

FEDERATION INTERNATIONALE DE GYMNASTIQUE



PARKOUR WORLD CUP Amsterdam (NED)

15 MAY - 18 MAY 2025



**WORLD CUP
PARKOUR
AMSTERDAM 2025**

WORK PLAN

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FOREWORD

The Workplan for the FIG Parkour World Cup in Amsterdam (NED) to be held from 15 May 2025 to 18 May 2025 (competition days) has been developed between the FIG Headquarters, the Parkour Technical Comity and the LOC in accordance with the following FIG regulations and rules (as valid in 2025):

- Statutes
- Technical Regulations
- Judge's Rules (General and Specific)
- PK Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organisation of the Official FIG Competitions
- Anti-doping Rules
- Media Guideline
- License Rules
- Code of Ethics
- Code of Discipline
- and subsequent decisions of the FIG Executive Committee and Parkour Commission

All participating Federations and athletes commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the athletes, as well as the respective Regulations concerning "Insurance" art. 11.10 of the Technical Regulations.

1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

Fédération Internationale de Gymnastique (FIG)

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FIG Officials

President of the FIG	Morinari Watanabe
President of the FIG Parkour Technical Comity	Charles Perrière
Technical Delegate	Aimene Boustilla

FIG Staff

PK Sports Events Manager	Jakub Koslacz
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2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)

Netherlands KNGU/ Dutch Gymnastics

Papendallaan 60, 6816 VD, Arnhem

Eva Vencken

e-mail: vencken@kngu.nl

website: <https://dutchgymnastics.nl/>

JUMP freerun

Keienbergweg 29, 1101EX, Amsterdam

Luana Carretto

e-mail: Luana@jumpfreerun.nl

website: <https://www.jumpfreerun.nl/worldcup>

Hotel contact : Mandy Koopman

E-mail : hotels@tigevents.nl

3. PROVISIONAL PROGRAMME

Note: No athlete may enter the field of play outside of his/her designated training or competition times. There is also no training permitted once the event is concluded. Non-compliance could lead to disqualification from the competition and/or FIG disciplinary action.

Wednesday, 14th May 2025

Arrival of Delegations

Thursday, 15th May 2025

11:00-12:00 Orientation meeting (at event venue)

13:00-14:00 Training Speed Men Group 1 + Freestyle Women Gr 1

14:00-15:00 Training Speed Women Group 1 + Freestyle Men Gr 1

15:00-16:00 Training Speed Men Group 2 + Freestyle Women Gr 2

16:00-17:00 Training Speed Women Group 2 + Freestyle Men Gr 2

Friday, 16th May 2025

09:00-10:00 Training Speed Women Group 1 + Freestyle Men Gr 1

10:00-11:00 Training Speed Women Group 2 + Freestyle Men Gr 2

12:00-12:30 Warm Up Freestyle Men Part 1

12:30-14:00 **Qualification Freestyle Men Part 1**

14:00-14:30 Warm Up Freestyle Men Part 2

14:30-16:00 **Qualification Freestyle Men Part 2**

16:30-17:00 Warm-Up Speed Women

17:00-18:00 **Qualification Speed Women**

Saturday, 17th May 2025

08:00 - 09:00 Training Speed Men Group 1 + Freestyle Women Gr 1

09:00 - 10:00 Training Speed Men Group 2 + Freestyle Women Gr 2

10:30 - 11:00 Warm-Up Freestyle Women

11:00 - 13:00 **Qualification Freestyle Women**

13:30 - 14:00 Warm-Up Speed Men

14:00 - 16:00 **Qualification Speed Men**

16:00 - 16:30 Training Speed Women + Freestyle Men

16:45 - 17:00 Touch Warm-Up Speed Women

17:00 - 17:30 **Semi-Final Speed Women**

17:45-18:00 Touch Warm-Up Freestyle Men

18:00-18:30 **Final Freestyle Men**

18:45-19:00 Touch Warm-Up Speed Woman

19:00-19:15 **Final Speed Woman**

19:15-19:30 Award Ceremony

Sunday, 18th May 2025

09:00-10:00 Training Speed Men

10:00-11:00 Training Freestyle Women

13:00-13:30 Warm-Up Speed Men

13:30-14:00 Warm-up Freestyle Women

14:15-14:30 Touch Warm-Up Speed Men

14:30-15:00 **Semi-Final Speed Men**

15:15-15:30 Touch Warm-Up Freestyle Women

15:30-16:00 **Final Freestyle Women**

16:15-16:30 Touch Warm-Up Speed Men

16:30-16:45 **Final Speed Men**

16:45-17:00 Award Ceremony

Monday, 19th May 2025

Departure

4. SITE, PODIUM AND OBSTACLES

Two podiums, one for Speed (50m x 10m) and one for Freestyle (20m x 16m).
The obstacles are provided by JUMP freerun and Brick.
A warm-up / stretching area is located next to the podium.

5. TRANSPORTATION AND VISAS

Please refer to the directives for details on International Transportations and Visas.

Arrivals/Departures

There will not be a pick-up and or official transportation between the airport and the hotel/event. All federations are responsible for their own transportation.

Event venue address: NDSM-Plein 93, 1033 WC Amsterdam
NH Noord Hotel address: Distelkade 21, 1031 XL Amsterdam

For public transportation within the Netherlands you can use <https://www.google.com/maps> or <https://9292.nl/en/>. Both these options are accurate. Public transportation is reliable and the cheapest option.

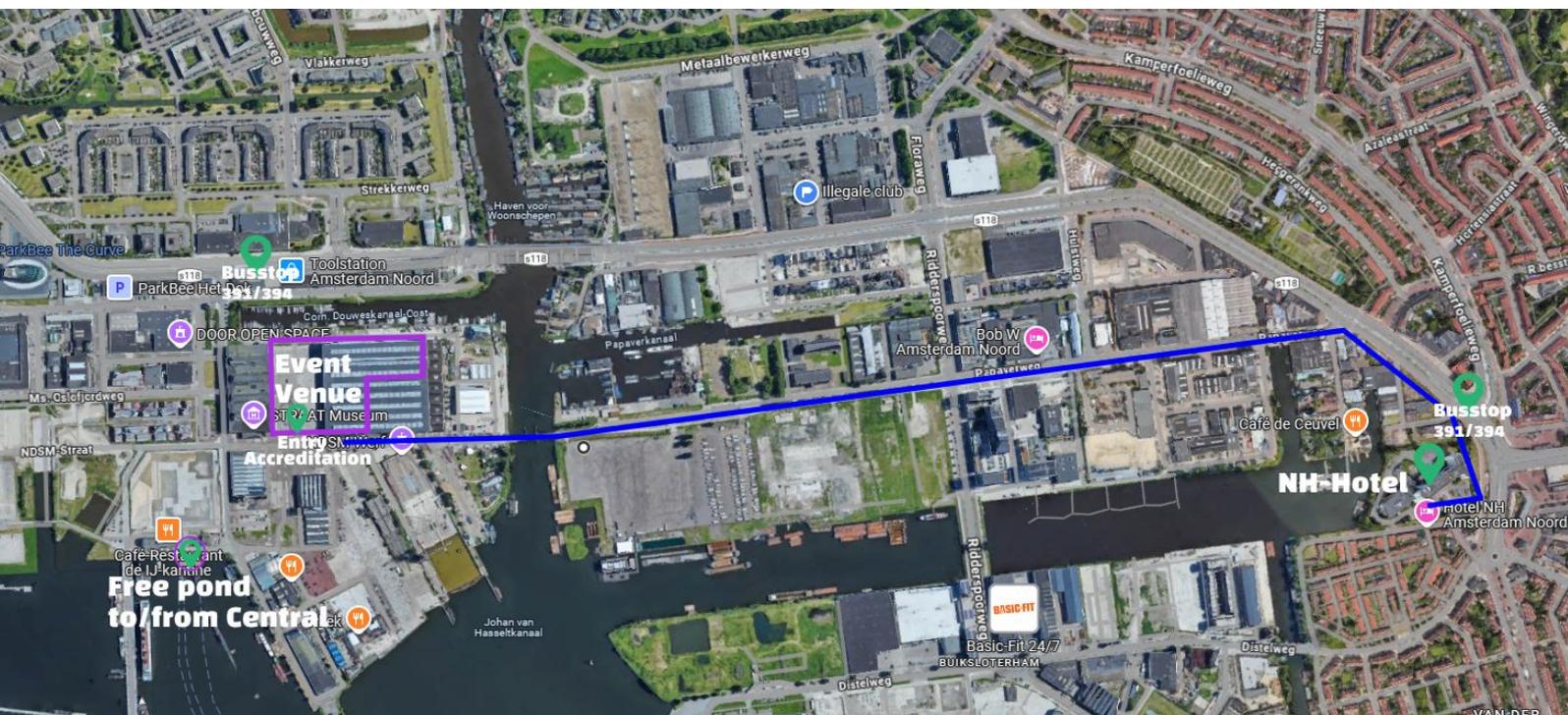
If you prefer using a taxi we recommend booking a taxi in advance. This is 30-50% cheaper than getting on to a regular airport taxi. Book a taxi on: <https://www.tcataxi.nl/boek-een-taxi/>

Transportation from hotel - venue:

From the NH - Hotel you can walk (19 minutes) or you can take the public transportation (5 minutes).

It is possible to take a free ferry from next to the event venue (NDSM) to Amsterdam Central & back. Runs between 07:30 and 02:00.

All important points are shown on the map:



6. ACCREDITATIONS

Access to the Field of Play area dedicated to Parkour will be given **only to authorized persons** holding valid accreditation.

Accreditation is personal, non-transferable and compulsory for access to training and competition areas. It identifies individuals participating in the Parkour World Cup and ensures controlled access to each area. All participants and officials are required to wear their Accreditation Cards at all times and to respect the instructions of personnel responsible for monitoring access.

Recommended:

To reduce congestion and ensure a smooth flow at the accreditation stand, we strongly recommend that **one representative per country** collects the accreditations for the entire delegation. This representative must bring the **IDs or passports** of all delegation members. Please plan accordingly and **allow at least one hour** to complete this process.

Accreditation Desk Location:

Accreditation will take place at the **entry** of the event venue. Please check the event map for the exact location.

Make sure you are accredited **before the first training on Thursday**. Without valid accreditation, **entry to the venue will be denied**.

Opening hours accreditation:

- **Wednesday, May 14** – 12:00 to 17:00
- **Thursday, May 15** – 10:00 to 17:00

The **FIG Accreditation Rules** will be strictly applied, especially concerning the number of accreditations per federation. Any additional person will be considered a spectator. No accreditations will be issued unless all financial and insurance obligations have been met.

Please bring your **passport or ID** to accreditation. The LOC will make copies of valid passports for all delegation members. Refer to the FIG license rules for more details.

In case of **lost or stolen accreditation**, please inform the Organising Committee immediately so we can block the card. Replacements may be issued at a cost of **€50** to the card holder.

Remember: **accreditation may not be transferred** during the event. The FIG Accreditation Rules must be strictly respected at all times.

7. MEETINGS AND OTHER EVENTS

Orientation Meeting

The Orientation Meeting held in English will take place **Thursday 15 May at 11:00 in IJVERR at the event venue**. The drawing of lots for the starting order will take place at the end of the Orientation meeting.

Important and detailed information concerning the organisation will be provided by the FIG.

Participation is compulsory for 1 representative maximum per National Federation (athletes, heads of delegation or coaches).

Judges' Instructions, Briefings.

All the judges are required to take part in this instruction and in all subsequent briefings. Judges who do not participate will not be authorised to judge.

8. INSURANCE

The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.

Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.

Delegation members with insufficient insurance coverage must inform the LOC in advance. Please contact Eva Vencken at vencken@kngu.nl if your athlete needs an insurance during the World Cup in the Netherlands.

9. ACCOMMODATIONS, MEALS AND AFTER PARTY

NH Hotel Amsterdam Noord

- Distelkade 21, 1031 XP Amsterdam

- +3120 6348000

The costs per person/night in this first hotel are as follows:

€ 300 (single room p/p, including breakfast & buffet dinner)

€ 185 (double room p/p, including breakfast & buffet dinner)

The FIG will book hotels for the invited athletes

Catering LUNCH Option (At venue)

High-quality warm sports meals are provided by TopSport Amsterdam, including **vegan and vegetarian options**, plus 3 drinks.

The cost is **€15 per day per person**.

If your delegation would like to make use of this catering service, please let know the LOC:

- **For which delegation members**
- **On which day(s)**

Breakfast & dinner:

For those who booked Breakfast and dinner are served at the NH hotel or at your own expense elsewhere.

Commercial sale

There will be foodcarts at the festival offering a variety of food and beverages.

There are local lunchrooms and supermarkets in the neighbourhood. Explore these options through google maps.

Afterparty – Sunday May 18th

To close out an epic weekend, we're throwing a **crew & athlete afterparty** at the event venue on **Sunday evening** from 21:00 at IJver at the event venue!

Expect a **live DJ(Bart van der Linden &more)**, **good vibes**, and **full freedom to move** – flips, tricks, dancing... it's all welcome. This is your moment to celebrate, connect, and vibe with the global parkour community.

Entry is free, drinks are at your own expense – just bring your energy.

10. NATIONAL IDENTIFICATION

All competitors must show an identification of their country on their competition attire.

This identification must be according to the following guidelines:

– be in the form of a flag (in official colours) or the country name (not to be combined). The country name can be abbreviated with the FIG 3-letter federation code or in full

- the minimum overall area is 30 sq.cm – the national emblem or crest, if the country has one, or its coat of arms, may be worn in addition to the required flag or country name
- the uniform may be designed in the national colours and portray the national identity in addition to the required flag or country name
- National identification must appear on the athlete at least one time, with no limit to frequency – Placement is optional
- The athlete's name may not appear on the uniform
- be in the form of a badge, sewn on, or affixed by numerous other methods in a safe and secure manner

The identification may appear as follows:

- Men's competition shirt: anywhere
- Men's shorts or pants: anywhere
- Women's competition shirt: anywhere
- Women's shorts or tights: anywhere

National identification is not advertising. The national identification size on the track suit is not regulated

11. COMPETITION

Competitions will be conducted in accordance with the 2025 FIG Technical Regulations including Section 7 for PK, the current PK COP and other technical directives of the FIG.

Athletes' drawing of lots

The drawing of lots will take place during the Orientation meeting

Timing and Scoring

The scoring system is provided by RawMotion.

12. ANNOUNCEMENTS DURING COMPETITIONS

During the competitions, the announcements will be made in English.

Stay up to date with all the competition information by downloading the "Sportity" app for free in the Play Store or Apple App Store on your phone. Time tables, results, training groups, announcements and all extra info will be shared through this platform.

All general info has already been uploaded to Sportity. Download is available now.



13. AWARD CEREMONIES

The awards ceremonies will be held immediately after the finals. The athletes are requested to attend.

14. MEDICAL SERVICES

The medical service is provided by A.L.M.T.S zorg groep according to the FIG Rules "MEDICAL ORGANISATION OF THE FIG COMPETITIONS".

15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS

The Local Organizing Committee is in charge of doping controls. This doping control can take place in any moment between the arrival of the athlete and his departure.

16. PRIZE MONEY

During the Amsterdam World Cup, the Prize Money will be paid by the FIG as follows:

Total Prize Money: 30000 CHF			
Speed Running		Freestyle	
Rankin g	Prize money (CHF)	Ranking	Prize money (CHF)
1	7'000	1	7'000
2	5'000	2	5'000
3	3'000	3	3'000

17. MEDIA AND TV

Cameras and video recording

All runs will be recorded in high definition by digital video cameras. All competition runs on Saturday and Sunday will be livestreamed. The livestream link will be available on www.jumpfreerun.nl/worldcup.

All content created during the FIG World Cup Amsterdam 2025 may be used for commercial purposes by JUMP Freerun and the Fédération Internationale de Gymnastique (FIG).

In order to protect television rights, personal video or TV cameras and recording is prohibited. The only exceptions are the host broadcaster, and the 2 video cameras for judging purposes.

Photos may be taken.

Social Media

Help us show the world how epic this event is by sharing your photos, videos & stories on social media. Every post helps us grow – and brings us one step closer to hosting more World Cups in the future!

Make sure to tag:

@urbansportswEEKamsterdam

@jumpfreerun

@dutchparkour

@fig

#FIGWorldCupParkour #USWA2025 #Amsterdam750

18. ANY OTHER USEFUL INFORMATION

Plugs / sockets used in the Netherlands



Currency

The currency in the Netherlands is the euro.

Weather in Amsterdam

Min 10°C - Max 18°C

Weather: mild and pleasant spring weather

GMT – +1 hour

Appendices

Appendix 1: Schedule Amsterdam,

Appendix 2: Table of tricks 2025

Appendix 3: Men's training group

Appendix 4: Women's training group