

Execution																		
Safety				4.5	/5	Flow				4.5	/5	Course				4.5	/5	
Safety			2.5	/3		Flow			2.5	/3		Parts			2.5	/3		
Presentation			1.5	/2		Connection			1.5	/2		Types			2.5	/2		
→	Amplitude		0.5	/1			→				Reference list							
→	Rhythm		0.5	/1									→	floor		0.5	/5	
												→	ledge		0.5	/5		
												→	bar		0.5	/5		
												→	wall		0.5	/5		

Difficulty																	
Trick			4.5	/5	Run					4.5	/5	Variety				4.5	/5
Table of tricks		2.5	/5		Placement			2.5	/3			Variety			2.5	/3	
					→	beginning		0.5	/1			→	Parkour classic		0.5	/5	
Connection upgrade		1.5	/2		→	middle		0.5	/1			→	Rotation forwards		0.5	/5	
					→	end		0.5	/1			→	Rotation sideways		0.5	/5	
												→	Rotation backwards		0.5	/5	
					Time			1.5	/2			→	twist		0.5	/5	
					→	Reference list						→	spin		0.5	/5	
												Technique			2.5	/2	