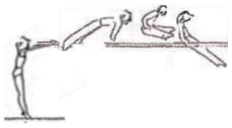
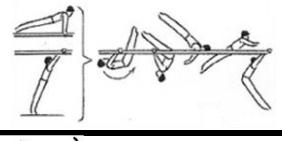
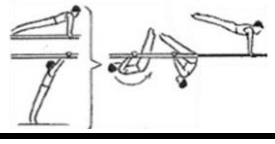
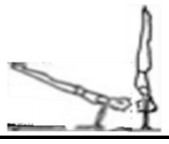
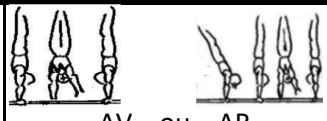
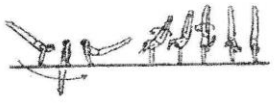
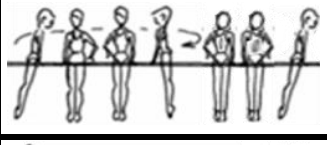
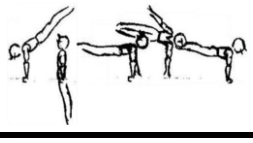
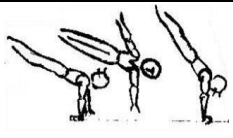
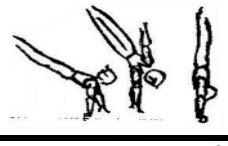
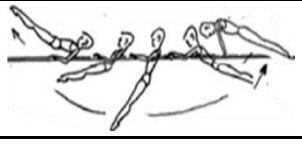
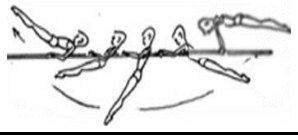
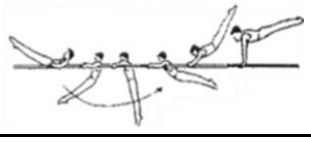
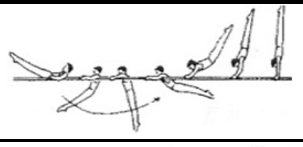
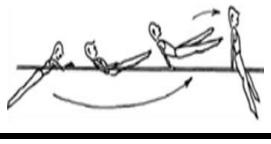
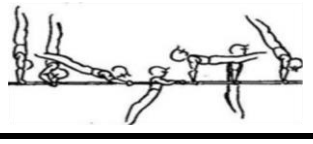
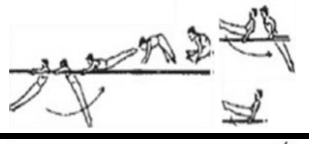
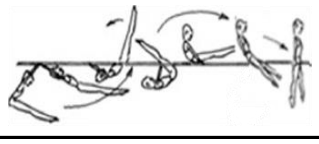
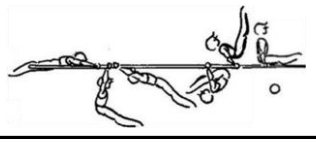
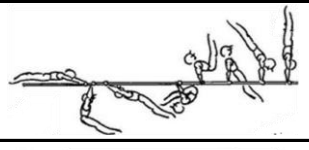
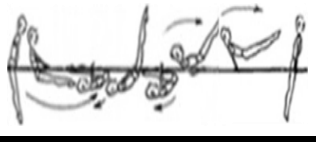
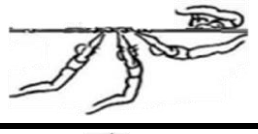
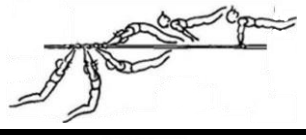
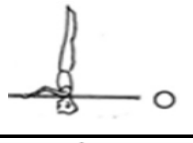
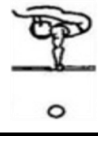
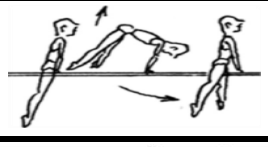
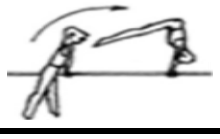
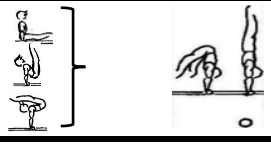
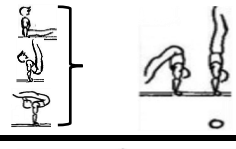
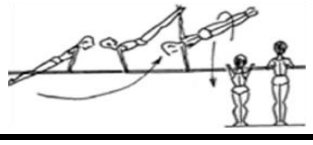
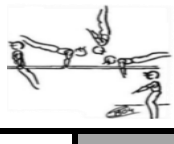
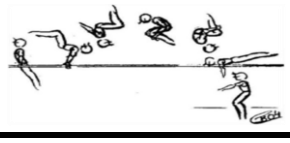
BARRES PARALLELES / Catégorie Excellence Collège et Lycée

UNSS Union Nationale du Sport Scolaire

Ville / Académie :	**Code UNSS**
Collège / Lycée :	**Excellence**
Nom Prénom :	**2021 - 2024**

Projet d'enchaînement

Difficultés		C = 0,4	D = 0,6	E = 0,8	F = 1,00
	1				
AP	2			 AV ou AR	
	3				
AB	4				
	5				
S	6				
	7				
MP	8				
	9				
	10				

Note D	Seulement 6 élèments pris en compte	Note E	Exécution / 10 pts

Difficultés / 6 pts		Exigences de Composition / 4 pts		
..... F X 1,00 = ...		AP	Elt à l'APpui	1 pt
..... E X 0,80 = ...		AB	Elt à l'**A**ppui **B**rachial	1 pt
..... D X 0,60 = ...		S	Elt à la **S**uspension	1 pt
..... C X 0,40 = ...		MP	Elt de **M**aintien ou de **P**lacement	1 pt
Note sur 6 :			**Note sur 4 :**	

10.00

\-

Note sur 10 :

Pénalités : \-

Note Finale