

EXECUTION / 5

Fautes constatées

NOM.....

Prénom:.....

Établissement.....


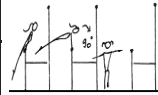






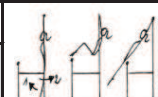


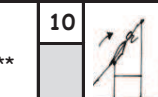
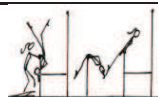




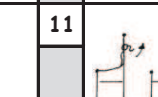


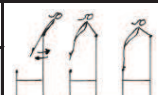


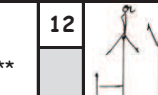
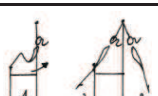
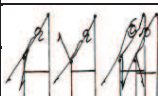
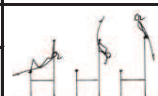


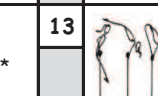





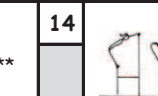

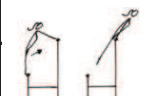



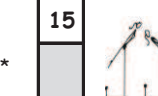



Catégorie (1) : **B - M - C - J**

Équipe (1)

Individuel (1)

COMPOSITION / 0,5

Dynamisme d'ensemble

Éléments "A" (0,4)			Éléments "B" (0,5)			Éléments "C" (0,6)							
1		9		1		9		1		a***	9		a**
2		10		2		10		2		**	10		
3		11		3		11		3			11		**
4		12		4		12		4		**	12		
5		13		5		13		5		*	13		a** b***
6		14		6		14		6		**	14		*
7		15		7		15		7		*	15		*
8				8				8		***			

DIFFICULTES / 3

ÉTOILES / 0,5

EXIGENCES (5 X 0,20) / 1

1 changement de barre

1 changement de face en cours d'enchaînement

1 élément avec rotation sur barre inférieure (départ et retour à l'appui)

1 élément avec rotation sur barre supérieure (départ et retour à l'appui)

1 entrée ou sortie "C"

NOTE FINALE

/ 5

/ 0,5

/ 3

/ 0,5

/ 1

/ 10

Entourer et numéroter les 5 ou 6 éléments dans l'ordre d'exécution

(1) Entourer les critères correspondants