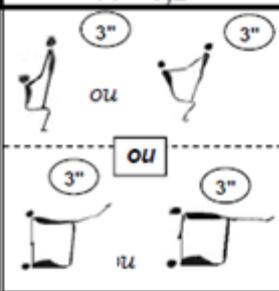
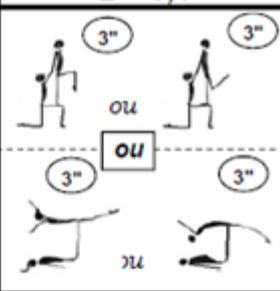
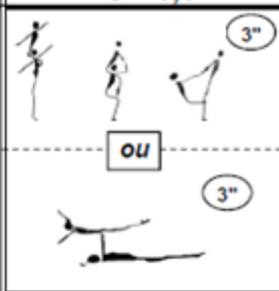
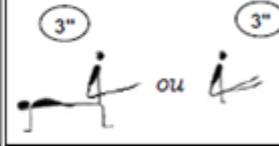
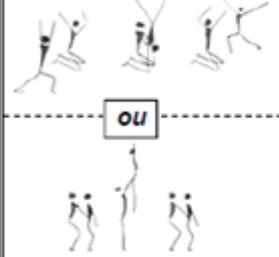
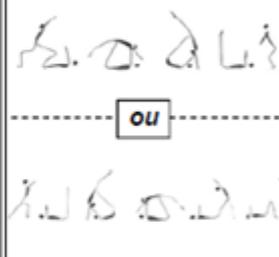
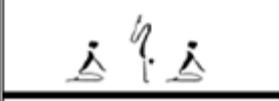
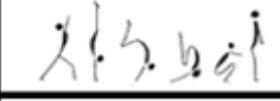
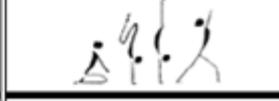
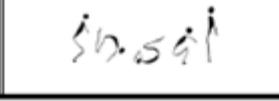
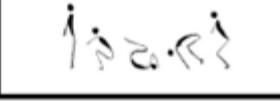


Carte de compétition GPA GAC LOISIR	CLUB : X	Nom de l'entraîneur et N° tel: X
	Noms des gymnastes: X ET Y	

Catégorie : **DECOUVERTE 1 DUO**

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

**TOTAL DE LA FORMATION**

<b>TOTAL PYRAMIDES STATIQUES</b>	1.2
<b>TOTAL PYRAMIDE DYNAMIQUE</b>	0.4
<b>TOTAL ELEMENTS INDIVIDUELS (/2)</b>	1.8/2 = 0.9
<b>DIFFICULTE</b>	
<b>TOTAL VALEURS</b>	2.5
<b>NOTE D</b>	
<b>BONUS CHOREGRAPHIE</b> <b>(pour le juge arbitre)</b>	