



Acrobatic Gymnastics Judges Quiz #3

Quiz Link

<https://forms.office.com/Pages/ResponsePage.aspx?id=jV99fXLW9ESghFSUdO3EoSln9q8gEtMjAs0qQXeYKRUREJDSkNTOEZUMkZVNUMzME1YQTBOVzNRNC4u>

Focus

The focus of Quiz #3 will be different components of the ALP e.g. special requirements, difficulty, calculating routines

Questions

1. True or False: Level 5 Groups may perform one optional pyramid from the FIG TOD in their balance routine?

Answer: True (page 143)

2. In level 7 groups balance how many times can the top receive difficulty value for the same position in the whole exercise?

Answer: 2 times for a static hold; 2 times for a transition (page 204)

3. True or False: Foundation Level 1-3 groups must perform the elements in the order presented in the compulsory elements table.

Answer: True (page 28)

4. If question 3 is selected as true: What would the deduction be for performing elements in the wrong order?

A) 0.1

C) 0.3

B) 0.2

D) 0.4

5. In levels 8-9 how many values above the maximum difficulty can a group perform before a penalty is applied?

Answer: 20 (page 213)

6. What are the values for level 10 routines:

A) Balance

B) Dynamic

C) Combined

Answers: (page 225)

A) 80+

B) 70+

C) 90+

7. On page 115 please state how exercise difficulty is calculated for level 4:

Answer: Exercise difficulty = Compulsory skills difficulty + individual skills difficulty

8. True or False: For level 5, the difficulty of optional elements obtained using the difficulty conversion table must be written on the tariff sheet?

Answer: True (page 147)

9. What is the maximum number of voluntary optional skills level 6 pairs can do in their balance routine?

Answer: 2 (page 171)

10. On page 213 please state what point 12.3.3.2. is.

Answer: An unsupported handstand, chosen from any position in the handstand table in the FIG Tables of difficulty, must be performed by the top