PARKOUR

CODE OF POINTS
2025-2028

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Judging Support System

3D Sensing / AI x Gymnastics

Fujitsu Limited

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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 2025. 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

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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)

Competition format based on traditional Parkour training programs and movements.

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 skill, style, fluidity and mastery*.

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, , sweaters 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 themselves at the start-line according to the start list.
When the speaker requests the athlete to present themselves 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 starting position and finish line, which may include placement behind a start-line/finish-line or contact with a touch-pad, will be determined by the TD (in consultation with the CJP) and will be communicated during the orientation meeting or training.
The start-line and time judge (ST) will ask if the athlete is ready.
The starter will say “Take your Mark”. At “Take your Mark” the athletes will stand in the correct starting position.
The starter will say “Set”. The athlete will prepare for the gun or signal.
The timing begins at the start of the gun or signal. Where possible, a visual signal will also be given on the gun or signal.

False start
A false start occurs when an athlete leaves the starting position (as determined by the TD) ahead of the gun or signal. A false start will result in a False Start to Field (FSF) being called and charged to the field (both athletes will receive a yellow card). The athletes will be called to start again immediately.
An athlete with a yellow card from a previous run within the same phase (run 1 or run 2) makes a second false start, they are sanctioned with a disqualification.
The remaining competitor will be moved to the bottom of the start-list for that run, retaining the yellow card / FSF. If necessary (i.e. there are no other athletes under FSF) they will compete individually.
A yellow card / FSF is not retained across runs, semi-finals or finals. For example, an athlete under FSF in the semi-finals will not begin the finals under FSF.
An athlete must successfully complete a run to advance from the semi-finals (knock-out phase).
Lane assignments for semi-finals and finals 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.

Run 2 “Redo”(in qualification)
An athlete may request a second run (run 2). They must indicate this to the CJP immediately following their first run (run 1).
An athlete who has been disqualified (DSQ - false start, line violation etc) in run 1 may not request a second run.

Run 2 will be held immediately following the completion of the last competitor in run 1. If qualification is held in groups/sessions, run 2 will be held after all athletes in only that group/session have completed run 1 (i.e. not after the second or third group/session). Athletes will be placed on the run 2 start-list in the order of the original qualification draw.

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.
Any contact between athletes will be counted as a line violation. The athlete responsible for moving outside their lane will be disqualified.
Check-points (if needed)
Between the start and the finish lines, the course design may contain multiple check-points, which competitors must pass through in any sequence. These check-points will be determined by the TD (in collaboration with the CJP), and will be communicated during the orientation meeting or training.
If the athlete misses a check-point, they have 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 Line/Check-Point Judge will signal to the CJP in the 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 additional judges (one per lane), delegated by the CJP, who in any case will always measure the time manually as a back-up.
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 finish

The athletes must be ready to be called by the speaker to present themselves 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 themselves on the field of play (at a start-point of their discretion) later than 30 seconds after having been called will result in disqualification by the CJP.

When the speaker or CJP requests the athlete to begin, the athlete must do so without delay. If available, a signal (such as a green light) will indicate that the judges are ready and the athlete may start their run. Failure to do so within 30 seconds after a signal has been given, will result in disqualification by CJP.

The athlete may end their run at any place on the field of play at their discretion with arms crossed to designate the finish of the run.

Run 2 "Re-do"(in qualification)
The athletes may choose to have a second run. Should they choose a second run, they have to announce it immediately after the end of their course (before the score is shown) by raising their hand.

Athletes requesting a re-do will be recalled to the starting position. Rules re 'Start and Finish' apply.

For the athletes who have chosen to have a second run, the result of the second run only counts.

Timing

Timing of the run will begin with the first step, jump or swing of the athlete.

If available, timing of the performance will be shown on a screen. An audible signal to the athlete will be given 10 seconds before (warning), and at the maximum time.

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

Field of Play (FOP)

The athlete is obligated to stay on the FOP during the whole run. Failure to do so, will result in disqualification by the CJP.

There is a zone on the FOP dedicated for freestyle. The boundaries of the freestyle zone will be determined by the TD (in collaboration with the CJP), and will be communicated during the orientation meeting or training. 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.

4. JUDGING AND JUDGES

4.1 Judging criteria

Freestyle

6 judges (3 Execution, 3 Difficulty) will judge the runs of the athletes. Execution will be judged out of 15 points. Difficulty values have no theoretical maximum (15+ points).

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)	
Safety A safe and clean run where the athlete does not put themself in danger and lands quietly and controlled on both feet.	Flow Smoothly connected movements without stops, stutter-steps and hesitation. Rhythm is key.
Safety Deductions will be taken for landings where the feet do not obviously touch the floor first **Landing Quality** The landings will be assessed, and points given according to its quality.	**Flow** Deductions will be taken for stutter steps and stops within the run. **Flow Quality** The overall flow of the run will be assessed, and points given according to its quality.

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

The Reference List / Table of Tricks will be published and updated three months before the start of each competition season.

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.

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Lausanne, May 2024