

SWISS PARKOUR TOUR

REGULATIONS FOR PARKOUR COMPETITIONS

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SPKA
SWISS PARKOUR ASSOCIATION



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The SPT Regulations are based in part on the guidelines developed by **Parkour Earth**. These guidelines have significantly contributed to the refinement of our regulations and their alignment within an international context.

We extend our sincere thanks to the team at Parkour Earth for their outstanding work and invaluable contribution to the global development of parkour competitions.

Link : [Parkour Earth Competition Guidelines](#)

Foreword:

The Swiss Parkour Tour (SPT) began as a project and has since evolved into an established department within the Swiss Parkour Association (SPKA). It encompasses all events organized by the SPKA and its members and/or member organizations and is embedded in the international event framework of Parkour Earth.

The SPT is committed to preserving and promoting the diversity and culture of the sport of parkour. It fosters collaboration and exchange among Swiss parkour organizations and provides a structured framework for the implementation of legitimate and appropriate competition formats. Furthermore, the SPKA actively encourages the development and refinement of new or adapted competition formats: particularly those that reflect contemporary training approaches.

The fundamental principle of the SPT is that competition follows training. All parkour competitions within the SPT must therefore be grounded in parkour training. This principle reflects the belief that training, not competition, is the heart of parkour, and aims to ensure that elements such as jam culture remain central to the sport in the future.

Parkour is, at its core, a practice of reinvention and reorganization. Accordingly, the competition formats defined in this document do not represent the full spectrum of valid or suitable formats. Rather, they serve as a proven foundation for the organization of contemporary competitions and offer a basis from which further developments may evolve.

Through this document, the SPKA establishes binding guidelines for the organization of parkour competitions within the SPT framework. The SPKA reserves the right to update and adapt these regulations as needed. This version remains valid until officially replaced by a new release.

Questions and comments can be directed to the SPT team's infomail:
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General regulations for competitions within the Swiss Parkour Tour

1. Conditions of organizing

- ^{1.1} Competitions within the framework of the SPT may only be organized by members (organizations and/or individuals) of the SPKA or the SPKA itself.

2. Conditions of participation

- ^{2.1} All people may participate in an SPT event. Additional regulations may apply for the Swiss Parkour Championships (SPC). For further details, please refer to the SPC qualification regulations.
- ^{2.2} Further rights and obligations of athletes are defined in the GTCs.

3. Competition disciplines

- ^{3.1} The following three disciplines are included in the SPT:
- a) Speed
 - b) Skill
 - c) Style
- ^{3.2} Specifications for the respective disciplines are described in the corresponding chapters.

4. Competition categories

- ^{4.1} Competition categories define the subdivision of athletes with regards to evaluation and ranking. Age and gender categories are defined.
- ^{4.2} In the actual organization of a competition, it may make sense to combine several categories and have them compete in the same rounds. However, the evaluation and ranking must always be differentiated per category.

4.3 Age Categories

Category	Year	Age
Adults	2010 or earlier	16+
Youth A	2011 – 2012	14 – 15
Youth B	2013 – 2015	11 – 13
Kids A	2016 – 2018	8 – 10
Kids B	2019 – 2020	6 – 7

- ^{4.4} For all age categories, the year of birth is the decisive criterion for categorisation and not the current age.
- ^{4.5} In consultation with the SPT team, people who belong to the Youth A age category may participate in the adult category. In this case, the same regulations apply for the corresponding people as for adults for qualification for the SPC.

4.6 Gender categories:

- a) Female
- b) Male

^{4.7} Trans and nonbinary athletes participate in the category of their choice for the entirety of the competitive season.

5. Qualification regulations for the Swiss Parkour Championships (SPC)

^{5.1} The organizing committee of the SPT defines the qualification competitions to be held each year.

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

- a) The Swiss Parkour Championships include all three competition disciplines (Speed, Skill, Style).
- b) The Swiss Parkour Championships only include the age category "Adults".
- c) In the women's and men's categories, the best 8 athletes per competition discipline can qualify for the SPC. (In special cases, more than 8 people may be admitted. Special cases are defined in the appendix).
- d) Points are awarded for every ranking in any qualifying competition. (The corresponding table of points is attached)
- e) The best results per format of the current competition season count towards the qualification score. *(If more than one person has the same number of points in a format, the procedure described in the appendix applies to determine who qualifies.)*
- f) The 1st place winners per format and category of the Swiss Parkour Championships of the previous year are automatically qualified for the Swiss Parkour Championships of the current year in the respective discipline and category.

6. General Safety

- ^{6.1} Athletes, trainers, and all other persons participate in SPT events at their own risk. The event organizers are responsible for maintaining appropriate safety measures across the entire event site.
- ^{6.2} The event organizers are responsible for ensuring that the competition area and the competition course are safe. Dangerous course areas must be marked, and the athletes must be made aware of them. Spectators should not be allowed in dangerous areas.
- ^{6.3} A detailed crisis response plan must be in place, including access to medical personnel and evacuation routes.
- ^{6.4} The competition area must have a clearly marked first aid point.
- ^{6.5} It is suggested that the athletes have a fixed warm up and practice block before the start of the competition runs to prevent injuries. The event organizers are responsible for giving enough time so everyone can warm up and practice properly. The consideration of the number of athletes and available space on the course is important for setting time limits for the warmup and practice blocks.

Competition Setup and Management

1. General Schedule

- ^{1.1} The following schedule is the basis for every SPT Competition. The schedule may be adapted for the respective event-specifications (e.g. for the inclusion of competition with kids and youth):
- a) On-Site Registration
 - b) Warm-Up
 - c) Athlete-Info
 - d) Preparatory phase: It must be ensured that all athletes within one round have the same time for prepping.
 - e) Qualifying Round
 - f) Announcement of Finals
 - g) Final Round
 - h) Announcement of Final Ranking (Podiums)

2. Roles and Responsibilities

- ^{2.1} 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. Depending on the scale of an event, one person may fulfill multiple responsibilities.

^{2.2} **Mandatory responsibilities to be complied with**

- a) **Event organizer:** One or more people 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 people organized for this purpose.
- b) **Competition manager:** One or more people are responsible for the entire competition within the event. This includes planning the competition area and course, ensuring the correct evaluation of athletes, and the correct recording of the 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.
- c) **Competition Judges:** One or more people are responsible for scoring the athletes. 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.
- d) **Administration:** One or more people are responsible for the administrative tasks involved in organizing the event. This includes the administration of registrations and the recording of the 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.
- e) **Incident Response / Medical:** In the event of a medical emergency, one or more people must provide medical care and assistance on site. These people must have appropriate qualifications. This can be

outsourced to a partner organisation (e.g. first aid service). Appropriate areas, access, planning, and equipment must be provided.

- f) **Safety:** One person is responsible for maintaining safety on the competition site during the event. This person is authorized to expel certain people from the site if this is necessary for safety reasons. They should collaborate with the Competition Manager about the course and training areas, especially in regard to spectators.

2.3 **Optional responsibilities to be complied with**

2.4 Depending on the size and type of event, it makes sense to specifically integrate the following roles in the organizing team.

- g) **Competition course management:** 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.
- h) **Athlete / Athlete management:** Depending on the size and type of event, it makes sense to make one or more people responsible for looking after the athletes. The primary aim should be to provide clear information and resources to all competitors/athletes so that they can perform at their best.
- i) **Speaker:** Depending on the size and type of event, it makes sense to make one or more people responsible for guiding the athletes and spectators through the event.
- j) **Technician:** Depending on the size and type of event, it makes sense to make one or more people responsible for planning and realizing the power, lighting, sound, and image technology.

3. Event area

3.1 The event area can be divided into different areas, which must be considered during planning and realization. Care must always be taken to plan the competitor's flow as well as the crowd control efficiently. Depending on the type and size of the event, further zones may be necessary (e.g. catering)

3.2 **Administration:**

- a) **Registration / Ticketing:** The administration zone defines the area that is available for administrative tasks of the competition.
- b) **Judging:** Area for the judges with a good overview of the competition area. Depending on the competition discipline, this point must be adapted.

3.3 **Competition / Athletes:**

- a) **Competition course:** The **competition** course defines the area in which the actual competition takes place. Further provisions are formulated in the corresponding chapter.
- b) **Warm-up:** Space reserved for athletes to warm up and prepare for the competition
- c) **Athletes' Area:** Secure, private area for athletes, away from spectators and staff. Space for athletes to rest and focus on the competition.

3.4 **Public space:**

3.5 A designated area must be reserved for spectators, ensuring it is clearly marked. Before the competition, spectators should be informed about permitted and restricted areas to minimize disruptions.

4. General requirements for the competition course

- 4.1 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 prioritized.
- 4.2 **Consideration of skill levels:** The competition course should be adapted to the skill level of the athletes. This applies in particular to the different age and gender categories.
- 4.3 **Specification for competition formats:** When designing the competition course, the individual requirements of the respective competition discipline must be considered. Details in regards of this subject are described in the respective chapters of each discipline.
- 4.4 **Obstacle Integrity:** All obstacles must be solidly constructed, immobile, and securely fixed. Obstacles should be made from materials capable of withstanding the forces generated by parkour movements. Organizers must verify the integrity of each obstacle before the competition begins.
- 4.5 **Height Restrictions:** Care should be taken regarding differences in height between nearby obstacles/floor to minimize the risk of falling from one obstacle to another. This applies in particular in competitions involving less experienced athletes.
- 4.6 **Spatial Requirements:** The course design must provide sufficient space to allow the competition to be conducted safely, ensuring that competitors do not collide with each other, spectators, media personnel or other people.
- 4.7 **Athlete-Course Fairness:** It must be ensured that athletes are not familiar with the specific competition course (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.

5. Athlete Management

- 5.1 Athlete management includes all organizational, safety-related, and communication measures to ensure that all athletes can participate in the competition under equal, safe, and well-informed conditions. Responsibility for athlete management lies with the event- and/or competition management. Depending on the size and type of event, this task may be delegated to one or more individuals specifically responsible for it.
- 5.2 **Equal Conditions for Athletes:**
 - a) All athletes must compete under identical conditions, including the same arrangement and condition of obstacles.
 - b) It must be ensured that all athletes within a category receive the same amount of time during the preparation phase (e.g. course walkthrough, warm-up, trial runs).
 - c) Modifications to the course or surfaces during the competition are only permitted for safety reasons and must be approved by the competition management.
 - d) Athletes must be given sufficient time before the competition to inspect the course, check the surfaces, and familiarize themselves with the obstacles. Where possible, athletes should have the opportunity for light trials or a walkthrough of the course.

- 5.3 **Athlete Briefing and Information:** Before the competition begins (ideally during the *Athlete Info*), all athletes must be clearly informed about the following:
- a) Schedule
 - b) Applicable rules and judging criteria.
 - c) Safety aspects
 - d) Athlete rights and procedures (e.g. for reruns)
- 5.4 **Youth Athletes:** For athletes under 16 years of age, special protection and supervision must be ensured. Organizers must guarantee that appropriate guardianship (e.g. parents or chaperones) is provided. It is recommended to assign a designated contact person for parents or guardians on-site.
- 5.5 **Sanctions:** Violations of safety rules, unsportsmanlike behavior, or intentional disregard of official instructions may result in warnings, disqualification, or removal from the event.



Speed Competition

1. Goal:

To find a competitor who will cover the designated route from point A to B as quickly as possible.

2. Format

- ^{2.1} The athlete must get from a starting point to a finishing point while passing checkpoints with a defined part of their body.
- ^{2.2} Three other valid sub-formats (See Appendix) are defined. If one of those three sub-formats is planned by an organizing organization, this must be agreed with the SPT-Team in order to ensure the valid minimum requirements of the competition.

3. Rounds Adults & Youth A

- ^{3.1} The competition includes a preparatory phase, one or more qualifying rounds and a final round.
- ^{3.2} The number of athletes advancing to the final round depends on the total number of athletes, with a minimum of 3 and a maximum of 10.

3.3 Ranking

- a) The Ranking is determined by the measured time it takes an athlete to get from the start to the finish point (and to reach all checkpoints according to the defined criteria, if defined). The faster an athlete can cross the Competition Course, the better their result.
- b) The top 3-10 athletes after the qualification round qualify for the final round.
- c) The final ranking is determined as follows: Athletes who qualify for the final round are ranked based on their performance in the final round. For those who do not qualify, their ranking from the qualification round is used as their final placement.

4. Rounds: Youth B / Kids A / Kids B

4.1 The competition consists of a preparatory phase followed by one or more qualifying rounds. For Youth B, Kids A, and Kids B, a final round is not recommended to maximize each participant's movement time.

4.2 Ranking

- a) Athletes are ranked based on the time it takes to complete the course from start to finish, including all required checkpoints if applicable. Faster times result in better rankings.
- b) If multiple qualification rounds or multiple runs per round are conducted (see Section 5), the ranking can be determined using either the best time or the average of all recorded times.

5. Runs per Round

5.1 By default, one run is performed per round. However, it is allowed to perform multiple runs per round. In this case, either the best run or the average of the runs can be scored.

6. Course Specification

6.1 The Competition Course must be adapted to the respective age- and gender-category and in particular to the skill level of the athletes.

6.2 The Competition Course 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. A minimum of 4 of the described Techniques must be included in the course.

- c) Jumping Techniques ("Jump off effectively and land precisely and safely" / "Use walls in a versatile, clever and targeted way")
- d) Vaulting Techniques ("Overcome different obstacles in a versatile and smooth manner")
- e) Climbing and Descending Techniques ("Switch dynamically and safely between hanging, supporting and standing positions" / "Use walls in a versatile, clever and targeted way")
- f) Swinging Techniques ("use different objects creatively and purposefully to swing")
- g) Balancing Techniques ("balance the body skillfully and safely in any situation")
- h) Getting through tight spaces.

6.3 Course Design: Tips

- a) It is recommended that the fastest athletes complete the route in approximately 15-25 seconds, while the slowest should not exceed 30-40 seconds.
- b) Design the course to offer athletes multiple paths, techniques, or obstacles to complete the route. This encourages strategic decision-making, allowing athletes to choose options that best align with their strengths.
- c) Ensure balance in directional movements by providing equal opportunities for both right-sided and left-sided athletes. (e.g. if an obstacle requires takeoff from the right foot, consider adding an alternative for those who jump off the left foot)

6.4 Course Design: Things to consider for Youth B / Kids A / Kids B / low level Athletes

- a) Maximize active time by allowing multiple runs per round and eliminating the final round, ensuring all athletes have a similar amount of movement time.

- b) Avoid high drops along the route to reduce the risk of injuries. This can be managed by placing checkpoints along descents or incorporating slides
- c) Limit strides over high railings to prevent full-speed running, especially after direction changes or climb-ups. Ensure there are no obstacles beneath them and restrict the use of the lache technique.

6.5 Checkpoint Specification

- 6.6 Route delimiters: Checkpoints must be clearly marked. It's suggested to use flags (1 color defined for right- and left-passing) or tape.

7. Judging criteria

- 7.1 The finish time of the athletes is defined by the elapsed time that the athletes need to get from the start to the finish point.
- 7.2 The measurement method must ensure an accuracy of 0.01 seconds. We recommend the methods listed below. Other methods may be used if approved by the SPT Team to ensure a fair comparison:
- a) Laser time measuring device
 - b) Touching a specific marker
- 7.3 Regulations for passing a checkpoint:
- a) A checkpoint must be touched with at least one part of the body. Further restrictions are left to the respective competition organizers and may be defined differently for different checkpoints (e.g. "this checkpoint must be touched with at least one foot").
 - b) If a checkpoint is not passed correctly, the person concerned receives a time penalty for the corresponding run. The penalty duration is determined by the organizer.

8. Reruns / Run cancellation

- 8.1 If a run is cancelled, the person in question may repeat the run.
- 8.2 After reaching the finish point and being told/shown their run time, athletes have 10 seconds to request a rerun.
- 8.3 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).
- 8.4 In the event of a rerun, the time of the rerun counts for the ranking, even if slower.

9. Specific Athlete Information

- 9.1 All athletes must be informed of all applicable rules prior to the preparation phase. These include in particular:
- a) Where the start, finish, and checkpoints are located.
 - b) The signal to start the run. (e.g. Specifications for the measuring device.)
 - c) The criteria for successful completion of the run. (e.g. Specifications for the measuring device.)
 - d) The criteria for successfully passing the checkpoints.
 - e) Penalties for improperly passing checkpoints.
 - f) The rules that apply in the event of a run cancellation and for reruns.



Skill Competition

1. Goal:

To find the most versatile competitor who will complete the given challenges (=movement tasks). The challenges are characterized by a high level of difficulty, complexity and the need for adaptation.

2. Formats

^{2.1} Note: There are various formats for skill competitions, and our experience has shown that some are better suited for children or adults, while others are more appropriate for qualifying rounds or finals. We distinguish formats based on their suitability for different age groups (children and adults) as well as for different competition phases (qualifying and final rounds). Additional possible formats are listed in the appendix.

^{2.2} **Qualifying Adults & Youth A:** Open Round & Dynamic Points

- a) There are multiple given challenges. The number of challenges is influenced by the number of participants and the given time limit. Guidelines can be found in the appendix.
- b) Athletes can choose for themselves how often they attempt a challenge.
- c) Athletes can decide for themselves in which order they would like to complete the challenges.
- d) 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 athletes. Guidelines can be found in the appendix.
- e) Each challenge results in a total of 1000 points. The number of points per challenge is divided by the number of athletes who have passed the respective challenge.

^{2.3} **Scoring: Qualifying Adults & Youth A**

- a) The points from all completed challenges are totaled. The top-performing athletes advance to the final round.
- b) The number of athletes advancing to the final round depends on the total number of athletes, with a minimum of 3 and a maximum of 10.

^{2.4} **Final Adults & Youth A:** Closed Round

- a) There are 3 to 5 given challenges.

- b) For each challenge one judge
- c) Athletes divided into groups, so each challenge has the same number of athletes. 2-3 athletes per challenge
- d) Athletes rotate from challenge to challenge
- e) Each athlete has 90 seconds to prepare for the challenge. Regulations for prepping are listed in evaluation criteria
- f) Each athlete has 3 tries per challenge
- g) Tries need to be performed after each other. (Each athlete does his first attempt. Each athlete does his 2nd attempt etc.)
- h) For each attempt the maximum time is 30 seconds

2.5 Scoring: Final Adults & Youth A:

- a) For each Challenge the following points per tries are rewarded.
- b) 1 try = 5 points / 2 tries = 3 points / 3 tries = 1 point
- c) Points are summarized to the total points per athlete.

2.6 Youth B / Kids A & Kids B: Closed Round

- a) There are multiple given challenges. The number of challenges is influenced by the number of participants. Guidelines can be found in the appendix.
- b) Athletes are divided into groups and assigned to the different challenges where they start.
- c) Each athlete gets 3 attempts per challenge.
- d) Once all athletes in a group have either passed the challenge or used all 3 attempts, the group can advance to the next challenge together.
- e) The competition ends when all groups have completed all the challenges.

2.7 Scoring Youth B / Kids A & Kids B

- a) Completed Challenge = 1000 points
- b) Each try = 1 penalty point
- c) Sum of the penalty points is subtracted from the sum of challenge points.

3. Rounds Adult & Youth A

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

3.2 **Qualifying Round:** The format of the Open Round & Dynamic Points, as outlined above, shall be carried out.

3.3 **Final Round:** The format of the Closed Round, as outlined above, shall be carried out.

3.4 Ranking:

- a. The more points an athlete scores, the better their performance.
- b. The top-performing athletes advance to the final round.

- c. The number of athletes advancing to the final round depends on the total number of athletes, with a minimum of 3 and a maximum of 10 athletes.
- d. The final ranking is determined as follows: Athletes who qualify for the final round are ranked based on their performance in the final. For those who do not qualify, their ranking from the qualification round is used as their final placement.

4. Rounds Youth B / Kids A & Kids B

- 4.1 The competition consists of a preparatory phase followed by one qualifying round. For Youth B, Kids A, and Kids B, a final round is not recommended to maximize each participant's movement time.
- 4.2 We recommend using the Closed format for Youth B, kids A & Kids B categories. If a single round does not provide sufficient time, consider adjusting the number of challenges accordingly.
- 4.3 **Ranking:**
 - a. The number of points an athlete Scores determines their rank.
 - b. The athlete with the highest number of points is ranked the highest.

5. Challenge Specifications

- 5.1 The Challenges must be adapted to the respective age- and gender-category and in particular to the skill level of the athletes.
- 5.2 The 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.
 - a) Jumping Techniques ("Jump off effectively and land precisely and safely" / "Use walls in a versatile, clever and targeted way")
 - b) Vaulting Techniques ("Overcome different obstacles in a versatile and smooth manner")
 - c) Climbing and Descending Techniques ("Switch dynamically and safely between hanging, supporting and standing positions" / "Use walls in a versatile, clever and targeted way")
 - d) Wall-Techniques (Tic-Tac, Return etc.): "Use the wall in a versatile, clever and targeted way"
 - e) Swinging Techniques ("use different objects creatively and purposefully to swing")
 - f) Balancing Techniques ("balance the body skillfully and safely in any situation")
 - g) Others: for example, Sliding Techniques, Rolling Techniques

5.3 Challenge Specifications: Tips

- a) Ensure balance to consider diverse training and movement preferences, body types, and other factors.
- b) Ensure balance in the number of different techniques, power challenges, technical challenges etc.
- c) Ensure balance in the number of challenges that benefit smaller / taller athletes.
- d) Ensure balance in directional movements by providing equal opportunities for both right-sided and left-sided athletes.
- e) Challenges in later rounds should aim to decrease the likelihood of completing challenges by making challenges more complex instead of further, higher, smaller, etc.

6. Judging Criteria

- 6.1 The criteria for successfully completing a challenge (= passing) are defined by the competition organisers.
- 6.2 It must be ensured that the criteria per challenge are clearly measurable, clearly communicated and enforced consistently throughout the competition.
- 6.3 Every challenge that is carried out in full by a participating person counts as an attempt. Challenges may only be tested in parts.
- 6.4 The judges decide whether a challenge has been passed or failed.
- 6.5 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.
- a) 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 recognized, the person in question is disqualified from the competition.
- b) High intensity:
One judge is responsible for each challenge station and observes and decides whether a challenge has been passed or failed.

6.6 Evaluation criteria: Tips

- 6.7 Landing **Criteria:** For each challenge, the type of landing required should be specified:
- a) Controlled landing
- Landing on an obstacle with any part of the foot
 - The athlete must demonstrate balance approved by the judge for completion.
 - No falling
 - Wildly swinging arms
 - Not having to touch/use obstacles for support
- b) Stick landing
- Demonstration of control
 - No foot movement or adjustment from the initial landing point
 - Balls of the feet on the obstacle, heels off the obstacle
 - No more than half of your shoe's length is on the obstacle.
- c) Cat hang
- Both feet on the wall
 - Feet don't touch the ground

- Legs bent
- Arms extended
- Legs should hit the wall first or at the same time as the hands

d) Pole Cat

- Both feet on the pole,
- Feet don't touch the ground
- Legs bent
- Legs should hit the pole first or at the same time as the hands

6.8 Execution **criteria (Flow)**: For each challenge, the required execution should be specified:

- a) Momentum should be continuous throughout the challenge
- b) No full stop until the end
- c) Swings - if only one swing is required, it should be stated during the demonstration
- d) For moves out of a cat, there should not be an extra straightening/bending of the arms, it should be one drop into straight arm and pull out.

6.9 **"Rolls" criteria**: If rolls are part of a challenge the following criteria should be integrated:

- a) For rolls across an obstacle, the shoulder should make contact with the obstacle
- b) The direction that the athlete should exit the roll should be defined
- c) Rolls should not be on the spine or hip bone
- d) The athlete should be able to get to their feet from the roll

7. Retry

7.1 A participant may be granted a retry if their attempt was affected by external factors beyond their control. In such cases, the failed attempt will not be counted.

7.2 The decision to allow a retry depends on the level of judging oversight. In high-intensity judging, the judge determines whether a retry is warranted. In lower-intensity judging, athletes are responsible for deciding if a retry is justified.

8. Specific Athlete Information

8.1 All athletes in the competition must be informed of all applicable rules prior to the qualifying round. These include in particular

- a) The exact criteria per challenge and how they are considered "passed".
- b) The criteria for the extent to which a challenge may be tested.
- c) The exact points distribution of the challenges and number of valid attempts.
- d) Time limits and how they will be communicated.
- e) Number of athletes advancing to the final round.



Style Competition

1. Goal:

To find the most skilled and creative athlete who uses the environment effectively to perform a challenging, smooth, original and innovative choreography.

2. Formats

- ^{1.1} **Parkour Line:** The athletes perform a parkour choreography within a designated area, which lasts a minimum of 15s and a maximum of 40s. The Parkour Line is characterized by a continuous sequence of movements that are fluidly connected, involving a variety of techniques and the skillful use of various obstacles. The Parkour Line is evaluated by judges.
- ^{1.2} Goal of the Parkour Line: Stringing together of a diverse range of parkour movements in the sense of higher, further with focusing on aesthetics and originality.
- ^{1.3} **Parkour Combo:** The athletes perform a parkour choreography within a designated area, which lasts a maximum of 15s and contains 3 - 6 moves. The Parkour Combo is characterized by a continuous sequence of movements that are seamlessly connected, involving a variety of techniques and the skillful use of various obstacles. The Parkour Combo is evaluated by judges.
- ^{1.4} Goal of the Parkour Combo: Stringing together technically difficult movements in the sense of higher, further, more extreme.
- ^{1.5} **Best Trick:** The athletes perform one trick. The movement performed is characterized by a high level of technical difficulty and creativity. The Best Trick is evaluated by judges.
- ^{1.6} Goal of the Best Trick: Performing one difficult movement in the sense of higher, further, more extreme.

3. Rounds: Adults & Youth A

- ^{3.1} **Qualifying Round:** The qualifying round consists of either one of the following formats:

- a) Parkour Line
- b) Parkour Combo

3.2 **Final Round:** The qualifying round consists of either one of the following formats or format-combinations:

- c) Parkour Line and Best Trick
- d) Parkour Combo and Best Trick
- e) Parkour Line

3.3 The Parkour Line must be part of the qualifying or the final round.

3.4 **Ranking:**

- a) Points are awarded per format and round, based on the judging criteria (cf. 5. Judging Criteria).
- b) If multiple formats are held within a round, the total score for that round is the sum of the points earned across all formats.
- c) The more points an athlete scores, the better their performance.
- d) The top-performing athletes advance to the final round.
- e) The number of athletes advancing to the final round depends on the total number of athletes, with a minimum of 3 and a maximum of 10 athletes.

4. Rounds: Youth B, Kids A & Kids B

4.1 The organization of a final round is optional for the age categories concerned. In principle, a high level of physical activity should be the top priority for all participants, which is why a final round is not recommended. If no final round is realized, the formats for a qualification round should be carried out.

4.2 **Qualifying Round:** The qualifying round consists of either one of the following formats:

- f) Parkour Line
- g) Parkour Combo

4.3 **Final Round:** The qualifying round consists of either one of the following formats or format-combinations:

- h) Parkour Line and Best Trick
- i) Parkour Combo and Best Trick
- j) Parkour Line

4.4 The Parkour Line must be part of the qualifying or the final round.

4.5 **Ranking:**

- f) Points are awarded per format and round, based on the judging criteria (cf. 5. Judging Criteria).
- g) If multiple formats are held within a round, the total score for that round is the sum of the points earned across all formats.
- h) The more points an athlete scores, the better their performance.
- i) The top-performing athletes advance to the final round.
- j) The number of athletes advancing to the final round depends on the total number of athletes, with a minimum of 3 and a maximum of 10 athletes.

5. Course Specifications

5.1 The Competition Course 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.

- a) Rolling & Flipping-Techniques: "Roll and turn your own body in a versatile and targeted manner"
- b) Jumping-Techniques: "Jump off effectively and land precisely and safely"
- c) Vaulting Techniques: "Overcome different obstacles in a versatile and smooth manner"
- d) Climbing and Descending Techniques "Switch dynamically and safely between hanging, supporting and standing positions"
- e) Swinging Techniques "use different objects creatively and purposefully to swing"
- f) Wall-Techniques (Tic-Tac, Return etc.): "Use the wall in a versatile, clever and targeted way"
- g) Balancing-Techniques: "balance the body skillfully and safely in any situation"

6. Judging Criteria

6.1 Overarching judging criteria

6.2 The evaluation criteria are different for the three formats. The evaluation criteria for each format are defined in the following

6.3 At least two judges must be appointed.

6.4 Each judge judges one category. If there are only two judges assigned, one category is split.

6.5 **Parkour Line:** The judging criteria for a Parkour Line are defined by the main categories of composition, difficulty and execution. A total of 100 points can be achieved.

- a) Composition refers to the entire Parkour Line
- b) Difficulty refers to individual movements or their links
- c) Execution refers to individual movements or their links

Composition		Difficulty		Execution	
Originality of the movements - A recognizable personal style - Uncommon combinations or transitions - Unusual shapes or variations - Innovative linking that differs from typical competition lines	15	Technical difficulty of individual movements Generally high level of technical difficulty of the movements	15	Movements executed as intended - Run Up - Jump off - Air phase - Landing	10
Choreography - Meaningful design of the Parkour Line - Balanced and intentional energy-curve	15	Utilization of obstacles - Take-off and landing points - Height difference - Precision - Consequences	10	Landing technique Safe and controlled landings or movement transitions	10
Variety / Diversity - Variety of movements performed / Diversity of skills - Utilization of various objects/obstacles	10	Connection of movements - Change of direction - Difficulty from one movement directly into the next movement	5	Aesthetics and Flow - Rhythm and tempo - Perfection of the movements - Seamless and continuous - Fluid and uninterrupted control	10
Points Composition	40	Points Difficulty	30	Points Execution	30
					100

6.6 Parkour Combo: The judging criteria for a Parkour Combo are defined by the main categories of composition, difficulty and execution. A total of 100 points can be achieved.

- d) Composition refers to the entire Parkour Combo
- e) Difficulty refers to individual movements or their links
- f) Execution refers to individual movements or their links

Composition		Difficulty		Execution	
Originality of the movements • A recognizable personal style • Uncommon combinations or transitions • Unusual shapes or variations • Innovative linking that differs from typical competition combos	10	Technical difficulty of individual movements • Generally high level of technical difficulty of the movements	20	Movements executed as intended • Run Up • Jump off • Air phase • Landing	20
Choreography • Meaningful design of the Parkour Combo • Balanced and intentional energy-curve	5	Utilization of obstacles • Take-off and landing points • Height difference • Precision • Consequences	10	Landing technique • Safe and controlled landings or movement transitions	10
Variety / Diversity • Variety of movements performed / Diversity of skills • Utilization of various objects/obstacles	5	Connection of movements • Change of direction • Difficulty from one movement directly into the next movement	10	Aesthetics and Flow • Rhythm and tempo • Perfection of the movements • Seamless and continuous • Fluid and uninterrupted control	10
Points Composition	20	Points Difficulty	40	Points Execution	40
					100

6.7 Best Trick: The judging criteria for Best Trick are defined by the main categories of difficulty and execution. A total of 100 points can be achieved.

Difficulty		Execution	
<u>Technical difficulty of the movement</u> • Level of motor challenge • Rotation axes and number of rotations • Height • Width	30	<u>Landing technique</u> • Safe and controlled landings or movement transitions	30
<u>Utilisation of obstacles</u> • Take-off and landing points • Height difference • Precision • Consequences	20	<u>Movements executed as intended:</u> • Perfection of the movement • Run-up • Take-off • Air phase • Landing	20
Difficulty	50	Execution	50
			100

7. Run cancellation / Re-run

7.1 If a Parkour Line or Parkour Combo has to be cancelled for reasons beyond the control of the athlete (defective course, obstruction by other people, ...), a re-run is permitted with the consent of the competition management.

^{7.2} If a Parkour Line or Parkour 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.

8. Specific Athlete Information

^{8.1} All athletes must be informed of all applicable rules prior to the preparation phase. These include in particular:

- a) The evaluation criteria according to which the judges evaluate the performances.
- b) The signal that indicates the start and end of a Parkour Line or Parkour Combo.
- c) The rules that apply in the event of a run cancellation and for re-runs.

Appendix

1. Specifications: Qualification Process SPC

1.1 Point Table:

Rank*	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	240	21	100	31	28	41	9
2	800	12	220	22	90	32	26	42	8
3	600	13	200	23	80	33	24	43	7
4	500	14	180	24	70	34	22	44	6
5	450	15	160	25	60	35	20	45	5
6	400	16	150	26	50	36	18	46	4
7	360	17	140	27	45	37	16	47	3
8	320	18	130	28	40	38	14	48	2
9	290	19	120	29	36	39	12	49	1
10	260	20	110	30	32	40	10	50	0

* SPC Ranks are scored +200

1.2 Regulation for people of equal rank

- In the first priority the number of competitions contested in the same competition discipline is used to differentiate between athletes in the 8th 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.
- 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.
- If the criteria showed above do not allow any differentiation, both or all athletes are qualified for the Swiss Parkour Championships.

2. Speed Formats (From 2024 Regulations)

- 2.1 **Speed 1:** Single; without checkpoints: Athletes must get from a defined starting point to a defined finish point.
- 2.2 **Speed 2:** Double; without checkpoints: Like "single; without checkpoints". In addition, the athletes compete in pairs (head-to-head) so that two athletes cross the course at the same time (in parallel).
- 2.3 **Speed 3: Single; with checkpoints:** Like "single; without checkpoints". In addition, athletes must touch defined checkpoints with at least one part of their body. Organizers 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").
- 2.4 **Speed 4:** Double; with checkpoints: Combination of Double and Checkpoints as described above.

3. Skill Formats (From 2024 Regulations)

- 3.1 Various working formats exist for the Skill discipline. The formats listed below were already outlined in the 2024 Regulations. For the 2025 season, specific formats have been defined to ensure a more objective and structured competition framework. However, it remains possible to use a different format – including one not described here. In such cases, the proposed competition format must be discussed with and approved by the SPT Team in advance.
- 3.2 **Skill 1:** Fixed number of attempts; predetermined order; equal number of points per challenge:
 - a) Athletes 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.
 - b) The athletes go from one challenge station to the next in a predetermined order.
 - c) All challenges award the same number of points.
- 3.3 **Skill 2:** Fixed number of attempts; Open round; Equal number of points per challenge:
 - a) Athletes 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.
 - b) Athletes can decide for themselves in which order they would like to complete the challenges.
 - c) 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 athletes. Guidelines can be found in the appendix.
 - d) All challenges award the same number of points.
- 3.4 **Skill 3:** Open number of attempts; Open round; Static point distribution:
 - a) Athletes can choose for themselves how often they attempt a challenge.
 - b) Athletes can decide for themselves in which order they would like to complete the challenges.
 - c) 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 athletes. Guidelines can be found in the appendix.
 - d) 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)

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

- Athletes can choose for themselves how often they attempt a challenge.
- Athletes can decide for themselves in which order they would like to complete the challenges.
- 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 athletes. Guidelines can be found in the appendix.
- Each challenge results in a total of 1000 points. The number of points per challenge is divided by the number of athletes who have passed the respective challenge.

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

4.1 **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 athlete can be planned. With regards to the number of challenges in relation to the number of athletes, one challenge per three to five athletes can be planned.
- Standard values:

	Challenges																				
Athletes		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																				

4.2 **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.

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b) Standard values:

		Challenges																			
Athletes		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																				