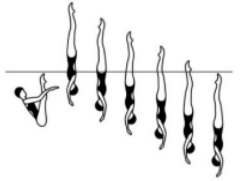

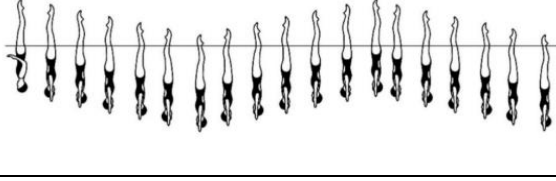
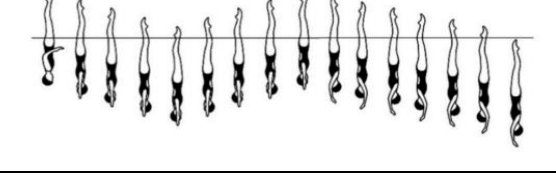
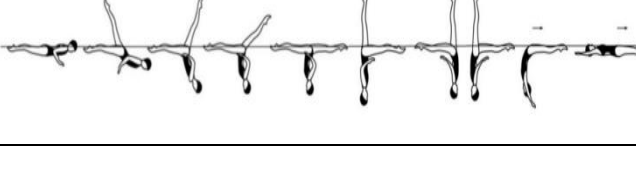
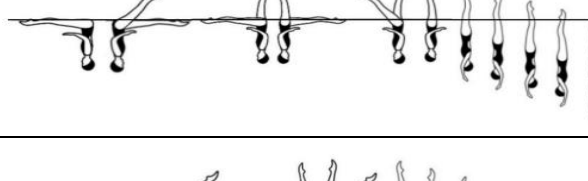
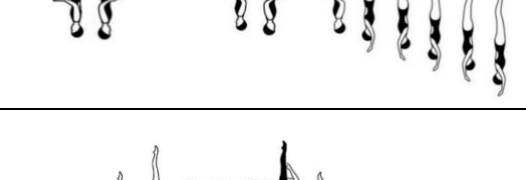
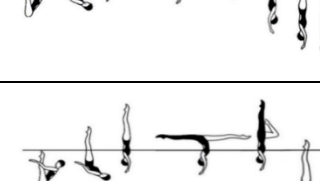
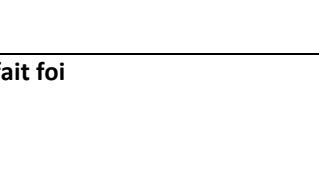


# SOLO TECHNIQUE

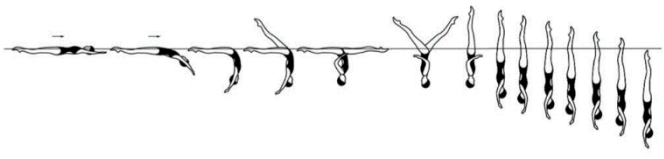
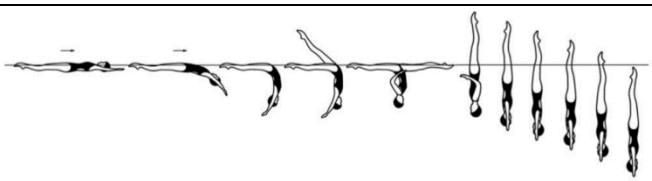
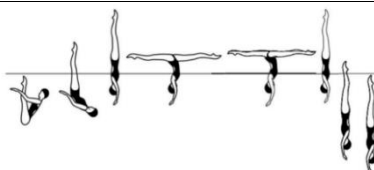
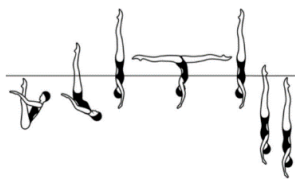
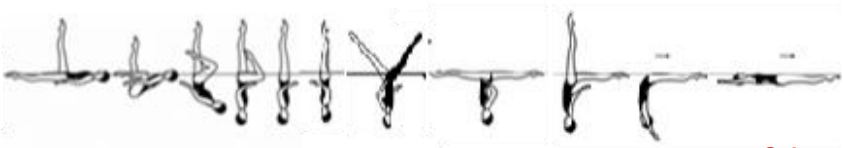
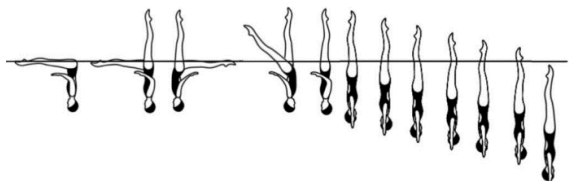
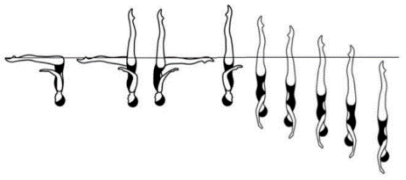
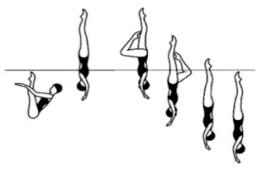
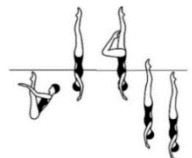
## 5 TREs + 1 Hybride libre

1A	Poussée vrille continue 720°	 2.7
1B	Poussée vrille 360°	 2.1
2A	Vrille combinée 1080° + vrille continue 1080°	 3.0
2B	Vrille combinée 720° + vrille continue 1080°	 2.7
3	Espadon jambe tendue - château	 3.2
4A	Queue de poisson ½ tour - vrille continue 720°	 2.9
4B	Queue de poisson - vrille continue 720°	 2.6
5A	Poussée grand-écart jambe pliée, rassemblé 360°	 2.4
5B	Poussée grand-écart jambe pliée	 2.1

La version anglaise fait foi

## DUO TECHNIQUE

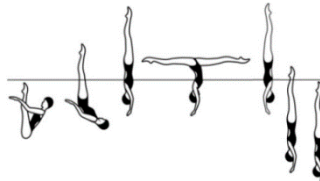
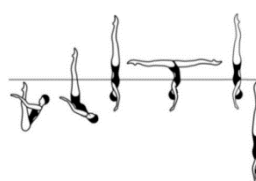
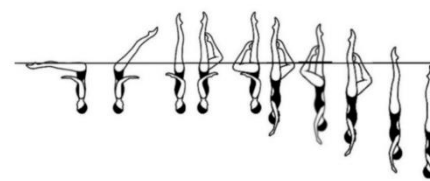
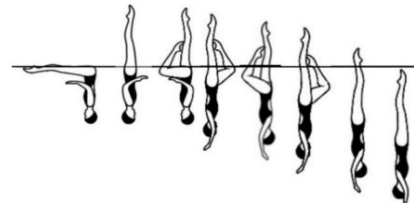
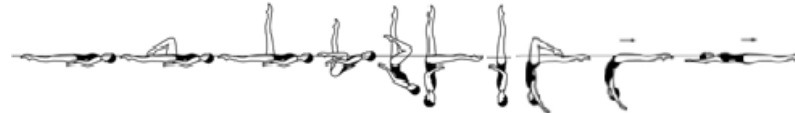
### 5 TREs + 1 Hybride libre + 1 Acrobatie à deux

<b>1A</b>	Promenade arrière fermée à 360° + vrille continue de 1080°	 <b>3.0</b>
<b>1B</b>	Promenade arrière fermée à 180° + vrille continue de 720°	 <b>2.5</b>
<b>2A</b>	Poussée grands-écarts alternés + vrille de 180°	 <b>2.8</b>
<b>2B</b>	Poussée grand-écart + vrille 180°	 <b>2.4</b>
<b>3</b>	Ballet leg - déroulé flamenco jambe plié - rassemble vertical - demi-tour - ouverture 360° en écart - sortie promenade	 <b>3.1</b>
<b>4A</b>	Carpé - queue de poisson - château - vrille continue 1080°	 <b>3.2</b>
<b>4B</b>	Carpé - queue de poisson - château - vrille continue 720°	 <b>2.7</b>
<b>5A</b>	Poussée spire jambe pliée - vrille 360°	 <b>2.3</b>
<b>5B</b>	Poussée spire jambe pliée	 <b>2.1</b>

La version anglaise fait foi

# DUO MIXTE TECHNIQUE

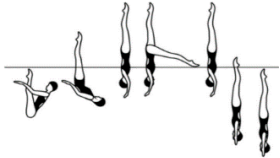
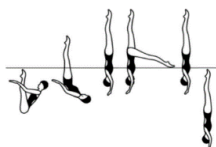
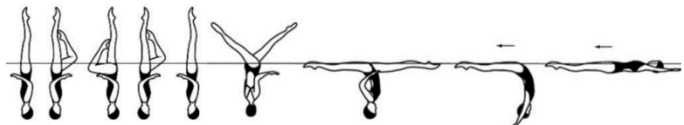
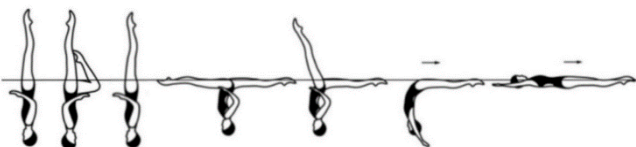
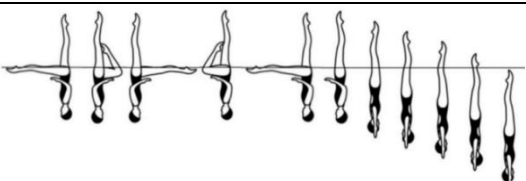
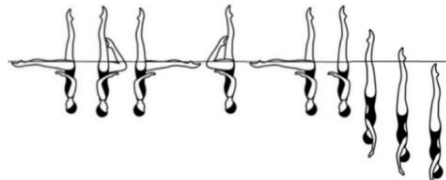
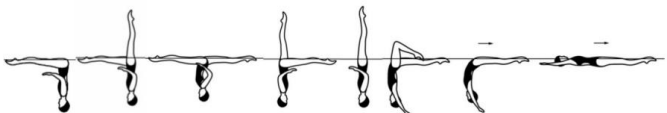
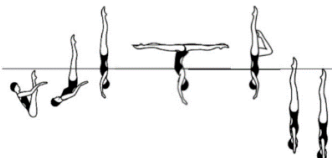
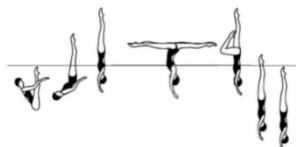
**3 TREs + 1 Hybride libre + 1 Hybride obligatoire (avec slt 1 difficulté T (poussée) et 2 connexions différentes (C)) + 2 Acrobaties à deux différentes à deux + 3 mouvements de surface connectés en déplacement ou en rotation**

<b>1A</b>	Barracuda grand-écart spire vrille 180°	 2.7
<b>1B</b>	Barracuda grand-écart spire	 2.5
<b>2A</b>	Carpé - rotation 360° verticale - tour jambe pliée - vrille continue 720°	 2.4
<b>2B</b>	Carpé - rotation 180° verticale - ½ tour jambe pliée - vrille continue 720°	 2.2
<b>3</b>	Raie manta demi-tour	 3.0

La version anglaise fait foi

# EQUIPE TECHNIQUE

**5 TREs + 2 Hybrides libres (dont 1 cascade) + 1 Acrobatie (max : 3.00)  
+ 1 cercle facultatif max**

<b>1A</b>	Poisson volant vrille 180°		<b>2.5</b>
<b>1B</b>	Poisson volant		<b>2.3</b>
<b>2A</b>	Verticale - tour jusqu'à la jambe pliée - tour jusqu'à la verticale - ouverture 180° en écart - sortie promenade		<b>2.6</b>
<b>2B</b>	Verticale - ½ tour jusqu'à la jambe pliée - ½ tour jusqu'à la verticale - grand-écart - sortie promenade		<b>2.3</b>
<b>3A</b>	Deux rotations fouettées - verticale - vrille continue 720°		<b>2.6</b>
<b>3B</b>	Deux rotations fouettées - verticale - vrille 360°		<b>2.3</b>
<b>4</b>	Papillon hybride		<b>2.9</b>
<b>5A</b>	Poussée grand- écart jambe pliée tour hybride		<b>2.4</b>
<b>5B</b>	Poussée grand- écart jambe pliée hybride		<b>2.1</b>

La version anglaise fait foi