

BRITISH GYMNASTICS COACHING QUALIFICATIONS

TEAMGYM GYMNASTICS

LEVEL 5 COACH – **SAMPLE** PAPER

Instructions to candidates:

- You have 120 minutes to complete the paper.
- The must answer all questions (e.g. 20 minutes per question).
- Please add your name, date of examination, 'TGM & P.2' to the top of each answer sheet.
- Please answer in ink, but illustrations may be in pencil.
- The maximum mark for each question is shown.
- The questions may be answered in any order but please clearly indicate the question number e.g. Q1 etc.
- Do not mark the question paper.
- Please return the question paper with the answer sheets to the invigilator.

TOTAL MARKS AVAILABLE: 60		PASS MARK: (60%)	Marks
Q1	<p>BIOMECHANICS</p> <p>Show your understanding of the biomechanics in the vault 'Handspring Straight Front 540 twist" to landing.</p> <p>Use drawings to aid your answer</p>		10
Q2	<p>TECHNIQUE</p> <p>Detail the technique you would recommend for handspring into double front salto with 180 twists on tumble.</p> <p>Use drawings to aid your answer</p>		10
Q3	<p>TECHNIQUE</p> <p>Describe the technique for Straddle lever to handstand on floor.</p> <p>Use drawings to aid your answer</p>		10
Q4	<p>TEACHING METHOD</p> <p>Detail and rationalise the progressions you would use to teach the Double straight front somersault with 360 twists in the first somersault and 540 twists in the second from Trampette to landing.</p> <p>Use drawings to aid your answer</p>		10

<p>Q5</p>	<p>SPECIFIC PHYSICAL PREPARATION</p> <p>Describe the physical demands of the piked Russian lever on floor (HB1005, legs at 90 degrees) and how you would prepare gymnasts physically to withstand these demands.</p> <p>Use drawings to aid your answer</p>	<p>10</p>
<p>Q6</p>	<p>JUDGING & EQUIPMENT</p> <p>Based on the UEG TG Code of Points 2017 & the UEG TG Directives for Equipment (Sept 2013).</p> <ol style="list-style-type: none"> 1. What are the choreographic requirements for planes on floor? 2. How many degrees of under or over rotation can a pirouette have before it affects the difficulty value? 3. During a combination on floor of 360 twist jump (0.4) into 540 twist jump (0.6), one gymnast fails to attempt the 540 twist jump. What is the DV for the combination? 4. What is the compositional penalty for a team who perform all three tumble runs without any twists? 5. What is the execution deduction for fall that occurs on tumble where the gymnast lands feet and hands at the same time? 6. Under what conditions can a routine be granted a re-start? 7. What is the penalty for a coach wearing ear studs? 8. What is the deduction for a fall on floor? 9. What is the minimum height the vault can be set to in cm? 10. Does the run up tape for Trampette start at the landing mat or the apparatus? 	<p>10</p>

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TOTAL MARKS AVAILABLE: 60		PASS MARK: (60%)	Marks
Q1	<p>BIOMECHANICS</p> <p>Show your understanding of the biomechanics in the vault 'Handspring Straight Front 540 twist" to landing.</p> <p><i>Linear momentum; Rotational momentum; Block; Deformation; Elasticity; Newton's Laws; pivot phase; initiation of twist; inertia; negative acceleration of rotation and twist.</i></p> <p>Use drawings to aid your answer</p>		10
Q2	<p>TECHNIQUE</p> <p>Detail the technique you would recommend for handspring into double front salto with 180 twists on tumble.</p> <p><i>AVK cues; Break the skill down into phases; Describe efficient technique for contact position for final salto; pivot phase; take off position; block; body shape; initiation of twist; technique for speeding up twist; preparation for landing; landing.</i></p> <p>Use drawings to aid your answer</p>		10
Q3	<p>TECHNIQUE</p> <p>Describe the technique for Straddle lever to handstand on floor.</p> <p><i>AVK cues; Break the skill down into phases; Centre of mass; area of balance; hip hinge; hand orientation; loading hands; ankle extension; width of straddle; height of hips; alignment; transfer of weight.</i></p> <p>Use drawings to aid your answer</p>		10

<p>Q4</p>	<p>TEACHING METHOD</p> <p>Detail and rationalise the progressions you would use to teach the Double straight front somersault with 360 twists in the first somersault and 540 twists in the second from Trampette to landing.</p> <p><i>Approx 5 logical progressions for different phases of the skill (approx. 2 marks per prep).</i></p> <p>Use drawings to aid your answer</p>	<p>10</p>
<p>Q5</p>	<p>SPECIFIC PHYSICAL PREPARATION</p> <p>Describe the physical demands of the piked Russian lever on floor (HB1005, legs at 90 degrees) and how you would prepare gymnasts physically to withstand these demands.</p> <p><i>5 marks for outlining the strength and flexibility demands. 5 marks for physical preps. Should note muscles by name and identify whether they are working isometrically or concentrically.</i></p> <p>Use drawings to aid your answer</p>	<p>10</p>
<p>Q6</p>	<p>JUDGING & EQUIPMENT</p> <p>Based on the UEG TG Code of Points 2017 & the UEG TG Directives for Equipment (Sept 2013).</p> <ol style="list-style-type: none"> 1) What are the choreographic requirements for planes on floor? <p>A combination of three movements or elements backwards and sideways.</p> 2) How many degrees of under or over rotation can a pirouette have before it affects the difficulty value? <p>45 degrees</p> 3) During a combination on floor of 360 twist jump (0.4) into 540 twist jump (0.6), one gymnast fails to attempt the 540 twist jump. What is the DV for the combination? <p>Zero</p> 4) What is the compositional penalty for a team who perform all three tumble runs without any twists? <p>1.2</p> 5) What is the execution deduction for fall that occurs on tumble where the gymnast lands feet and hands at the same time? <p>1.5</p> 	<p>10</p>

	<p>6) Under what conditions can a routine be granted a re-start? An interruption beyond the gymnast's control such as a technical fault with equipment.</p> <p>7) What is the penalty for a coach wearing ear studs? 0.3 Head Judge Deduction</p> <p>8) What is the deduction for a fall on floor? 0.3</p> <p>9) What is the minimum height the vault can be set to in cm? 145cm</p> <p>10) Does the run up tape for Trampette start at the landing mat or the apparatus? Landing mat</p>	
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