

DATA COLLECTED AT 30FPS! Double the values for terms of 60fps.

PARRY FRAMES

	Startup	Parry Frames	Recovery to Roll/Crouch	Recovery to Ash of War	Recovery to Right Hand Attack	Recovery to Left Hand Attack	Recovery to Block	Recovery to Quick Item Use	Recovery to Item Use	Recovery to Walk
Golden Parry [1]	4 [2]	6 [3]	15	16	13	16 [4]	14	15	16	17
Carian Retaliation [5]	4 [6]	6 [7]	15	16	13	13 [8]	14	15	16	17
Buckler [9]	4	5	16	18	14	17 [10]	15	16	17	19
Small Shield [11]	5	5	15	16	13	16 [12]	14	15	16	17
Storm Wall [13]	5	5 [14]	15	16	13	13 [15]	14	15	16	17
Dagger [16]	6	4	15	16	13	16	14	15	16	17
Thop's Barrier [17]	6	4	15	16	13	13 [18]	14	15	16	17
Medium Shield + Thrusting Sword + Fist/Claw (Left Hand) [19]	6	2	17	18	15	19 [20]	16	17	14	17
Fist/Claw (Right Hand) [21]	6	2	15	16	13	13	14	15	16	17
Curved Sword [22]	6	2	17	18	15	15	16	17	18	19

Data collected by @Kaj#4218 + @Praseetha#6969 at [ERPVP.cord](#) - [Elden Ring PvP Website](#)

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I FRAMES

	Startup	i-Frames	Recovery to Roll	Recovery to Ash of War	Recovery to Right Hand Attack	Recovery to Left Hand Attack	Recovery to Block	Recovery to Quick Item Use	Recovery to Item Use	Recovery to Walk
Light Roll [23]	0	13	8	6	5	6	12	6	7	9
Medium Roll [24]	0	13	8	7	7	7	12	7	8	9
Heavy Roll [25]	0	12	16	11	11	11	14	15	15	18
Bloody Helice [26]	0	20	14	9	19	22	22	20	22	23
Vow of the Indomitable [27]	4	30	1	10	1	1	1	1	5	10
Bloodhound's Finesse [28]	58 [29]	20	25	N/A	30	34	36	29	34	39
Raptor of the Mists [30]	0	18	N/A	N/A	0 out of jump	N/A	N/A	N/A	N/A	N/A
Bloodhound Step (Forward) [31]	0	16	9	7	1	5	8	6	11	13
Bloodhound Step (Forward) Repeated [32]	0	14	11	11	6	7	12	8	13	15
Bloodhound Step (Back) [33]	0	16	7	7	1	5	8	5	9	11
Bloodhound Step (Back) Repeated [34]	0	14	9	11	2	7	12	7	11	13
Bloodhound Step (Sides) [35]	0	16	6	6	1	4	7	6	10	11
Bloodhound Step (Sides) Repeated [36]	0	14	8	13	2	6	11	8	12	13
Quickstep (Forward) [37]	0	15	10	7	2	6	10	7	12	14
Quickstep (Forward) Repeated [38]	0	13	12	9	4	6	12	9	14	16
Light Load Quickstep (Forward) Repeated [39]	0	14	10	7	3	4	10	7	12	14
Quickstep (Back) [40]	0	15	8	6	1	6	9	6	10	12
Quickstep (Back) Repeated [41]	0	13	10	8	3	5	11	8	12	14
Light Load Quickstep (Back) Repeated [42]	0	14	8	6	2	3	9	6	10	12
Quickstep (Sides) [43]	0	15	7	6	1	5	8	7	11	10
Quickstep (Sides) Repeated [44]	0	13	9	8	3	5	10	9	13	12
Light Load Quickstep (Sides) Repeated [45]	0	14	7	6	2	3	8	7	11	10

Windy Crystal Tear and Crucible Feather Talisman add +3 iframes and therefore -3 recovery to Light, Medium, and Heavy Roll. No other iframes are affected by these, and they do not stack.

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[1] Anim ID
Offhand 697040040
Mainhand 697040000

[2] 5 without FP

[3] 5 without FP

[4] Does not have left hand attack recovery cancel while in left hand.

[5] Anim ID
Main Hand 695040000
Off Hand 695040040

[6] 6 without FP

[7] 2 without FP

[8] Does not have left hand attack recovery cancel while in left hand.

[9] Anim ID
Main Hand 693040000
Off Hand 693040040

[10] Does not have left hand attack recovery cancel while in left hand.

[11] Anim ID
Main hand 692044800
Off hand 692044840

[12] Does not have left hand attack recovery cancel while in left hand.

[13] Anim ID
Main Hand 696040000
Off Hand 696040040

[14] 5 without FP

[15] Does not have left hand attack recovery cancel while in left hand.

[16] Anim ID
Main Hand 692042000
Off Hand 692042040

[17] Anim ID
Main Hand 699040000
Off Hand 699040040

[18] Does not have left hand attack recovery cancel while in left hand.

[19] Anim ID
Main Hand 692040000
Off Hand 692040040

[20] Does not have left hand attack recovery cancel while in left hand.

[21] Anim ID
692040030

[22] Anim ID
Main Hand 692042800
Off Hand 692042840

[23] 27100

[24] 27110

[25] 27120

[26] 771040000

[27] 751040040

[28] Part 1
775040000

Part 2
775040010

[29] 58 frames from the start of the L2 to the iframes in the R2 follow-up. From the start of the R2 the startup for the iframes is 5.

[30] 757040000

[31] Normal
756040080

Light Load
756040580

[32] Normal
756040180

Light Load
756040680

[33] Normal
756040081

Light Load
756040581

[34] Normal
756040181

Light Load
756040681

[35] Normal
756040082
756040083

Light Load
756040582
756040583

[36] Normal
756040182
756040183

Light Load
756040682
756040683

[37] Normal
755040080

Light Load
755040580

[38] 755040180

[39] 755040680

[40] Normal
755040081

Light Load
755040581

[41] 755040181

[42] 755040681

[43] Normal
755040082
755040083

Light Load
755040582
755040583

[44] 755040182
755040183

[45] 755040682
755040683