

POUTRE

N° 5

Correction



Franchissement
groupé



Équerre
renversée

PP

Passage
près poutre

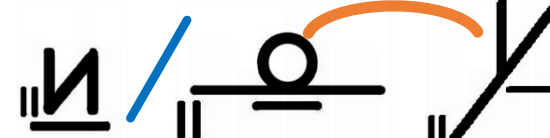


Changement
de jambes



Salto AR

Pirouette
1 tour



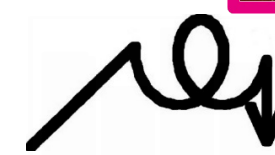
Saut
groupé



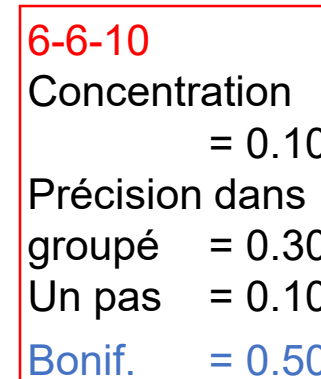
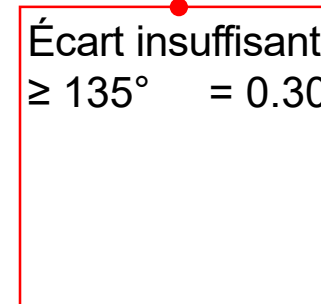
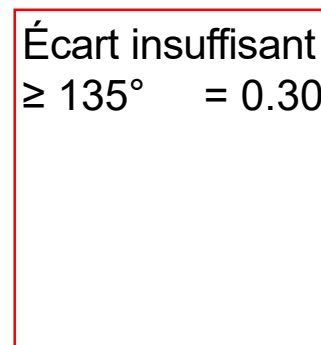
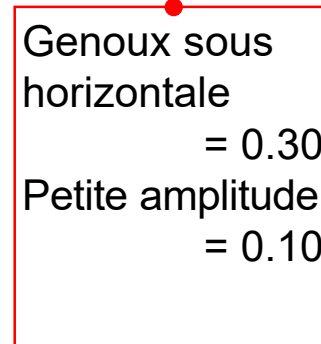
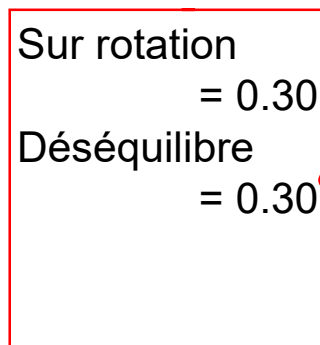
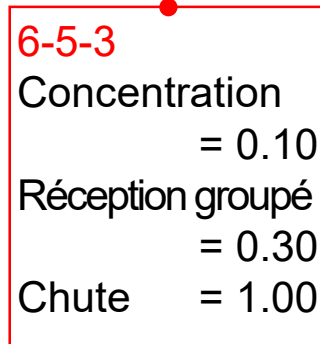
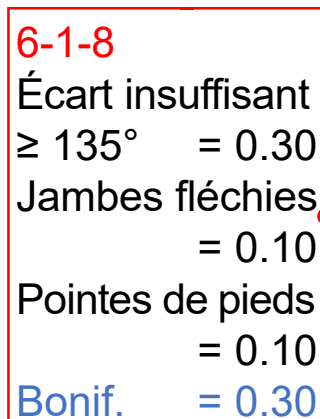
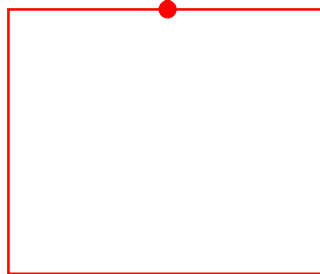
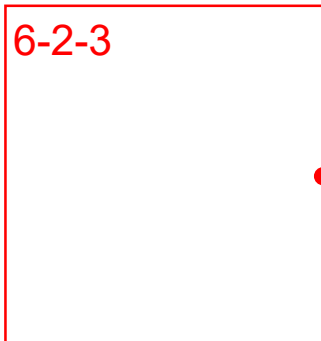
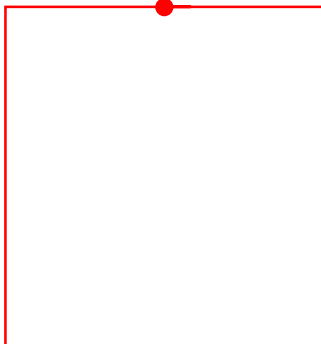
Saut enjambé



Sissone



Sortie Salto Auerbach
en bout de poutre



Nombre
d'éléments

9

Pénalités

4.00

Note

POUTRE

N° 5

Note



Difficultés : 9.00 pts (3 difficultés 6^{ème} à 3 pts de la grille pris dans 3 familles différentes)

DIFFICULTE 1	6-1-8	Z	DIFFICULTE 2	6-5-3	W	DIFFICULTE 3	6-6-10		9.00
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Bonifications : 1.50 pts (maximum) = Z = 0.30 = 0.50

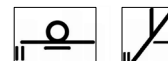
0.80

Exigences de Composition : 2.50 pts (5 x 0.50 pt)

- EC1 : 1 élément acro. avec/sans envol (sortie exclue) ou 1 ATR de la grille des Difficultés 6^{ème}
- EC2 : 1 série gymnique de 2 sauts différents (autre difficulté ou Difficulté 6^{ème})
- EC3 : 1 pirouette 360° ou + sur une jambe
- EC4 : 1 saut à l' écart antéropostérieur $\geq 135^\circ$
- EC5 : 1 passage proche de la poutre et 3 longueurs minimum



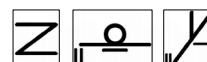
0.50



0.50



0.50



0.50

PP 3 lgs

0.50

= 2.50

Difficultés + Bonifications + Exigences de Composition =

Note D =

12.30

Note E

9

éléments reconnus

10.00

- Fautes d'exécution

4.00

Note E =

6.00

Note D + Note E = Note finale =

18.30

