


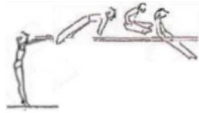
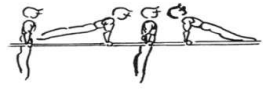
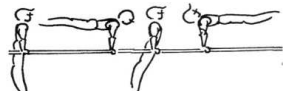

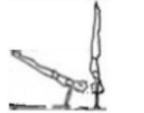

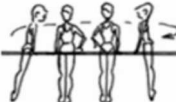
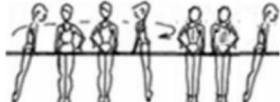









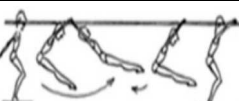












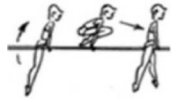



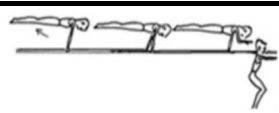
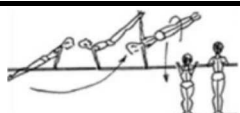
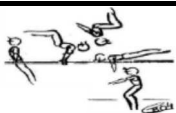


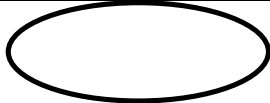
BARRES PARALLELES:

Catégorie Equipe Etablissement Collège et Lycée

Ville / Académie :	Code UNSS Equipe Etablissement 2016 - 2020
Collège / Lycée :	
Nom Prénom :	

Projet d'enchaînement

Difficultés	A = 0,40	B = 0,60	C = 0,80	D = 1,00
1				
AP	2 			
	3 			
AB	4 			
	5 			
S	6 			
	7 			
MP	8 			
	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	
..... D X 1,00 =	AP	Elt à l'Appui	1 pt	-	
..... C X 0,80 =	AB	Elt à l'Appui Brachial	1 pt	Note sur 10 :	
..... B X 0,60 =	S	Elt à la Suspension	1 pt	Pénalités : -	
..... A X 0,40 =	MP	Elt de Maintien ou de Placement	1 pt	Note Finale	
Note sur 6 :		Note sur 4 :			