**Scheda dichiarazione SUOLO GAF**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  **Ginnasta** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Società \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **MINI 3 A - MINI 3B – MINI 4 - PRIMA – SECONDA – TERZA – OVER - QUARTA – QUINTA - SPECIALITA’ - SESTA A – SESTA B – SESTA C – SESTA D (evidenziare la categoria)** |
| 1ª S. ACROBATICA |  |
| 2ª S. ACROBATICA |  |
| S. MISTA |  |
| S. GINNICA |  |
| 3° ELEMENTO GINNICO  |  |
| SALTO GINNICO GRANDE AMPIEZZA  |  |
| ELEMENTO PER LAVORO DIFFERENTE DIREZIONE |  |
| PIROETTA 360°  |  |
| ELEMENTO SINGOLO ACROBATICO  |  |
| ELEMENTO SINGOLO ACROBATICO |  |
| ELEMENTO GINNICO SINGOLO |  |
| USCITA |  |
| NOTA D p.\_\_\_\_\_\_\_\_\_\_\_\_ |  |

 |
| SCRIVERE L’ESERCIZIO CON I SIMBOLI OPPURE IN STAMPATELLO |

**Scheda dichiarazione TRAVE GAF**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  **Ginnasta** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Società \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **MINI 3 A - MINI 3B – MINI 4 - PRIMA – SECONDA – TERZA – OVER - QUARTA – QUINTA - SPECIALITA’ - SESTA A – SESTA B – SESTA C – SESTA D (evidenziare la categoria)** |
|  S. ACROBATICA |  |
|  |  |
| S. MISTA |  |
| S. GINNICA |  |
|  ELEMENTO GINNICO  |  |
| SALTO GINNICO GRANDE AMPIEZZA  |  |
| ELEMENTO PER LAVORO DIFFERENTE DIREZIONE |  |
| PIROETTA 360°  |  |
| ELEMENTO SINGOLO ACROBATICO  |  |
| ELEMENTO SINGOLO ACROBATICO |  |
| ELEMENTO GINNICO SINGOLO |  |
| USCITA |  |
| NOTA D p.\_\_\_\_\_\_\_\_\_\_\_\_ |  |

 |
| SCRIVERE L’ESERCIZIO CON I SIMBOLI OPPURE IN STAMPATELLO |

**Scheda dichiarazione PARALLELE GAF**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  **Ginnasta** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Società \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **MINI 3 A - MINI 3B – MINI 4 - PRIMA – SECONDA – TERZA – OVER - QUARTA – QUINTA - SPECIALITA’ - SESTA A – SESTA B – SESTA C – SESTA D (evidenziare la categoria)** |
| *DESCRIZIONE ELEMENTI IN ORDINE DI ESECUZIONE* |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

 |
| SCRIVERE L’ESERCIZIO CON I SIMBOLI OPPURE IN STAMPATELLO |