

BRITISH GYMNASTICS

Team Gym Sample paper Level 2

- This is a sample paper only.
- Normally there would be 20 questions similar to those shown below. Candidates pass if they score 12 or more. (60% plus)
- The candidate marks their answer sheet crossing the answer of their choice, a,b,c,d.
- The candidate is allowed 45 minutes for the paper.
- There will be 2 or 3 questions under each of the headings shown.

Q1: BIOMECHANICS

One statement is incorrect

- a) The centre of mass can be raised within the body by raising the arms above the head.
- b) Stability is determined by height of C of M from the floor and the amount of surface support
- c) Throughout the handspring vault, the gymnast rotates about the C of M only.
- d) During the straddle lift to handstand the position of the C of M will change within the body

Q2: HEALTH & SAFETY

One statement **does not** indicate good practice. When using the trampette:

- a) Always place a mat under the bed in case it bottoms
- b) Check that the angle of the trampette is securely fixed.
- c) You as the coach when supporting should always stand on a firm surface.
- d) Make sure that the landing area is long enough for the skill being performed.

Q3: PHYSICAL PREPARATION

One of the following **is not good** physical preparation for the skill listed

- a) Straight rebound jumps are good for somersault take off.
- b) The dish shape is a good preparation for the backward roll to handstand with straight arms.
- c) Leg lifts are a good for body tension in the handstand
- d) Split jumps from the trampette are good for split leap practise.

Q4: DANCE & CHOREOGRAPHY

One statement is **incorrect**. In the battement tendu:

- a) The gymnast can work in 1st position
- b) The legs must stay straight throughout
- c) The hip moves forwards to extend the action of the working leg.
- d) The working leg always returns to its starting position between each action.

Q5: TECHNIQUE

One statement is **incorrect**. In the back flip the gymnast

- a) Must be straight in 1st flight and piked in 2nd.
- b) Must push off the hands when passing through handstand
- c) Must be off balance if moving into another backflip.
- d) Should place the hands when in support slightly turned inwards or straight.

Q6: METHOD

Dorsal lifts on a box are a good shaping action for all of the following **bar one**

- a) The flyspring
- b) The $\frac{3}{4}$ front somersault to lie
- c) The handspring vault
- d) The back flip

Q7: JUDGING

The maximum number of gymnasts in a TeamGym team is

- a) 10
- b) 8
- c) 6
- d) 12

Answers

1. c 2. a 3. c 4. c 5. a 6. d 7. d