

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# 2022-2024 CODE OF POINTS



## Parkour

Approved by the FIG Executive Committee May 2023

Entry into force on 1<sup>st</sup> January 2024

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## INTRODUCTION

The Fédération Internationale de Gymnastique (FIG) Parkour Commission is pleased to present the Code of Points for implementation from the 1<sup>st</sup> January 2022. The Code is guided by the current FIG Statutes, Technical Regulations, Section 1 (General Regulations), and the Technical Regulations, Section 7 (Special Regulations for Parkour) and should be read in conjunction with these documents.

The primary purpose of the Code of Points is to:

- Provide an objective means of evaluating Parkour competitions at all levels of regional, national, and international competitions.
- Standardize the judging for Speed and Freestyle at FIG official competitions in Qualifications, Semi-finals (Speed) and Finals.
- Assure the identification of the best athletes in any competition.
- Guide coaches and athletes.

### ***Acknowledgement to the members of the Parkour Commission***

Charles Perrière	FRA	President
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Nicolas Fischer	SUI	Member
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### *Editing:*

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In case any statement contained herein is in conflict with the Technical Regulations, the Technical Regulations shall take precedence. Where there is a difference among the languages, the English text shall be considered correct.

Copyright:

The Code of Points is the property of the FIG.  
Any translation or reproduction of the Code is strictly prohibited without the prior written consent of the FIG.

## 1. GENERALITIES

### Definitions

#### **Parkour (PK)**

Leisure and competitive urban sport (outdoors and indoors)

#### **Speed (PKS)**

Competition format consisting of a *timed run*, where the goal is to go from A to B *with efficiency*, by using specific Parkour moves to overcome obstacles.

#### **Freestyle (PKF)**

Competition format consisting of a *run with style, fluidity and mastery*, within a maximum time period of 70 seconds, by using:

- Difficult and varied Parkour moves highlighted by the use of obstacles during a run.
- Difficult and varied acrobatic moves throughout the run to show flow and mastery.
- Connections between Parkour and acrobatic tricks

#### **All-Around (PKAA)**

An all-around ranking list consisting of the athletes having participated in PKS and PKF.

## 2. ATHLETES (TRACEUR)

### 2.1 Safety

Athletes must at all times practice and perform with complete safety and the highest degree of technical mastery.

The personal safety and risk assessment must be the highest responsibility of every single athlete.

### 2.2 Dress Code

#### **Competition**

The competition dress may under no circumstances hinder the athlete in his/her performance and execution and guarantee that all movements can be executed in perfect safety. Loose and additional items are not permitted.

The competition dress may not show any text, symbols and drawings featuring themes of war, violence, religion, politics, alcohol, sex and drugs or any other offensive subject. Sequins on the competition attire is not allowed and jewelry should not hinder the athlete's performance or be unsafe.

Athletes may wear T-shirts, polo shirts, leotards, sweater with or without sleeves. They are free to wear shorts, short pants, sweatpants or trousers (must not jeopardize the safety of the athlete), and leggings. Attire should be clean and free of holes and not torn or ripped. Athletes must wear suitable sport or running shoes at their choice. It is recommended to have a separate pair of shoes to train and compete on the course.

For publicity and advertising and manufactures logos see FIG Rules for competition clothing and advertising, Sections 2, 3 and 4.

**Penalties:** Breach of the above-mentioned rules will result in a penalty of 2 seconds added to the final time for the Speed event by the CJP (Chair of the Judges' Panel) and in Freestyle a deduction of 2 points from the total score by the CJP. The Technical Delegate must approve these penalties.

### ***Medal Award Ceremonies***

For the Medal award ceremonies, the athletes must wear their national tracksuit or competition attire with national identification.

## **3. COMPETITION RULES**

### **3.1 Speed**

#### **3.1.1 Specific rules**

##### ***Start and finish***

The athletes must be ready to be called by the speaker to present himself/herself at the start-line according to the start list.

When the speaker requests the athlete to present himself/herself at the start-line, the athlete must do so without delay.

Failure to be present at the start-line later than 30 seconds (controlled by the ST judge) after having been called will result in disqualification from that run.

The start-line and time judge (ST) will ask if the athlete is ready.

Starter says "Take your Mark", "Set", then fires the gun or signal. At "Take your Mark" athlete(s) places their feet behind or on (but not over) the start line. At "Set" the athlete(s) prepares for the gun/signal. The timing begins at the start of the gun or signal. A visual signal will also be given on the gun or signal, whenever possible.

In the event an athlete starts ahead of the gun or signal, a false start is possible. charged to the field (both athletes) and they will be called to start again immediately. If an athlete with a yellow card, showing they were under a False Start (FSF) in a previous run in the same phase, then makes a false start in their next run, they are sanctioned with disqualification (DSQ). The disqualified competitor from run 1 is entitled to start run 2 in qualification at the end of the start list. In case of more disqualified athletes, they will be placed on the revised start list in the order of original qualification draw.

After two successive false starts in a phase, a remaining athlete is moved to the end of the start list. An athlete must successfully complete a run to advance from the semi-finals (knock-out phase).

Lane assignments are always made where the best qualifying time prevails and is assigned to Lane 1. A draw will be conducted if this is not possible.

**Example 1- Qualification / Athletes A, B & C**

	Run	Start Action	End Action	Card	End of run
1	Run Attempt 2 athletes Athletes A & B	No False Starts	Run completed x2, Athlete A requests 2 <sup>nd</sup> run	Start- Green End- Green	Move Athlete A to the 2 <sup>nd</sup> run start list, Athlete B finished & on to ranking list
2	Run Attempt 2 athletes A & C (both from 2 <sup>nd</sup> run start list)	False Start by Athlete A	Field charged with False Start (FS)	Start- Green End- Yellow	Prepare for immediate start of next run
3	Additional Attempt 2 athletes Athletes A & C	False Start by Athlete C	Athlete C removed (DSQ), False Start to Field (FSF) remains, Athlete A (FSF)	Start- Yellow End- Red	Judge points to Athlete C for violation, move Athlete A to end of 2 <sup>nd</sup> run start list
4	Run Attempt Athlete A only, unless another athlete under False Start to Field (FSF)	Athlete A still under False Start to Field, No False Start	Run completed x1	Start- Yellow End- Green	

Note: False Start to Field (FSF)

**Example 2- Qualification / Athletes A, B & C**

	Run	Start Action	End Action	Card Shown	End of run
1	Run Attempt, 2 athletes, A & B	False Start by Athlete A	Field charged with False Start (FSF)	Start- Green End- Yellow	Athletes A & B immediately prepare to run again
2	Additional Attempt, 2 athletes, A & B	No False Starts, but under False Start to Field (FSF)	Both complete run	Start- Yellow End- Green	Athlete A requests a 2 <sup>nd</sup> run, moves to the 2 <sup>nd</sup> run start list, Athlete B concludes Qualification
3	Run Attempt 2 athletes A & C (both on 2 <sup>nd</sup> run list)	False Start by Athlete C	Field charged with False Start (FSF)	Start- Green End- Yellow	Athletes A & C immediately prepare to run again
4	Run Attempt 2 athletes A & C, under False Start to field (FSF)	No False Starts	Both completed the run	Start- Yellow End- Green	Athletes A & C conclude Qualification

Note: False Start to Field (FSF)

**Semi-Finals:**

If 3 athletes from the same NF finish in the top 6 places, the one with the slowest time is eliminated from qualifying to the final. The best 2 athletes from the same NF qualify, and all others advance one place in the new start list for the Final. However, the eliminated athlete must be considered for any World Cup points in the place where they completed the Semi-Final when the phase is used in the points calculation after the 6 competing finalists (in case of DSQ).

**Line**

If an athlete steps or places any part of their body outside the boundary lines of their course, they will be disqualified by the CJP after signal by the respective line judge.

**Check-points (if needed)**

Between the start and the finish lines, competitors must pass through multiple check-points in any sequence. These check-points are clearly marked.

If the athlete misses a check-point, he has the opportunity to return and pass the check-point correctly. The responsibility for passing checkpoints correctly is entirely that of the athlete.

Immediately after the athlete has crossed the finish-line, the check-point judges (CP) signal to the Chair of judges' panel (CJP) in case that a check-point has not been passed correctly by the athlete.

Failure to pass correctly through any checkpoint before crossing the finishing line results in disqualification of the athlete by the CJP for this run, after notice by the Line/Check-Point Judge.

## ***Timing***

Time is measured with a timekeeping system measuring in 1/1000<sup>th</sup> of a second. The time shown will be rounded to 1/100<sup>th</sup> of a second, e.g. time measured: 20,349, time shown: 20,35. In case of e.g. 20.245 the rounding shall be made in favour of the athlete, the time shown is 20,24.

Should there be no timekeeping system available or should there be a malfunction or breakdown of the system, the time will be measured by the ST-judge, who in any case, will always measure the time manually as a back-up. In case that the finish line is not near the start-line, the time will be measured by a time judge at the finish line. Manual time measurement with a chronometer must be guaranteed at least in 1/10<sup>th</sup> of a second.

## **3.2 Freestyle**

### **3.2.1 Specific rules**

#### ***Start and end***

The athletes must be ready to be called by the speaker to present himself/herself on the field of play according to the start list.

When the speaker requests the athlete to go on the field of play, the athlete must do so without delay.

Failure to be present himself/herself on the field of play at a start-point of his/her discretion later than 30 seconds after having been called will result in disqualification by the judge who is also acting as CJP.

The athlete must begin his/her performance upon a signal of the judge who is also acting as CJP, the speaker or a countdown.

Timing of the run (max. 45 seconds) will begin with first step of the athlete. The athlete may end his/her run at any place on the field of play at his/her discretion with arms crossed to designate the finish of the run.

The judges will not consider any tricks or movements for Difficulty after the 45 seconds maximum time, but will consider Execution for evaluation of the final score.

#### ***Timing***

If available, timing of the performance will be shown on a screen. An audible signal to the athlete will be given at 40 seconds (warning) and a final signal at 45 seconds.

## **4. JUDGING AND JUDGES**

### **4.1 Judging criteria**

#### **Freestyle**

The minimum time of the freestyle run is **20 seconds**. If an athlete finishes the run before that, a deduction of **2 points** will be taken from the total score. A signal will notify the athlete after 40 seconds. The maximum time of the run will be signaled after **45 seconds**. After this signal there are only deductions from the E-panel, but no points assigned by the D-panel.

Execution (15 points)	
<p><b>Safety (9)</b></p> <p>A safe and clean run where the athlete does not put himself in danger and lands quietly and controlled on both feet. Longevity is key.</p> <p><b>Safety (6)</b></p> <p>If the above is not the case, deduct as follows:</p> <ul style="list-style-type: none"> <li>- Landing feet first <ul style="list-style-type: none"> <li>o Per small problem -0.1 to -1</li> <li>o Per bigger problem -1.1 to -2</li> </ul> </li> <li>- Feet do not <u>obviously</u> touch the floor first -6</li> </ul> <p><b>Landing Quality (3)</b></p> <p>The landings will be assessed, and points given according to its quality:</p> <ul style="list-style-type: none"> <li>- Poor landings 0 to 0.5</li> <li>- Medium landings 0.6 to 1.5</li> <li>- Good landings 1.5 to 3</li> </ul>	<p><b>Flow (6)</b></p> <p>Smoothly connected movements without stops, stutter-steps and hesitation. Rhythm is key.</p> <p><b>Flow (5)</b></p> <p>If the above is not the case, deduct as follows:</p> <ul style="list-style-type: none"> <li>- Stutter steps <ul style="list-style-type: none"> <li>o Per occasion -0.1 to -0.5</li> </ul> </li> <li>- Full stop <ul style="list-style-type: none"> <li>o Per occasion -1 to -4</li> </ul> </li> </ul> <p><b>Flow Quality (1)</b></p> <p>The overall flow of the run will be assessed, and points given according to its quality:</p> <ul style="list-style-type: none"> <li>- Poor flow 0 to 0.2</li> <li>- Medium flow 0.3 to 0.7</li> <li>- Good flow 0.8 to 1</li> </ul>

Difficulty (15+ points)
Overall Difficulty (15+)
<p>A run as difficult as possible is desired. The <b>three (3)</b> best D scores add up to the final score for this criterion.</p>

*The Table of Tricks will be published and updated three months before the start of each year.*

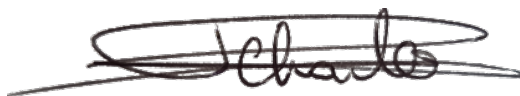


## 4.2 Dress Code for judges

The judges are free to wear T-shirts, polo-shirts or other short or long sleeves shirts. Judges may wear pullovers or jackets. Men must wear long trousers or shorts, women are free to wear trousers, shorts, or skirts. Their attire must be free of any advertising and publicity. Manufacturers' logos are only allowed with a max. size of 25 square cm in total per item.

At FIG World Championships, World Cups, and multi-sport competitions, FIG or the organizing committee may provide the judges with official T-shirts, polo-shirts or other attire which must be worn.

## Fédération Internationale de Gymnastique



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Lausanne, May 2023