

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



## 2022-2024 CODE OF POINTS



Parkour

Approved by the FIG Executive Committee [May 2021](#)

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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
Benjamin Cork	AUS	Member
Nicolas Fischer	SUI	Member
Kazuyoshi Hariya	JPN	Member
Plutarque Vodounou	BEN	Member
Michel Boutard	FRA	Member
Micaela Buono Pugh	ARG	Athletes' Representative

### *Editing:*

Nicolas Fischer	FIG Parkour Judging Director
Jakub Koslacz	FIG Sports Manager in charge of Parkour
Steve Butcher	FIG Sports Director & Technical Coordinator

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 **move**stricks

#### **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. In the event an athlete starts ahead of the gun or signal, each lane keeps its own start and finish time by use of sensors, so no false start is possible.

##### ***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. ~~on one or a combination of horizontal and vertical planes;.~~

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 **performance**run (max. 70 seconds) will begin with ~~the signal~~first step of the ~~judge, the speaker or at the end of the countdown~~athlete. The athlete may end his/her **performance**run at any place ~~of~~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 ~~D or C~~Difficulty after the 70 seconds maximum time, but will consider ~~E~~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 60 seconds (warning) and a final signal at 70 seconds.

## **4. JUDGING AND JUDGES**

### **4.1 Judging criteria**

#### **Freestyle**

~~The 5, 4 or 3~~ 6 judges (3 per criteria) will judge the ~~run~~runs of the athletes according to the following ~~three~~two general criteria, by giving the athlete ~~between 1 and 10~~up to 15 points for each of the criteria. The maximum score is, therefore ~~3, 2 x 10~~15 = 30 points. The judges may also give half points (i.e. ~~9, 7, 5~~ 7, 5 points).

## 1.E Execution

- Safety
- Flow
- ~~— Mastery~~
- ~~— C Composition~~
- ~~— Use of the course~~
- ~~— Use of the obstacles~~
- ~~— Connection~~
- Course

## 2.D Difficulty:

- Trick
- Run
- Variety
- ~~— Single trick~~
- ~~— Whole run~~

## 4.2 Scoring scale and points

For each of the above mentioned three criteria, the judges assign points according to the form below

E Execution	Safety							Flow							Mastery							Scores					
	0	0.5	1	1.5	2	2.5	3	0	0.5	1	1.5	2	2.5	3	Amplitude	Style	Speed	Technique	0	0.5	1		1.5	2	2.5	3	3.5
C Composition	Use of the course							Use of the obstacles							Connection							Scores					
	0	0.5	1	1.5	2	2.5	3	0	0.5	1	1.5	2	2.5	3	Density	Difficulty	Length	Overall	0	0.5	1		1.5	2	2.5	3	3.5
D Difficulty	Variety							Single Trick							Whole run							Scores					
	0	0.5	1	1.5	2	2.5	3	0	0.5	1	1.5	2	2.5	3	Density	Length	Placement	Final Move	0	0.5	1		1.5	2	2.5	3	3.5
FIG Parkour Judges Form																											<b>Total</b>

### Example of a final public/media results' sheet

Athlete	Criteria			Total
	E	C	D	
A	7,5	8	9,5	25
B	4	6,5	6	16,5
C	6	4	2,5	12,5

EXECUTION					
<b>Safety</b>	<b>5</b>	<b>Flow</b>	<b>5</b>	<b>Course</b>	<b>5</b>
<ul style="list-style-type: none"> <li>• Safety<sup>1</sup></li> <li>• Presentation<sup>2</sup></li> </ul>	3	<ul style="list-style-type: none"> <li>• Flow<sup>3</sup></li> <li>• Connection<sup>4</sup></li> </ul>	3	<ul style="list-style-type: none"> <li>• Parts<sup>5</sup></li> <li>• Types<sup>6</sup></li> </ul>	3
	2		2		2

- 1 Maximum of 3 points. Deducting one point for larger, half a point for smaller errors. Issues can be poor landings (clean landings on feet are desired, however, use of hands to absorb energy are permitted from high positions), uncontrolled closeness to the obstacles and others...
- 2 Maximum of 2 points. Adding half and full points for performance of elements (ex. a grab, a stall, ...),
- 3 Maximum of 3 points. Deducting one point for a full stop and half a point for stutter steps.
- 4 Maximum of 2 points. Adding half or full points for the number of linked elements according to a reference list.

- 5 Maximum of 3 points. Adding a full point for every of the three defined parts an athlete performs a trick in (floor tricks are not counting).
- 6 Maximum of 2 points. Adding half a point for a trick performed in interaction with the floor, a ledge, a bar and a wall.

DIFFICULTY					
Trick	5	Run	5	Variety	5
<ul style="list-style-type: none"> <li>• Table of Tricks<sup>7</sup></li> <li>+ Conn. upgrade</li> </ul>	5	<ul style="list-style-type: none"> <li>• Placement<sup>8</sup></li> <li>• Time<sup>9</sup></li> </ul>	3 2	<ul style="list-style-type: none"> <li>• Variety<sup>10</sup></li> <li>• Technique<sup>11</sup></li> </ul>	3 2

- 7 Maximum of 5 points Scoring according to a reference list. Starting with the reference value the score must be adjusted regarding the place the athlete performs the trick. Directly linking two moves leads to adding the values of the two linked tricks.
- 8 Maximum of 3 points. Adding a full point for a trick performed in the beginning part of the run, the middle part of the run and as a final move.
- 9 Maximum of 2 points. Adding half points for the length of the run according to a reference list.
- 10 Maximum of 3 points. Adding half a point for a trick performed out of the category of *parkour classic, rotation forward, rotation sideways, rotation backwards, twist, spin*.
- 11 Maximum of 2 points. Adding (half or) full points for the technical quality of key elements like the climb up and twists.

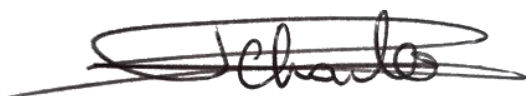
*The Table of Tricks will be published and updated three months before the start of each year.*

### 4.3 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



Charles Perrière

President of the Parkour Commission





Morinari Watanabe  
FIG President



Nicolas Buompane  
FIG Secretary General

Lausanne, [May 2021](#)