



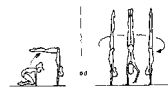
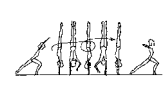



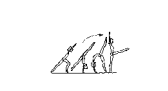

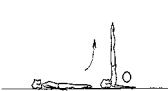

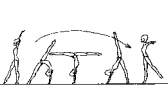

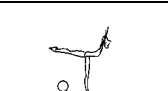

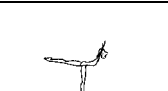
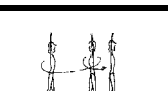
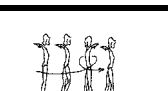

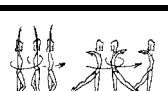








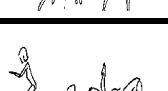




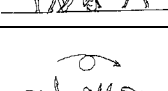






SOL Filles

Ville / Académie

Collège / Lycée

Elève :

Projet d'enchaînement :

Difficultés		A = 0.20	B = 0.30	C = 0.40	D = 0.50	
ATR	1					
	2					
		3				
		4				
SG	5					
	6					
		7				
AC	8					
	9					
		10				

Difficultés

..... D X 0,50 =

..... C X 0,40 =

..... B X 0,30 =

..... A X 0,20 =

Note sur 3 :

Composition

ATR Passage à l'ATR 0,40 pt

SM Souplesse ou Maintien 0,40 pt

SG Série gymnique dont 1 saut 0,40 pt

AC 2 éléments acrobatiques 0,40 pt

Impression générale jusqu' à 0,40 /

Exécution

5,00

-

Note sur 5 :

Total des éléments constatés / 3

Composition / 2

Exécution / 5

Note / 10

Pénalités : -

Note Finale

