

Example of an ISA INDIVIDUAL VOLUNTARY FLOOR BOYS CHECKLIST

Name	Sam Smith	Competitor's No.	24
School	Westbury House	Category	U9 Boys
Round	Three	Round starts	1.30pm

	AGILITIES	BONUS Intermediate or Advanced	COMPOSITION Strength, Flexibility, Balance, Tumble run
1	Catleap		}Tumble
2	Cartwheel		}Tumble
3	Cartwheel ¼ turn lunge		}Tumble
4	Forward roll		
5	Frog balance		Strength & Balance
6	From long sit, backward roll to straddle stand	Intermediate	Flexibility
7	Headstand with straight legs 3 secs	Intermediate	
8	Handstand forward roll		
9	Round off		
10	Tuck jump		

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