SWISS PARKOUR TOUR
REGULATIONS FOR PARKOUR COMPETITIONS

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SPKA
SWISS PARKOUR ASSOCIATION

Foreword:

The Swiss Parkour Tour (hereafter SPT) is a project of the Swiss Parkour Association SPKA and is embedded in the event system of the international event portfolio of Parkour Earth. The SPT maintains and promotes the diversity and culture of the sport of parkour. It supports the cooperation and exchange of different Swiss parkour organisations and creates a framework for the implementation of a legitimate and suitable competition system. In addition, the SPKA promotes the development and/or improvement of new and/or adapted competition formats, in particular to ensure the integration of contemporary training modalities.

The basic principle of the competition system is the concept: competition follows training. This requires that all parkour competitions within the framework of the SPT are based on parkour training. This principle is based on the understanding that training, not competition, is at the centre of parkour. This is intended to ensure that training, in particular the jam culture, remains the core of the sport in the future.

At its core, the sport of parkour involves a practice of reinvention and reorganisation. Consequently, the defined competition formats do not represent the entirety of possible, suitable formats. Nevertheless, they form the basis of contemporary competitions and thus characterise a proven basic building block for the implementation of competitions in the sport of parkour.

With these guidelines, the SPKA has defined guidelines for the organisation of parkour competitions, which must be adhered to within the framework of the SPT. The SPKA reserves the right to adapt the guidelines. This document remains valid until an updated version is published.

Questions and comments can be directed to the SPT team's infomail: info@swissparkourtour.ch

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Link : Sport Parkour Competition Rulebook

Contents

1. General regulations for competitions within the framework of the SPT

1.1 Conditions of organising

1.1.1 Competitions within the framework of the SPT may only be organised by members (organisations and/or individuals) of the SPKA or the SPKA itself.

1.2 Conditions of participation

1.2.1 All persons may participate in an SPT event.

1.2.2 Further rights and obligations of participants are defined in the GTCs

1.3 Competition formats (CF)

1.3.1 There are currently three official formats for SPT Competition events.Speed competition

1.3.2 Skills competition

1.3.3 Freestyle competition

Specifications for the respective CF are described in the corresponding chapters.

1.4 Competition categories (CCat)

1.4.1 Competition categories define the subdivision of competition participants with regards to evaluation and ranking. Main and sub-CCa are defined.

1.4.2 In order to promote integration, it is recommended that the participants from the sub-CCat compete together within the respective main CCat when organising the competitions and that there is no segregation. The two sub-CCa should only be differentiated in the evaluation and ranking.

1.4.3 Main CCat:

    1.4.3.1 Kids: people aged 5 - 11 years

    1.4.3.2 Youth: people aged 12 - 15 years

    1.4.3.3 Adults: people aged 16 and over

1.4.4 Sub-CCat:

    1.4.4.1 Women

    1.4.4.2 Men

Trans and nonbinary athletes participate in the category of their choice for the entirety of the competitive season.

Sub-CCat applies exclusively to the main CCat 's of Youth and Adults. No subdivision is made for the CCat Kids.

1.5   Qualification regulations Swiss Parkour Championships

1.5.1   The organising committee of the SPT defines the qualification competitions to be held each year.

1.5.2   Qualification competitions must fulfil the minimum requirements defined in these regulations.

1.5.3   Regulations for the Swiss Parkour Championships 2024:

1.5.3.1   The Swiss Parkour Championships include all three CF (Speed, Skill, Freestyle).

1.5.3.2   The Swiss Parkour Championships only include the main CCat of Adults.

1.5.3.3   In the women's and men's sub-categories, the best 10 athletes per CF can qualify for the Swiss Parkour Championships.

(In special cases, more than 10 persons may be admitted. Special cases are defined in the appendix).

1.5.3.4   Points are awarded for every ranking in any qualifying competition.

(The corresponding points table is attached)

1.5.3.5   For qualification in a CF for the Championship, only the best result achieved in a qualification competition in the corresponding CF in 2024 counts.

1.5.3.6   If more than one person has the same number of points in a CF, the procedure described in the appendix applies to determine who qualifies.

1.5.3.7   The 1st place winners per CF and CCat of the Swiss Parkour Championships of the previous year are automatically qualified for the Swiss Parkour Championships of the current year in the respective CF and CCat.

1.5.4   The qualification regulations will be adjusted for 2025 so that the two best results per CF and CCat will be included for qualification.

1.6 Responsibilities

SPT holds events to certain standards for inclusion in the SPT. The following responsibilities are identified as important to the hosting of safe, successful competition events. As such, they must be assigned within the hosting team.

1.6.1 Mandatory responsibilities to be complied with

1.6.1.1 Event organiser:
One or more persons assume responsibility for the event. In particular, they ensure that all minimum requirements defined in these regulations are met and ensure the coordination of all responsibilities and the persons organised for this purpose.

1.6.1.2 Competition manager:
One or more persons are responsible for the entire competition within the event. This includes planning the competition area and course, ensuring the correct evaluation of participants, and the correct recording of evaluations and results. They must also take responsibility for ensuring the Athlete-Course Fairness. The competition management is also responsible for coordinating the competition judges and the competition administration.

1.6.1.3 Competition Judges:
One or more people are responsible for scoring the participants. They ensure that the competition is scored fairly and consistently and that all rules are adhered to. Depending on the size and type of competition, competition judges can be divided into head and auxiliary judges.

1.6.1.4 Administration:
One or more persons are responsible for the administrative tasks involved in organising the event. This includes, in particular, the administration of registrations and the recording of evaluations and results in the corresponding score sheets to be communicated back to the SPT Team. Depending on the size and type of event, the administration can be divided into event and competition administration.

1.6.1.5 Incident Response / Medical:
In the event of a medical emergency, one or more persons must provide medical care and assistance on site. These people must hold appropriate qualifications. This can be outsourced to a partner organisation (eg 'first aid service'). Appropriate areas, access, planning, and equipment must be provided.

1.6.1.6 Security:
One person is responsible for maintaining safety on the competition site during the event. In particular, this person is authorised to expel certain persons from the site if this is necessary for safety reasons. They should collaborate with the Competition Manager with regards to the course and training areas, especially in regards to spectators.

1.6.2 Optional responsibilities to be complied with

1.6.2.1 Competition course responsibilities
Depending on the size and type of event, it makes sense to support the competition management with one or more people who are responsible for planning, setting up and dismantling the competition course. They should also monitor the course during the event for any maintenance or adjustments needed.

1.6.2.2 Participant support:
Depending on the size and type of event, it makes sense to make one or more people responsible for looking after the participants. The primary aim should be to provide clear information and resources to all competitors/athletes so that they can perform at their best.

1.6.2.3 Speaker
Depending on the size and type of event, it makes sense to make one or more people responsible for guiding the participants and spectators through the event.

1.6.2.4 Technology:
Depending on the size and type of event, it makes sense to make one or more people responsible for planning and realising the power, lighting, sound, and image technology.

1.7 Safety

1.7.1 Participants, trainers and other persons take part in SPT events at their own risk. Event organisers are responsible for maintaining safety on the entire event site.

1.7.2 The event organisers are responsible for ensuring that the competition area and the competition course are safe. Dangerous course areas must be marked and the participants must be made aware of them. Spectators should not be allowed in dangerous areas.

2. Area

2.1 Area zones

2.1.1 Event zone:
The event zone comprises the entire area where the competition takes place. This includes the competition zone, the warm-up zone and the public zone.

2.1.2 Competition zone:
The competition zone comprises the area of the event that is reserved for the respective competition(s). The competition zone is divided into;

2.1.2.1 Competition course (CCo):
The competition course defines the area in which the actual competition takes place. In particular, the competition course must be adapted to the respective CF.

2.1.2.2 Administration zone:
The administration zone defines the area that is available for administrative tasks of the competition. Depending on the CF, this area may also include a zone for the competition management or competition judges.

2.1.3 Warm-up zone:
The warm-up zone comprises the area made available to the competitors for the warm-up.

2.1.4 Public zone:
The public zone comprises the area where spectators are allowed to stay. It must be ensured that the public zone is clearly marked. Before the competition, spectators must be informed about where they are allowed to stay and where not, to minimise disturbances caused by spectators

2.2 Requirements for the competition course

2.2.1 Competitions can take place in a variety of different environments. Existing parkour parks, existing outdoor spots and the integration of these two environments with obstacles and objects should be prioritised.

2.2.2 The CCo must be adapted to the CCat, and to the skill level of the participants.

2.2.3 When designing the CCo, the individual requirements of the respective CF must be taken into account. Specifications are described in the respective CF chapters.

2.2.4 The safety of the CCo has the highest priority.

2.3 Athlete-Course Fairness

2.3.1   It must be ensured that participants are not familiar with the competition area, the specific CCo (speed competition) and defined challenges (skill competition) before the start of the preparation phase. This applies in particular to members of an organising organisation who are taking part in a competition.

3. Speed Competition

3.1 Description

3.1.1   The speed competition is a form of competition in which the participants have to cross a CCo in the shortest possible time. At least one start and finish point are defined, as well as checkpoints placed in between.

3.1.2   The competition includes a preparatory phase, one or more qualifying rounds and a final round.

3.2 Subformats

3.2.1   The SPKA has defined four valid competition sub-formats in the speed competition format. By default, the "Single; with checkpoints" sub-format should be held. If a different sub-format is planned by an organising organisation, this must be agreed with the SPT Team in order to ensure the valid minimum requirements of the competition.

3.2.2   Speed 1:
Single; without checkpoints: Participants must get from a defined starting point to a defined finish point.

3.2.3   Speed 2
Double; without checkpoints: Like "single; without checkpoints". In addition, the participants compete in pairs (head-to-head) so that two participants cross the course at the same time (in parallel).

3.2.4   **Speed 3**
Single; with checkpoints: Like "single; without checkpoints". In addition, participants must touch defined checkpoints with at least one part of their body. Organisers can define further restrictions with regard to the validity requirements of a checkpoint (e.g. "this checkpoint must be touched with at least one foot").

3.2.5   Speed 4
Double; with checkpoints: Combination of Double and Checkpoints as described above.

3.3 Competition course specifications

3.3.1 The CCo must be adapted to the respective CCat, the sub- CCat and in particular to the skill level of the participants.

3.3.2 The CCo must incorporate the greatest possible variety of movement forms that are common in the sport of parkour. The forms of movement defined in the J+S Parkour manual serve as a guide.

3.3.3 The following forms of movement must be integrated into the CCo:

3.3.3.1 "Jump off effectively and land precisely and safely"→ E.g. jumps, strides, plyos:

3.3.3.2 "Overcome different obstacles in a versatile and smooth manner"→ Example: Vaults

3.3.4 At least 2 of the following forms of movement must also be integrated into the CCo:

3.3.4.1 "Switch dynamically and safely between hanging, supporting and standing positions"→ E.g. climb-ups, climb-downs

3.3.4.2 "use different objects creatively and purposefully to swing"→ Swings, underbars

3.3.4.3 "Use walls in a versatile, clever and targeted way"→ Wallrun, Return, Tic-Tac, wall pop-vault

3.3.4.4 "balance the body skilfully and safely in any situation"→ Balancing

3.4 Ranking

3.4.1 The ranking is determined by the measured time it takes a participant to get from the start to the finish point (and to reach all checkpoints according to the defined criteria, if defined). The faster a participant can cross the CCo, the better their result.

3.5 Evaluation criteria

3.5.1 The finish time of the participants is defined by the elapsed time that the participants need to get from the start to the finish point.

3.5.2 The finish time is determined using one of the following methods and must guarantee a minimum accuracy of 0.01 seconds:

3.5.2.1 Laser time measuring device

3.5.2.2 Touching a specific marker

3.5.3 Regulations for passing a checkpoint:

3.5.3.1   A checkpoint must be touched with at least one part of the body. Further restrictions are left to the respective competition organisers and may be defined differently for different checkpoints.

3.5.3.2   If a checkpoint is not passed correctly, the person concerned is disqualified for the corresponding run.

3.5.4   Participants may be given a single run on the course, or multiple. If multiple runs are allowed, the time of the fastest is used. It is preferable to allow a single run with ample preparation time, and the choice of a rerun (see below).

3.5.5   It must be ensured that all participants have the same amount of time available during the preparatory phase.

3.5.6   All participants must be informed of all applicable rules prior to the preparation phase. These include in particular

3.5.6.1   Where the start, finish, and checkpoints are located.

3.5.6.2   The signal to start the run/time.

3.5.6.3   The criteria for successful completion of the run. (Specifications for the measuring device)

3.5.6.4   The criteria for successfully passing the checkpoints (where used).

3.5.6.5   The rules that apply in the event of a run cancellation and for reruns.

3.6   Run cancellation / rerun

3.6.1   If a run is cancelled, the person in question may repeat the run.

3.6.2   After reaching the finish point and being told/shown their run time, participants have 10 seconds to request a rerun from the competition organisers.

3.6.3   All reruns are carried out at the end of the regular competition round. The starting order remains the same as in the competition round (skipping competitors who are not taking reruns).

3.6.4   In the event of a rerun, the time of the rerun counts for the ranking, even if slower.

4. Skill Competition

4.1 Description

4.1.1   The skills competition is a format where the participants have to succeed in various parkour movement challenges. The competition zone contains several stations where challenges are to be completed. The evaluation is based on the number of challenges passed, and depending on the sub-format, considers the number of attempts made or within a specified time frame .

4.1.2   The competition includes one or more qualifying rounds and a final round.

4.2 Dimensions

4.2.1   Three dimensions are specified for a skills competition, which must be defined:

4.2.1.1   Number of attempts per challenge

4.2.1.2   Order of the challenges

4.2.1.3   Points per challenge

4.2.2   Number of attempts per challenge

4.2.2.1   Fixed number of attempts
Participants are given a specified maximum number of attempts to complete each challenge. It is recommended that the number of attempts is set between three to five. Each challenge has the same attempt limit (ie, 3 attempts each at 5 challenges).

4.2.2.2   Open number of attempts (time based)
Participants can decide for themselves how many attempts to take at the specified challenges. It must be ensured that all participants have the same amount of time to attempt the challenges.

4.2.3   Order of the challenges

4.2.3.1   Preset sequence
The participants go from one challenge station to the next in a predetermined order.

4.2.3.2   Open round
Participants can decide for themselves the order in which they complete the challenges.

4.2.4   Points per challenge

4.2.4.1   Equal number of points per challenge:
Each challenge scores the same number of points.

4.2.4.2   Static point distribution
The difficulty of the challenges is defined in advance so that the challenges award different numbers of points. It is recommended to distinguish between at least three and a maximum of five difficulty levels. The distribution of points is linear.

4.2.4.3   Dynamic point distribution
Each challenge results in a total of 1000 points. The number of points is divided by the number of participants who have passed the challenge.

In principle, any combination of the three dimensions is possible, but not all combinations make sense. Competitions within the framework of the SPT may only organise combinations that are in the Subformats defined below. An exception may be authorised in consultation with the SPT Team.

4.3 Subformats

4.3.1   The SPKA has defined four valid competition sub-formats in the skill competition format, as combinations of the above dimensions. There is no prioritisation of the sub-formats. It is possible to use different sub-formats for different competition rounds. If a different sub-format is planned, this must be agreed with the SPT Team in order to ensure the valid minimum requirements of the competition.

4.3.2   **Skill 1**: Fixed number of attempts; predetermined order; equal number of points per challenge:

4.3.2.1   Participants must pass the specified challenges in a specified number of attempts. The number of attempts is a minimum of 3 and a maximum of 5 per challenge.

4.3.2.2   The participants go from one challenge station to the next in a predetermined order.

4.3.2.3   All challenges award the same number of points.

4.3.3   **Skill 2**: Fixed number of attempts; Open round; Equal number of points per challenge:

4.3.3.1   Participants must pass the specified challenges in a specified number of attempts. The number of attempts is a minimum of 3 and a maximum of 5 per challenge.

4.3.3.2   Participants can decide for themselves in which order they would like to complete the challenges.

4.3.3.3   A time limit is set for each round. The specified time should be based on the total number of specified challenges and the total number of participants. Guidelines can be found in the appendix.

4.3.3.4   All challenges award the same number of points.

4.3.4   **Skill 3**: Open number of attempts; Open round; Static point distribution:

4.3.4.1   Participants can choose for themselves how often they attempt a challenge.

4.3.4.2   Participants can decide for themselves in which order they would like to complete the challenges.

4.3.4.3   A time limit is set for each round. The specified time is based on the total number of specified challenges and the total number of participants. Guidelines can be found in the appendix.

4.3.4.4   The difficulty of the challenges is defined in advance so that the challenges award different numbers of points. It is recommended to distinguish between at least three and a maximum of five difficulty levels. The distribution of points for the difficulty levels must be linear. (e.g. Level 1 = 1P; Level 2 = 2P; Level 3 = 3P)

4.3.5   **Skill 4**: Open number of attempts; Open round; Dynamic points distribution

4.3.5.1   Participants can choose for themselves how often they attempt a challenge.

4.3.5.2   Participants can decide for themselves in which order they would like to complete the challenges.

4.3.5.3   A time limit is set for each round. The specified time is based on the total number of specified challenges and the total number of participants. Guidelines can be found in the appendix.

4.3.5.4   Each challenge results in a total of 1000 points. The number of points per challenge is divided by the number of participants who have passed the respective challenge.

4.4 Competition Course - Specifications

4.4.1   The CCo or the specified challenges must be adapted to the respective CCat, the C-sub-Cat and in particular to the skill level of the participants.

4.4.2　The CCo and the specified challenges must incorporate as many different forms of movement as possible that are common in the sport of parkour. The forms of movement defined in the J+S Parkour manual serve as a guide.

4.4.2.1　Care should be taken to consider diverse training and movement preferences, body types, and other factors - to produce a CCo that rewards a well-rounded athlete.

4.4.3　The following forms of movement must be integrated into the CCo:

4.4.3.1　"Jump off effectively and land precisely and safely"→ E.g. jumps, strides, plyos:

4.4.3.2　"Overcome different obstacles in a versatile and smooth manner"→ Example: Vaults

4.4.3.3　"Switch dynamically and safely between hanging, supporting and standing positions"→ E.g. climb-ups, climb-downs

4.4.3.4　"use different objects creatively and purposefully to swing"→ Swings, underbars, breakthroughs

4.4.3.5　"Use the wall in a versatile, clever and targeted way"→ Wallrun, Return, Tic-Tac

4.4.3.6　"balance the body skilfully and safely in any situation"→ Balancing

4.5 Ranking

4.5.1　The ranking is based on the total number of challenges passed and the points scored. The more points scored, the better the result.

4.5.2　The distribution of points in the skills competition must be differentiated for the "number of attempts" dimension. The points distribution for the sub-formats is defined below:

4.5.2.1　Skill 1 and Skill 2; fixed number of attempts:
In first priority, the ranking is based on the number of challenges passed and the points scored, regardless of the number of attempts made. In second priority, the number of attempts is used as a tie-break criterion, with fewer attempts being categorised as better performance.

4.5.2.2　Skill 3 and 4; open number of attempts:
In the first stage, the ranking is based on the number of challenges passed and the points scored, regardless of the number of attempts made.

4.5.2.3　Skill 3 Special case: Equally ranked
In the second stage, the number of challenges passed is used as a criterion for those with the same ranking. This is prioritised from the highest to the lowest level of difficulty.

4.6   Evaluation criteria

4.6.1   The criteria for successfully completing a challenge (= passing) are defined by the competition organisers.

4.6.1.1   It must be ensured that the criteria per challenge are clearly measurable and clearly communicated.

4.6.2   The judges decide whether a challenge has been passed or failed.

4.6.3   The intensity of the judges' control function and thus the assurance of the defined criteria for passing a challenge is defined on a spectrum from low to high intensity. In principle, the judges should assume an intensive control function. However, especially for adults and competitions defined by "open rounds", a lower intensity of the control function is recommended.

4.6.3.1   Low intensity:
The control function is primarily created through peer control and the judges act in a supervisory role. Passing or failing a challenge must nevertheless be recorded in the scoresheet by a judge. If an attempt to cheat is recognised, the person in question is disqualified from the competition.

4.6.3.2   High intensity:
One judge is responsible for each challenge station and observes and decides whether a challenge has been passed or failed.

4.6.4   Every challenge that is carried out in full by a participating person counts as a test. Challenges may only be tested in parts.

4.6.5   All persons participating in the competition must be informed of all applicable rules prior to the qualifying round. These include in particular

4.6.5.1   The exact criteria per challenge and how they are considered "passed".

4.6.5.2   The criteria for the extent to which a challenge may be tested.

4.6.5.3   The exact points distribution of the challenges and number of valid attempts.

4.6.5.4   Time limits and how they will be communicated.

5. Freestyle Competition

5.1 Description

5.1.1   The freestyle competition is a form of competition in which the participants present a parkour line and a parkour combo in a predetermined competition area. The parkour line and combo are assessed and scored by judges in terms of composition, difficulty, execution.

5.1.2   The competition includes a preparatory phase, one or more qualifying rounds and a final round.

5.2 Subformats

5.2.1   The SPKA has defined three valid sub-formats within the freestyle competition. Every freestyle competition must include the sub-formats "Parkour-Line" and "Parkour-Combo". In addition, the sub-format "Best Trick" can also be performed.

5.2.2   Parkour Line:

The participants present a parkour line that lasts a minimum of 15s and a maximum of 40 s. The parkour line is defined by a continuous sequence of movements that are fluidly connected in the CCo, involving a variety of techniques and the skilful use of various obstacles.

5.2.3   Parkour Combo:

The participants present a parkour combo, which lasts a maximum of 15 seconds and contains a maximum of 4 parkour movements. The parkour combo is defined in the same way as the parkour line, although generally the intensity of the sequence of moves is greater in terms of technical difficulty due to the shorter execution time.

5.2.4   BestTrick:

The participants present a parkour trick. The movement performed is characterised by a high level of technical difficulty.

5.3   Competition Course Specifications

5.3.1   The CCo must enable the greatest possible variety of movement forms that are common in the sport of parkour. The forms of movement defined in the J+S Parkour manual serve as a guide.

5.3.2   The following forms of movement must be possible in CCo:

5.3.2.1   "Roll and turn your own body in a versatile and targeted manner"→ E.g. flips, rolls, somersaults

5.3.2.2   "Jump off effectively and land precisely and safely"→ E.g. jumps, strides, plyos:

5.3.2.3   "Overcome different obstacles in a versatile and smooth manner"→ Example: Vaults

5.3.2.4   "Switch dynamically and safely between hanging, supporting and standing positions"→ E.g. climb-ups, climb-downs

5.3.2.5   "use different objects creatively and purposefully to swing"→ Swings, underbars, breakthroughs

5.3.2.6   "Use the wall in a versatile, clever and targeted way"→ Wallrun, Return, Tic-Tac

5.3.2.7   "balance the body skilfully and safely in any situation"→ Balancing

5.4   Ranking

5.4.1   The ranking of the participants is based on the total number of points scored for each sub-format. The more points awarded, the better the result.

5.5   Overarching evaluation criteria

5.5.1   The evaluation criteria are different for the three defined subformats. The evaluation criteria for each sub-format are defined in the following chapters.

5.5.2   At least three judges must be appointed. All judges evaluate the participants in all evaluation categories.

5.5.3   It must be ensured that all participants have the same amount of time available during the preparation phase.

5.5.4   All participants must be informed of all applicable rules prior to the preparation phase. These include in particular

5.5.4.1   The evaluation criteria according to which the judges evaluate.

5.5.4.2   The signal that indicates the start and end of a parkour run or combo for a participant.

5.5.4.3   The rules that apply in the event of a run cancellation.

5.6 Evaluation criteria for Parkour Line

5.6.1   The judging guidelines for a parkour line are defined by the main categories of composition, difficulty and execution.

5.6.1.1   Composition refers to the entire parkour line

5.6.1.2   Difficulty refers to individual movements or their links

5.6.1.3   Execution refers to individual movements or their links

5.6.2   A total of 100 points can be achieved.

Composition - 50	Difficulty - 25	Execution - 25
Originality of the movements • Diversity of skills • unconventional movements • few repetitive movements	Technical difficulty of the individual movements: • Generally high level of technical difficulty of the movements	Movements executed as intended: • Start-up • Jump off • Air phase • Landing
Choreography • Design of the parkour line • Variety of movements performed	Connection of movements: • Change of direction • Difficulty from one movement directly into the next movement	Landing technique • Safe and controlled landings or movement transitions

Interaction with the environment
 • Utilisation of various objects
    o Surfaces
    o Walls
    o Bars
    o Walls
	Utilisation of obstacles
	 • Take-off and landing points
	 • Height difference
	 • Precision
	 • Consequences
		Aesthetics and lightness
		 • Rhythm and tempo
		 • Perfection of the movements

Connection of movements • Seamless and continuous • Fluid and uninterrupted control		

5.7 Evaluation criteria for Parkour Combo

5.7.1   The judging guidelines for a parkour combo are defined by the main categories of difficulty and execution.

5.7.1.1   Difficulty refers to individual movements or their links

5.7.1.2   Execution refers to individual movements or their links

5.7.2   A total of 100 points can be achieved.

Difficulty - 50	Execution - 50
Technical difficulty of the individual movements: • Generally high level of technical difficulty of the movements	Movements executed as intended: • Start-up • Jump off • Air phase • Landing
Connection of movements: • Change of direction • Difficulty from one movement directly into the next movement	Landing technique • Safe and controlled landings or movement transitions
Utilisation of obstacles • Take-off and landing points • Height difference • Precision • Consequences	Aesthetics and lightness • Rhythm and tempo • Perfection of the movements • Seamless and continuous connection of movements

5.8 Evaluation criteria for Best Trick

5.8.1 The judging guidelines for Best Trick are defined by the main categories of difficulty and execution.

5.8.2 A total of 100 points can be achieved.

Difficulty - 50	Execution - 50
Technical difficulty of the movement - Height Width - Rotation axes and number of rotations	Movements executed as intended: • Run-up, take-off, flight phase, landing
Utilisation of obstacles • Take-off and landing points • Height difference • Precision • Consequences	Landing technology • Safe and controlled landings or movement transitions
	Aesthetics and lightness • Perfection of the movements

5.9 Run cancellation / Rerun

5.9.1 If a parkour run or combo has to be cancelled for reasons beyond the control of the athlete (defective course, obstruction by other persons, …), a rerun is permitted with the consent of the competition management.

5.10 If a parkour run or combo is cancelled for other reasons or if the competition management does not allow a rerun, the judges will evaluate the parkour line, parkour combo or best trick up to the time of cancellation.

6. Appendix

6.1 Specifications for the qualification process for the Swiss Parkour Championships

6.1.1   Ranking points table per qualification competition

Rank	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Points	1000	800	600	500	450	400	360	320	290	260	240	220	200	180	160	150	140	130	120	110	100	90	80	70	60

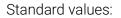| Rank	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Points	50	45	40	36	32	28	26	24	22	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1	0

6.1.2   Regulation for persons of equal rank

6.1.2.1   In the first priority the number of competitions contested in the same competition format is used to differentiate between athletes in the 10th and therefore last qualification rank. Athletes who have competed in a second competition in the same format will be given preference over athletes who have not competed in a second competition in the same format.

6.1.2.2   In the second priority, the ranking points achieved in the two or more competitions contested in the same competition format are used for differentiation. The athletes with the higher total of ranking points achieved qualify.

6.1.2.3   If the criteria showed above do not allow any differentiation, both or all athletes are qualified for the Swiss Parkour Championships.

6.2 Guidelines for setting the time limit and the number of challenges in skill competitions

6.2.1   Skill 2; fixed number of attempts; open round; equal number of points per challenge:

The time limit per round does not have to create any time pressure, as the ranking is based on the number of challenges passed and the attempts made. As a basic principle, 1 minute per participant can be planned. With regards to the number of challenges in relation to the number of participants, one challenge per three to five participants can be planned.

Standard values:

Participants \ Challenges	1	2	3	4	**5**	6	7	8	9	**10**	11	12	13	14	**15**	16	17	18	19	20
10																				
15					15'															
20																				
25																				
30										30'										
35																				
40																				
45															45'					
50																				

6.2.2   Skill 3 and 4; open attempts; open round; static or dynamic points distribution:

The time limit per round **must** create time pressure, as the ranking is based solely on the number of challenges passed and differentiations are only made based on the difficulty level of the challenges. In principle, a larger number of challenges are required for both sub-formats than for the Skill 1 and Skill 2 sub-formats. At least 15 challenges should be planned per round.

Standard values:

Participants \ Challenges	1	2	3	4	**5**	6	7	8	9	**10**	11	12	13	14	**15**	16	17	18	19	20
10																				
15					12'															
20																				
25																				
30										25'										
35																				
40																				
45															40'					
50																				