FIG e FGI PARKOUR TAVOLA DEI PUNTEGGI 2025/26 MASCHILE E FEMMINILE

Punti	Swing Moves		Punti	Wall Moves		Punti	Acrobatic Moves				Punti	Parkour Base
0,4	Pole Swing		1,1	Wallspin	Reverse Wallspin	0,8	Ruota				0,1	Stride, Drop, Roll, Precision Jump, Safety Vault
0,8	Swing180	Kip	1,2	Wall backhandspring	Wall flare	0,9	Macaco					
1	(Straddle) Sole circle		1,3	Wall Backflip		1	Gumbi		Ribaltata		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		Butterfly		0,4	Side Vault
1,8	Swing Frontflip		2,1	Wall Inward Frontflip	Wall inward Sideflip	1,4	Cheat Gainer		Aerial (ruota senza)		0,5	Pop Vault, Splat, Gate Vault
1,9	Swing Sideflip		2,2	Pimp Backflip	Raiden	1,5	Backflip	Frontflip	Webster	Sideflip	0,6	Wallrun, Arm Jump, Underbar, Tap Swing
2,1	Swing Gainer 360		2,3	Wall Cork	Gaet Pimp Backflip	1,7	Caster Gainer		Caster Frontflip			
2,2	Swing Frontflip 180		2,4	Wall Backflip 360		1,8	A-180		B-360		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	Raiden 180	2	Gainer	Arabian	Tunnel Flip		0,8	Reverse Vault, Dash Vault
2,7	Swing Castaway Backflip		2,7	Hang Cast Backflip	Hang Gainer	2,1	Running Gainer		Raiz		0,9	Pistol Spin, Palmspin
2,8	Swing Counter Sideflip		2,8	Pop Castaway Backflip	Gargoyle Gainer	2,2	Backflip 360		A-360		1	Kash Vault
2,9	Swing Counter Frontflip		3	Wall Gainer	Trapdoor Wall Flip	2,3	Cork		Dark Arabian		1,1	Climb up
3	Geinger	Kip 180 Gainer	3,1	Gaet Pimp Backflip 360	Handstand Castaway Back	2,4	Backflip 540	Frontflip 360	Sideflip 360	Kroc	1,2	Dyno
3,1	Swing Gainer 720 (2 twist)		3,5	Wall Double Cork	Wall inward Sideflip 360	2,5	Looser Frontflip	A-540	Looser Sideflip		1,5	360 Precision
3,4	Straddle Sole circle Gainer		3,6	Palm Backflip 360	Castaway Backflip 360	2,7	Gainer360		Roll Bomb		1,6	Dong vault
3,5	Swing Gainer 900 (2.5 twist)		3,7	Wall Backflip 720 (2 twist)		2,9	Frontflip 540	Looser Frontflip 180		B-720	1,8	Double Kong Vault
3,6	Swing Castaway Backflip 360		4	Wall Gainer 360		3,1	Backflip 720 (2twist)					
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)		Kong Gainer			
5,1	Swing Double Frontflip		5,5	Castaway Backflip 720 (2 twist)		3,7	Double kroc	Frontflip 720	Sideflip720			
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)		Cast Gainer			
5,7	Swing Gainer 1260 (3.5 twist)		6	Wall Backflip 1080 (3twist)		4,4	Macaco-in	Tsukahara	Cartahara			
6	Swing Double Gainer 720 (2 twist)		6,9	Double Palm Flip		4,5	Handstand Gainer		Double Sideflip			
6,8	Swing Castaway Double Backflip		7,1	Castaway Double Backflip		4,8	Double Frisbee		Double Pistol Frisbee			
7,1	Swing Gainer 1440 (4 twist)		7,2	Wall Gainer 1080 (3 twist)		5	Caster Double Gainer		360 Kong 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		Tsukahara 360			
						5,5	Double Gainer		Front Half-In Back-Out			
						5,6	Double Frontflip					
						5,7	Backflip 1260 (3.5twist)					
						5,9	Double Backflip 360		Cork-in Backflip			
						6	Triple kroc		Frontflip 1080 (3 twist)			
						6,2	Inward Tsukahara					
						6,5	Gainer 1080 (3 twist)					
						7,1	Backflip 1440 (4twist)		Double Backflip 720			
						7,5	Quad Cork					