



ÉTABLISSEMENT : VILLE :

NOM : PRÉNOM :

N° de licence : Catégorie : B – M – C – J – S ⁽¹⁾

Valeur des éléments

	EXCELLENCE	
	B - M	C - J - S
B	0.10	0.10
C	0.20	0.20
D	0.40	0.30
E	0.60	0.40
F	0.60	0.50
G	0.60	0.60

DIFFICULTÉ

Le gymnaste doit entourer ci-contre 6 éléments qui seront comptabilisés dans le secteur « difficulté ». Les éléments hors grille sont à l'appréciation du responsable du jury, du directeur de compétition et du juge arbitre de l'agrès pour validation de la valeur.


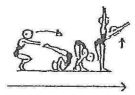



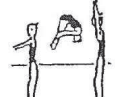






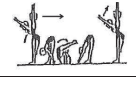
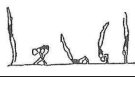



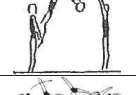

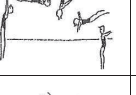
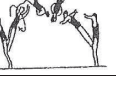





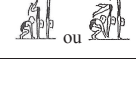
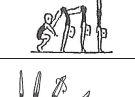
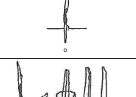


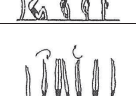
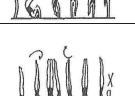



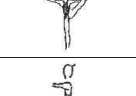
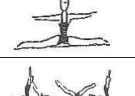
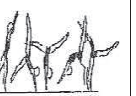
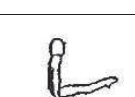
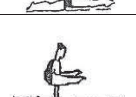
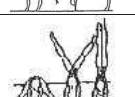

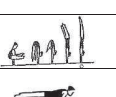


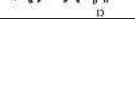
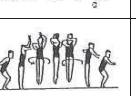
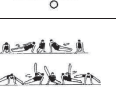
EXIGENCES

Parmi les 6 éléments choisis, 3 groupes sur 4 doivent être représentés dans la composition de l'exercice.

FICHE INDIVIDUELLE DE JUGEMENT

SECTEUR	VALEUR	NOTE
DIFFICULTÉ	3.00	
EXIGENCES	1.00	
EXÉCUTION	6.00	
NOTE FINALE		

⁽¹⁾ Rayer les mentions inutiles

GROUPES	B	C	D	E	F	G
ROTATIONS AVANT						
						
						
ROTATIONS ARRIÈRES ET LATÉRALES						
						
						
ÉQUILIBRES ET ALIGNEMENTS						
						
MAINTIENS ET SOUPLESSES						
						
FORCES						
SAUTS	