



# Saut de Chat! Parkour



NEWSLETTER – N° 01 – March 2025

**LAUSANNE (SUI), March 24, 2025**

Dear Parkour friends,

We are pleased to share the updated Table of Tricks for 2025. This yearly update brings clearer, more specific details regarding execution deductions, clarifications for judges, coaches, and athletes, and significant changes in difficulty scoring.

**Key updates for 2025 include:**

**Execution (E-score):** Clearly defined and detailed deductions criteria for safety and flow errors.

**Difficulty (D-score):** The Table of Tricks has been reorganized into four distinct categories. Swing Moves, Wall Moves, Acrobatic Moves, and Parkour Basics, to facilitate judging. New tricks have been added, and existing moves have been revalued. The scaling factors have also been expanded and clarified with more detailed criteria

**Important new rules have been added concerning failed tricks, repeated tricks, a unified table for men and women, and slanted axis penalties.**

We have created a feedback form to collect your valuable input before the official release of this document on **1 April 2025**. This is your exclusive opportunity this year to suggest new tricks, propose revaluations, or ask questions. After publication, no further modifications can be made until next year.

Please submit your feedback through the following link: [Link](#)

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**Athletes Representative Elections 2025:**

We would like to remind you that elections for the Parkour Athletes Representative will be held during The World Games 2025. National Federations are encouraged to nominate suitable candidates. Each nomination must include a cover letter, CV, and written confirmation that the National Federation will cover all related expenses.

**Deadline for Parkour nominations: 7 May 2025.**

Candidates must meet the eligibility criteria as per FIG Statutes (Art. 16.3), including previous participation in major FIG events and adherence to retirement regulations. The elected representatives will have duties such as attending Technical Committee meetings and representing athlete perspectives in FIG decisions.

Candidature files must be sent by email to: [sports@fig-gymnastics.org](mailto:sports@fig-gymnastics.org). Late submissions will not be considered.





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### REFERENCE LIST FOR E AND D SCORE

FIG PARKOUR FREESTYLE JUDGING 2025

#### Reference List (E-score)

Safety (9 points)

Safety (6 points)

<i>Deduction (each time)</i>	<i>Error</i>
<b>-0.10</b>	<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>
<b>-0.30</b>	<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>
<b>-0.50</b>	<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>
<b>-1.00</b>	<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>
<b>-2.00</b>	<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>
<b>-3.00</b>	<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>
<b>-4.00</b>	<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>
<b>-6.00</b>	<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)

<i>Reward (overall)</i>	<i>Reason</i>
<b>0 to 0.5</b>	<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>
<b>0.6 to 1.5</b>	<b>Medium landings</b> <ul style="list-style-type: none"> <li>In-between</li> </ul>
<b>1.6 to 3</b>	<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>





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## Flow (6 points)

Flow (5 points)

<b>Deduction (each time)</b>	<b>Error</b>
<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)

<b>Reward (overall)</b>	<b>Reason</b>
<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\*.





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### Remarks:

- 1. 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
- 2. Repeated tricks will not be considered, even if they differ in form, entry, placement, or exit.**
- 3. There is a single table of tricks for both men and women.**
- 4. Moves performed out of the longitudinal plane in slanted axis are decreased by a value of 0.5 points** (example: slanted king gainer, slanted gainer full, etc ..)

### \*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	<p><b>Travel Distance/Height Difference:</b></p> <ul style="list-style-type: none"> <li>Significant horizontal distance travelled or vertical height difference (landing on higher or lower surfaces).</li> </ul> <p><b>Take-off Area:</b></p> <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> <p><b>Landing Surface:</b></p> <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. <i>(Example: A Backflip on a narrow ledge scores higher than one on the ground.)</i></li> </ul>
Form	<p><b>Body Position or Shape:</b></p> <ul style="list-style-type: none"> <li>Advanced or challenging body shapes or positions (e.g., layout, pike, pistol, spider, stall ...) during flips or rotations.</li> </ul> <p><b>Twisting Timing:</b></p> <ul style="list-style-type: none"> <li>Early or late twists (<b>e.g.</b>, full-up or full-down).</li> </ul> <p><b>Rotation Direction:</b></p> <ul style="list-style-type: none"> <li>Reversed twisting direction (<b>e.g.</b>, unfull ...).</li> </ul> <p><b>Additional Elements:</b> Executing tricks with touchdowns or kicks. <i>(These variations receive additional difficulty credit.)</i></p>
Entry	<p><b>Connected Movement Before the Trick:</b></p> <ul style="list-style-type: none"> <li>Difficulty increases when a challenging movement directly precedes and flows into the main trick.</li> </ul> <p><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></p>
Exit	<p><b>Connected Movement After the Trick:</b></p> <ul style="list-style-type: none"> <li>Difficulty increases when a challenging move immediately follows the main trick.</li> </ul> <p><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></p>

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



## FIG PARKOUR TABLE OF TRICKS 2025

score	Swing Moves	score	Wall Moves	score	Acrobatics Moves	score	PK Basics
0.4	Pole Swing	1.1	Wallspin	0.8	Cartwheel	0.1	Stride, Drop, Roll, Precision Jump, Safety Vault
0.8	Swing 180   Kip	1.2	Wall backhandspring	0.9	Macaco		
1	(Straddle) Sole circle	1.3	Wall Backflip	1	Gumbi	0.2	Plyo, Speed Vault
1.3	Swing Gainer	2	Palm Backflip   Palm SideFlip   Ginger	1.1	Backhandspring	0.3	Tic Tac, Lazy Vault, Thief Vault
1.7	Giant	1.9	Angel Drop	1.2	Frisbee	0.4	Side Vault
1.8	Swing Frontflip	2.1	Wall Inward Frontflip	1.4	Cheat Gainer	0.5	Pop Vault, Splat, Gate Vault
1.9	Swing Sideflip	2.2	Pimp Backflip	1.5	Backflip   Frontflip	0.6	Wallrun, Arm Jump, Underbar, Tap Swing
2.1	Swing Gainer 360	2.3	Wall Cork	1.7	Caster Gainer		
2.2	Swing Frontflip 180	2.4	Wall Backflip 360	1.8	A-180	0.7	Kong Vault, Turn Vault, Rail Flare (Italian Job)
2.4	Swing Gainer 540	2.5	Devil drop	1.9	Front 180		
2.5	Swing Frontflip 360	2.6	Castaway Backflip	2	Gainer	0.8	Reverse Vault, Dash Vault
2.7	Swing Castaway Backflip	2.7	Hang Cast Backflip	2.1	Running Gainer	0.9	Pistol Spin, Palmspin
2.8	Swing Counter Sideflip	2.8	Pop Castaway Backflip	2.2	Backflip 360	1	Kash Vault
2.9	Swing Counter Frontflip	3	Wall Gainer	2.3	Cork	1.1	Climb up
3	Geinger   Kip 180 Gainer	3.1	Gaet Pimp Backflip 360	2.4	Backflip 540	1.2	Dyno
3.1	Swing Gainer 720 (2 twist)	3.5	Wall Double Cork	2.5	Looser Frontflip	1.5	360 Precision
3.4	Straddle Sole circle Gainer	3.6	Palm Backflip 360	2.7	Gainer 360	1.6	Dong vault
3.5	Swing Gainer 900 (2.5 twist)	3.7	Wall Backflip 720 (2 twist)	2.9	Frontflip 540	1.8	Double Kong Vault
3.6	Swing Castaway Backflip 360	4	Wall Gainer 360	3.1	Backflip 720 (2 twist)		
3.8	Swing Double Gainer	4.2	Gaet Pimp Backflip 720 (2 twist)	3.2	A-720		
4.7	Swing Double Gainer 360	5.2	Palm Backflip 720 (2 twist)	3.3	Double Cork		
5	Swing Gainer 1080 (3 twist)	5.4	Wall Gainer 720 (2 twist)	3.5	Backflip 900 (2.5 twist)		
5.1	Swing Double Frontflip	5.5	Castaway Backflip 720 (2 twist)	3.7	Double kroc		
5.2	Swing Double Sideflip	5.6	Gaet Pimp Double Backflip	3.8	Gainer 720 (2 twist)		
5.5	Swing Castaway Backflip Regrab	5.7	Wall Triple Cork	4.1	Sitting dash Gainer		
5.6	Swing Castaway Backflip 720	5.9	Wall Double Backflip	4.3	Frontflip 900 (2.5 twist)		
5.7	Swing Gainer 1260 (3.5 twist)	6	Wall Backflip 1080 (3 twist)	4.4	Macaco-in		
6	Swing Double Gainer 720 (2 twist)	6.9	Double Palm Flip	4.5	Handstand Gainer		
6.8	Swing Castaway Double Backflip	7.1	Castaway Double Backflip	4.8	Double Frisbee		
7.1	Swing Gainer 1440 (4 twist)	7.2	Wall Gainer 1080 (3 twist)	5	Caster Double Gainer		
7.5	Swing Triple Gainer			5.1	Backflip 1080 (3 twist)		
7.7	Swing Double Gainer 1080 (Miller)			5.2	Kong Gainer 360		
				5.3	Double Backflip		
				5.4	Triple Cork		
				5.5	Double Gainer		
				5.6	Double Frontflip		
				5.7	Backflip 1260 (3.5 twist)		
				5.9	Double Backflip 360		
				6	Triple kroc		
				6.2	Inward Tsukahara		
				6.5	Gainer 1080 (3 twist)		
				7.1	Backflip 1440 (4 twist)		
				7.5	Quad Cork		



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## CALENDAR OF FIG PARKOUR INTERNATIONAL JUDGES' COURSES REMAINING

DATES (1st day/last day)	CITY / COUNTRY	UNION
04/04/2025 - 07/04/2025	CAIRO (EGY)	UAG
23/04/2025 - 26/04/2025	HARARE (ZIM)	UAG
09/05/2025 - 11/05/2025	PANAMA (PAN)	PAGU
04/08/2025 - 07/08/2025	HONG KONG (HKG)	AGU

## CALENDAR OF FIG PARKOUR INTERNATIONAL EVENT

DATES (1st day/last day)	TITLE	CITY / COUNTRY
16/05/2025 - 18/05/2025	FIG Parkour World Cup	AMSTERDAM (NED)
30/05/2025 - 01/06/2025	FIG World Cup 2025	MONTPELLIER (FRA)
07/08/2025 - 17/08/2025	The World Games 2025	CHENGDU (CHN)

Thank you!  
Warm regards,

Charles PERRIERE  
President of the Parkour Technical Committee

Aimene BOUSTILA  
Member of the Parkour Technical Committee

