

Ville / Académie :

Collège / Lycée :

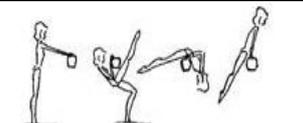
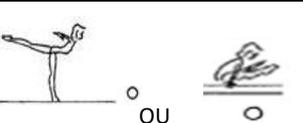
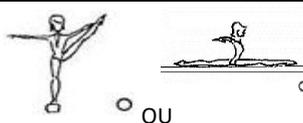
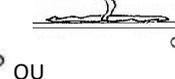
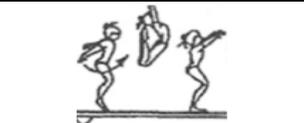
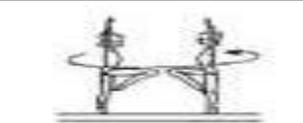
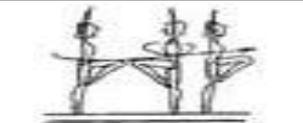
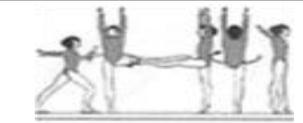
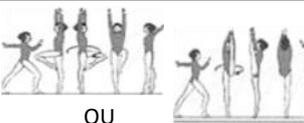
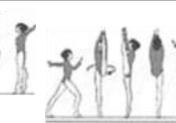
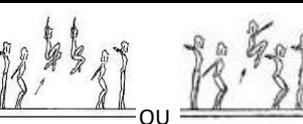
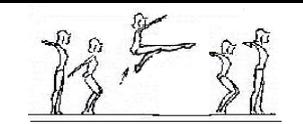
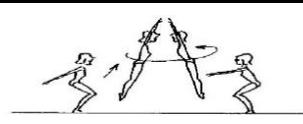
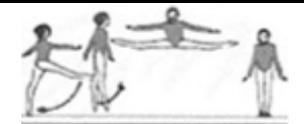
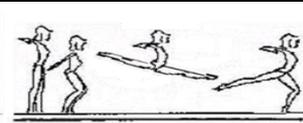
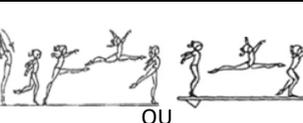
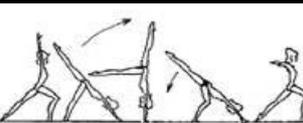
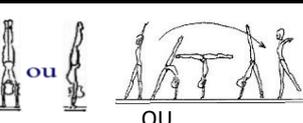
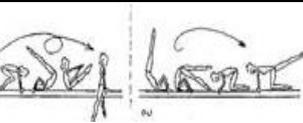
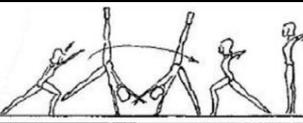
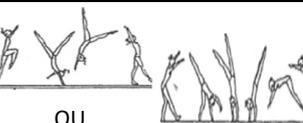
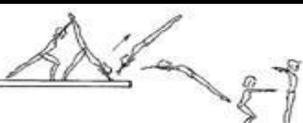
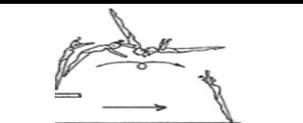
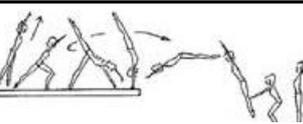
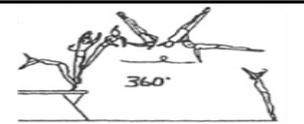
Nom Prénom :

Code UNSS

Excellence

2016 - 2020

Projet d'enchaînement

Difficultés	C = 0,4	D = 0,6	E = 0,8	F = 1,00
E	1 			
	2 			
SM / T	3  OU 	 OU 		
	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	-		
..... E X 0,80 =		SM ou T	élt de Souplesse, Maintien ou Tour	-	
..... D X 0,60 =			Liaison Gymnique de 2 sauts	-	
..... C X 0,40 =		LG		-	
	AC	1 élément ACrobatique	-		
Note sur 6 :	Note sur 4 :		Note Finale		