 - c) 10 elements performed from the 4 different groups of the Element Pool

277. How many elements will count for the difficulty score in TR: (COP, 5.3.E, p.21)
- a) All elements performed
 - b) The 9 first elements performed
 - c) Only elements with a value
- X
278. A MP routine has 11 difficulty elements, the value will be for: (COP, 5.3.E, p.21)
- a) The 10 highest elements
 - b) The 9 highest elements
 - c) The 9 first performed elements
- X
279. Are combinations of elements allowed: (COP, 5.3.E, p.21)
- a) Yes
 - b) No
 - c) Only with the same value
- X
280. A combination of 2/3 elements is only possible with: (COP, 5.3.E, p.21)
- a) Elements from groups A and B
 - b) Elements from groups C and D
 - c) Elements from different families
- X
281. If one element of the combination of 3 elements is performed without minimum requirements, will there be additional value: (COP, 5.3.E, p.21)
- a) Yes
 - b) No
 - c) 0,1
- X
282. The combination ACRO + ACRO + DIFF will receive: (COP, 5.3.E, p.22)
- a) 0 point
 - b) + 0,1 point
 - c) + 0,2 point
- X
283. How many combinations of 2/3 elements are allowed: (COP, 5.3.E, p.22)
- a) 1
 - b) 2
 - c) 3
- X
284. Repetition of an element will be deducted: (COP, 5.3.E, p.22)
- a) - 1.0 per element
 - b) - 0.5 per element
 - c) - 2.0 per element
- X
285. How many difficulty elements from group C landing in PU or Split position are allowed: (COP, 5.3.C, p.21)
- a) 3
 - b) 4
 - c) 5
- X
286. A difficulty element performed during Physical interaction will: (COP, 5.3.C, p.21)
- a) Be counted
 - b) Not be counted
 - c) Be deducted
- X

287. The difficulty score for TR women will be divided by: (COP, 5.3.E, p.22)
- a) 1.7
 - b) 1.8
 - c) 1.9
288. The difficulty score for TR men will be divided by: (COP, 5.3.E, p.22)
- a) 1.7
 - b) 1.8
 - c) 2.0
289. The difficulty score for TR (1 woman and 2 men), will be divided by: (COP, 5.3.E, p.22)
- a) 2.0
 - b) Not divided
 - c) 1.8
290. The difficulty score for Men GR, will be divided by: (COP, 5.3.E, p.22)
- a) 2.0
 - b) 1.9
 - c) 1.8
291. The deduction for repetition of an element is divided by: (COP, 5.3.E, p.22)
- a) 2.0
 - b) 1.9
 - c) 1.7
292. The deductions for more than 3 elements landing in PU or Split position are divided by: (COP, 5.3.E, p.22)
- a) 2.0
 - b) 1.9
 - c) 1.8
293. Elements listed in Group A are: (App.2, App.3)
- a) A-Frame and Cuts
 - b) Flexibility and Balance
 - c) Supports and Levers
294. Elements listed in Group B are: (App.2, App.3)
- a) Leg circles and Cuts
 - b) Push ups and Free Falls
 - c) Supports
295. Elements listed in Group C are: (App.2, App.3)
- a) Jumps and Leg circles
 - b) Cuts and Supports
 - c) Jumps and Leaps
296. Elements listed in Group D are: (App.2, App.3)
- a) Static Strength
 - b) Dynamic Strength
 - c) Flexibility and Balance

297. Function of the Difficulty judge: (COP, 5.3.D, p.21)
- a) Record the whole exercise, using official FIG shorthand X
 - b) Makes deductions for prohibited moves
 - c) Makes deductions for attire
298. Difficulty judges will give deduction for: (COP, 5.3.E, p.22)
- a) Time infractions
 - b) Forbidden moves
 - c) Missing Group (s) X
- GIVE THE VALUE (App.2 + App.3)
299. Which element has 0.1 value:
- a) Push Up X
 - b) Helicopter
 - c) Split Jump
300. Which element has 0.2 value:
- a) Hinge Push up X
 - b) 1 leg Lateral Push up
 - c) 1 leg Hinge Push up
301. Which element has 0.3 value:
- a) Explosive A-frame
 - b) Straddle support 1/1 turn
 - c) 1 leg Lateral PU X
302. Which element has 0.4 value:
- a) Lifted Wenson Hinge PU X
 - b) 2/1 air turn
 - c) Helicopter to Wenson
303. Which element has 0.5 value:
- a) Explosive A-Frame
 - b) High V-Support to frontal split X
 - c) Pike jump
304. Which element has 0.6 value:
- a) Double leg 1/1 circle
 - b) Flair to split
 - c) 1/1 Turn Pike jump X
305. Which element has 0.7 value:
- a) 1/1 Turn Split jump to Split X
 - b) 1 arm PU
 - c) 2/1 air turns
306. Which element has 0.8 value:
- a) ½ Turn Split jump to PU
 - b) 1/1 Turn Split jump to split
 - c) 1/1 Turn Split jump to PU X

307. Which element has 0.9 value:
- a) 1 1/2 turn Straddle jump to PU
 - b) 1 1/2 turn Straddle jump
 - c) 1 arm full support Lever 1/1 turn
308. Which element has 1.0 value:
- a) Explosive A-Frame 1/2 turn to Wenson
 - b) High V-support reverse cut 1/2 turn to split
 - c) Flair Both Sides

GROUP A VALUES

PU Family Values

• **PU**

309. Lateral push up 
- a) 0.2
 - b) 0.3
 - c) 0.4

310. 1 arm PU 
- a) 0.3
 - b) 0.5
 - c) 0.7

311. 1 arm Hinge PU 
- a) 0.3
 - b) 0.4
 - c) 0.5

312. 1 arm 1 leg push up 
- a) 0.3
 - b) 0.4
 - c) 0.5

313. 1 arm 1 leg hinge push up 
- a) 0.4
 - b) 0.5
 - c) 0.6

• **Wenson PU**

314. Wenson push up 
- a) 0.2
 - b) 0.3
 - c) 0.4

315. Lifted Wenson Hinge PU 
- a) 0.4
 - b) 0.5
 - c) 0.6

Explosive PU Family

- **A-Frame**

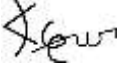
316. Explosive A-frame 
a) 0.3
b) 0.4 X
c) 0.5

317. Explosive A-frame 1/2 turn 
a) 0.5
b) 0.6 X
c) 0.7

- **Cut**

318. Straddle cut 
a) 0.3
b) 0.4
c) 0.5 X

319. Straddle cut to Straddle V-support 
a) 0.4
b) 0.5
c) 0.7 X


320. Straddle cut 1/2 twist to Wenson 
a) 0.6
b) 0.8
c) 1.0 X

Explosive Supports Family

- **High V-Support**

321. High V-support 1/2 twist to PU 
a) 0.3
b) 0.5
c) 0.7 X


- **Reverse Cut**

322. High V-support Reverse Straddle Cut to PU (Salvan) 
a) 0.6
b) 0.9
c) 1.0 X

323. High V-support reverse cut to split 
a) 0.6
b) 0.5
c) 0.7 X


Leg Circle Family

- **Leg Circle**


324. Double leg 1/1 Circle 
a) 0.3
b) 0.4
c) 0.5

X


- **Flair**

325. Flair 
a) 0.5
b) 0.6
c) 0.7

X


326. Flair to Wenson 
a) 0.4
b) 0.6
c) 0.8

X


327. Flair 1/1 turn to Wenson 
a) 0.6
b) 0.8
c) 1.0

X


Helicopter Family

328. Helicopter 
a) 0.3
b) 0.4
c) 0.5

X

329. Helicopter to split 
a) 0.3
b) 0.4
c) 0.6

X

330. Helicopter to Wenson 
a) 0.3
b) 0.4
c) 0.5

X

GROUP B VALUES

Support Family

• **Straddle Support**

331. 1 Arm Straddle support



- a) 0.6
- b) 0.5
- c) 0.4

X

332. Straddle support 2/1 turns



- a) 0.4
- b) 0.5
- c) 0.6

X

333. 1 arm Straddle support 1/1 turn (Lacatus)



- a) 0.6
- b) 0.7
- c) 0.8

X

334. Straddle/L-support 2/1 turns (Moldovan)



- a) 0.4
- b) 0.6
- c) 0.7

X

• **L-Support**

335. L-support 2/1 turns



- a) 0.6
- b) 0.7
- c) 0,8

X

• **V-Support**

336. Straddle V-support



- a) 0.2
- b) 0.3
- c) 0.4

X

337. V- support



- a) 0.1
- b) 0.3
- c) 0.5

X

338. V-support 1/1 turn



- a) 0.6
- b) 0.7
- c) 0.8

X

• **HighV-Support**

339. High V-support



- a) 0.5
- b) 0.6
- c) 0.8

X

• **Wenson Support**

340. Lifted Wenson support both side



- a) 0.1
- b) 0.2
- c) 0.4

X

• **Planche**

341. Planche



- a) 0.6
- b) 0.7
- c) 0.8

X

342. Straddle Planche to PU



- a) 0.3
- b) 0.5
- c) 0.7

X

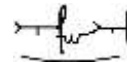
343. Planche to lifted Wenson



- a) 0.5
- b) 0.7
- c) 1.0

X

344. Straddle Planche to Lifted Wenson back to Straddle Planche



- a) 0.8
- b) 0.9
- c) 1.0

X

GROUP C VALUES
Vertical Jump Family

• **Air Turn**

345. 1/2 Air turn to split



- a) 0.3
- b) 0.4
- c) 0.5

X

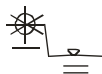
346. 3/1 Air turns



- a) 0.4
- b) 0.6
- c) 0.8

X




347. 3/1 Air turns to split



- a) 0.8
- b) 0.9
- c) 1.0



X

- **Free Fall**

348. Free fall ½ twist airborne 
 - a) 0.3
 - b) 0.4
 - c) 0.5
349. Free fall 1/1 twist airborne 
 - a) 0.5
 - b) 0.6
 - c) 0.7
350. Free Fall 3/1 twist airborne 
 - a) 0.8
 - b) 0.9
 - c) 1.0



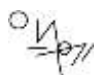
Horizontal Jump Family

- **Gainer**





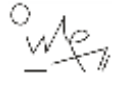
351. Gainer ½ twist 
 - a) 0.3
 - b) 0.4
 - c) 0.5
352. Gainer 1 1/2 twist to frontal split 
 - a) 0.5
 - b) 0.6
 - c) 0.7

Bent Leg/s Jump Family




- **Tuck**

353. Tuck jump to split 
 - a) 0.2
 - b) 0.3
 - c) 0.4
354. 1/1 turn Tuck jump to split 
 - a) 0.3
 - b) 0.4
 - c) 0.5
355. 1/1 turn Tuck jump ½ Twist to PU 
 - a) 0.5
 - b) 0.6
 - c) 0.7


- **Cossack**

356. 1/1 turn Cossack jump 
 - a) 0.3
 - b) 0.4
 - c) 0.5X
357. Cossack jump to push up 
 - a) 0.3
 - b) 0.4
 - c) 0.5X
358. 1/2 turn Cossack jump 1/2 twist to PU 
 - a) 0.8
 - b) 0.9
 - c) 0.7X
359. 1 1/2 turn Cossack jump to split 
 - a) 0.5
 - b) 0.6
 - c) 0.7X
360. 1/1 turn Cossack jump 1/2 twist to PU (Julien) 
 - a) 0.8
 - b) 0.9
 - c) 1.0X

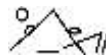
Pike Jump Family

361. Pike jump to PU 
 - a) 0.5
 - b) 0.6
 - c) 0.7X
362. 1/1 turn Pike jump 
 - a) 0.5
 - b) 0.6
 - c) 0.7X
363. 1/1 turn Pike jump 1/2 twist to PU 
 - a) 0.8
 - b) 0.9
 - c) 1.0X

Straddle Jump/Straddle Leap Family

- **Straddle Leap**
364. 1/2 turn Straddle leap to PU (Kaloyanov) 
 - a) 0.5
 - b) 0.6
 - c) 0.7X

365. 1/1 turn Straddle Leap 1/2 twist to PU



- a) 0.7
- b) 0.8
- c) 0.9

X

- **Straddle Jump**

366. 1/2 turn Straddle Jump to split



- a) 0.4
- b) 0.5
- c) 0.6

X

367. 1/1 turn Straddle jump to PU

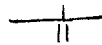


- a) 0.6
- b) 0.7
- c) 0.8

X

- **Frontal Split**

368. Frontal split jump



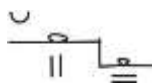
- a) 0.3
- b) 0.4
- c) 0.5

X

Split Jump Family

- **Split Jump**

369. 1/2 turn Split jump to Split



- a) 0.5
- b) 0.6
- c) 0.7

X

370. 1/1 Turn Split jump to PU

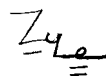


- a) 0.5
- b) 0.6
- c) 0.8

X

- **Switch Split Leap**

371. Switch Split Leap 1/2 turn to Split



- a) 0.5
- b) 0.6
- c) 0.7

X

372. Switch Split Leap to PU



- a) 0.5
- b) 0.6
- c) 0.7

X

- **Scissors Leap**

373. Scissors Leap 1/1 turn to split



- a) 0.5
- b) 0.6
- c) 0.7

X

374. Scissors Leap 1/2 turn 1/1 twist to PU (Nezezon)



- a) 0.8
- b) 0.9
- c) 1.0

X

Kick Jump Family

- **Scissors Kick**

375. 1/2 turn Scissors Kick 1/2 twist to PU



- a) 0.5
- b) 0.6
- c) 0.8

X

Off Axis Jump Family

376. 2/1 Twist Off Axis Jump



- a) 0.5
- b) 0.7
- c) 0.9

X

377. 1/1 Twist Off Axis Jump to frontal split (Maxime)



- a) 0.4
- b) 0.6
- c) 1.0

X

378. 2/1 Twist Off Axis Jump to frontal Split



- a) 0.6
- b) 0.7
- c) 0.9

X

Horizontal Twist Jump Family

379. Butterfly 2/1 Twist

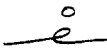




- a) 0.6
- b) 0.8
- c) 1.0

X




GROUP D
Split Family

• **Split**



380. Split roll  X
 a) 0.3
 b) 0.4
 c) 0.5
381. Free vertical split  X
 a) 0.2
 b) 0.4
 c) 0.5
382. Free vertical split with 1/1 turn  X
 a) 0.3
 b) 0.4
 c) 0.5

Turn Family

• **Turn**

383. 1/1 Turn  X
 a) 0.2
 b) 0.3
 c) 0.4
384. 3/1 Turns  X
 a) 0.5
 b) 0.6
 c) 0.7
385. 2/1 Turns to free vertical split  X
 a) 0.5
 b) 0.6
 c) 0.7

• **Turn Leg at Horizontal**

386. 2/1 Turns Leg at Horizontal  X
 a) 0.5
 b) 0.7
 c) 0.9
387. 1/1 Turn with Leg at Horizontal to vertical split  X
 a) 0.4
 b) 0.5
 c) 0.6

Balance Turn Family

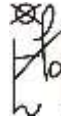
388. Balance 1/1 turn



- a) 0.3
- b) 0.4
- c) 0.5

X

389. Balance 2/1 turns to Free Vertical split



- a) 0.6
- b) 0.7
- c) 0.8

X

Illusion Family

390. Illusion



- a) 0.3
- b) 0.4
- c) 0.5

X

391. Free double Illusion to free vertical split



- a) 0.7
- b) 0.9
- c) 1.0

X

High Leg Kick Family

392. Four (4) Consecutive Sagittal High leg kicks vertical 1/1 turn



- a) 0.2
- b) 0.3
- c) 0.4

X