

## Tips for Taking the Compulsory Test

1. The Test
  - a. The Compulsory test is a written test that consists of 50 multiple choice questions on **Levels 4 and 5**. Level 3 will not be tested. There are approximately 10 questions on each event and 10 on general deductions.
  - b. You are allowed 1 hour.
  - c. No materials can be taken into the test. You will be given scratch paper so you can write down information you have memorized etc.
  - d. You will need 70% to pass.
2. What You Need to Know
  - a. **Major elements of each Level 4/5 routine in order.** You are not responsible for knowing specific arm movements, connections etc.
  - b. **General deductions and specific deductions for each event.**
    - i. General Faults & Penalties can be found in the back of the USAG JO Compulsory Book. Don't forget these!!!!
    - ii. Specific event deductions can be found within each event at each level in the USAG JO Compulsory Book. There is a summary of these deductions for each event and level in the back of the Compulsory Book.
3. Make a Plan to PASS
  - a. TIME commitment!
  - b. GET READY to study
  - c. STUDY-MEMORIZE
  - d. APPLY
  - e. PASS
4. DO IT!
  - a. TIME Commitment
    - i. How much time do you have?
    - ii. Do you want to pass the first time? If so, make a commitment and stick to it
    - iii. Example of a Study Plan:
      1. I'm going to spend 3 hours a day getting materials ready. I'll be done by the 27<sup>th</sup>?
      2. I'll spend 2 hours a day studying/memorizing until the test
      3. I'll practice judge 3 routines on each event each day beginning New Years Eve (ha!) until the test!
  - b. GET READY to Study
    - i. For me this takes the most time. I don't really start memorizing until I've gotten everything in ready. Of course, getting stuff ready is studying really.
    - ii. Materials you need: **USAG COMPULSORY BOOK**
      1. Order paper copy or an online copy.
      2. <http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx>
      3. or go to the USAG website<Member services<Technical materials<Women's Program<Rules and JO Materials
    - iii. Find a "Study Buddy if you can
      1. Two heads are better than one, as they say.
      2. Cut the work in half , bounce ideas off each other, answer questions, etc.

c. STUDY-MEMORIZE

- i. If you are limited on time, break it down. What is most important?
- ii. Concentrate on being near perfect on at least 3 parts of the test. For example, I would make sure I knew general, vault and one other event like Floor. If I got 10 points on each of those, I would only have to get 5 right on Bars and Beam to get 35 questions right (70%).
- iii. This is the plan I might follow but the point is to make the PLAN that is **works best for you**. Not to say you shouldn't study everything but bottom line: decide what is the best way to get 35 of the 50 questions right!!
- iv. Remember, you are studying to pass the test not judge your first meet. The two things are different but connected of course.
- v. For the TEST categorizing and memorizing deductions and major elements is the most important. You may be teaching and coaching the routines but that won't be enough. The test is more weighted towards deductions.

d. APPLY

- i. Make your own flashcards. Making your own flashcards is actually a way of studying. There are computer and mobile device flashcards and study aids on the NAWGJ website (see below).
- ii. There are practice written tests on the NAWGJ website . You can use these as a way to test your knowledge after you have studied awhile. That will give you some time to re-study weak areas. Save one written practice test to take right before you take the REAL test.
- iii. When you are pretty sure of rules and elements, judge a lot of video or practice live with gymnasts in the gym or at a meet. Judging the routines will help you remember the rules and elements. You may have to look up some things but seeing it and using it, 'stamps' it in long-term memory! When you are taking the written, you will remember, "Oh yeah, I saw that on a video, I know that deduction!!"

5. Take the test

- a. Before you go in to test, take some time to clear your mind. Take a walk, go for a drive, meditate etc.
- b. If you are easily distracted, take earplugs or sit facing the wall etc.
- c. Read the questions carefully. There is usually more than once concept per question. Eliminate choices you know are wrong. Come back to the question if it has you stumped.
- d. The question will be worded like:
  - i. What is the MAXIMUM deduction for the following errors?
  - ii. Which statement is CORRECT?
  - iii. Which statement is INCORRECT?
  - iv. Which sequence of Major elements is correct?
  - v. What is the average for the following scores?
  - vi. What is the range allowed for the following scores?
  - vii. What determines the range of scores?

## 6. OTHER RESOURCES

- i. NAWGJ website: <http://www.nawgi.org/>
  1. Education Corner>Study Aids
    - a. Practice tests
    - b. Cheatsheets
    - c. Study programs for mobile devices
    - d. Miscellaneous Computer Aids
- ii. Washington NAWGJ website: <http://www.nawgjwa.com/>
  1. Updates on home page
  2. Resources in menu bar
- iii. USAG website: <https://usagym.org>
  1. Women>Junior Olympics or Rules
  2. Check this site for the latest updates, clarifications etc.
- iv. Quizlet: <https://quizlet.com/class/620279/> (EXCELLENT)
- v. iStudious Flashcards: check NAWGJ website for directions on how to access this.
- vi. Flashcards for studying Optional & Compulsory Deductions for 2013-17 by Scott and P.J.Slater - Optional updated 7/4/2013; Compulsory updated 7/24/2013.
- vii. Compulsory DVD – check with your State Judging Director for a copy.

If you have questions, contact your State Judging Director, your mentor or another judge you may know. You definitely want to pass the first time!!!! If you put in the time, you WILL pass. Best of luck!!

*Mary Ann West 9/17*