



## Reference List (E-score)

Safety (9 points)

Safety (6 points)

Deduction (each time)	Error
-0.10	<b>Small problems – Minor slip or Stumble</b> <ul style="list-style-type: none"> <li>Minimal impact on the performance.</li> <li>The athlete remains in control.</li> </ul>
-0.30	<b>Small problems - Close to obstacle or Bigger slip</b> <ul style="list-style-type: none"> <li>Athlete nearly hits an obstacle or stumbles more noticeably.</li> </ul>
-0.50	<b>Medium problems - Visible imbalance or Partial loss of control</b> <ul style="list-style-type: none"> <li>More pronounced than a minor slip, but athlete stays upright and recovers fast.</li> <li>Deep landing or unstable landing that requires extra step(s) to regain balance.</li> </ul>
-1.00	<b>Medium problems – Loss of control requiring hand or single knee contact, or a collision with an obstacle</b> <ul style="list-style-type: none"> <li>Hand(s) touching floor to avoid a fall after imbalance landing.</li> <li>One knee touching the floor upon landing.</li> <li>Moderate collision with an obstacle, causing a brief loss of balance, but the athlete can continue.</li> </ul>
-2.00	<b>Large problems - Both knees touching the floor</b> <ul style="list-style-type: none"> <li>Landing or slipping onto both knees.</li> <li>Noticeable loss of control.</li> </ul>
-3.00	<b>Large problems - Uncontrolled landing in a seated position</b> <ul style="list-style-type: none"> <li>Significant error due to a fall into a seated position.</li> </ul>
-4.00	<b>Large problems - Uncontrolled landing in a lying position</b> <ul style="list-style-type: none"> <li>Severe error that momentarily interrupt performance.</li> </ul>
-6.00	<b>Major crash or potential injury</b> <ul style="list-style-type: none"> <li>Feet do not clearly touch first on a (e.g., head/neck impact) .</li> <li>Severe collision with a wall or bar, leading to immediate stoppage.</li> <li>Athlete cannot continue due to significant injury or disorientation.</li> </ul>

## Landing Quality (3 points)

Reward (overall)	Reason
0 to 0.5	<b>Poor landings</b> <ul style="list-style-type: none"> <li>Noisy landings, out of body-axis, unnecessary use of other body parts, not absorbing energy.</li> </ul>
0.6 to 1.5	<b>Medium landings</b> <ul style="list-style-type: none"> <li>In-between</li> </ul>
1.6 to 3	<b>Good landings</b> <ul style="list-style-type: none"> <li>Quiet and soft landings absorbing the necessary energy to protect the body and continue the run. Clean body-axis.</li> </ul>



## Flow (6 points)

### Flow (5 points)

<i>Deduction (each time)</i>	<i>Error</i>
<b>-0.10</b>	<b>Small problems – Stutter steps</b> <ul style="list-style-type: none"> <li>Minor breaks in movement with minimal impact.</li> <li>The flow is slightly interrupted.</li> </ul>
<b>-0.30</b>	<b>Small problems – Big Steps or Sudden Direction Change</b> <ul style="list-style-type: none"> <li>The athlete takes large steps or suddenly turns to change direction.</li> <li>This slightly disrupts the flow but does not stop the movement.</li> </ul>
<b>-0.50</b>	<b>Medium problems - Extra Swings or Hesitations</b> <ul style="list-style-type: none"> <li>The athlete delays movement with extra swings or a noticeable hesitation.</li> <li>The flow is disrupted but not completely stopped.</li> </ul>
<b>-1.00 to -5.00</b>	<b>Large problems - Full stop</b> <ul style="list-style-type: none"> <li>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.</li> <li>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)</li> </ul>

### Flow Quality (1 points)

<i>Reward (overall)</i>	<i>Reason</i>
<b>0 to 0.2</b>	<b>Poor flow</b> <ul style="list-style-type: none"> <li>Lack of energy absorption and use of movement directions. Lots of hesitation, stutter steps and even stops</li> </ul>
<b>0.3 to 0.7</b>	<b>Medium flow</b> <ul style="list-style-type: none"> <li>In-between</li> </ul>
<b>0.8 to 1</b>	<b>Good flow</b> <ul style="list-style-type: none"> <li>Smoothly connected run with a good rhythm. Moves are used absorb, transform and guide the energy from the run.</li> </ul>



## 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:

- 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
- Repeated tricks will not be considered, even if they differ in form, entry, placement, or exit.**
- There is a single table of tricks for both men and women.
- A trick intended to rotate on-axis (backflip, gainer, frontflip, kong gainer, sideflip ...) but performed with visible unintentional tilt receives a reduced difficulty value via negative scaling: -0.3 to -0.5 depending on severity.** This rule does NOT apply to tricks designed to be off-axis (cork, b-twist, raiz, butterfly, etc.). Their table value already reflects this.
- Of an athlete's three (3) highest D-scores, no more than two (2) may come from the same category.**

### \*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	<b>Travel Distance/Height Difference:</b> <ul style="list-style-type: none"> <li>Significant horizontal distance travelled or vertical height difference (landing on higher or lower surfaces).</li> </ul> <b>Take-off Area:</b> <ul style="list-style-type: none"> <li>Moves initiated from narrow or restricted spaces are rewarded. Open, flat areas receive no additional credit.</li> </ul> <b>Landing Surface:</b> <ul style="list-style-type: none"> <li>Landing onto narrow or elevated surfaces (<b>e.g.</b>, bars or rails) receives higher difficulty. Standard ground landings are not awarded extra credit.</li> </ul> <i>(Example: A Backflip on a narrow ledge scores higher than one on the ground.)</i>
Form	<b>Body Position or Shape:</b> <ul style="list-style-type: none"> <li>Advanced or challenging body shapes or positions (<b>e.g.</b>, layout, pike, pistol, spider, stall ...) during flips or rotations.</li> </ul> <b>Twisting Timing:</b> <ul style="list-style-type: none"> <li>Early or late twists (<b>e.g.</b>, full-up or full-down).</li> </ul> <b>Rotation Direction:</b> <ul style="list-style-type: none"> <li>Reversed twisting direction (<b>e.g.</b>, unfull ...).</li> </ul> <b>Additional Elements:</b> Executing tricks with touchdowns or kicks. <i>(These variations receive additional difficulty credit.)</i>
Entry	<b>Connected Movement Before the Trick:</b> <ul style="list-style-type: none"> <li>Difficulty increases when a challenging movement directly precedes and flows into the main trick.</li> </ul> <b>Important:</b> Basic set-up moves (such as Round-off, Scoot, Cartwheel, Kip, etc.) are considered standard entries and do <b>not</b> increase difficulty. <i>(Example: A <b>Swing Double Gainer</b> from a <b>Giant</b> swing is more difficult than from a support position. A <b>Double Sideflip</b> directly preceded by a <b>Sideflip</b> is harder and earns higher difficulty.)</i>
Exit	<b>Connected Movement After the Trick:</b> <ul style="list-style-type: none"> <li>Difficulty increases when a challenging move immediately follows the main trick.</li> </ul> <i>(Example: Performing a <b>Double Backflip</b> immediately followed by a <b>Backflip 360</b> earns more difficulty credit than performing the Double Backflip alone.)</i>

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

# FIG PARKOUR TABLE OF TRICKS 2026

score	Swing Moves		score	Wall Moves		score	Acrobatics Moves		score	PK Basics		
0.4	Pole Swing		1.1	Wallspin	Reverse Wallspin	0.8	Cartwheel		0.1	Stride, Drop, Roll, Precision Jump, Safety Vault		
0.8	Swing 180	Kip	1.2	Wall backhandspring	Wall flare	0.9	Macaco					
1	(Straddle) Sole circle		1.3	Wall Backflip		1	Gumbi	Fronthandspring	0.2	Plyo, Speed Vault		
1.3	Swing Gainer		1.9	Angel Drop		1.1	Backhandspring		0.3	Tic Tac, Lazy Vault, Thief, Vault		
1.5	Giant	Swing Frontflip	2	Palm Backflip	Palm SideFlip	Ginger	1.2	Frisbee	Butterfly	0.4	Side Vault	
1.6	Swing Sideflip		2.1	Wall Inward Frontflip	Wall inward Sideflip		1.4	Cheat Gainer	Aerial	0.5	Pop Vault, Splat, Gate Vault	
1.8	Swing Frontflip 180		2.2	Pimp Backflip	Raiden		1.5	Backflip	Frontflip	Webster	0.6	Wallrun, Arm Jump, Underbar, Tap Swing
2.0	Swing Gainer 360		2.3	Wall Cork	Gaet Pimp Backflip		1.7	Caster Gainer		Caster Frontflip		
2.2	Swing Gainer 540		2.4	Wall Backflip 360		1.8	A-180		B-360	0.7	Kong Vault, Turn Vault, Rail Flare (Italian Job)	
2.5	Swing Frontflip 360		2.5	Devil drop		1.9	Front 180					
2.7	Swing Castaway Backflip		2.6	Castaway Backflip	Raiden 180		2	Gainer	Arabian	Tunnel Flip	0.8	Reverse Vault, Dash Vault
2.8	Swing Counter Sideflip	Kip 180 Gainer	2.7	Hang Cast Backflip	Hang Gainer		2.1	Running Gainer		Raiz	0.9	Pistol Spin, Palmspin
2.9	Swing Counter Frontflip			Wall Gainer	Trapdoor Wall Flip		2.2	Backflip 360		A-360	1	Kash Vault
	Swing Gainer 720 (2 twist)		2.8	Pop Castaway Backflip	Gargoyle Gainer		2.3	Cork		Dark Arabian	1.1	Climb up
3	Geinger		3.1	Gaet Pimp Backflip 360		2.4	Backflip 540	Frontflip 360	Sideflip 360	Kroc	1.2	Dyno
3.2	Straddle Sole circle Gainer		3.3	Handstand Castaway Backflip		2.5	Looser Frontflip	A-540	Looser Sideflip		1.5	360 Precision
3.3	Swing Gainer 900 (2.5 twist)		3.5	Wall Double Cork	Wall inward Sideflip 360		2.8	Gainer 360		1.6	Dong vault	
3.6	Swing Double Gainer		3.6	Palm Backflip 360		2.9	Frontflip 540	Looser Frontflip 180		B-720	1.8	Double Kong Vault
3.8	Swing Castaway Backflip 360		3.7	Wall Backflip 720 (2 twist)		3.1	Backflip 720 (2 twist)					
4.5	Swing Double Gainer 360		3.8	Wall Gainer 360	Castaway Backflip 360		3.2	A-720		Roll Bomb		
4.8	Swing Gainer 1080 (3 twist)		5	Gaet Pimp Backflip 720 (2 twist)		3.3	Double Cork					
4.9	Swing Double Frontflip		5.5	Palm Backflip 720 (2 twist)		3.5	Backflip 900 (2.5 twist)		Kong Gainer			
5.0	Swing Double Sideflip		5.6	Wall Gainer 720 (2 twist)		3.7	Double kroc	Frontflip 720	Sideflip 720			
5.5	Swing Castaway BF Regrab		5.9	Gaet Pimp Double Backflip		4.1	Sitting dash Gainer		Gainer double cork			
5.5	Swing Gainer 1260 (3.5 twist)		6	Castaway Backflip 720 (2 twist)		4.3	Frontflip 900 (2.5 twist)		Cast Gainer			
5.8	Swing Castaway Backflip 720			Wall Triple Cork		4.4	Macaco-in	Tsukahara		Cartahara		
5.8	Swing Double Gainer 720 (2 twist)		6.2	Wall Double Backflip		4.5	Gainer 720 (2 twist)	Handstand Gainer	Double Sideflip			
6.8	Swing Castaway Double BF		6.3	Wall Backflip 1080 (3 twist)		4.8	Double Frisbee		Double Pistol Frisbee			
6.9	Swing Gainer 1440 (4 twist)		7	Double Palm Flip		5	Caster Double Gainer		360 Kong Gainer			
7.3	Swing Triple Gainer		7.3	Wall Gainer 1080 (3 twist)		5.1	Backflip 1080 (3 twist)		Kong Gainer 360			
7.5	Swing Double Gainer 1080 (Miller)		7.5	Castaway Double Backflip		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					



### Junior-Specific Parkour Rule

The following rules are designed to ensure safety, fairness, and age-appropriate challenges for junior parkour athletes. These rules apply in addition to the general parkour regulations already in place for seniors.

### General Principles

- **Execution rules:** Junior athletes are judged by the same execution criteria, deductions, and technical guidelines as senior athletes.
- **Difficulty remarks and scaling adjustments:** The same difficulty remarks and scaling adjustments used for seniors apply to juniors.
- **Field of Play (FOP):**
  - Use the same Field of Play as seniors, with all obstacle heights adjusted to junior limits.
  - Use a dedicated course specifically designed for junior athletes.

### Speedrun Junior Regulations

- **Course Format:**

Two formats are allowed:

  - **One-way course:** no return run
  - **Shorter course with return run**
- **Jump/Drop Restriction:** The speed course should include obstacles lower than 2.0 m. Jumps or drops from obstacles that are 2.0 m or higher are not allowed. (The recommended maximum height for jumps or drops is between 1.5 m and 1.6 m.)

### Freestyle Junior Regulations

- **Only moves listed in the table of tricks will be scored.**
- **Rotational Limits :**
  - **Double rotations are not allowed.**
  - A maximum of double twists is permitted.
  - Any trick exceeding these limits will not be included in difficulty scoring.
- **Obstacle Height Limits:**
  - **Wall moves:** Maximum height of 2.0 m.
  - **Bar moves:** Maximum height of 2.4 m.
  - **Acrobatics and basic parkour moves:** Maximum height of 1.6 m.
  - **Acrobatics and basic parkour moves:** Maximum height of 1.6 m

# FIG PARKOUR TABLE OF TRICKS (JUNIORS) 2026

score	Swing Moves		score	Wall Moves			score	Acrobatics Moves				score	PK Basics		
0.4	Pole Swing		1.1	Wallspin		Reverse Wallspin	0.8	Cartwheel				0.1	Stride, Drop, Roll, Precision Jump, Safety Vault		
0.8	Swing 180	Kip	1.2	Wall backhandspring		Wall flare	0.9	Macaco							
1	(Straddle) Sole circle		1.3	Wall Backflip			1	Gumbi		Fronthandspring		0.2	Plyo, Speed Vault		
1.3	Swing Gainer		1.9	Angel Drop			1.1	Backhandspring				0.3	Tic Tac, Lazy Vault, Thief Vault		
1.5	Giant	Swing Frontflip	2	Palm Backflip	Palm SideFlip	Ginger	1.2	Frisbee		Butterfly		0.4	Side Vault		
1.6	Swing Sideflip		2.1	Wall Inward Frontflip		Wall inward Sideflip	1.4	Cheat Gainer		Aerial		0.5	Pop Vault, Splat, Gate Vault		
1.8	Swing Frontflip 180		2.2	Pimp Backflip		Raiden	1.5	Backflip	Frontflip	Webster	Sideflip	0.6	Wallrun, Arm Jump, Underbar, Tap Swing		
2.0	Swing Gainer 360		2.3	Wall Cork		Gaet Pimp Backflip	1.7	Caster Gainer		Caster Frontflip					
2.2	Swing Gainer 540		2.4	Wall Backflip 360			1.8	A-180		B-360		0.7	Kong Vault, Turn Vault, Rail Flare (Italian Job)		
2.5	Swing Frontflip 360		2.5	Devil drop			1.9	Front 180							
2.7	Swing Castaway Backflip		2.6	Castaway Backflip		Raiden 180	2	Gainer	Arabian	Tunnel Flip		0.8	Reverse Vault, Dash Vault		
2.8	Swing Counter Sideflip		2.7	Hang Cast Backflip		Hang Gainer	2.1	Running Gainer		Raiz		0.9	Pistol Spin, Palmspin		
2.9	Swing Counter Frontflip			Wall Gainer		Trapdoor Wall Flip	2.2	Backflip 360		A-360		1	Kash Vault		
	Swing Gainer 720 (2 twist)		2.8	Pop Castaway Backflip		Gargoyle Gainer	2.3	Cork		Dark Arabian		1.1	Climb up		
3	Geinger		3.1	Gaet Pimp Backflip 360			2.4	Backflip 540	Frontflip 360	Sideflip 360	Kroc	1.2	Dyno		
3.2	Straddle Sole circle Gainer		3.3	Handstand Castaway Back			2.5	Looser Frontflip		A-540		Looser Sideflip	1.5	360 Precision	
3.8	Swing Castaway Backflip 360		3.5	Wall Double Cork		Wall inward Sideflip 360	2.8	Gainer 360				1.6	Dong vault		
			3.6	Palm Backflip 360			2.9	Frontflip 540		Looser Frontflip 180		B-720	1.8	Double Kong Vault	
			3.8	Castaway Backflip 360		Wall Gainer 360	3.1	Backflip 720 (2 twist)							
							3.2	A-720							
							3.3	Double Cork							
							3.5	Kong Gainer							
							3.7	Double kroc		Frontflip 720		Sideflip 720			