

CoP 2022-2024 Reference Lists

Connection (2)

Points	Number of linked elements
0	0-4
0.5	5-8
1	9-12
1.5	13-16
2	17-20

Table of tricks (5)

Women:

Points	Reference Elements	Example
0	Running	
0.5	Parkour classics, handsprings	
1	Basic flips, baby giants	
1.5	180, gaet flip, pistol-set backflip, ping back	Regrasp-90
2	360, cast backflips, giant, inward flips	Regrasp-0, cork
2.5	540	
3	720	double cork
3.5	900	
4	1 ½ flips, double swing gainer	
4.5	Double flips, 1080	
5	<i>More difficult moves than 4.5 or reached with connection-upgrade</i>	

Men:

Points	Reference Elements	Example
0	Running, parkour classics, handsprings, basic flips, baby giants	
0.5	180, gaet flip, pistol-set backflip	Regrasp-90
1	360, cast backflips, giant, inward flips	Regrasp-0
1.5	540, counter swings	Toe shoot front
2	720	Gaet pimp 360, kong gainer, gainer 360
2.5	900	Double cork, cast backflip 360
3	1 ½ flips, double swing gainer	Cast gainer
3.5	Double flips, 1080	
4	Double swing gainer 360, 1260	
4.5	Double flips 360, double swing gainer 720	
5	<i>More difficult moves than 4.5 or reached with connection-upgrade</i>	

Remark: Moves performed out of the sagittal plane in slanted axis are decreased by a value of 0.5 points (example: corks, slanted backflips, b-twists) excluding double (pistol) frisbee.

Important: If any trick is failed it will not be judged in difficulty

Time (2)

Points	Time in seconds
0	0-22
0.5	23-34
1	35-46
1.5	47-58
2	59-70