

I.S.G.A. BOYS NATIONAL 4 PIECE CHAMPIONSHIPS

INDIVIDUAL VOLUNTARY FLOOR SEQUENCE

CHECKLIST FOR JUDGES

Example Sheet for Coaches

Round number : Two		Time round starts: 11.40am	
School: St Peter's		Boys Age Group: Under 11	
Name: Christian Brown		Competitors No: 30	
Write down in <u>order of performance</u> , each agility taken from the floor code			
Number Each move from the code 1,2,3,etc	AGILITIES	BONUS Intermediate or Advanced	COMPOSITION Tumble Run, Strength, Flexibility, Balance,
1	Cartwheel		} Tumble
2	Round Off		}Tumble
3	Star jump		} Tumble
4	Handstand forward roll		
5	Tuck jump		
6	Frog Balance		Strength/balance
7	Headstand legs levered straight throughout	Intermediate	Strength/Balance
8	Forward roll to stop in strong Dish		
9	Long sit - backward roll to straddle stand	Intermediate	Flexibility
10	Cartwheel ¼ turn to lunge		

Staple together team set in programme order ie first gymnast to perform on the top.
Hand in to Voluntary Floor judge on arrival.