



Freestyle competition regulations

Swiss Parkour Tour 2022

1 Time table

11:30-14:00	Jam	<i>Preparation time qualifying</i>
14:00-15:30	Qualifying	<i>15-25 sec. run / 2 Tries per athlete</i>
15:30-16:15	Jam	<i>Preparation time final</i>
16:15-17:00	Final	<i>5-15 sec combo + 15-25 sec. run</i>

2 Rules

The athletes are called by the speaker and must go to their starting point. The time will be measured when the athlete starts the run. All tricks in the run after the time limit of 25 seconds won't be judged. The athlete can decide for himself, when to end his run.



3 Judging system DEC

The judging system will be applied only for the presentation of the runs. In the format combo, the “use of the course” category will not be judged.

Total points for a run: 24 Total points for a combo: 21

Category	Definition	Points
DIFFICULTY	Best tricks + Overall composition	10
EXECUTION	Flow + Control	8
COMPLEXITY	Use of the course + Variety of moves	6

Best Trick: *The harder the tricks and challenges, the higher the score.*
 Overall composition: *Overall, how hard was the composition of the run?*
 Flow: *Be like water my friend, the less stutter steps, the higher the score.*
 Control: *Make it look safe and clean, safety is the most important.*
 Use of the course: *Try to cover as much area to earn the highest points.*
 Variety of moves: *Variety is the spice of life, exceed our expectations.*

4 Formats

Run: *The participants present their combinations of skills and movements in a minimum of 15 seconds and maximum 25 seconds run/line through the course.*

Combo: *The participants present one combination of skills in a minimum 5 seconds and maximum 15 seconds time range. This format allows to go harder in a shorter amount of time.*