

REFERENCE LIST FOR E AND D SCORE

FIG PARKOUR FREESTYLE JUDGING 2024

Reference List (E-score)

Safety (9 points)

Safety (6 points)

Deduction [points]	Reason	Example
0	no problems	Clean run
0.1 to 1 per problem	small problems	Little slip, stumble
1.1 to 3 per problem	bigger problems	Fall after landing on feet, hit the wall after a trick
6	Feet do not obviously touch the floor first	Landing flat on the stomach

Landing Quality (3 points)

Reward [points]	Reason	Example
0 to 0.5 overall	Poor landings	Noisy landings, out of body-axis, unnecessary use of other body parts, not absorbing energy
0.6 to 1.5 overall	Medium landings	In-between ⬆
1.6 to 3 overall	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 [points]	Reason	Example
0	no problems	Fluid run
0.1 to 0.5 per occasion	stutter steps	Stutter steps and extra swings
1 to 5 per occasion	full stop	When the body comes to a rest

Flow Quality (1 point)

Reward [points]	Reason	Example
0 to 0.2 overall	Poor flow	Lack of energy absorption and use of movement directions. Lots of hesitation, stutter steps and even stops
0.3 to 0.7 overall	Medium flow	In-between ⬆
0.8 to 1 overall	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) – Men – table of tricks

The *Reference List* (RL) 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**.

Element category	Points	Examples
<i>Running</i>	0	
<i>PK Basics</i>	0.1	Stride, Drop, Precision Jump, Safety Vault
	0.2	Plyo, Speed Vault
	0.3	Tic Tac, Lazy Vault, Thief Vault
	0.4	Side Vault, Pole Swing
	0.5	Pop Vault, Splat, Roll, Gate Vault
	0.6	Wallrun, Arm Jump, Tap Swing, Kong Vault, Turn Vault, Reverse Vault, Kash Vault, Dash Vault, Underbar
	0.7	
<i>FR Basics</i>	0.8	Cartwheel, Swing 180, Rail Flare (Italian Job)
	0.9	Safety Spin, Pistol Spin,
	1	Palmspin, Fronthandspring
<i>Single Flips</i>	1.1	Swing Gainer , Wallspin, Reverse Wallspin, Backhandspring, Climb up
	1.2	Wall Backflip , Frisbee, Dyno, Butterfly
	1.3	Baby Giant
	1.4	Caster Gainer , Aerial
	1.5	Backflip , Frontflip , Sideflip ,
	1.6	
<i>Single Twists</i>	1.7	Swing Frontflip , A-180, B-360
	1.8	Backflip 360 , Palm Backflip , Swing Sideflip , Tunnel Sideflip ,
	1.9	
	2	Gainer , Gaet Pimp Backflip , Frontflip 360 , Wall Inward Frontflip , Swing Frontflip 180 , Wall Inward Sideflip , Cork, Giant
	2.1	Swing Gainer 360
	2.2	
	2.3	One Step Palm Backflip , Cast Away Backflip ,
	2.4	Hang Cast Backflip , Looser Sideflip , Sideflip 360 , Swing Cast Away Backflip , Crok
	2.5	
	2.6	Looser Frontflip , Pimp Backflip , Crok TD
<i>Double Twists</i>	2.7	A-540, B-720, Gainer 360 , Roll Bomb
	2.8	
	2.9	A-720, Swing Counter Sideflip , Ginger, Lazy Sideflip
	3	Backflip 720
	3.1	
	3.2	Swing Counter Frontflip , Double Cork, Wall Gainer ,
	3.3	Frontflip 720 , Sideflip 720 , Gaet Pimp Backflip 360
	3.4	
	3.5	Wall Backflip 720
	3.6	Kong Gainer , Palm Backflip 360 , Kip 180 Gainer
	3.7	
	3.8	Swing Gainer 720 , Crok 720
	3.9	Wall Inward Side 360 , Gargoyle Gainer
4		
<i>Triple Twists and double flips</i>	4.1	Swing Double Gainer , Swing Cast Away Backflip 360
	4.2	
	4.3	
	4.4	Cast Gainer , Double Sideflip , Tsukahara/Cartahara, Macaco-in, Wall Gainer 360
	4.5	Double Frisbee, Double Pistol Frisbee
	4.6	
	4.7	Caster Double Gainer , Gainer 720

	4.8	
	4.9	
	5	Double Backflip, Backflip 1080,
	5.1	Swing Double Gainer 360, Triple Cork, A-180-in-Backflip-out, Tsukahara 360, 360 Kong Gainer, Gaet Pimp Double Backflip
	5.2	
	5.3	Double Frontflip, Kong Gainer 360
	5.4	
	5.5	
	5.6	Double Backflip 360, Crok 1080
	5.7	Two Step Wall Double Backflip,
	5.8	
	5.9	Swing Cast Away Backflip Regrab
	6	Swing Gainer 1080, One Step Wall Double Backflip
	6.1	
	6.2	
	6.3	
	6.4	
	6.5	Swing Double Gainer 720,
	6.6	
	6.7	
	6.8	Swing Cast Away Double Backflip, Double Palm Flip
	6.9	
	7	
	7.1	
<i>Quadruple Twists and Triple Flips</i>	7.2	Swing Triple Gainer, Swing Miller
	7.3	
	7.4	
	7.5	Backflip 1440,
	7.5+	

Note!

- (1) Only landings where feet obviously touch the floor first will be considered.
- (2) If a tick is repeated its value decreases by 0.5.

Reference List (D-score) – Women – table of tricks

Element category	Points	Examples
<i>Running</i>	0	
<i>PK Basics</i>	0.1	Stride
	0.2	Drop
	0.3	Precision Jump, Safety Vault
	0.4	Plyo, Speed Vault
	0.5	Tic Tac, Lazy Vault
	0.6	Thief Vault
	0.7	Side Vault, Pole Swing
	0.8	Pop Vault, Splat, Roll, Gate Vault
	0.9	
	1	
	1.1	Wallrun, Arm Jump, Tap Swing, Kong Vault, Turn Vault, Reverse Vault, Kash Vault, Dash Vault, Underbar
<i>FR Basics</i>	1.2	Cartwheel, Swing 180, Rail Flare (Italian Job)
	1.3	
	1.4	Safety Spin, Pistol Spin,
	1.5	Palmspin, Fronthandspring
	1.6	
	<i>Single Flips</i>	1.7
1.8		Wall Backflip, Frisbee, Dyno, Butterfly
1.9		
2		Baby Giant
2.1		Caster Gainer, Aerial
2.2		
2.3		Backflip, Frontflip, Sideflip,
2.4		
2.5		
<i>Single Twists</i>		2.6
	2.7	Backflip 360, Palm Backflip, Swing Sideflip, Tunnel Sideflip,
	2.8	
	2.9	
	3	Gainer, Gaet Pimp Backflip, Frontflip 360, Wall Inward Frontflip, Swing Frontflip 180, Wall Inward Sideflip, Cork, Giant
	3.1	
	3.2	Swing Gainer 360
	3.3	
	3.4	
	3.5	One Step Palm Backflip, Cast Away Backflip,
3.6	Hang Cast Backflip, Looser Sideflip, Sideflip 360, Swing Cast Away Backflip, Crok	
3.7		
3.8		
3.9	Looser Frontflip, Pimp Backflip, Crok TD	
4		
<i>Double Twists</i>	4.1	A-540, B-720, Gainer 360, Roll Bomb
	4.2	
	4.3	
	4.4	A-720, Swing Counter Sideflip, Ginger, Lazy Sideflip
	4.5	Backflip 720
	4.6	
	4.7	
	4.8	Swing Counter Frontflip, Double Cork, Wall Gainer,
	4.9	
	5	Frontflip 720, Sideflip 720, Gaet Pimp Backflip 360
5.1		
5.2		

	5.3	Wall Backflip 720
	5.4	Kong Gainer, Palm Backflip 360, Kip 180 Gainer
	5.5	
	5.6	
	5.7	Swing Gainer 720, Crok 720
	5.8	
	5.9	Wall Inward Side 360, Gargoyle Gainer
	6	
	6.1	
Triple Twists and double flips	6.2	Swing Double Gainer, Swing Cast Away Backflip 360
	6.3	
	6.4	
	6.5	
	6.6	Cast Gainer, Double Sideflip, Tsukahara/Cartahara, Macaco-in, Wall Gainer 360
	6.7	
	6.8	Double Frisbee, Double Pistol Frisbee
	6.9	
	7	
	7.1	Caster Double Gainer, Gainer 720
	7.2	
	7.3	
	7.4	
	7.5	Double Backflip, Backflip 1080,
	7.5+	

Note!

(1) Only landings where feet obviously touch the floor first will be considered.

(2) If a tick is repeated its value decreases by 0.5.

***Scaling:**

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

Situation	Example
Placement	Performing a <i>Backflip</i> on a tiny ledge will score it higher than performing the <i>Backflip</i> on the floor
Form	Pike, Pistol, Layout, Spider, Stall, etc. can make an element scoring higher
Entry	A <i>Double Swing Gainer</i> out of a <i>Giant</i> counts more than a <i>Double Swing Gainer</i> out of a support position or <i>Bar Kip</i>
Exit	A <i>Sideflip precision</i> to a bar scores higher than a <i>Sideflip</i> off a box

Note!

(1) More than one situation can be applied to one element.