

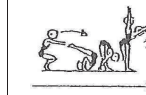

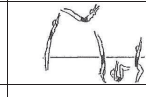
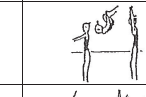
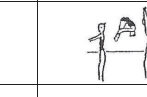

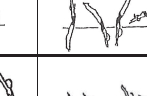
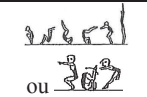

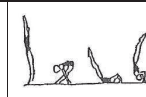



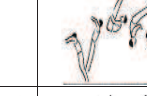



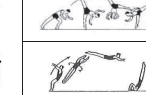
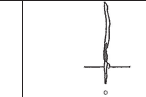

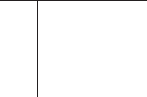

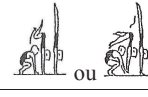
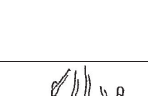
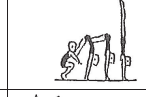


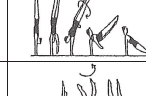



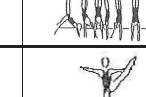
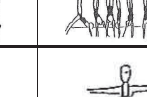
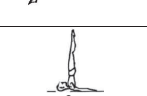
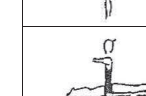

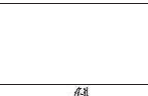
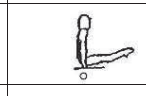
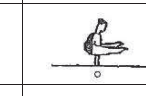






GROUPES	A	B	C	D	E
ROTATIONS AVANT					
					
					
ROTATIONS ARRIÈRES ET LATÉRALES	 ou 				
					
				 	 
ÉQUILIBRES ET ALIGNEMENTS		 ou 			
					
					
MAINTIENS ET SOUPLESSES					
					
FORCES					
SAUTS					

ÉTABLISSEMENT : VILLE :

NOM : PRÉNOM :

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

Valeur des éléments

	PROMOTIONNEL	
	B - M	C - J - S
A	0.20	0.10
B	0.40	0.20
C	0.60	0.40
D	Bonus	0.60
E		Bonus

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	
BONUS	0.30	
NOTE FINALE		

⁽¹⁾ Rayer les mentions inutiles