PK CODE OF POINTS 2022-2024 – TABLE OF TRICKS 2023

Connection (2)

Points	Number of linked elements
0	0-2
0.5	3-4
1	5-6
1.5	7-8
2	9-10

If there are more than two consecutive floor tricks, the connection is interrupted

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	*More difficult moves than 4.5 or reached with connection-upgrade*	

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, double cork
2.5	900	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	*More difficult moves than 4.5 or reached with connection-upgrade*	

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	0-24
1	25-34
2	35+

1. E Execution
- – Safety
- – Flow
- – Course

2. D Difficulty:
- – Trick
- – Run
- – Variety

4.2 Scoring scale and points

For each of the above mentioned three criteria, the judges assign points according to the form below

EXECUTION							
Safety	**5**	**Flow**	**5**	**Course**	**5**		
• Safety[1] • Presentation[2]	3 2	• Flow[3] • Connection[4]	3 2	• Parts[5] • Types[6]	3 2		

1 Maximum of 3 points. Deducting one point for larger, half a point for smaller errors. Issues can be poor landings (clean landings on feet are desired, however, use of hands to absorb energy are permitted from high positions), uncontrolled closeness to the obstacles and others…

2 Maximum of 2 points. Adding half and full points for performance of elements (ex. a grab, a stall, …),

3 Maximum of 3 points. Deducting one point for a full stop and half a point for stutter steps.

4 Maximum of 2 points. Adding half or full points for the number of linked elements according to a reference list.

5 Maximum of 3 points. Adding a full point for every of the three defined parts an athlete performs a trick in (floor tricks are not counting).

6 Maximum of 2 points. Adding half a point for a trick performed in interaction with the floor, a ledge, a bar and a wall.

DIFFICULTY							
Trick	**5**	**Run**	**5**	**Variety**	**5**		
• Table of Tricks[7] + Conn. upgrade	5	• Placement[8] • Time[9]	3 2	• Variety[10] • Technique[11]	3 2		

7 Maximum of 5 points Scoring according to a reference list. Starting with the reference value the score must be adjusted regarding the place the athlete performs the trick. Directly linking two moves leads to adding the values of the two linked tricks.

8 Maximum of 3 points. Adding a full point for a trick performed in the beginning part of the run, the middle part of the run and as a final move.

9 Maximum of 2 points. Adding half points for the length of the run according to a reference list.

10 Maximum of 3 points. Adding half a point for a trick performed out of the category of *parkour classic, rotation forward, rotation sideways, rotation backwards, twist, spin.*

11 Maximum of 2 points. Adding (half or) full points for the technical quality of key elements like the climb up and twists.

The Table of Tricks will be published and updated three months before the start of each year.