

PK CODE OF POINTS KITAKYUSHU (JPN) 2024 – TABLE OF TRICKS (JUNIORS)

REFERENCE LIST FOR D SCORE (JUNIORS)

FIG PARKOUR FREESTYLE JUDGING 2024

Reference List (D-score) – Juniors – 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
	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	Swing Gainer, Wallspin, Reverse Wallspin, Backhandspring, Climb up
	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	Caster Frontflip
	2.5	
<i>Single Twists</i>	2.6	Swing Frontflip, A-180, B-360
	2.7	Backflip 360, Palm Backflip, Swing Sideflip, Tunnel Sideflip
	2.8	
	2.9	Wall Backflip 360, Ginger
	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, Wall Hang Gainer

	3.7	
	3.8	Pop Cast Away Backflip
	3.9	Looser Frontflip, Pimp Backflip, Crok TD, Arabian 360
	4	
	4.1	Gainer 360
	4.2	
	4.3	
	4.4	Swing Counter Sideflip, Geinger, Lazy Sideflip
	4.5	
	4.6	
	4.7	
	4.8	Swing Counter Frontflip, Wall Gainer

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
- (3) **Jump Height Restriction:** Jumps of more than 2.5 meters are prohibited.
- (4) **Acrobatics Height Restriction:** Acrobatics performed at a height of more than 2 meters are prohibited. Any tricks performed above this height will not be scored.
- (5) **Rotation Restriction:** Double rotations (i.e., flips or spins involving more than one complete rotation) are prohibited.
- (6) **Twist Restriction:** More than one twist (i.e., more than 360 degrees of rotation around the vertical axis) in any trick is prohibited.
- (7) **Element Score Restriction:** Any movement not present in the junior list due to exceeding the allowable score is considered high-risk and will not be scored.
- (8) **This reference list is exclusively for use in the first Junior competition at the 2nd FIG Parkour World Championships in Kitakyushu, Japan. It is intended as a preliminary test and will be updated for future competitions.**

***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