

SILVER LEVEL

1. What is one event that Men's gymnastics has, but woman do not?
 - a. Push-up contest
 - b. vault
 - c. Pommel Horse**
 - d. Trampoline
2. When you make a landing without taking any steps, it is called _____ing the landing.
 - a. Making
 - b. Sticking**
 - c. Taking
 - d. Hopping
3. What position do you start in before you do a handstand or a cartwheel?
 - a. Lunge**
 - b. Pike
 - c. Arabesque
 - d. Ta Da
4. Which is another name for a back handspring?
 - a. Flinger
 - b. Flic Flac**
 - c. Tick Tock
 - d. Flopper
5. What is the width of the balance Beam?
 - a. 4"**
 - b. 6"
 - c. 3"
 - d. 1 foot
6. Midwest Twisters hosts a large meet every year. What is the name of this meet?
 - a. The Harley Meet**
 - b. The Twister Invite
 - c. The Midwest Best
 - d. The Deep Freeze
7. What Olympian is not from WI?
 - Paul Hamm
 - Dan Jansen
 - Chelsea Memmel
 - Michael Phelps**

8. What are the rails made of on the uneven bars?

- a. Fiberglass
- b. Wood**
- c. Steele
- d. Teflon

9. What is the Olympic order of events for women?

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

10. What is the “Breakfast of Champions”?

- a. Wheaties**
- b. Waffles
- c. Milk and Eggs
- d. Blueberry Muffins