
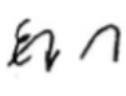

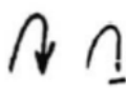

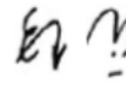

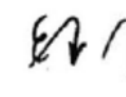




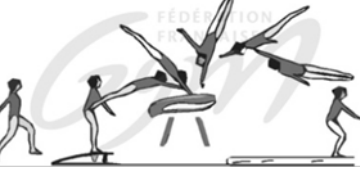
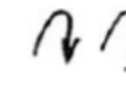



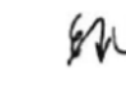
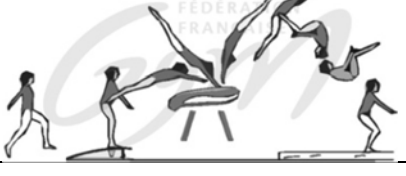
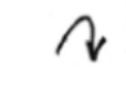


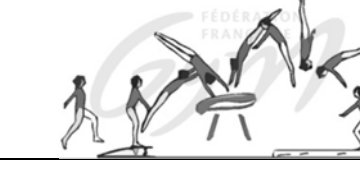
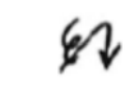

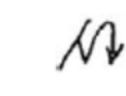


Programme Libre FFGym – Grille d'éléments – Saut – MAJ Septembre 2016

Valeurs de départ

AVENIR	NATA et B	TROPH Féd	BONUS	Descriptif	Dessin / symbole	1 tremplin	Trampo'tremp ou double tremplin *
				Demi-tour	 	5	4
				Lune	 	8.5	7.5
				Demi-tour / demi-tour	 	7	6
				Demi-tour / un tour	 	8.5	7.5
				Rondade flip	 	8.5	7.5
				Rondade demi-tour / lune	 	8.5	7.5
				Lune vrille	 	9.5	8.0
				Rondade demi-tour / lune vrille	 	9.5	7.5
				Tsukahara groupé ou carpé	 	10	8.5
				Lune salto avant groupé	 	11	9.5
				Yurchenko groupé ou carpé	 	11	9.5
				Tsukahara tendu	 	12	10.5
				Yurchenko tendu	 	13	0

* Double tremplin interdit pour les sauts en Yurchenko