

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



2019-2020 CODE OF POINTS



Parkour

V.10 – October 2019

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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 1st January 2019. 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.

Appendix 1 "Parkour: Movements & Techniques" is published separately but is an integral part of the Code of Points (CoP).

It has been approved by the FIG Presidential Commission 22 December 2017, empowered by the Executive Committee at its meeting 24 October 2017 in Benin.

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 and Finals.
- Assure the identification of the best athletes in any competition.
- Guide coaches and athletes.

Acknowledgement to the members of the Parkour Commission

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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.

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1. GENERALITI

ES Parkour –

Definitions

Parkour (PK)

Leisure and competitive urban sport (outdoors and indoors) consisting of getting from one point to another by crossing (without assistive equipment) various obstacles in the fastest, secure and most efficient way possible, by agile movements and technics as described in Appendix 1.

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 moves

All-Around (PKAA)

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

1. 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 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 at the start-line according to the start list.

When the speaker requests the athlete to present himself 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.

Failure to start within this period 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 1/1000th of a second. The time shown will be rounded to 1/100th 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 1/10th 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 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 on the field of play at a start-point of his 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 performance upon a signal of the judge who is also acting as CJP, the speaker or a countdown.

Timing of the performance (max. 70 seconds) will begin with the signal of the judge, the speaker or at the end of the countdown. The athlete may end his performance at any place of the field of play at his discretion.

The judges will not consider any tricks or movements for D or C after the 70 seconds maximum time, but will consider E 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 judges will judge the run of the athletes according to the following three criteria, by giving the athlete between 1 and 10 points for each of the criteria. The maximum score is therefore 3 x 10 = 30 points. The judges may also give half points (e.g. 7,5 points).

1. E Execution

- Safety
- Flow
- Mastery

2. C Composition

- Use of the course
- Use of the obstacles
- Connection

3. D Difficulty:

- 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

Athlete Name / ID / FED / Phase						Scores	
E Execution	Safety	Flow	Mastery	Extra Point			
	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0.5	1		
C Composition	Use of the course	Use of the obstacles	Connection				
	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0.5	1		
D Difficulty	Variety	Single Trick	Whole run				
	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3	0.5	1		
Judge Name / #	JUDGES FORM					Total	

Example of a final public/media results' sheet

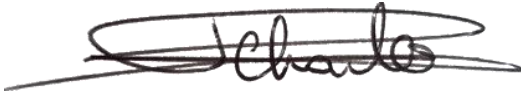
Athlete	Criteria			Total
	E	C	D	
A	7,5	8	9,5	25
B	4	6,5	6	16,5
C	6	4	2,5	12,5

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



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FIG President



Nicolas Buompane
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Lausanne, November 2019