

Acrobatic Gymnastics Judges Quiz #2

Quiz Link

<https://forms.office.com/Pages/ResponsePage.aspx?id=jV99fXLW9ESghFSUdO3EoSln9q8gEtMjAs0qQXeYKRU MFZFTjVKVTJRN0ZYV0FTUTJQVVJSV0Q5Si4u>

Focus

The focus of Quiz #3 will be becoming familiar with the new skills in the ALP.

Questions

1. On page 67 of the manual please state what skill 7 is

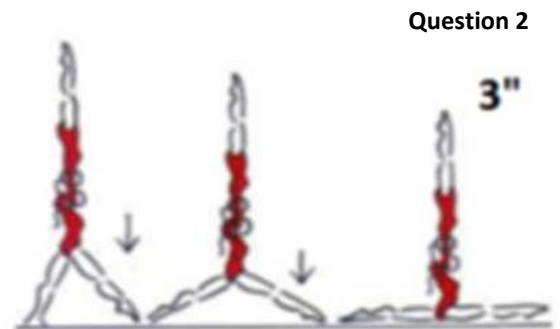
Answer: Assisted straight jump (Level 2 pair dynamic)

2. For the following Level 4 Women's Pair Balance skill please indicate:

- a) **The Row and Box Number**
- b) **Difficulty associated**

Answer:

- a) Row 4, Box E
- b) 0.3



3. What is the highest difficulty for a skill in Row 1 Level 5 Mixed Pair Balance and how many skills have this?

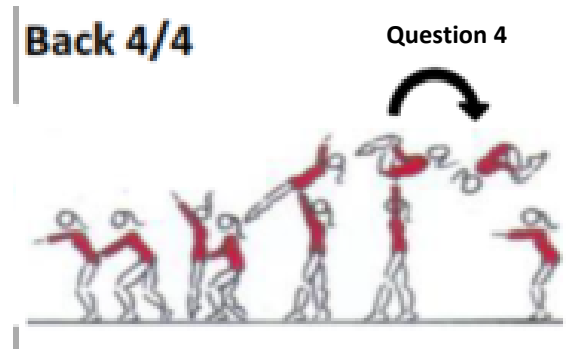
Answer: 0.5, 3 skills

4. For the following Level 6 Women's Pair Dynamic skill please indicate:

- a) **The Row and Box Number**
- b) **Difficulty associated**

Answer:

- a) Row 2, Box D
- b) 0.3



5. What is the highest difficulty for a skill in Row 4, Women's Pair Dynamic and how many skills have this?

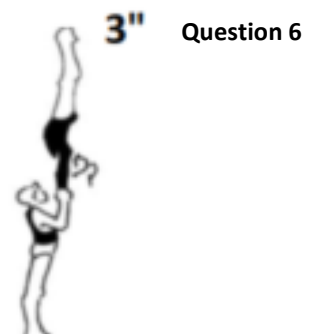
Answer: 0.4, 1 skill

6. For the following Level 4 Men's Pair Balance skill please indicate:

- a) **The Row and Box Number**
- b) **Difficulty associated**

Answer:

- a) Row 3, Box B
- b) 0.1



7. On page 80 what are the two options for skill 3

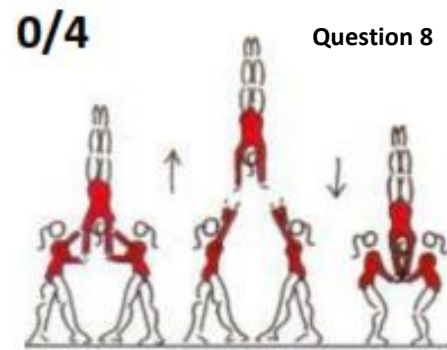
Answer: sit in platform $\frac{1}{4}$ backward layout to basket OR Thigh Throw Straight Jump with 180-degree turn (Level 3 group dynamic)

8. For the following Level 6 Women's Group Dynamic skill please indicate:

- a) **The Row and Box Number**
- b) **Difficulty associated**

Answer:

- a) Row 4, Box H
- b) 0.6



9. What is skill 1 for Foundation level 1 – Group – Balance

Answer: Standing in support on bases thighs. Hold 3 Seconds

10. For the following Level 5 Women's Pair Dynamic skill please indicate:

- c) **The Row and Box Number**
- d) **Difficulty associated**

Answer:

- c) Row 3, Box D
- d) 0.2

