

I.S.G.A. INDIVIDUAL VOLUNTARY FLOOR

4 PIECE BOYS CHECKLIST

Name		Competitor's No.	
School		Category	
Round		Time round starts	

	AGILITIES	BONUS Intermediate or Advanced	COMPOSITION Strength, Flexibility, Balance, Tumble run
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Staple together team set in programme order. First gymnast to compete on the top of the set.
Hand to the judging panel on arrival.