



LAUSANNE (SUI), March 2026

The Parkour Technical Committee would like to present the following updates to the Table of Tricks and Code of Points ahead of the 2026 competition season. These changes take effect immediately and will apply from the first World Cup in Montpellier.

The decisions captured in this newsletter are the result of feedback collected from judges, coaches, and athletes during the 2025 season, as well as a biomechanical review of trick values.

Contents

1. Category Diversity Adjustment	2
2. Axis Deviation Clarification	2
3. Updated Scaling Guidelines.....	3
4. Trick Value Adjustments — Swing Moves.....	4
5. Trick Value Adjustments — Wall Moves	5
6. New tricks	5
7. Calendar of 2026 Competitions.....	5



1 Category Diversity Adjustment

During the 2025 season, some athletes won competitions by performing 3 hard tricks from a single category (typically bar/swing tricks), without variety in their run. This adjustment addresses that issue.

Of an athlete's three (3) highest D-scores, no more than two (2) may come from the same category. The four categories are: Swing Moves, Wall Moves, Acrobatics, and PK Basics.

If all three highest-scoring tricks are from the same category, only the top two are counted. The third D-score is replaced by the athlete's next-highest trick from a different category.

If an athlete performs fewer than three tricks from the main categories (Swing, Wall, Acrobatics), a PK Basic may serve as the third counted D-score, satisfying the diversity requirement as its own category.

Rationale: The current Table of Tricks already includes a no-repeat restriction (an athlete cannot count the same trick twice for D-score), similar to figure skating's Zayak Rule which limits repeated jump types. The Category Diversity adjustment extends this philosophy: not only can you not repeat the same trick, you also cannot rely on a single category for all three of your highest D-scores.

2 Axis Deviation Clarification

The 2025 formulation stated: "Moves performed out of the longitudinal plane in slanted axis are decreased by a value of 0.5 points." This was ambiguous because some tricks are intentionally off-axis by design (cork, b-twist, raiz). It is replaced by the following:

A trick intended to rotate on-axis (backflip, gainer, frontflip, kong gainer, sideflip ...) but performed with visible unintentional tilt receives a reduced difficulty value via negative scaling: -0.3 to -0.5 depending on severity.

This rule does NOT apply to tricks designed to be off-axis (cork, b-twist, raiz, butterfly, etc.). Their table value already reflects this.

The old rule used a flat -0.5 deduction. The new rule integrates axis deviation into the scaling system, giving judges flexibility to differentiate between slight tilt (-0.3) and severe deviation (-0.5).



3 Updated Scaling Guidelines

Indicative bands with real competition examples. These are guidelines, not fixed values.

Factor	Range	Low (+0.1-0.2)	Medium (+0.3-0.5)	High (+0.6-1.0)	Exceptional (1.0+)
Placement	+0.1 to +1.5	Small height diff. Slightly narrow surface. (e.g., landing a gainer in a medium-width gap between two obstacles)	Moderate height diff. Narrow takeoff/landing. Rail precision. (e.g., Gainer off a wall with 2m drop.)	Large height gap. Very narrow surface. Significant travel. (e.g., Sideflip travelling to landing on a rail.)	Multiple factors stacking (narrow takeoff + big travel + narrow landing). Running gainer travelling 2m to a tiny edge precision. Double cork off a narrow wall ledge to a narrow landing.
Form	+0.1 to +0.5	Basic shape variation Tuck BF vs open tuck. pike on sideflip.	Pike backflip, Pistol gainer Late twist / full-down.	Full layout backflip. Spider gainer. Unfull (reverse twist).	Layout double backflip. Pike double frontflip. Combined: pistol layout gainer full.
Entry	+0.1 to +1.0	Round-off, scoot, cartwheel, kip = NO credit (0) Wallspin directly into a backflip. Palmspin flowing into a wall trick.	Moderate move flowing into trick Giant swing into a swing double gainer. Sideflip directly into a gainer.	Hard move directly preceding trick Sideflip directly preceding a double sideflip. Cork flowing directly into a wall backflip.	Exceptional combo Cork into castaway backflip. BF 360 into a double backflip. Giant into swing triple gainer.
Exit	+0.1 to +1.0	Small moves directly after Sideflip into a cartwheel, Frontflip into a kong, Backflip into a backhandspring	Moderate move directly after BF 360 into a backflip. Gainer into a Sideflip	Hard move directly following trick Double sideflip directly into a castaway backflip. Double cork into a cork. Swing double gainer directly into a backflip	Exceptional combo. Immediate high-value connection. Double backflip directly into a backflip 360 Back-to-back high-value tricks with no pause
Axis Deviation (negative)	-0.3 to -0.5	N/A	(-0.3) Kong gainer slight sideways tilt. Gainer full drifts off sagittal plane.	(-0.5) Kong gainer clearly rotating sideways. BF 360 with visible off-axis lean.	N/A If worse, trick may not be recognized.

Note: More than one scaling situation can be applied to one element. Standard entries (round-off, scoot, cartwheel, kip) give no entry credit.



4 Trick Value Adjustments — Swing Moves

Single swing flips are valued equal to ground equivalents. The bar provides rotational assist, but the release timing and commitment required offset this advantage. Multi-rotation tricks are reduced because bar assist compounds with each rotation. Counter and re-grab moves are kept at current values.

Trick	2025	2026	Change
Giant	1.7	1.5	-0.2
Swing Frontflip	1.8	1.5	-0.3
Swing Sideflip	1.9	1.6	-0.3
Swing Gainer 360	2.1	2.0	-0.1
Swing Frontflip 180	2.2	1.8	-0.4
Swing Gainer 540	2.4	2.2	-0.2
Kip 180 Gainer	3.0	2.8	-0.2
Swing Gainer 720	3.1	2.9	-0.2
Straddle Sole Circle Gainer	3.4	3.2	-0.2
Swing Gainer 900	3.5	3.3	-0.2
Swing Castaway BF 360	3.6	3.8	+0.2
Swing Double Gainer	3.8	3.6	-0.2
Swing Double Gainer 360	4.7	4.5	-0.2
Swing Gainer 1080	5.0	4.8	-0.2
Swing Double Frontflip	5.1	4.9	-0.2
Swing Double Sideflip	5.2	5.0	-0.2
Swing Castaway BF 720	5.6	5.8	+0.2
Swing Gainer 1260	5.7	5.5	-0.2
Swing Double Gainer 720	6.0	5.8	-0.2
Swing Gainer 1440	7.1	6.9	-0.2
Swing Triple Gainer	7.5	7.3	-0.2
Swing Dbl Gainer Miller	7.7	7.5	-0.2

Unchanged swing tricks (no adjustment): Swing Gainer (1.3), Swing Castaway BF (2.7), Swing Counter Sideflip (2.8), Swing Counter Frontflip (2.9), Geinger (3.0), Swing Castaway BF Regrab (5.5), Swing Castaway Double BF (6.8).



5 Trick Value Adjustments — Wall Moves

Wall moves involve converting horizontal momentum into vertical/rotational energy via foot/hand plant. The athlete generates all force. The wall gainer family was over-valued relative to ground equivalents. Castaway moves were under-valued.

Trick	2025	2026	Change
Trapdoor / Wall Flip	3.0	2.7	-0.3
Wall Gainer	3.0	2.7	-0.3
Handstand Castaway BF	3.1	3.3	+0.2
Castaway BF 360	3.6	3.8	+0.2
Wall Gainer 360	4.3	3.8	-0.5
Wall Gainer 720	5.7	5.5	-0.2
Castaway BF 720	5.8	6.0	+0.2
Castaway Double BF	7.3	7.5	+0.2
Wall Gainer 1080	7.5	7.3	-0.2

Acrobatics: No changes.

6 NEW TRICKS

Federations wishing to submit a new trick for the Table of Tricks should send a video and suggested value to: parkour@worldgymnastics.sport

7 Calendar of 2026 Parkour Competitions

Dates	Event	City / Country
May 2026	World Cup	Montpellier (FRA)
June 2026	World Cup	Istanbul (TUR)
TBC 2026	World Championships	TBC

For more details, please visit the [WUGym Website Calendar](#).



We kindly request that the above information be distributed to your coaches and FIG Parkour judges.

Respectfully,

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