

Ville / Académie :

Collège / Lycée :

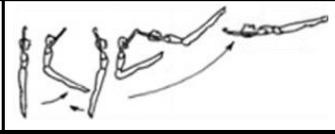
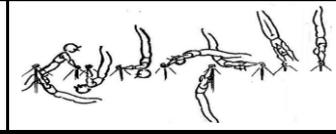
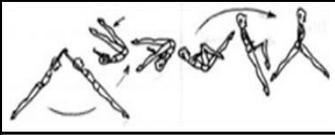
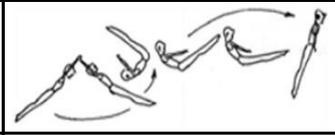
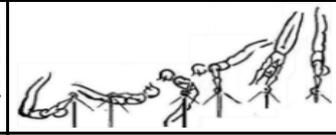
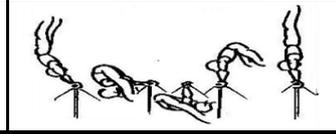
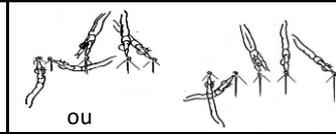
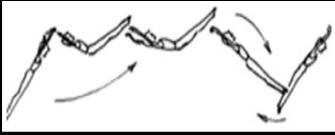
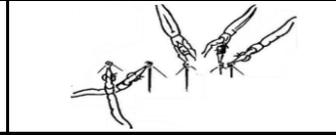
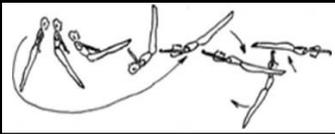
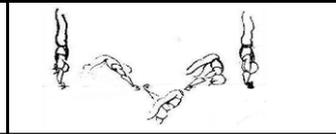
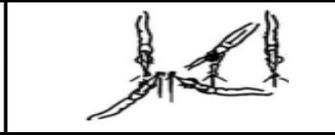
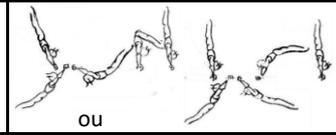
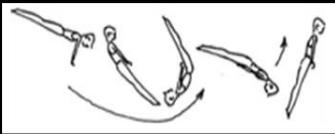
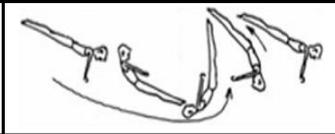
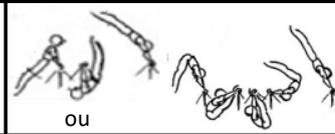
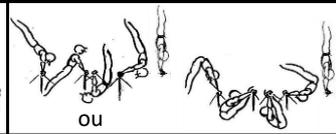
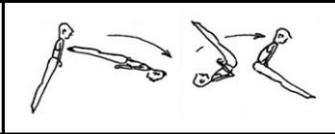
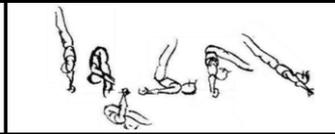
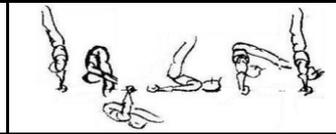
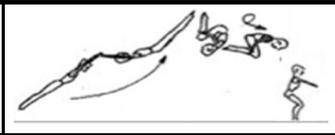
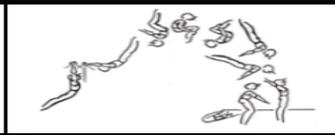
Nom Prénom :

Code UNSS

Excellence

2016 - 2020

Projet d'enchaînement

Difficultés	C = 0,4	D = 0,6	E = 0,8	F = 1,00
1				
BO	2 			
	3 			
FP	4 			 ou
	5 		 ou	
AP	6 			
	7 			 ou
R	8 		 ou	 ou
	9 			
10				

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 =	BO élé de Bascule ou Oscillation FP élé avec Changement de Face ou de Prise AP élé à l'Appui ou par l'Appui R élé avec Rotation avt ou arr.	1 pt	-	
..... E X 0,80 =		1 pt	Note sur 10 :	
..... D X 0,60 =		1 pt	Pénalités :	
..... C X 0,40 =		1 pt		
Note sur 6 :	Note sur 4 :	Note Finale		