



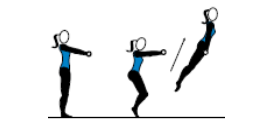
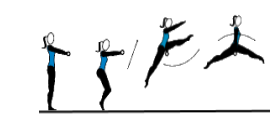
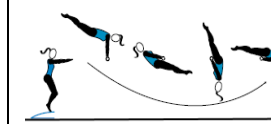

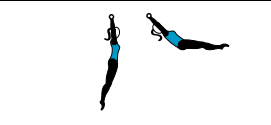
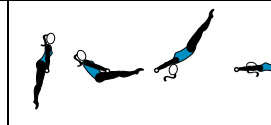



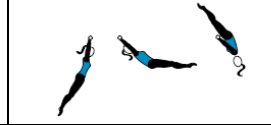
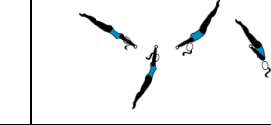
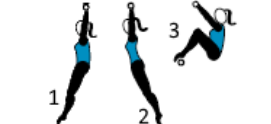
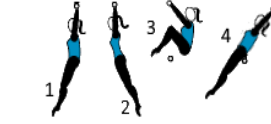
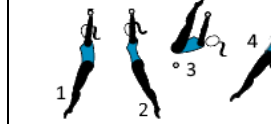

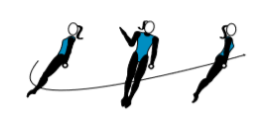



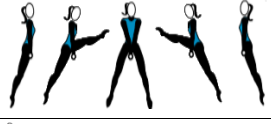
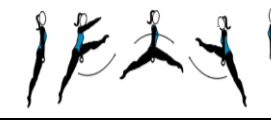
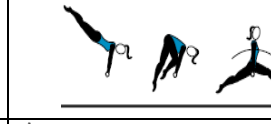

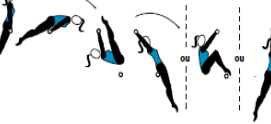

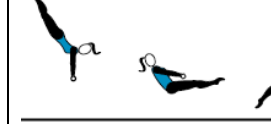





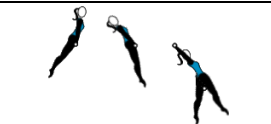
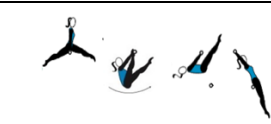
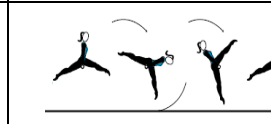
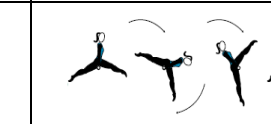
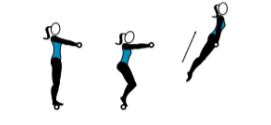



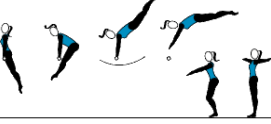
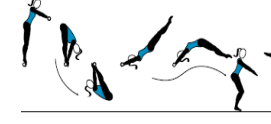
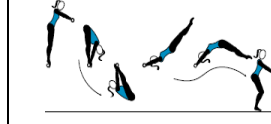


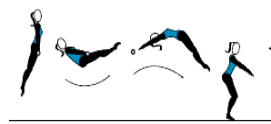






		A	B	C	D
ENTRÉES	1				
	2				
ÉLÉMENTS EN SUSPENSION	3				
	4				
	5				
ÉLÉMENTS EN APPUI	6				
	7				
	8				
	9				
	10				
	11				
SORTIES	12				
	13				

CHAMPIONNAT NATIONAL U.G.S.E.L.

DE GYMNASTIQUE FÉMININE

ÉTABLISSEMENT : VILLE :

NOM : PRÉNOM :

Catégorie : B – M – C/J ⁽¹⁾ Equipe⁽¹⁾ Individuel⁽¹⁾

Le gymnaste doit entourer dans le tableau ci-contre, 6 éléments minimum qui seront comptabilisés dans le secteur « difficulté ». Il est possible d'entourer tous les éléments présentés.

Valeur
des éléments :

A	B	C	D
0,40	0,50	0,60	Bonus 0,50
			(un seul)

Exigences :

6 éléments codifiés UGSEL présentés	
1 changement de barre	
1 élément avec rotation sur barre inférieure ou supérieure (départ et retour à l'appui)	
3 familles représentées minimum	

FICHE INDIVIDUELLE DE JUGEMENT		
SECTEUR	VALEUR	NOTE
DIFFICULTÉ	3.00	
EXIGENCES	1.00	
EXÉCUTION	6.00	
BONUS	0.50	
NOTE FINALE		

⁽¹⁾ Rayer les mentions inutiles