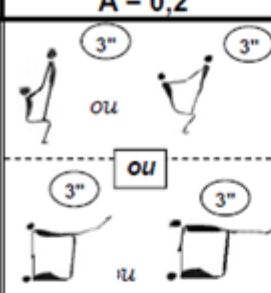
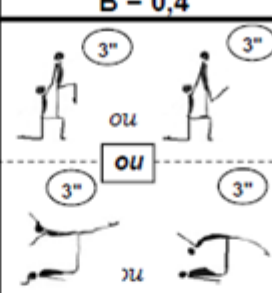
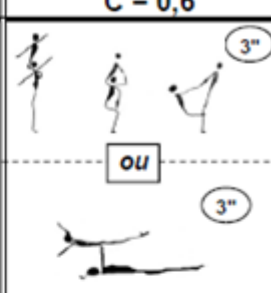






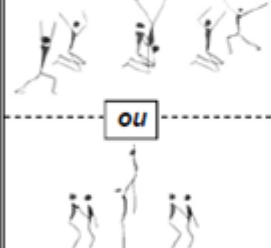

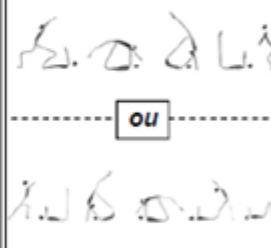
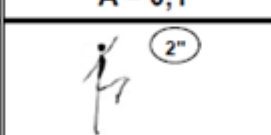
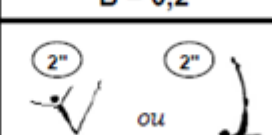
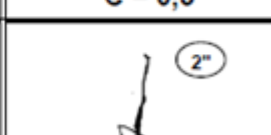




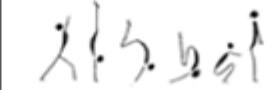
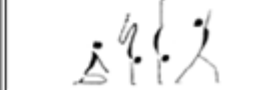
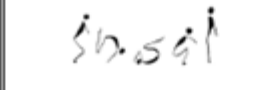
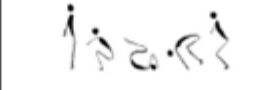



Carte de compétition GPA GAC LOISIR	CLUB : X	Nom de l'entraîneur et N° tel: X
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Noms des gymnastes: X ET Y

Catégorie : **DECOUVERTE 1 DUO**

	DIFFICULTE			VALEUR
	A = 0,2	B = 0,4	C = 0,6	
PYRAMIDE 1 Positions variées				PYRAMIDE 1 : PYRAMIDE B = 0.4
PYRAMIDE 2 Equerre				PYRAMIDE 2 : PYRAMIDE B = 0.4
PYRAMIDE 3 ATR				PYRAMIDE 3 : PYRAMIDE B = 0.4
PYRAMIDE 4 Dynamique				PYRAMIDE 4 : PYRAMIDE B = 0.4
	A = 0,1	B = 0,2	C = 0,3	
INDIVIDUEL Maintien				MAINTIEN : B / B
INDIVIDUEL Souplesse				SOUPLESSE: B / B
INDIVIDUEL Agilité				AGILITE : B / B
INDIVIDUEL Tumbling				TUMBLING : C / C

TOTAL DE LA FORMATION

TOTAL PYRAMIDES STATIQUES	1.2
TOTAL PYRAMIDE DYNAMIQUE	0.4
TOTAL ELEMENTS INDIVIDUELS (/2)	1.8/2 = 0.9

DIFFICULTE

TOTAL VALEURS	2.5
NOTE D	
BONUS CHOREGRAPHIE (pour le juge arbitre)	