



**WORLD  
GYMNASTICS**

**PARKOUR WORLD CUP  
Montpellier (FRA)**

**14<sup>TH</sup> May – 17<sup>TH</sup> May 2026**

**WORK PLAN**

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## 0. FOREWORD

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The Workplan for the FIG Parkour World Cup in Montpellier (FRA) to be held from 14<sup>th</sup> May 2026 to 17<sup>th</sup> May 2026 has been developed between the FIG Headquarters, the Parkour Commission and the LOC in accordance with the following FIG regulations and rules (as valid in 2024):

- 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)

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Fédération Internationale de Gymnastique (FIG)  
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1003 Lausanne  
Switzerland  
Tel: +41 (0) 21 321 55 10 / Direct +41 (0) 21 321 55 44  
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website: <http://www.gymnastics.sport/site/>

### FIG Officials

President of the FIG Parkour Commission	Charles Perrière
Technical Delegate	Aimene Boustilla

### FIG Staff

PK Sports Events Manager	Jakub Koslacz
Sport Manager	Loic Vidmer

## **2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)**

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Fédération Française de Gymnastique (FFG)

7 ter Cour des Petites Ecuries

75010 PARIS

Tel: +33 1 48 01 24 56

[tom.mollaret@ffgym.fr](mailto:tom.mollaret@ffgym.fr)

[www.ffgym.fr](http://www.ffgym.fr)

## **3. PROVISIONAL PROGRAMME**

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**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 13<sup>th</sup> May 2026**

Arrival of Delegations

### **Thursday 14<sup>th</sup> May 2026**

10:00-11:00 Orientation meeting

12:00-13:00 Training Speed Men Group 1 + Training Freestyle Women Group 1

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

14:00-15:00 Training Speed Men Group 2 + Training Freestyle Women Group 2

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

17:30-18:30 Athletes Meetings

### **Friday 15<sup>th</sup> May 2026**

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

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

12:00-12:30 Warm-Up Speed Women

12:30-13:30 Qualification Speed Women

13:30-14:00 Warm-Up Freestyle Men Part 1

14:00-15:45 Qualification Freestyle Men Part 1

15:45-16:15 Warm-Up Freestyle Men Part 2

16:15-18:00 Qualification Freestyle Men Part 2

## **Saturday 16<sup>th</sup> May 2026**

09:00 - 10:00 Training Speed Men Part 1

10:00 - 11:00 Qualification Speed Men Part 1

11:00 - 12:00 Training Speed Men Part 2

12:00 - 13:00 Qualification Speed Men Part 2

14:00 - 14:45 Training Speed Women

14:45 - 15:30 Training Freestyle Men

15:30 - 15:45 Touch Warm-Up Speed

15:45 - 16:15 Semi-Final Speed Women

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

16:30-17:15 Final Freestyle Men

17:15-17:30 Touch Warm-Up Speed

17:30-17:45 Final Speed Woman

17:45-18:00 Award Ceremony

## **Sunday 17<sup>th</sup> May 2026**

09:00-10:00 Training Freestyle Women

10:00-11:30 Qualification Freestyle Women

12:00-12:45 Training Speed Men

12:45-13:30 Training Freestyle Women

13:30-13:45 Touch Warm-Up Speed Men

13:45-14:15 Semi-Final Speed Men

14:15-14:30 Touch Warm-Up Freestyle Women

14:30-15:15 Final Freestyle Women

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

15:30-15:45 Final Speed Men

15:45-16:00 Award Ceremony

## **Monday 18<sup>th</sup> May 2026**

Departure

#### **4. SITE, PODIUM AND OBSTACLES**

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Two podiums, one for Speed and one for Freestyle.  
The obstacles are provided by Brick.  
A warm-up / stretching area is located next to the podium.

#### **5. TRANSPORTATION AND VISAS**

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

##### **Arrivals/Departures**

Shuttle line: 620

From Montpellier Airport to Place de l'Europe (in front of the Hotel Mercure Antigone).

Ticket Price (only cash. ATM available at the airport): 2euros (shuttle only) / 3euros (shuttle + Tramway)

Sale point: in the bus by asking the bus driver.

Bus Schedule: available in the Appendix 2

No transportation will be available between the official hotels and the competition site, the distance is only an 8 to 10 minutes' walk.

#### **6. ACCREDITATIONS**

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Access to the area Field of Play dedicated to Parkour will be given only to authorized persons (accreditation).

All participants and officials are required at all times, to wear Accreditation Cards and respect those personnel responsible for monitoring entry.

The FIG Accreditation Rules will be strictly applied, notably as far as the number of accreditations per federations is concerned. Any additional person is considered as a spectator. Accreditations will not be delivered unless all financial and insurance obligations have been met.

Please present to the accreditation with your passport or ID. Please refer to the FIG license rules for further information.

Accreditation will take place at the Mercure Antigone hotel.

A wristband will be distributed to permit the access to the FOP to the allowed members of the delegations. No access to the FOP will be allowed without wristband.

No access to the the FISE will be allowed without accreditation and wristband. The delegation members are requested to keep their accreditation and wristband with them at all time and to scan it at the entrance and the exit of the FISE.

In case of lost or stolen accreditation, the Organising Committee must be informed immediately to block the QR Code. Lost or stolen accreditation may be replaced at the charge of the card holder (€ 50). The FIG accreditation rules have to be strictly respected. This accreditation may not be transferred during an event.

## 7. MEETINGS AND OTHER EVENTS

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### Orientation Meeting

The Orientation Meeting held in English will take place **Thursday 14 May 2025 at 10:00 am at the Mercure Antigone Hotel**. 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).

### Athletes Meeting

The Athletes meeting held in English will take place **Thursday 14 May 2025 at 17:30 am at the Mercure Antigone Hotel**.

### 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

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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 Host Federation (which is strongly recommended), the Host Federation 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 Host Federation in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: **62€** per person for the duration of the event (training and competition days).

## 9. ACCOMMODATIONS

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### **Hôtel Mercure Centre Antigone**

285, Boulevard de l'Aéroport International  
34000 Montpellier

Tel: +33 4 67 20 63 63

Email: h1544@accor.com

<https://www.accorhotels.com/fr/hotel-1544-hotel-mercure-montpellier-centre-antigone/index.shtml>

The accommodation is at the costs of the National Federations for their participants (except the athletes invited by the FIG).

For the invited athletes, rooms are booked and paid by FIG.

## 10. NATIONAL IDENTIFICATION

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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

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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**

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

## **13. AWARD CEREMONIES**

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

## **14. MEDICAL SERVICES**

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The medical service is provided by Hurricane according to the FIG Rules "MEDICAL ORGANISATION OF THE FIG COMPETITIONS".

## **15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXEMPTIONS**

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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**

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During the FISE Montpellier, the Prize Money will be paid by the FIG as follows:

Speed Running		Freestyle	
Ranking	Total of 15 000	Ranking	Total of 15 000
1	7000	1	7000
2	5000	2	5000
3	3000	3	3000

## **17. MEDIA AND TV**

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### **Cameras and video recording**

All runs will be recorded in high definition by digital video cameras.

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

Photos may be taken.

## 18. ANY OTHER USEFUL INFORMATION

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### Plugs / sockets used in France



### Currency

The currency in France is the euro.

### Weather in Montpellier

Min 15°C - Max 21°C

Weather: climate is dry, it hardly ever rains (72mm of precipitation over 3 days).

**GMT** – +1 hour

### Appendices

Appendix 1: FISE Montpellier Plan

Appendix 2: Airport Bus Schedule

Appendix 3: Schedule Montpellier

Appendix 4: Table of tricks 2026

Appendix 5: Men's training group

Appendix 6: Women's training group