

WACPC Rule Interpretation Quiz Directions

Please print these directions before proceeding with the test.

-After selecting the link to the ONLINE QUIZ from www.wacpc.com/rule-interpretation.php, the following screen should appear.



Choose the SIGN UP arrow to register. If you have already registered and are returning to the site, just LOGIN.

-After selecting the SIGN UP arrow, the following screen should appear.



-Enter your first and last name

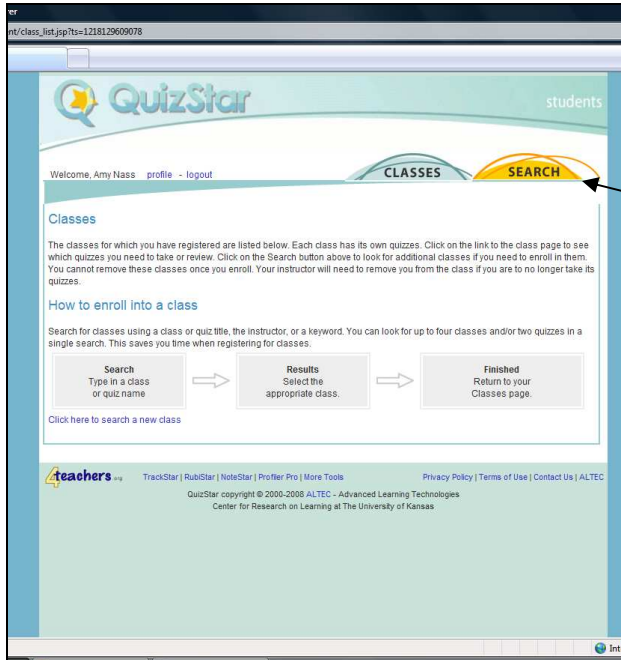
-Select a user name that identifies your school and level.

For example: Jane Doe coaches varsity cheerleading at Homestead High School, Username: Homestead_Varsity

-Create a password

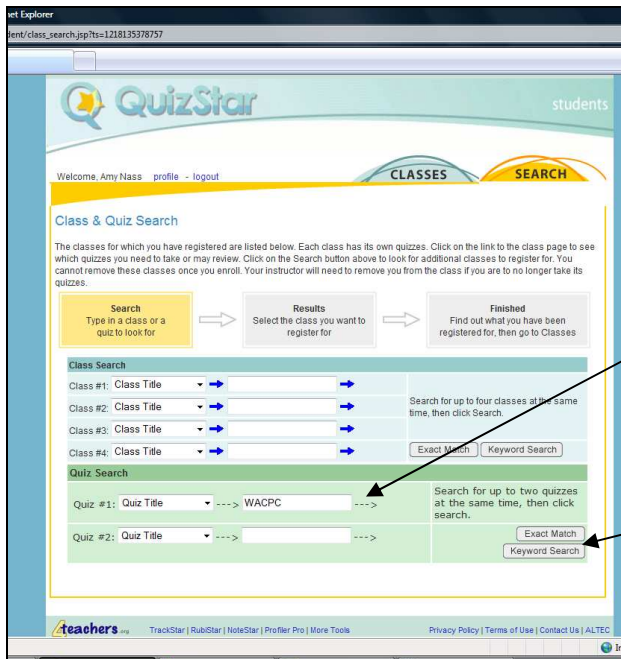
-Click on REGISTER when complete

-After you complete the registration process, or login, the following screen should appear.



Click on SEARCH to search for the quiz

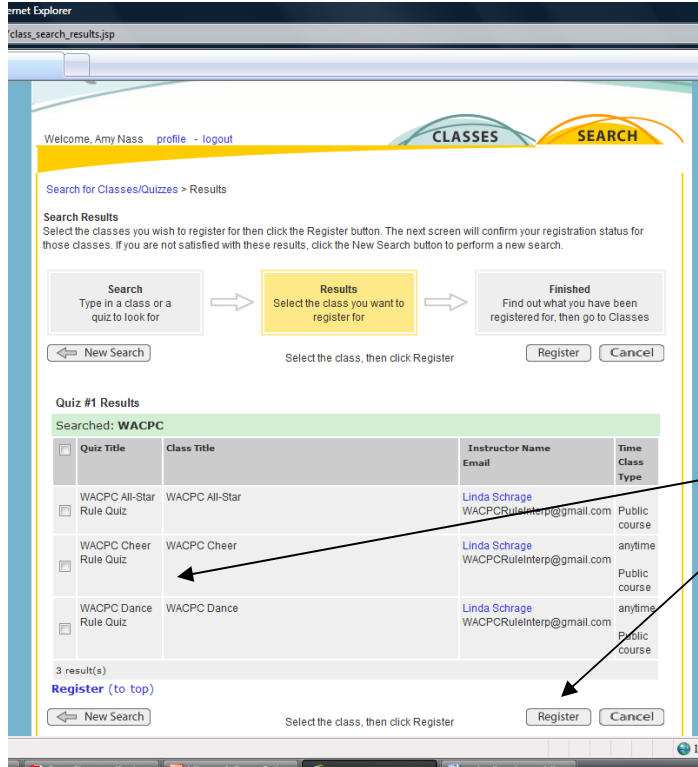
-After selecting SEARCH, the following screen should appear.



Under QUIZ SEARCH, chose QUIZ TITLE from the pull down menu, and type in WACPC

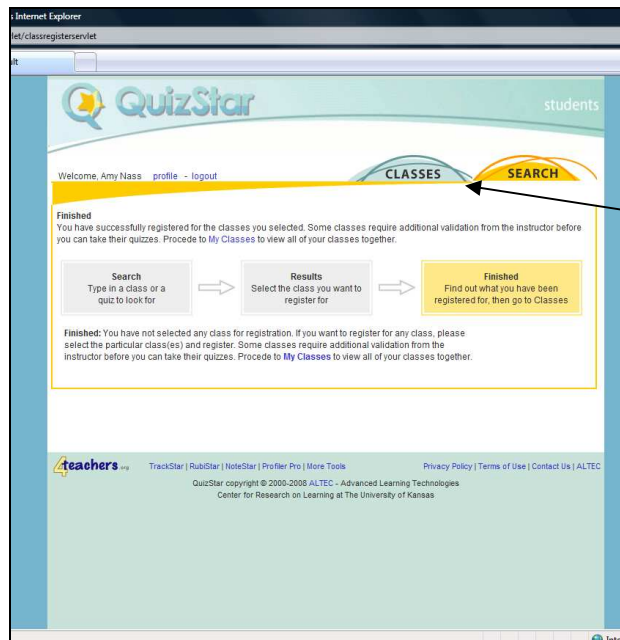
Choose KEYWORD SEARCH when complete

-The search results should be shown as follows:



Select your test and select REGISTER

-If the following screen appears, you have successfully registered for the test.



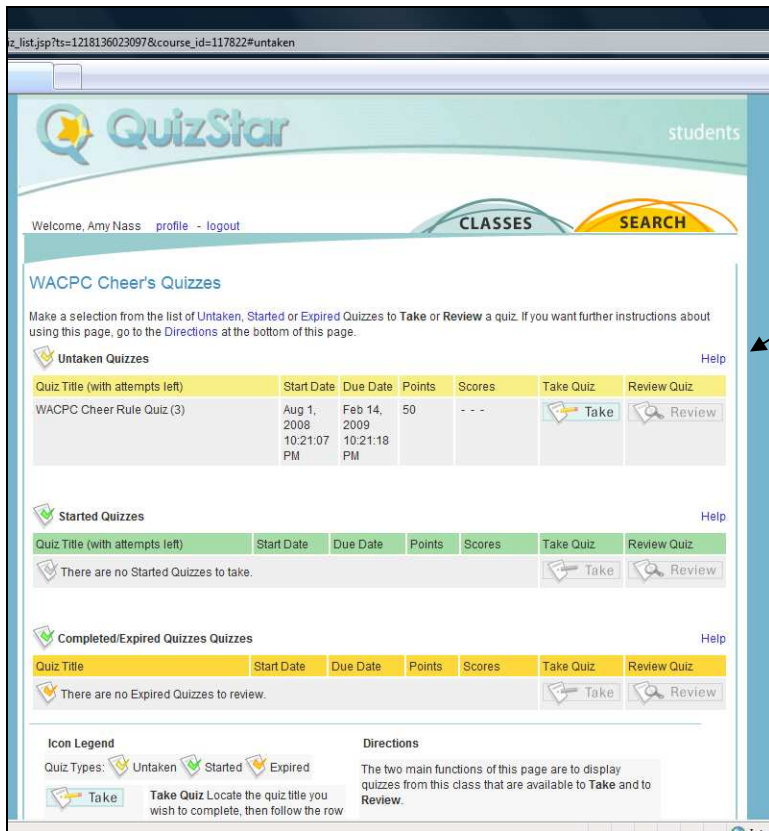
Select CLASSES to access the quiz

-After selecting CLASSES, the following screen should appear.



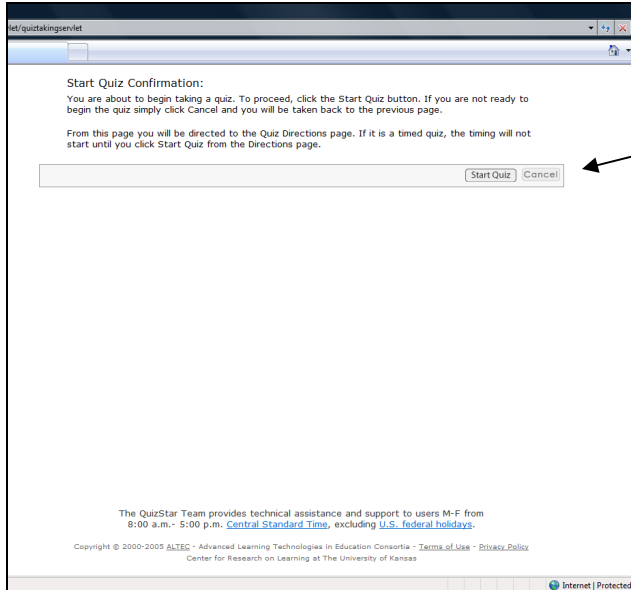
Choose UNTAKEN QUIZZES

-The following screen should appear



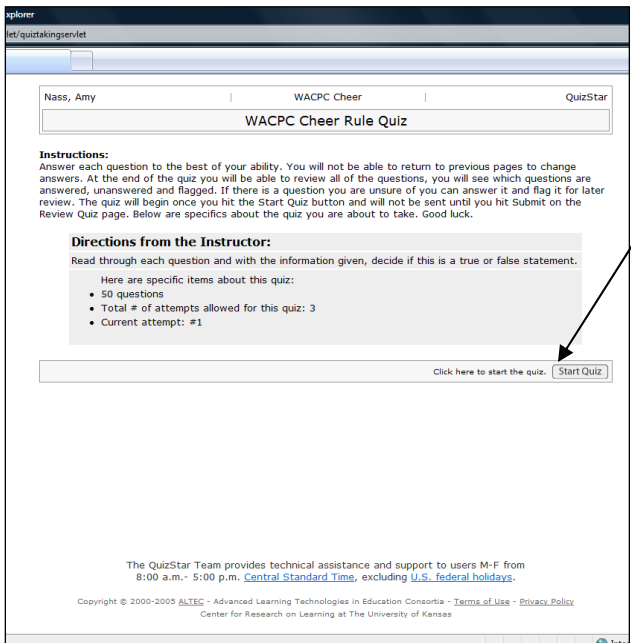
Select the appropriate option. You can TAKE or REVIEW your quiz. You are allowed to review the quiz once you have officially "submitted it".

-When you choose to TAKE the quiz, the following screen should appear.



Click START QUIZ to begin or CANCEL to quit.

-When you select START QUIZ, the following screen should appear.



After carefully reading the instructions, select START QUIZ to begin.

-After you choose START QUIZ, the following screen should appear.

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WACPC All Star Cheer Rule Quiz

Directions:

1. Answer the questions below by clicking the button next to the best answer or typing your answer. Each question's answers are in grey.
2. At the end of every page click the next button to move forward to the next page. DO NOT USE THE BROWSER'S BACK BUTTON!
3. On the last page of the quiz you will be able to see which questions are answered, unanswered and have been flagged.

Question(s) 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 of 40:

1. Level 3: Suspended forward roll dismounts are allowed.
pts. 1
 True
 False
 Flag this question for later review

2. Level 5: Release Moves may not exceed 12 inches.
pts. 1
 True
 False
 Flag this question for later review

3. Level 3: Round off back handspring whip through to back tuck is allowed
pts. 1
 True
 False
 Flag this question for later review

Proceed with the quiz; selecting your answer for each question.

-When you have completed the quiz, a screen will appear with a summary of your answers.

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WACPC All Star Cheer Rule Quiz

Directions:

1. Review the quiz questions listed below marked as incomplete or complete and flagged. Now is the time to change or update any of your responses.
2. To edit the answer to a question find the question you wish to change and click the "change answer" button inline with that question.
3. When you are satisfied with the selected answers hit the submit button to send your quiz. You will not have another chance to edit your responses to this quiz after you hit submit.

incomplete	complete	flagged	question:	
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	1. Level 3: Suspended forward roll dismounts are allowed.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	2. Level 5: Release Moves may not exceed 12 inches.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	3. Level 3: Round off back handspring whip through to back tuck is allowed	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	4. Which is the first level that the following skill is allowed: Tumbling: Full twists in standing and running tumbling is not allowed until:	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	5. Level 2: Dive rolls are allowed.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	6. Which is the first level that the following skill is allowed: Dismounts: Full twisting cradle dismount from arabesque.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	7. Which is the first level that the following skill is allowed: 37. Stunts: Release Moves - The first time a stunt is allowed to be release and re-caught in another stunt is:	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	8. Level 2: Full twist cradles out of extensions are allowed.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	9. Athletes are allowed to wear casts, as long as the hard/rough edges are appropriately padded.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	10. Which is the first level that the following skill is allowed: Pyramid Release Moves - The first time Pyramid Release moves is allowed.	<input type="button" value="change answer"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="checkbox"/>	11. Level 3: A downward traveling inversion from an extended position is allowed.	<input type="button" value="change answer"/>

You may choose CHANGE ANSWER by any answer(s) you would like to modify.

-When you have completed the answers to your satisfaction, choose SUBMIT QUIZ at the bottom of your answer summary. Once you submit the quiz it will count as an attempt. You are allowed 10 attempts to receive a passing score of 85%.

27. Head contact with the top person throughout the entire transition.

28. Level 4: Double full twisting tosses (without a specialty skill) are allowed. [change answer](#)

29. Which is the first level that the following skill is allowed: Stunts: Free Standing, Extended Arabesque. [change answer](#)

30. Level 3: A full up to extended position is allowed. [change answer](#)

31. Level 4: Tosses must be caught by at least 3 catchers. [change answer](#)

32. Level 4: All girl "rewinds" (where the bases never release the top person) are allowed at Level 4. [change answer](#)

33. Level 4: Round off back handspring fulls are not allowed. [change answer](#)

34. Level 3: In pyramid release moves, a top person must maintain contact with two other top persons at prep level or below. [change answer](#)

35. Which is the first level that the following skill is allowed: Standing Tumbling: Standing back tuck [change answer](#)

36. Level 4: Back flip free flipping dismounts are allowed. [change answer](#)

37. Level 3: Free standing liberties are allowed. [change answer](#)

38. Level 2: Standing back handspring series is NOT allowed. [change answer](#)

39. Which is the first level the following is legal. Running Tumbling: Round Off. [change answer](#)

40. Level 2: Show-n-go extensions are allowed. [change answer](#)

Hit the submit button when the quiz is complete. There will not be another opportunity to edit the answers to this quiz attempt after the quiz is submitted. [Submit Quiz](#)

The QuizStar Team provides technical assistance and support to users M-F from 8:00 a.m.- 5:00 p.m. [Central Standard Time](#), excluding [U.S. federal holidays](#).

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Center for Research on Learning at The University of Kansas

-After you choose SUBMIT QUIZ, the following screen should appear indicating your score. To pass the quiz, you must receive a score of 85% or better. We encourage you to retake the quiz to achieve a perfect score.

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WACPC All Star Cheer Rule Quiz

Your Score : 35 out of 40 (88%)
WACPC All Star Cheer Rule Quiz
has been submitted at
Jul 15, 2009 10:24:38 AM

[Return to this Class page](#) | [Review this quiz](#) | [Logout of QuizStar](#)

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You can choose to REVIEW the results, to compare your answers to the correct answers.

-After you choose REVIEW, the following screen should appear.

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WACPC All Star Cheer Rule Quiz

Go Back

Your score: 35 out of 40 (88%) | Quiz Attempts: 1

Your Responses:

7. Level 2: Show-n-go extensions are allowed. [1 pts.]
 True
 False

8. Level 2: A handstand that moves to a shoulder sit is allowed under Inversions. [1 pts.]
 True
 False
Incorrect answer
 Feedback:

9. Level 2: Dive rolls are allowed. [1 pts.]
 True
 False

The printout indicates your answers as well as the correct answer.

Print out a copy for your records, or if you need to retake the quiz to receive a passing score.

-After you review your quiz, or return to the CLASS PAGE, the following screen should appear.

QuizStar students

Welcome, amy nass profile - logout

CLASSES SEARCH

WACPC All-Star's Quizzes

Make a selection from the list of Untaken, Started or Expired Quizzes to Take or Review a quiz. If you want further instructions about using this page, go to the Directions at the bottom of this page.

Quiz Title (with attempts left)	Start Date	Due Date	Points	Scores	Take Quiz	Review Quiz
There are no Untaken Quizzes to start.						
Started Quizzes						
WACPC All Star Cheer Rule Quiz (9)	Aug 8, 2008 11:19:59 AM	Jul 31, 2010 11:20:09 AM	40	35 - - -	Take Quiz	Review Quiz
Completed/Expired Quizzes						
There are no Expired Quizzes to review.						

Icon Legend: Untaken, Started, Expired

Directions: The two main functions of this page are to display quizzes from this class that are available to Take and to Review.

You can TAKE the quiz again to improve your score, or REVIEW an already completed quiz.

Note: Each time you enter the quiz is an "attempt". Please allow yourself time to take the quiz in one sitting. You CANNOT return to a partially completed quiz. You have 10 attempts to receive a passing score of 85%.