REFERENCE LIST FOR E AND D SCORE
FIG PARKOUR FREESTYLE JUDGING 2025

Reference List (E-score)

Safety (9 points)
Safety (6 points)

Deduction (each time)	Error
-0.10	**Small problems – Minor slip or Stumble** ■ Minimal impact on the performance. ■ The athlete remains in control.
-0.30	**Small problems - Close to obstacle or Bigger slip** ■ Athlete nearly hits an obstacle or stumbles more noticeably.
-0.50	**Medium problems - Visible imbalance or Partial loss of control** ■ More pronounced than a minor slip, but athlete stays upright and recovers fast. ■ Deep landing or unstable landing that requires extra step(s) to regain balance.
-1.00	**Medium problems – Loss of control requiring hand or single knee contact, or a collision with an obstacle** ■ Hand(s) touching floor to avoid a fall after imbalance landing. ■ One knee touching the floor upon landing. ■ Moderate collision with an obstacle, causing a brief loss of balance, but the athlete can continue.
-2.00	**Large problems - Both knees touching the floor** ■ Landing or slipping onto both knees. ■ Noticeable loss of control.
-3.00	**Large problems - Uncontrolled landing in a seated position** ■ Significant error due to a fall into a seated position.
-4.00	**Large problems - Uncontrolled landing in a lying position** ■ Severe error that momentarily interrupt performance.
-6.00	**Major crash or potential injury** ■ Feet do not clearly touch first on a (e.g., head/neck impact) . ■ Severe collision with a wall or bar, leading to immediate stoppage. ■ Athlete cannot continue due to significant injury or disorientation.

Landing Quality (3 points)

Reward (overall)	Reason
0 to 0.5	**Poor landings** ■ Noisy landings, out of body-axis, unnecessary use of other body parts, not absorbing energy.
0.6 to 1.5	**Medium landings** ■ In-between
1.6 to 3	**Good landings** ■ Quiet and soft landings absorbing the necessary energy to protect the body and continue the run. Clean body-axis.

Flow (6 points)
Flow (5 points)

Deduction (each time)	Error
-0.10	**Small problems – Stutter steps** ▪ Minor breaks in movement with minimal impact. ▪ The flow is slightly interrupted.
-0.30	**Small problems – Big Steps or Sudden Direction Change** ▪ The athlete takes large steps or suddenly turns to change direction. ▪ This slightly disrupts the flow but does not stop the movement.
-0.50	**Medium problems - Extra Swings or Hesitations** ▪ The athlete delays movement with extra swings or a noticeable hesitation. ▪ The flow is disrupted but not completely stopped.
-1.00 to **-5.00**	**Large problems - Full stop** ▪ The athlete's main movement comes to a complete stop, this means that even if minor motion continues, such as shaking the hands, adjusting grip, or slight body movement, there is a clear loss of momentum or flow. ▪ Deduction depends on how long the stop lasts (e.g., a brief one-second stop is -1.00, longer stops can go up to -5.00)

Flow Quality (1 points)

Reward (overall)	Reason
0 to 0.2	**Poor flow** ▪ Lack of energy absorption and use of movement directions. Lots of hesitation, stutter steps and even stops
0.3 to 0.7	**Medium flow** ▪ In-between
0.8 to1	**Good flow** ▪ Smoothly connected run with a good rhythm. Moves are used absorb, transform and guide the energy from the run.

Reference List (D-score)

The *TABLE OF TRICKS* includes guiding values for elements in their most basic form. The job of the judges is to identify the element and adjust its value according to Scaling*.

Remarks:

1. **If any trick is failed, it will not be judged in difficulty:** If it's an Uncontrolled landing in a lying position (-4.00 points deduction) or Major crash or potential injury (-6.00 deduction) the move will not count in difficulty
2. **Repeated tricks will not be considered, even if they differ in form, entry, placement, or exit.**
3. **There is a single table of tricks for both men and women.**
4. **Moves performed out of the longitudinal plane in slanted axis are decreased by a value of 0.5 points** (example: slanted king gainer, slanted gainer full, etc ..)

*Scaling:

The moves in the table of tricks are ranked by their technical difficulty in their most basic form. The judges will upscale them in the following situations:

Situation	Example
Placement	**Travel Distance/Height Difference:** ▪ Significant horizontal distance travelled or vertical height difference (landing on higher or lower surfaces). **Take-off Area:** ▪ Moves initiated from narrow or restricted spaces are rewarded. Open, flat areas receive no additional credit. **Landing Surface:** ▪ Landing onto narrow or elevated surfaces (**e.g.,** bars or rails) receives higher difficulty. Standard ground landings are not awarded extra credit. *(Example: A Backflip on a narrow ledge scores higher than one on the ground.)*
Form	**Body Position or Shape:** ▪ Advanced or challenging body shapes or positions (e.g., layout, pike, pistol, spider, stall ...) during flips or rotations. **Twisting Timing:** ▪ Early or late twists (**e.g.,** full-up or full-down). **Rotation Direction:** ▪ Reversed twisting direction (**e.g.**, unfull ...). **Additional Elements:** Executing tricks with touchdowns or kicks. *(These variations receive additional difficulty credit.)*
Entry	**Connected Movement Before the Trick:** ▪ Difficulty increases when a challenging movement directly precedes and flows into the main trick. ***Important:*** Basic set-up moves (such as Round-off, Scoot, Cartwheel, Kip, etc.) are considered standard entries and do **not** increase difficulty. *(Example: A **Swing Double Gainer** from a **Giant** swing is more difficult than from a support position. A **Double Sideflip** directly preceded by a **Sideflip** is harder and earns higher difficulty.)*
Exit	**Connected Movement After the Trick:** ▪ Difficulty increases when a challenging move immediately follows the main trick. *(Example: Performing a **Double Backflip** immediately followed by a **Backflip 360** earns more difficulty credit than performing the Double Backflip alone.)*

Note ! More than one situation can be applied to one element.

FIG PARKOUR TABLE OF TRICKS 2025

Swing Moves

score	Swing Moves	
0.4	Pole Swing	
0.8	Swing 180	Kip
1	(Straddle) Sole circle	
1.3	Swing Gainer	
1.7	Giant	
1.8	Swing Frontflip	
1.9	Swing Sideflip	
2.1	Swing Gainer 360	
2.2	Swing Frontflip 180	
2.4	Swing Gainer 540	
2.5	Swing Frontflip 360	
2.7	Swing Castaway Backflip	
2.8	Swing Counter Sideflip	
2.9	Swing Counter Frontflip	
3	Geinger	Kip 180 Gainer
3.1	Swing Gainer 720 (2 twist)	
3.4	Straddle Sole circle Gainer	
3.5	Swing Gainer 900 (2.5 twist)	
3.6	Swing Castaway Backflip 360	
3.8	Swing Double Gainer	
4.7	Swing Double Gainer 360	
5	Swing Gainer 1080 (3 twist)	
5.1	Swing Double Frontflip	
5.2	Swing Double Sideflip	
5.5	Swing Castaway Backflip Regrab	
5.6	Swing Castaway Backflip 720	
5.7	Swing Gainer 1260 (3.5 twist)	
6	Swing Double Gainer 720 (2 twist)	
6.8	Swing Castaway Double Backflip	
7.1	Swing Gainer 1440 (4 twist)	
7.5	Swing Triple Gainer	
7.7	Swing Double Gainer 1080 (Miller)	

Wall Moves

score	Wall Moves		
1.1	Wallspin	Reverse Wallspin	
1.2	Wall backhandspring	Wall flare	
1.3	Wall Backflip		
2	Palm Backflip	Palm SideFlip	Ginger
1.9	Angel Drop		
2.1	Wall Inward Frontflip	Wall inward Sideflip	
2.2	Pimp Backflip	Raiden	
2.3	Wall Cork	Gaet Pimp Backflip	
2.4	Wall Backflip 360		
2.5	Devil drop		
2.6	Castaway Backflip	Raiden 180	
2.7	Hang Cast Backflip	Hang Gainer	
2.8	Pop Castaway Backflip	Gargoyle Gainer	
3	Wall Gainer	Trapdoor Wall Flip	
3.1	Gaet Pimp Backflip 360	Handstand Castaway Back	
3.5	Wall Double Cork	Wall inward Sideflip 360	
3.6	Palm Backflip 360	Castaway Backflip 360	
3.7	Wall Backflip 720 (2 twist)		
4.3	Wall Gainer 360		
4.5	Gaet Pimp Backflip 720 (2 twist)		
5.5	Palm Backflip 720 (2 twist)		
5.7	Wall Gainer 720 (2 twist)		
5.8	Castaway Backflip 720 (2 twist)		
5.9	Gaet Pimp Double Backflip		
6	Wall Triple Cork		
6.2	Wall Double Backflip		
6.3	Wall Backflip 1080 (3 twist)		
7	Double Palm Flip		
7.3	Castaway Double Backflip		
7.5	Wall Gainer 1080 (3 twist)		

Acrobatics Moves

score	Acrobatics Moves			
0.8	Cartwheel			
0.9	Macaco			
1	Gumbi	Fronthandspring		
1.1	Backhandspring			
1.2	Frisbee	Butterfly		
1.4	Cheat Gainer	Aerial		
1.5	Backflip	Frontflip	Webster	Sideflip
1.7	Caster Gainer	Caster Frontflip		
1.8	A-180	B-360		
1.9	Front 180			
2	Gainer	Arabian	Tunnel Flip	
2.1	Running Gainer	Raiz		
2.2	Backflip 360	A-360		
2.3	Cork	Dark Arabian		
2.4	Backflip 540	Frontflip 360	Sideflip 360	Kroc
2.5	Looser Frontflip	A-540	Looser Sideflip	
2.8	Gainer 360			
2.9	Frontflip 540	Looser Frontflip 180	B-720	
3.1	Backflip 720 (2 twist)			
3.2	A-720	Roll Bomb		
3.3	Double Cork			
3.5	Backflip 900 (2.5 twist)	Kong Gainer		
3.7	Double kroc	Frontflip 720	Sideflip 720	
4.1	Sitting dash Gainer			
4.3	Frontflip 900 (2.5 twist)	Cast Gainer		
4.4	Macaco-in	Tsukahara	Cartahara	
4.5	Gainer 720 (2 twist)	Handstand Gainer	Double Sideflip	
4.8	Double Frisbee	Double Pistol Frisbee		
5	Caster Double Gainer	360 Kong Gainer		
5.1	Backflip 1080 (3 twist)	Kong Gainer 360		
5.3	Double Backflip			
5.4	Triple Cork	Tsukahara 360	Double Frontflip	
5.5	Double Gainer	Front Half-In Back-Out		
5.7	Backflip 1260 (3.5 twist)			
5.9	Double Backflip 360	Cork-in Backflip		
6	Triple kroc			
6.2	Frontflip 1080 (3 twist)			
6.3	Inward Tsukahara			
6.5	Gainer 1080 (3 twist)			
7.1	Backflip 1440 (4 twist)			
7.3	Double Backflip 720			
7.5	Quad Cork			

PK Basics

score	PK Basics
0.1	Stride, Drop, Roll, Precision Jump, Safety Vault
0.2	Plyo, Speed Vault
0.3	Tic Tac, Lazy Vault, Thief Vault
0.4	Side Vault
0.5	Pop Vault, Splat, Gate Vault
0.6	Wallrun, Arm Jump, Underbar, Tap Swing
0.7	Kong Vault, Turn Vault, Rail Flare (Italian Job)
0.8	Reverse Vault, Dash Vault
0.9	Pistol Spin, Palmspin
1	Kash Vault
1.1	Climb up
1.2	Dyno
1.5	360 Precision
1.6	Dong vault
1.8	Double Kong Vault