

2010–2011 MEET DIRECTOR CERTIFICATION EXAM

1. Which statement about USA Gymnastics Membership is **CORRECT**?

- a. 100% of all athletes appearing in a USA Gymnastics Sanctioned event must be pre-registered Athlete Members.
- b. Athlete membership begins each August 1 and runs through the following July 31.
- c. USA Gymnastics Professional membership, safety certification and a background check is required for all coaches and judges who are participating on the floor at a sanctioned event.
- d. Coaches and judges must have their USAG Professional Membership card accessible at all sanctioned competitions in case they are asked to show proof of membership.
- e. All of the above.

2. After receiving acceptance of a bid to host a meet, the Meet Director should:

- a. Send a Request for Sanction.
- b. Send a "Request for Judges" form to the designated and approved contractor.
- c. Organize committees.
- d. Submit a completed request for Certificate of Insurance form to the USAG National Insurance company, if required by the competition venue.
- e. Perform all of the above duties.

3. Which of the following is **CORRECT** about Rules for Competition?

- a. Foreign athletes (non-citizens) are NOT eligible to compete in any USA Gymnastics competitions.
- b. If a coach fills out an entry form improperly, the meet director must accept the entry, since the gymnast personally is not at fault.
- c. Gymnasts shall not be in the gym for warm-up and competition more than a total of 5 hours.
- d. At a Sectional meet, if one team constitutes more than 50% of the total number in a squad, the team must be divided into 2 or more squads.
- e. During the General warm-up, gymnasts may use all apparatus to warm-up their routines.

4. General warm-up may not be scheduled to begin before:

- a. 7:00 AM
- b. 7:30 AM
- c. 8:00 AM
- d. 8:30 AM
- e. 9:00 AM

5. Which of the following is **INCORRECT** in regards to the responsibility of the Meet Director in terms of the handling of medical emergencies?

- a. It is recommended that qualified medical personnel be present for all training and competition sessions.
- b. The Meet Director must complete the Accident Report Form and send it to the USA Gymnastics National Insurance company.
- c. The athlete's coach or parent is responsible for forwarding the Accident Report Form to the USA Gymnastics National Insurance company.
- d. Medical personnel should be stationed at an area in view of the competition.
- e. Prepare a written plan for emergencies, including phone numbers of ambulance service and hospital.

6. Squad B begins competition on Uneven Bars. If there are four squads with four events running simultaneously, on what event should squad B begin warm-ups?

- a. Vault
- b. Bars
- c. Beam
- d. Floor Exercise

7. When using a "**traditional**" meet format, the number of judgments allowed per SESSION/per panel of judges for a Level 9/10 meet is:

- a. 48
- b. 56
- c. 64
- d. 72
- e. 84

8. Which of the following statements about entry regulations is **INCORRECT**?

- a. If a meet is cancelled due to inclement weather or shortage of judges, the Meet Director should make the best effort to refund part or all of the entry fees.
- b. Non-gymnastics demonstrators for pre- or post-competition entertainment purposes are required to obtain USA Gymnastics Athlete Membership numbers for insurance purposes.
- c. All competitors must be registered as USA Gymnastics Athlete Members and their numbers must appear on the entry form and official score sheet.
- d. For State Meets and below, entry fee limits will be set by the State Administrative Committee and approved by the Regional Administrative Committee Chairman.
- e. The Meet Director may refuse any entry received 10 days or less prior to the first day of competition (or as per State Administrative Committee guidelines).

9. When hosting a LOCAL level of competition, which of the following is **INCORRECT** about the requirements:
- Local meets for Optional Levels must be judged by a minimum of 2 judges per event.
 - No more than 64 judgments per session/per panel of judges are allowed at a Level 8 meet with a **non-traditional** format.
 - Local Meets may be designated as qualifying meets to State Championships, if Sectionals are not held.
 - There must be a minimum of two clubs competing to obtain a sanction for a Local meet.
 - Results of a Local meet must be sent to the State Administrative Committee Chairman or a designated State Administrative Committee member.
10. In order to be eligible to compete at Level 5, a gymnast:
- Must be a minimum of 7 years of age at the time of the competition.
 - Must have competed at Level 4 and earned a 31.00 AA.
 - Must have completed all requirements in Levels 1-4 at 100% proficiency.
 - Must be a United States citizen.
 - All of the above.
11. Which procedure is **CORRECT** for USAG State Championship competitions?
- All State meets must be judged by four-judge panels.
 - If the number of athletes in one age division requires that 2 sessions must be held, the athletes will be seeded according to qualifying score.
 - Club team competition is not allowed.
 - The State Administrative Committee selects the judges for State Meet.
 - Individual Event ranking is determined by Event Finals competition.
12. Which statement is **INCORRECT** for Open Optional Invitational Team Meets?
- Awards for separate age divisions and/or levels are not required.
 - The coach may determine the competitive order of his/her team's gymnasts.
 - A draw will determine which team will start on each event.
 - Teams may be comprised of different age divisions and/or different levels.
 - Scores may be used for qualifying and mobility purposes for Level 8.
13. Which is **CORRECT** regarding the gymnast's age for Jr. Olympic competitions?
- A Level 8 gymnast must be a minimum of 10 years of age.
 - The gymnast's age is determined by her age as of December 31st in the year of competition.
 - All gymnasts must reach the minimum age for the specific level in order to compete in ANY sanctioned meet.
 - A Level 4 gymnast must have reached her 5th birthday in order to compete in any sanctioned meet.
 - The gymnast may choose to move up to an older division if her birthday is after the Championship meet, but before December 1st.
14. The minimum amount of time required for open stretch/bar settings prior to timed warm-ups is:
- 5 minutes
 - 10 minutes
 - 15-30 minutes
 - 35-45 minutes
 - 1 hour
15. The competition must be scheduled to insure that no gymnast will be competing after:
- 9:00 PM
 - 9:30 PM
 - 10:00 PM
 - 10:30 PM
 - 11:00 PM
16. Which statement is **INCORRECT**? An inquiry:
- at a Jr. Olympic competition may not include a request for video review of the exercise, unless the Jury of Appeals allows it.
 - must be submitted to the Meet Director or Meet Referee.
 - must be submitted within 5 minutes of the completion of the squad's competition on the event in question.
 - will be returned to the coach by the Meet Director or the Meet Referee after the Chief Judge has completed the response.
 - that is denied will result in a \$10 charge to the coach filing the inquiry.
17. Which of the following individuals is **NOT** a member of the Jury of Appeals?
- The gymnast's coach
 - The Chief Judge(s)
 - The Meet Director
 - The Meet Referee
 - A USA Gymnastics representative, if present

18. How long would a gymnast be in the gym (excluding awards presentation) in a Level 10 Optional competition (**using traditional format**) with 4 events running simultaneously with 40 gymnasts competing?
- 2 hours, 40 minutes
 - 3 hours
 - 3 hours, 40 minutes
 - 4 hours
 - 4 hours, 40 minutes
19. What is the maximum number of gymnasts allowed in a session of ONLY Level 7 gymnasts, using a non-traditional or modified non-traditional format?
- 56
 - 64
 - 72
 - 80
 - 96
20. A **traditional format** meet is being conducted with Compulsory and Optional levels competing in the same session. What is the **maximum number of judgments PER SESSION** per panel of judges allowed if there are 36 or more Compulsory gymnasts competing?
- 56
 - 60
 - 64
 - 72
 - 96
21. Which procedure is **INCORRECT** when performing the draw?
- Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or Levels.
 - Determine the number of sessions, according to the number of competitors per age division or per club.
 - Keep levels and/or age divisions in the same session and, if possible, in the same squad(s).
 - Competitive order per squad is determined by random draw of the gymnasts assigned to that squad.
 - If one team constitutes 25% or more of the total number in a squad, that team must be divided into two or more squads.
22. How much time is allowed for the touch warm-up on Optional Floor Exercise for a squad of 12 gymnasts?
- 6 minutes
 - 9 minutes
 - 12 minutes
 - 18 minutes
 - 24 minutes
23. Which procedure is **INCORRECT** when performing the draw?
- At Team Invitationals, the draw may be done for Team starting event only, not for individual gymnasts.
 - Competitive order in the squad is determined by taking the numbers of all gymnasts assigned to that squad and draw randomly.
 - A gymnast shall not compete as the first performer of the meet in more than one event.
 - The number of places to be dropped must be applied uniformly and based on 1/3 of the number of competitors per squad.
 - None of the above statements are incorrect.
24. What is the maximum number of judgments per session per panel of judges for a Compulsory only meet conducted with timed warm-ups on all four events in the competitive gym prior to competition (**traditional meet format**)?
- 64
 - 72
 - 76
 - 84
 - 96
25. Which procedure is **CORRECT** according to the J. O. competition regulations for warm-ups?
- Warm-up time for Level 4's is 45 seconds per gymnast.
 - Each gymnast is required to take a touch warm-up.
 - In a Level 8-10 Optional meet using a modified traditional format, each gymnast is allowed a maximum of 1½ minute warm-up, with no 30-second touch warm-up.
 - In Level 8-10 Optional competitions, the gymnast is allowed a maximum of two (2) vaults in touch warm-ups.
 - Warming-up between Floor Exercise routines is not allowed under any circumstances.
26. Which meet procedure is **CORRECT**?
- The gymnast must flash her vault number at all optional competitions.
 - Base score at State Meets must be established by using a forerunner (non-competing gymnast).
 - In the pre-meet timed warm-ups, blocked time is **NOT** allowed for Vault and Floor Exercise.
 - For Local meets, the draw for sessions must be determined by age divisions.
 - Open scoring is required at State, Regional and National competition.

27. If a squad begins competition on Balance Beam, what is the proper order of the next three events, when following **Olympic order** of rotation?
- Vault, Floor, Bars
 - Floor, Vault, Bars
 - Vault, Bars, Floor
 - Floor, Bars, Vault
 - Bars, Floor, Vault
28. When is a competition "touch" warm-up required?
- At a Level 5 Compulsory competition with 9 gymnasts per squad.
 - At a Level 8 Optional dual meet with a total of 6 gymnasts per squad and timed warm-ups directly preceding competition on each event.
 - At all Sectional Compulsory meets.
 - At any competition in which timed warm-ups are not on the competitive equipment.
 - At a Level 6 Compulsory competition with 13 gymnasts per squad.
29. What is the FIG maximum height specification for the Vaulting Apparatus?
- 115 cm
 - 120 cm
 - 125 cm
 - 130 cm
 - 135 cm
30. Which statement about apparatus requirements is **CORRECT**?
- If a vault table with two pistons is used, the pistons may be set at different heights.
 - The minimum mount run distance provided for Uneven Bars at Levels 1-6 is 10 feet.
 - All levels may use the beam at any height from 100 to 125 cm, regardless of the age division.
 - For Levels 9 & 10, a 6-foot wide mat is required for Uneven Bar dismounts.
 - All of the above statements are correct.
31. On Uneven Bars, what is the minimum height of the low bar for gymnasts who are 12 years and older at Jr. Olympic competitions?
- No minimum height requirement
 - 115 cm
 - 120 cm
 - 155 cm
 - 160 cm
32. If there are 35 Jr. Olympic gymnasts entered in an age division, what is the minimum number of places to be awarded?
- 1-6 AA and 1-4 Events
 - 1-6 AA and 1-3 Events
 - 1-3 AA and 1-3 Events
 - 1-6 AA and 1-6 Events
 - 1-10 AA and 1-10 Events
33. Which statement is **CORRECT** for Level 4 competitions?
- If a gymnast earns both an achievement and placement award, only the placement award need be given on that event.
 - The State Administrative Committee determines the scores for achievement awards and any guidelines for their use.
 - When only achievement awards are given, gymnasts are not required to compete within their designated age divisions.
 - If placement awards are given, gymnasts must compete within their designated age division.
 - All of the above statements are correct.
34. In a compulsory meet, there is a tie for first place in the All-Around competition. If duplicate awards are not available and the tie must be broken for the distribution of awards, which procedure is **CORRECT**?
- The gymnast with the highest individual event score receives the first place (gold) award, but both gymnasts are recognized as placing first.
 - The gymnast with the second highest individual event score receives the gold award.
 - The gymnast with the third highest individual score receives the gold award.
 - The gymnast with highest Chief Judge's score in any of the individual events receives the gold award.
 - The tie is not to be broken.
35. The criteria for the selection of SECTIONAL and STATE event sites are listed in the *Rules and Policies*. Which is **NOT** a requirement of the host organization?
- Be responsible for any financial loss that they may incur.
 - Have experience in running successful, organized events.
 - Have the reputation of operating according to the highest ethical standards.
 - Have a separate warm-up gym available to the competitors with equipment identical to that of the competition gym.
 - Guarantee the best organizational set-up for a quality event.

36. Which of the following statements regarding sanctioning is **INCORRECT**?
- A Meet Director is required to post the Certificate of Approval form during the meet.
 - The Sanction Report Form must be signed by the Meet Director and the officials.
 - If the request for sanction is late, there is a fine of \$50.00 per sanctioned event.
 - The sanction fee for a local meet with 73 or more gymnasts is \$100.00.
 - The sanction request should include training days as well as competition days.
37. Which of the following is **CORRECT** about sanctioning procedures?
- Sanctions are secured through the Regional Administrative Committee Chairman.
 - Blanket sanctions (for up to 10 meets) are available for local meets only.
 - Request for Sanction forms must be postmarked a minimum of 30 days prior to the competition, in order to avoid late fees.
 - Sanction report forms must be returned to the USA Gymnastics office within one week.
 - If a meet is cancelled due to inclement weather, Sanction fees are refundable.
38. Which statement is **CORRECT** about violations of sanctions?
- Sanctions may be revoked.
 - When a sanction is revoked, no score from the competition is valid.
 - If an individual gymnast is in violation of the regulations, she will be disqualified and all awards must be returned.
 - The Meet Director may be fined \$500.00 for a first-time violation.
 - All of the above statements are correct.
39. A Meet Director assumes responsibility in many areas when hosting a sanctioned event. Which of the following is **NOT** a responsibility of the Meet Director?
- To consider and employ all reasonable safety measures.
 - To insure that all gymnasts have provided their USA Gymnastics Athlete membership number.
 - To place the order for all awards with the National Awards company when hosting a State, Regional or National Championships.
 - Follow all regulations contained in the *Rules and Policies* book and all technical regulations from the Women's Technical Committee.
 - Report results according to procedures stated in the USA Gymnastics *Rules and Policies* under "Procedures for Reporting Results."
40. Due to unforeseen circumstances, you are forced to change the date of an upcoming sanctioned event. Which is the following is **CORRECT**?
- As meet director, you can change the date on the sanction form, in ink, and initial the change.
 - The meet director should explain the circumstances to the judges, and the Meet Referee should make the proper change on the form and initial the change.
 - The meet director should not make any changes on the sanction form, but should verbally tell all the coaches and judges that the date is incorrect on the sanction form.
 - The meet director should call the State Administrative Committee Chairman to receive authorization to change the date of the meet.
 - The meet director must request the change in writing by mail, FAX or E-mail to the USA Gymnastics Member Services.
41. Which of the following statements about procedures for reporting results of a sanctioned event is **CORRECT**?
- An official USA Gymnastics Sanction Report Form must be mailed to the State Administrative Committee Chairman within two weeks.
 - The official Sanction Report Form must be mailed to USA Gymnastics Member Services within one week.
 - A copy of **LOCAL** meet results and a completed meet result form must be mailed to USA Gymnastics Members Services within 48 hours.
 - It is not necessary to return sanction report forms for cancelled meets.
 - Pre-meet information and Meet Results may not include the individual athletes' birth date.
42. For Level 9 Uneven Bars competition, what is the minimum specification for the runway distance for mounts?
- 12'
 - 16'
 - 18'
 - 19' 8"
 - 22'
43. Which procedure is **CORRECT** if a gymnast competes in the wrong age division?
- Her scores may count for Team Score.
 - Her scores may be used only for the All-Around.
 - Scores may be used for another session with the correct age division.
 - Her scores may be used for Level Mobility only.
 - Duplicate awards may be given.

44. When hosting a Level 4 competition, which statement is **CORRECT** in regards to the Vaulting event?
- A minimum of 72' of runway is required.
 - An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface.
 - A "landing zone" must be marked on the top mat(s) by a tape line placed 24" from the front edge of the mat.
 - The mat stack may not be placed on any type of pit area.
 - All mats used for the mat stack must be a minimum of 6' wide and 12' long.
45. When setting up the Beam apparatus, which of the following is **NOT** required at Level 10 meets?
- An adjustable, padded balance beam.
 - A minimum of 18 feet of runway for mounts at the end of the beam.
 - A 15' wide by 15½' long matted area under the beam.
 - A minimum of 7½' x 12' landing area at each end.
 - A minimum of 15 feet of runway for side approach mount.
46. When planning a competition that may include athletes from a foreign country, the Meet Director:
- Must contact USA Gymnastics before corresponding with the foreign club or Federation.
 - Must submit a Request for Foreign Sanction form to USA Gymnastics at least 120 days prior to the event and pay the foreign sanction fee.
 - May send an invitation to the foreign club after receiving approval from USA Gymnastics.
 - Must insure that all foreign participants are registered as Foreign Members with USA Gymnastics.
 - All of the above.
47. Which statement is **INCORRECT** in regards to the vaulting/mounting boards used at a USA Gymnastics sanctioned competition?
- The board may not exceed 22 cm ± 1.5 cm at crown height.
 - Boards may be carpeted.
 - Boards that have been altered from the way that they were manufactured may not be used in official USAG competition.
 - A ½-inch plywood board may be placed under the mounting board if the mat is not firm enough.
 - The board may NOT be placed on an 8-inch skill cushion for mounts.
48. Which statement is **CORRECT** about the vault event?
- All age divisions must use the FIG specification for the vaulting apparatus.
 - The vault runway measurement starts from the middle of the vault table.
 - Optional Levels 7-10 require a vault runway with a minimum thickness of 1 and 3/8 inch (±.1/8").
 - Level 9/10 gymnasts are not required to use the Vaulting Board Safety Zone when performing Round-off entry vaults.
 - Levels 7-10 are required to meet the FIG runway length specifications of a minimum of 78'.
49. Which statement is **CORRECT** regarding the officials' compensation package?
- Chief Judges are paid an additional \$10 per day at all state meets and above.
 - A judge may be fined \$25 if he/she does not report within 15 minutes of the report time.
 - Mileage to meet a carpool is not reimbursed unless over 30 miles round-trip.
 - When traveling by airplane, judges may submit all baggage charges, including overweight and second bags, as an expense.
 - The Meet Director/host organization is not allowed to give gifts to the judges and the judges are not allowed to accept gifts.
50. Which statement about Floor Exercise is **INCORRECT**?
- The measurement of the 12 meters X 12 meters (FIG specification) is from the outside of the tape or where the carpet changes color.
 - Rebound or spring-type floors are required for all USA Gymnastics sanctioned meets.
 - If carpeting is used, ¼-inch pile is the maximum height recommended.
 - The entire floor exercise area must be free of obstructions.
 - Level 4 gymnasts may also use a 36' X 36' floor area or a tumbling strip.