N. di gara _____

CARTA GARA GINNASTICA ACROBATICA - GRUPPO MASCHILE L2

CLUB

GINNASTI	
TOP	
BASE	
BASE	
BASE	

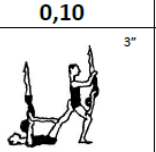
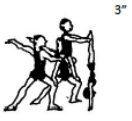
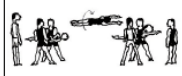
ALLENATORE	
NOME	
TEL.	

COMPETIZIONE

CATEGORIA E DISCIPLINA

	0,10	0,15	0,20
RIGA I	Japana 2" x1 x2 x3 x4	Ponte 2" Staccata 2" x1 x2 x3 x4	Rovesciata a/d Rovesciata d alla staccata Rovesciata d da seduto x1 x2 x3 x4
RIGA II	Verticale testa 2" Squadra unita/div. 2" x1 x2 x3 x4	Equilibrio Y 2" Coccodrillo 2" x1 x2 x3 x4	Squadra max unita 2" tr. Vert testa/sq. Div 2" x1 x2 x3 x4
RIGA III	2x cap. av. 2x cap. d. x1 x2 x3 x4	cap. av. Vert. div. 2x ruota R + pennello + cap.d x1 x2 x3 x4	cap. d alla verticale R+ 180* + ruota x1 x2 x3 x4

DIFFICOLTA'	
P/G	
INDIV.	

M4	0,10	0,15	0,20
RI			
RII			
RIII			
RIV			
RV			
RVI			

N. di gara _____

CARTA GARA GINNASTICA ACROBATICA - GRUPPO MASCHILE L2

CLUB

GINNASTI	
TOP	
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COMPETIZIONE

CATEGORIA E DISCIPLINA

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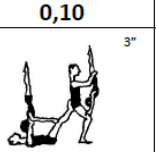
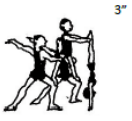
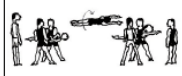
DIFFICOLTA'	
P/G	
INDIV.	

M4	0,10	0,15	0,20
RI			
RII			
RIII			
RIV			
RV			
RVI