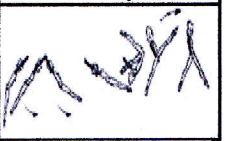
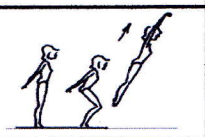
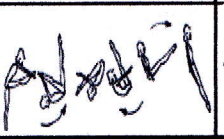
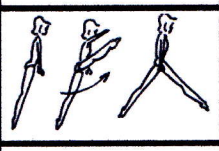
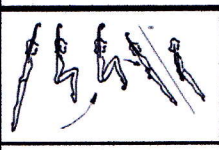
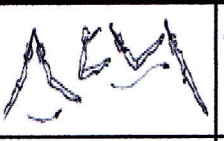
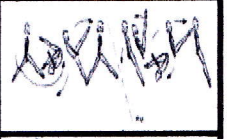
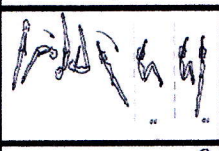
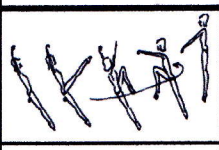
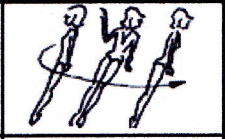
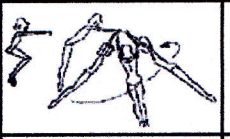
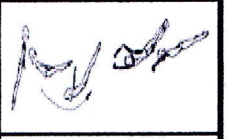
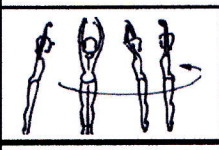
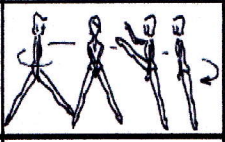
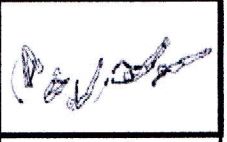
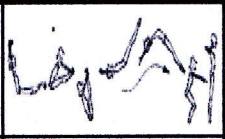
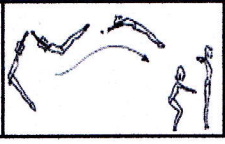
UNSS
UNION NATIONALE
DU SPORT SCOLAIRE

BARRES ASYMETRIQUES

Ville / Académie :	Code UNSS 2012 - 2016
Collège / Lycée :	
Nom Prénom :	

Projet d'enchaînement

Difficultés		A = 0,4	B = 0,6	C = 0,8	D = 1,00
	1				
	2				
AP	3				
AS / SA	4				
	5				
R	6				
F	7				
	8				
	9				
	10				

Note D	Difficultés
.....	D X 1,00 = ...
.....	C X 0,80 = ...
.....	B X 0,60 = ...
.....	A X 0,40 = ...
	Note sur 6 :

Seulement 6 élèments pris en compte

Exigences de Composition		
AP	Travail en APpui	1 pt
AS/SA	Appui - Suspension ou Suspension-Appui	1 pt
R	Rotation	1 pt
F	Changement de Face	1 pt
	Note sur 4 :	

Note E	Exécution
	10.00
	- .....
	Note sur 10 :

Note D	**Difficultés**	/ 6
	Exigences de Composition	/ 4
Note E	**Exécution**	/ 10
	Pénalités -	
	TOTAL =	/ 20

Note

Finale

sept-12