

BARRES ASYMETRIQUES COUPE DU DISTRICT




















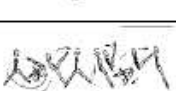




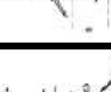



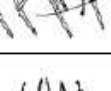
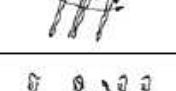


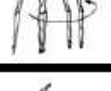







Ville / Académie

Collège / Lycée

Elève :

| Note D | Difficultés |
|---------------------------|------------------|
| | D X 1,00 = |
| | C X 0,80 = |
| | B X 0,60 = |
| | A X 0,40 = |
| Note sur 4 : | |

Projet d'enchaînement

| Difficultés | A = 0.40 | B = 0.60 | C = 0.80 | D = 1.00 | |
|---------------|----------|---|---|---|--|
| | 1 |  |  |  |  |
| | 2 |  |  |  |  |
| AP | 3 |  |  |  |  |
| AS / SA | 4 |  |  |  |  |
| | 5 |  |  |  |  |
| R | 6 |  |  |  |  |
| F | 7 |  |  |  |  |
| | 8 |  |  |  |  |
| | 9 |  |  |  |  |
| | 10 |  |  |  |  |

Exigences de composition

Une entrée : 0,5 pt

2 éléments libres : 1 pt

Une sortie : 0,5 pt

Note sur **2** : ...

Note E Exécution

4.00

-

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Note sur **4** :

| | | | |
|--------------|--------------------------|-------------|--|
| Note D | Difficultés | / 4 | |
| | Exigences de Composition | / 2 | |
| Note E | Exécution | / 4 | |
| | | / | |
| TOTAL | | / 10 | |

TOTAL :

Pénalités : -

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Note Finale



POUTRE





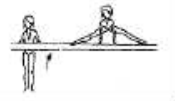

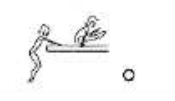

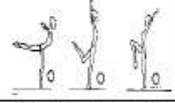
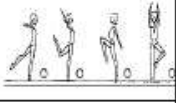

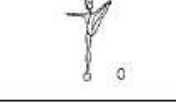

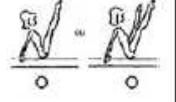

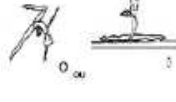
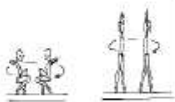
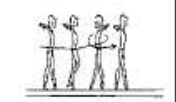





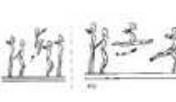

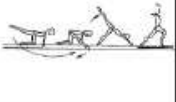

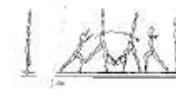
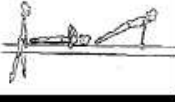
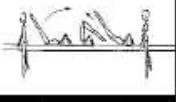

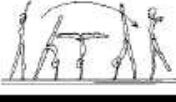




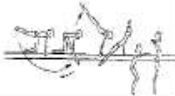



COUPE DU DISTRICT

Ville / Académie
Collège / Lycée

Elève :

| Note D | Difficultés |
|--------|---------------------------|
| | D X 1,00 = |
| | C X 0,80 = |
| | B X 0,60 = |
| | A X 0,40 = |
| | Note sur : 4 |

Projet d'enchaînement

| Difficultés | A = 0.40 | B = 0.60 | C = 0.80 | D = 1.00 |
|-------------|---|---|---|--|
| |  |  |  |  |
| |  |  |  |  |
| SM |  |  |  |  |
| |  |  |  |  |
| T |  |  |  |  |
| LG |  |  |  |  |
| AC |  |  |  |  |
| |  |  |  |  |
| |  |  |  |  |
| |  |  |  |  |

Exigences de Composition

| | |
|------------|---------------|
| Une entrée | 0,5 pt |
| Un saut | 0,5 pt |
| Une acro | 0,5 pt |
| Une sortie | 0,5 pt |

Note sur : **2**...

Note E Exécution

4 .00

-
=

Note sur **4** :

| | | | |
|---------------|--------------------------|-------------|-------|
| Note D | Difficultés | / 4 | |
| | Exigences de Composition | / 2 | |
| Note E | Exécution | / 4 | |
| | | | |
| TOTAL | | / 10 | |

TOTAL :

Pénalités : -

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Note Finale

SAUT DE CHEVAL

Filles & Garçons

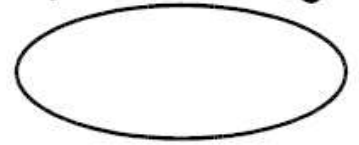
COUPE DU DISTRICT

Ville / Académie






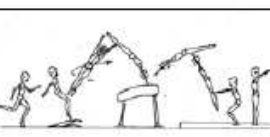



Collège / Lycée

Elève :

Note Finale



Projet

| Note D | Mini -Tramp | Tremplin |
|-----------|---|---|
| A 6,50 |  A1 | |
| A 7 | |  A2 |
| A 7,50 |  A3 | |
| A 8 | |  A4 |
| B 8,5 |  B1 | |
| B 9 | |  B2 |
| C 9,5 |  C1 | |
| D 10 |  D1 |  D2 |

1er Saut :

- Fautes :

TOTAL :

2e Saut :

- Fautes :



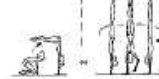
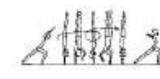







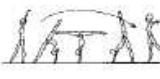


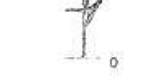

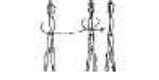






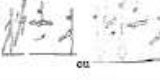








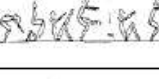
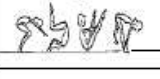






TOTAL :

SOL Filles COUPE DU DISTRICT

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Elève :

Projet d'enchaînement

| Difficultés | | A = 0.40 | B = 0.60 | C = 0.80 | D = 1.00 |
|-------------|----|---|---|---|--|
| ATR | 1 |  |  |  |  |
| | 2 |  |  |  |  |
| SM | 3 |  |  |  |  |
| | 4 |  |  |  |  |
| LG | 5 |  |  |  |  |
| | 6 |  |  |  |  |
| | 7 |  |  |  |  |
| AC | 8 |  |  |  |  |
| | 9 |  |  |  |  |
| | 10 |  |  |  |  |

| Note D | Difficultés |
|---------------------------|------------------|
| | D X 1,00 = |
| | C X 0,80 = |
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| Note sur 4 : | |

| Exigences de Composition | |
|--------------------------|---------------|
| Un élément ATR | 0,5 pt |
| Un saut | 0,5 pt |
| Un élément acro | 0,5 pt |
| Un élément libre | 0,5 pt |
| Note sur 2 : ... | |

| Note E | Exécution |
|---------------------------|-----------|
| 4 .00 | |
| - | |
| = | |
| Note sur 4 : | |

| | | | |
|--------|--------------------------|-------------|-------|
| Note D | Difficultés | / 4 | |
| | Exigences de Composition | / 2 | |
| Note E | Exécution | / 4 | |
| | | | |
| TOTAL | | / 10 | |

TOTAL :

Pénalités : -

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Note Finale