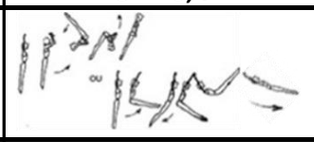
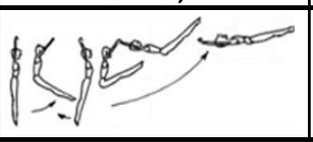
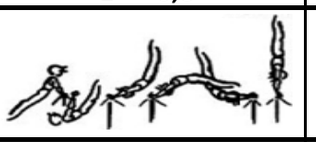
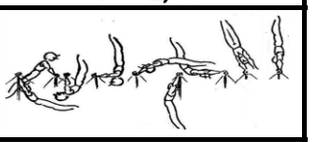
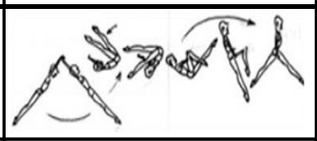
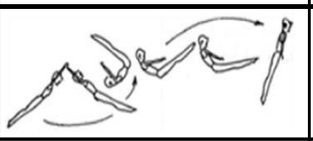
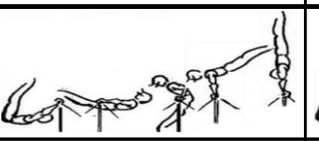
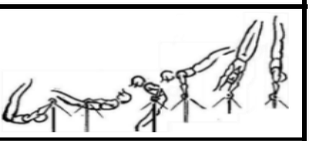
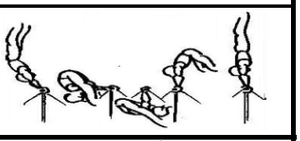
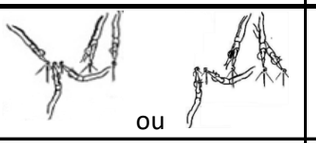
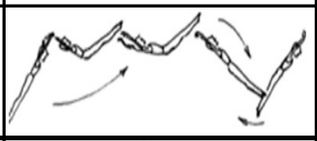
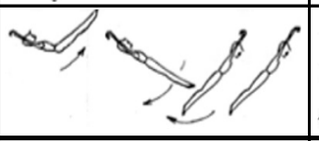
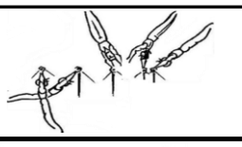
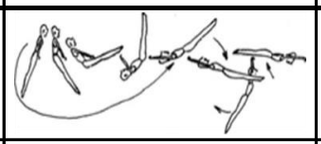
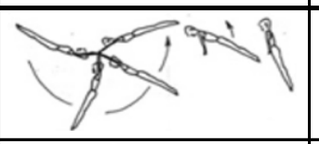
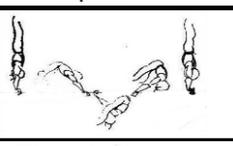
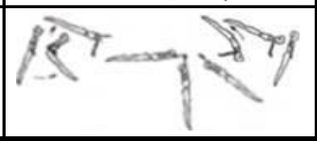
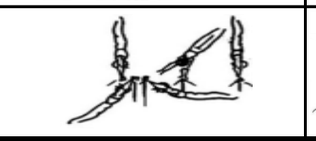
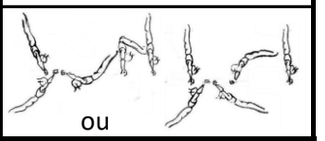
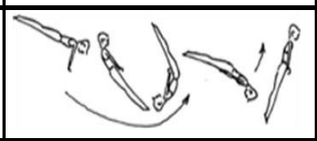
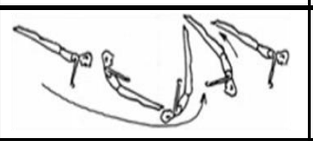
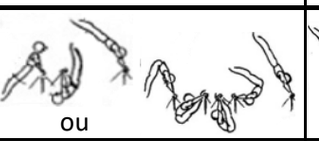
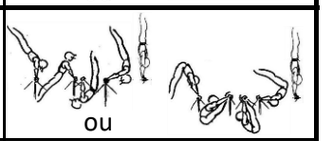
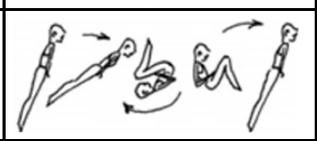
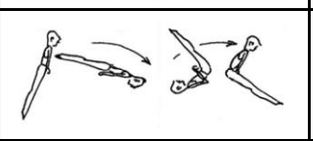
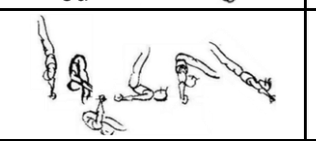
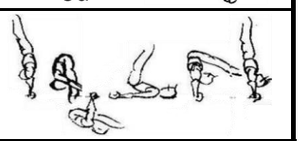
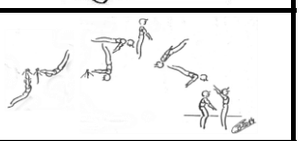
BARRE FIXE / Catégorie Excellence Collège et Lycée

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				
BO	2				
	3				
FP	4			 ou	
	5			 ou	
AP	6				
	7				 ou
R	8			 ou	 ou
	9				
	10				

Note D	Seulement 6 élèments pris en compte	Note E	Exécution / 10 pts
			10.00
			–
		Note sur 10 :	
		Pénalités :	–

Difficultés / 6 pts		Exigences de Composition / 4 pts		
..... F X 1,00 = ...		BO	1 élt de **B**ascule ou **O**scillation	1 pt
..... E X 0,80 = ...		FP	Changement de **F**ace ou de **P**rise	1 pt
..... D X 0,60 = ...		AP	1 élt à l'**AP**pui ou par l'**AP**pui	1 pt
..... C X 0,40 = ...		R	1 élt avec **R**otation avt ou arr.	1 pt
Note sur 6 :		**Note sur 4 :**		

Note Finale