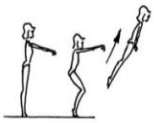
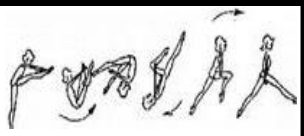
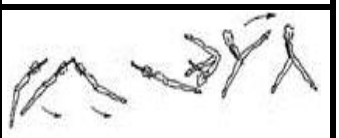
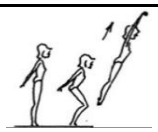
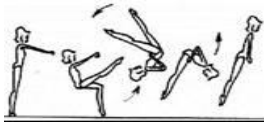
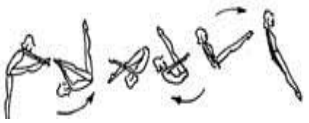
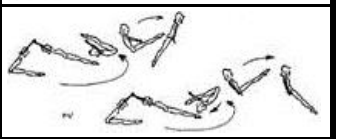
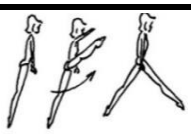
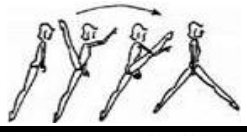
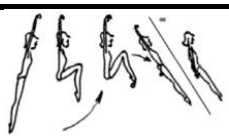
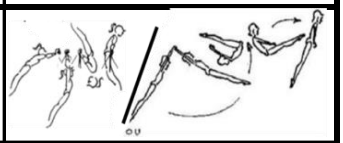
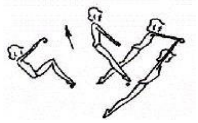
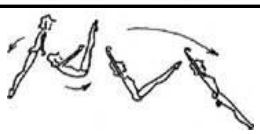
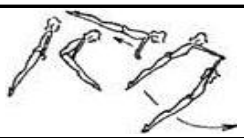
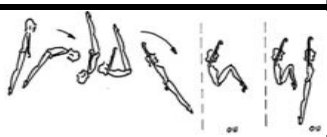
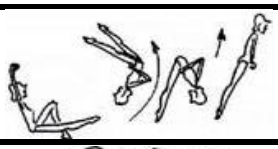
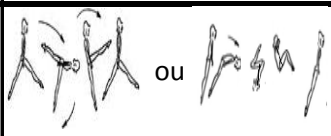
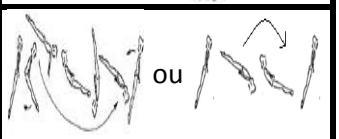
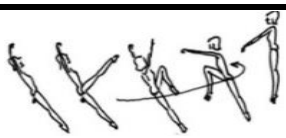
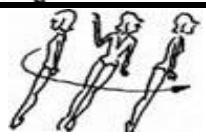
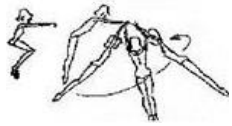
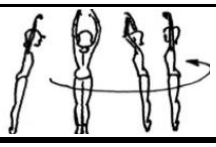
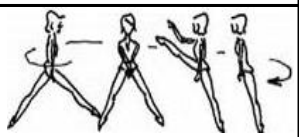
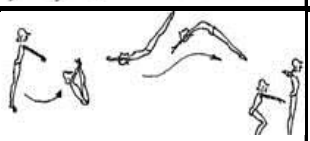
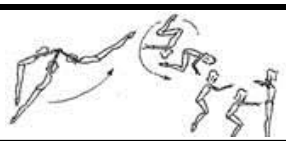
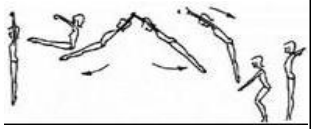
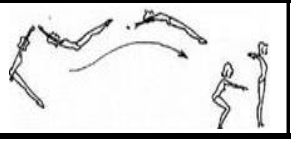
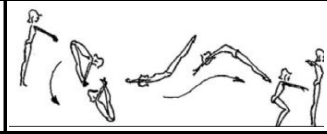
BARRES ASYMETRIQUES :

Catégorie Pôle Développement

UNSS
UNION NATIONALE DU SPORT SCOLAIRE

Ville / Académie : **DIJON**	Code UNSS
Collège / Lycée :	
Nom Prénom :	2016 - 2020

Projet d'enchaînement

Difficultés		A = 0,40	B = 0,60	C = 0,80	D = 1,00
	1				
	2				
AP	3				ou
AS / SA	4				
	5				
R	6			 ou	 ou
F	7				
	8				
	9				
	10				

Note D	Seulement 6 élèments pris en compte			Note E	Exécution / 10 pts
Difficultés / 4 pts		**Exigences de Composition / 4 pts**			10.00
..... D X 1,00 = ...		**AP**	Travail en **AP**pui	1 pt	-
..... C X 0,80 = ...		**AS/SA**	**A**ppui - **S**uspension **S**uspension-**A**ppui	1 pt	**Note sur 10 :**
..... B X 0,60 = ...		**R**	**R**otation	1 pt	**Pénalités :** -
..... A X 0,40 = ...		**F**	Changement de **F**ace	1 pt	
Note sur 4 :			**Note sur 4 :**		**Note Finale**