

SCORING SHEET FREESTYLE JUDGING

EXECUTION (15)	
SAFETY (9)	FLOW (6)
Safety (6) <ul style="list-style-type: none"> • Deduct 0.1 to 1 for small problems (slip, stumble) • Deduct 1.1 to 3 per bigger problem (fall, hitting a wall) • Deduct 6 if feet did not obviously touch the floor first while landing 	Flow (5) <ul style="list-style-type: none"> • Deduct 0.1 to 0.5 per occasion for stutter steps and extra swings • Deduct 1 to 5 per occasion for full stops (body comes to a rest)
Landing Quality (3) <ul style="list-style-type: none"> • Reward 0 to 0.5 overall for poor landings (noisy, off body-axis, ...) • Reward 0.6 to 1.5 overall for medium landings • Reward 1.6 to 3 for good landings (good absorption) 	Flow Quality (1) <ul style="list-style-type: none"> • Reward 0 to 0.2 overall for poor flow (no use of movement directions, hesitation, stutter steps and stops) • Reward 0.3 to 0.7 overall for medium flow quality • Reward 0.8 to 1 overall for good flow quality (smooth connection, good rhythm, speed of execution, transforming energy from one move to another)
Total E-score:	

DIFFICULTY (15+)		
OVERALL DIFFICULTY		
Trick 1 (5+)	Trick 2 (5+)	Trick 3 (5+)
→ Check Reference List → Scale according to <i>Placement, Form, Entry and Exit</i>		
Total D-score:		