WIAA 2026 Gymnastics Rules Exam

Please answer all 50 questions below. Select the best answer for each question.

1. What is the procedure a gymnast should follow if there is an equipment failure or interference?

A. The gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption.

B. The gymnast may continue the routine until its conclusion and then ask for the score before deciding whether to repeat the routine.

C. The score from the first performed routine is the only score that counts.

D. The gymnast may continue the routine until conclusion. The routine may then be repeated. After the second routine the gymnast may choose the better score between the first routine and the second routine.

2. What is the proper procedure to follow when there is a uniform violation?

A. Each judge should take a 0.20 deduction for the uniform violation.

B. Each judge should take a 0.20 deduction for the uniform violation only after one warning.

C. The chief judge deducts 0.20 from the average score after one warning was issued on a previously competed event.

D. The chief judge should immediately deduct 0.20 for the uniform violation.

3. Which statement is correct regarding jewelry?

A. Hoop earrings are legal.

B. Two earrings in each ear are legal.

C. Multiple body piercings are legal.

D. Athletes may wear stud earrings not to exceed one per ear.

4. In Scoring, what is the value of the Composition category for bars, beam and floor?

A. 1.0

B. 0.8

C. 0.6

D. 0.4

5. In Scoring, what is the value of the Execution category for bars, beam and floor?

A. 4.0

B. 4.6

C. 4.8

D. 4.9

6. In Bonus, which statement is correct about combining superiors, high superiors and advanced high superiors on floor exercise?

A. Two mediums can be combined for one back-to-back superior.

B. One superior directly connected to one advanced high superior dance element can be combined for one high level back-to-back superior credit.

C. In a direct connection of three or more superiors, high superiors and advanced high superior elements, the second element in the series may be used twice when awarding BBS credit.

D. Back-to-back superior credit can be awarded even if there is a fall between the two elements.

7. On Vault, which statement is correct?

A. The squat vault is worth 8.0.

B. Tape is allowed on the vault table.

C. Tape is allowed on the hand placement mat.

D. Chalk may be used on the hand placement mat.

8. On bars, what is the deduction on a dismount that lands in a squat position and then falls.

A. 0.10 + up to 0.30.

B. Up to 0.30 + 0.50.

C. 0.30 + 0.50.

D. Up to 0.10 + up to 0.50.

9. On bars, which of the following is NOT an event requirement?

A. A superior release/flight element (excludes dismount).

B. A direction change.

C. A 360-degree clear hip circle, stalder circle, or pike circle that ends in a clear support or handstand.

D. Element that achieves (within 20 degrees) or passes through vertical in a stretched position.

10. On beam, which statement is correct?

A. A board may be placed on an 8-inch skill cushion.

B. The safety zone mat may not be used on beam.

C. A series cannot be broken when there is a fall.

D. A folded panel mat or a mount trainer mat may be placed on an 8-inch skill cushion.

11. On beam, what is the deduction for lack of balance in quantity and level of acro vs. dance in composition?

A. 0.30

B. 0.20

C. up to 0.10

D. 0.05

12. On beam, which of the following is NOT an existing event requirement?

A. Minimum 540-degree turn on one foot.

B. Dance series or mixed series (acro & dance) of Difficulty (on the beam).

C. Superior dismount.

D. One acro flight element (must start and finish on the beam).

13. On floor exercise, what is the deduction for the coach inside the border marking to adjust placement of or to remove additional matting?

A. 2.0

B. 1.0

C. No deduction.

D. 0.50

14. On floor exercise, what is the deduction for failure to hold the ending pose?

A. 0.05

B. 0.10

C. 0.15

D. 0.20

15. On floor exercise, which of the following is not a dance passage?

A. Split leap 180º with ½ twist, wolf jump with 1/1 twist.

B. Tour jeté 180º with ½ (strug), split jump 180º with ½ twist.

C. Straddle pike jump with ½ twist, flic flac, tuck jump with 1/1 twist.

D. Switch leg leap 180º, run, run straddle pike jump with 1/1.

16. On floor exercise, which of the following is correct?

A. The twisting salto must be at least 360º.

B. Music and movement must begin simultaneously.

C. Music and movement do not need to end simultaneously.

D. The turn on one foot must be at least a superior.

17. Which of the following is not a duty of the meet referee?

A. The meet referee may judge one of the first routines in each event.

B. The meet referee shall accept written inquiries from coaches to determine whether the inquiry is submitted on time and is appropriate.

C. The meet referee shall require a change in scores once they are approved by the chief judge.

D. The meet referee shall enforce all meet regulations and rules of competition including assessing team deductions.

18. Which statement is incorrect?

A. The proper uniform shall be a two-piece leotard of moderate proportions with matching clear or skin-colored or black undergarments.

B. Casts or splints on any body parts are prohibited.

C. One stud earring may be worn in each ear.

D. Gymnastics footwear, if worn, shall be a neutral color.

19. On vault, which of the following is an up to 0.30 deduction?

A. Touch with only one hand on the vault table.

B. Failure to pass through the vertical.

C. Head contacting the table during the support phase (includes a deduction for extreme arm bend).

D. Coach standing between the board and vault table.

20. On beam, which of the following acro elements receives advanced high superior credit?

A. Flic-flac with support of one arm.

B. Front salto to sit.

C. Free (aerial) walkover forward.

D. Backward roll to handstand.

21. On bars, what is the deduction for lack of variety of elements?

A. 0.50

B. 0.40

C. 0.30

D. up to 0.20

22. On beam, which of the following fulfills the dance/mixed series event requirement?

A. Flic flac landing on both legs to split jump 180 degrees (from cross landing in cross).

B. Body wave forward, body wave backward.

C. Needle scale to cartwheel.

D. Cartwheel, cartwheel.

23. On beam, what is the deduction for the dismount landing too close to the beam?

A. 0.50

B. 0.30

C. 0.10

D. 0.05

24. On beam, which of the following is a back-to-back superior?

A. Tuck jump, split jump with 135º split with ¼.

B. Cat leap, cat leap.

C. Double stag jump, sissonne 180º.

D. Wolf jump, wolf jump with ½.

25. On beam which element receives advanced high superior credit?

A. Sheep jump at head height.

B. Sissone with 180º split.

C. Switch leg leap with 180º split.

D. Split jump ½ with 180º split.

26. On floor exercise, which of the following is an up to 0.20 deduction?

A. Incorrect rhythm during execution of direct connections.

B. Additional trunk movements to maintain balance/control upon landing of acro elements.

C. Failure to end with the music.

D. Overtime.

27. On floor exercise, what is the deduction for insufficient extension (open) of body prior to landing acro elements?

A. Chief judge deduction of 0.10.

B. Up to 0.30.

C. 0.50.

D. 1.00.

28. On floor exercise, what is the deduction for insufficient height on leaps, jumps and hops?

A. 0.30

B. 0.20

C. 0.10

D. up to 0.20

29. On bars, what is the deduction for a cast that is lower than 50º from vertical?

A. 1.00

B. 0.50

C. 0.05

D. 0.30

30. On vault, what is the deduction for failure to take off from the board simultaneously with 2 feet?

A. Up to 0.30

B. 0.30

C. 0.20

D. 0.10

31. The proper uniform includes a one-piece leotard of moderate proportions. Undergarments can be all of the following except:

A. Matching

B. Pink undergarment with a green leotard.

C. Skin Colored

D. Black

32. Which of the following is NOT permitted in a competition?

A. One stud earring per ear.

B. Braces that are unaltered from the manufacturer’s original design.

C. Body paint and glitter.

D. Hair devices that do not pose a risk of injury and are securely fastened.

33. On Vault, when referring to landing deductions, what is the deduction if a gymnast takes a small or medium step?

A. 0.10-0.15

B. 0.20-0.30

C. 0.40

D. 0.50

34. On vault, following a fall on the first vault, how many seconds does the gymnast have to begin the second vault once standing:

A. 60 seconds.

B. 45 seconds.

C. 15 seconds.

D. 30 seconds.

35. On bars, what may not be used for mounting?

A. An 8-inch skill cushion mat.

B. Only a folded panel mat.

C. Only a mount trainer mat.

D. A mount trainer mat on top of a folded panel mat.

36. On beam, which of the following statements are true?

A. The timing begins when the gymnast's hands or feet leave the floor or board.

B. After a fall the gymnast is allowed 45 seconds to remount the beam.

C. If an injury occurs following a fall, the fall time begins when the gymnast is standing and medical assessment is complete.

D. All of the above.

37. On floor exercise, which of the following statements is true when using additional matting?

A. If a mat is removed from one area of the floor exercise mat it may be placed back on the floor exercise mat.

B. A mat may be placed on the floor after the routine has begun.

C. If additional matting is used, there is no requirement to remove it from the floor area during the exercise.

D. A sting mat shall not be placed on top or under an 8-inch skill cushion.

38. On floor exercise, which of the following elements receives credit for an acro twist of at least 180 degrees?

A. Aerial cartwheel.

B. Aerial roundoff.

C. Arabian salto.

D. All of the above.

39. On floor exercise, what is the deduction for the duration of the exercise exceeding 1 minute, 30 seconds?

A. Chief judge deduction of 0.10.

B. Chief judge deduction of 0.20.

C. Chief judge deduction of 0.30.

D. Chief judge deduction of 0.50.

40. What is the deduction for flagrantly exceeding warm-up time?

A. 0.20 after one warning.

B. 0.30 after one warning.

C. 0.40 after one warning.

D. 0.50 after one warning.

41. The entire area under the balance beam, the dismount area and the area at each end of the beam shall be matted and must include:

A. Landing area at each end of the beam 8 feet wide x 12 feet long.

B. Working area under the beam 15 feet wide x 15 1/2 feet long.

C. A minimum of 4 feet wide x 4 feet long extension from both sides of the dismount mat.

D. All are correct.

42. On floor exercise, which of the following does NOT qualify as an acro pass?

A. A front layout salto with a full twist.

B. A round-off back salto with full twist.

C. A front layout salto, forward roll.

D. Forward roll, cartwheel, backward roll.

43. On bars, the deduction for two consecutive extra swings is:

A. 0.30.

B. 0.40.

C. 0.50.

D. 0.60.

44. On bars, all of the following would fulfill event requirements except:

A. Sole circle with ½ turn dismount.

B. 360º clear hip circle that ends in clear support.

C. Long hang kip.

D. Counterswing backward with flight over the low bar.

45. On bars and beam, what is the deduction for an exercise without a dismount?

A. 0.10.

B. 0.20.

C. 0.30.

D. No deduction.

46. On floor exercise, which of the following would break a series of two directly connected elements?

A. Pause.

B. Pivot.

C. A step or repositioning of the feet.

D. All are correct.

47. Watch the video clip:
https://nfhs-exam-creator-prod.s3.amazonaws.com/gymnastics-girls/Vault%20Question-246aa8669005463598

What are two deductions taken in the landing phase of this vault?

A. Insufficient exactness of LA twist - up to 0.10 and legs crossed - up to 0.10

B. Incorrect body posture on landing - up to 0.2 and fall - 0.50.

C. Arched body - up to 0.30 and shoulder angle - up to 0.30.

D. Failure to pass through vertical - up to 0.30 and insufficient length - up to 0.30.

48. Watch the video clip:
https://nfhs-exam-creator-prod.s3.amazonaws.com/gymnastics-girls/Uneven%20Bars%20Question-e69f924056

What is the deduction for each cast on the high bar?

A. 0.30.

B. 0.20.

C. 0.10.

D. 0.05.

49. Watch the video clip:
https://nfhs-exam-creator-prod.s3.amazonaws.com/gymnastics-girls/Balance%20Beam%20Question-15ef9684

What is the deduction for the concentration pause?

A. 0.10.

B. 0.30.

C. 0.50.

D. No deduction.

50. Watch the video clip:
https://nfhs-exam-creator-prod.s3.amazonaws.com/gymnastics-girls/Floor%20exorcise%20question-4d9b56fa6

What deduction should be taken at the end of this routine?

A. Bent arms in support.

B. Legs crossed.

C. Failure to hold ending pose.

D. Support on mat with two hands.