

Athlete Name / ID / FED / Phase	<div style="text-align: center;"> ←-----> Low Medium High </div>										SCORES
(ES) Execution, Safety & Mastery Safety, clean landings / Flow; No hesitations or stutter steps / Amplitude	1	2	3	4	5	6	7	8	9	10	
(CC) Composition & Creativity Use of the course & obstacles / Were obstacles used to support tricks, as opposed to obstacle-floor / Connection between Parkour moves and acrobatic elements, thoughtful placement of tricks	1	2	3	4	5	6	7	8	9	10	
(D) Difficulty How hard are the tricks in general (considering both the difficulty of the trick, where and how it is performed or executed) / How hard is the run / Variety of types of movement	1	2	3	4	5	6	7	8	9	10	
Judge Name/#	JUDGE'S FORM										TOTAL