

# Example of an ISA INDIVIDUAL VOLUNTARY FLOOR GIRLS CHECKLIST

Name	<b>Jennie Smith-Jones</b>	Competitor's No.	<b>92</b>
School	<b>Westbury House</b>	Category	<b>U11 Girls</b>
Round	<b>One</b>	Round starts	<b>9.05am</b>

	AGILITIES	BONUS Intermediate or Advanced	COMPOSITION Strength, Flexibility, Balance, Tumble run
1	Straddle balance		Strength & balance
2	Forward roll		
3	360 Spin	Intermediate	
4	Tuck jump		
5	Backward walkover	Intermediate	Flexibility
6	Cartwheel		}Tumble
7	Round Off		}Tumble
8	Star jump		}Tumble
9	Handstand forward roll		
10	One handed Cartwheel		

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