

Ville / Académie :

Collège / Lycée :

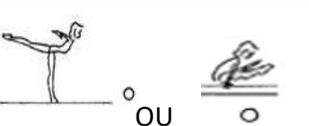
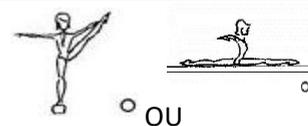
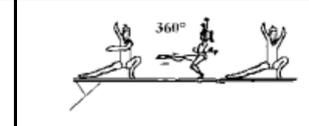
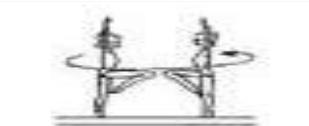
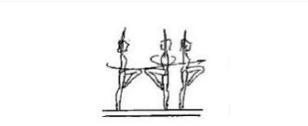
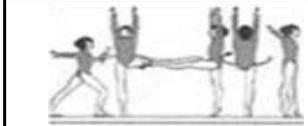
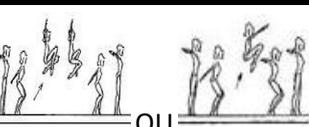
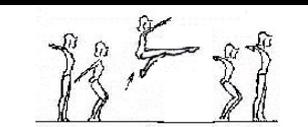
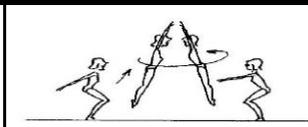
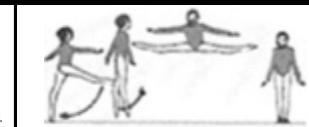
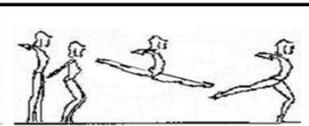
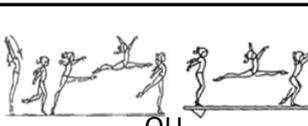
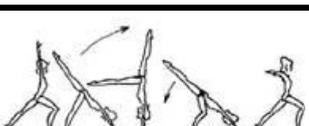
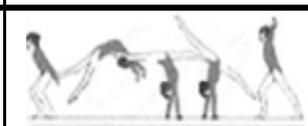
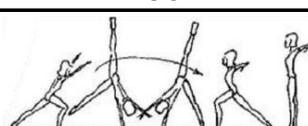
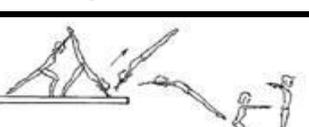
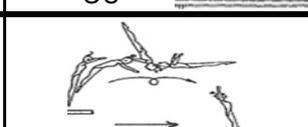
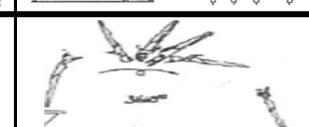
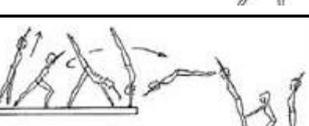
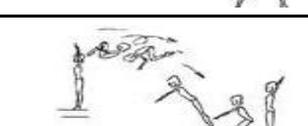
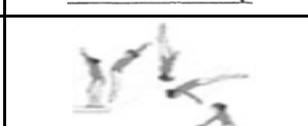
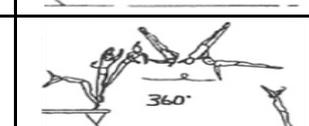
Nom Prénom :

Code UNSS

Excellence

2021 - 2024

Projet d'enchaînement

Difficultés	C = 0,4	D = 0,6	E = 0,8	F = 1,00
E	1 			
	2 			
SM / T	3  OU 	 OU 		 360°
	4 			 OU
LG	5  OU 			
	6 	 OU 		
AC	7  OU 	 OU 		 OU 
	8 		 OU 	 OU 
	9 			
	10 			 360°

Note D	Seulement 6 éléments pris en compte			Note E	Exécution / 10 pts
Difficultés / 6 pts	Exigences de Composition / 4 pts			10.00	
..... F X 1,00 =	E	1 Entrée en D minimum	1 pt	Note sur 10 :	
..... E X 0,80 =		1 élément de Souplesse, Maintien ou Tour	1 pt		
..... D X 0,60 =		1 élément de SM ou T	1 pt		
..... C X 0,40 =		1 élément de LG	1 pt		
..... C X 0,40 =	AC	1 élément ACrobatique	1 pt	Pénalités : -	
Note sur 6 :	Note sur 4 :			Note Finale 