



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

# Technical Commission Parkour

# CSIT

English Version

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## **PARKOUR**

# **CHASE GAME**

Age: 9-10 years 11-12 years

**Name: Labyrinth Arena**

- 12m x 12m
- rubber obstacles (various types and sizes)
- team competition - children only
- team of 3-5 members
- Teams can be male only, female only or mixed
- duration of one round: 40 sec.
- draw between the teams
- the teams are together in groups of 4 teams
- Each team plays against 3 other teams from the group
- after 3 Games the scores of the teams will be calculated
- the top 2 teams qualify for the next round
- 8 team final: FINAL 8

### **Chase Game Rules:**

1. teams can decide who participates in the various routes
2. the decision must be made before each game
3. a team member can only participate twice as a chaser
4. there are 2 rounds in one Game
5. after the first round, the teams switch roles



**Rules :**

- 1.time is giving the score in Chase Game
- 2.the sum of the scores of each round gives the final result of the team
- 3.the score for the qualification for the next draw will be added to the 3 scores achieved against the other teams
- 4.in case of draw the bonus chase will decide the results between the 2 teams

**Score code:** time 40 sec.

under 10 sec.	15 points
between 10-20 sec.	10 points
above 20 sec.	05 points
without caught	00 points

Example of the final result of a match:

<b>first team (chaser): 1 round</b>	
taken between 10-20 sec.	10 points
taken under 10 sec.	15 points
without caught	00 points
<b>first team: 2 round</b>	
game lost	00 points
game lost	00 points
game lost	00 points
<b>TOTAL</b>	<b>25 POINTS</b>

<b>second team: 1 round</b>	
game lost	00 points
game lost	00 points
game won	15 points
<b>second team (chaser): 2 round</b>	
taken above 20 sec.	05 points
taken above 20 sec.	05 points
taken between 10-20 sec.	10 points
<b>TOTAL</b>	<b>35 POINTS</b>

<b>SECOND TEAM WINNER</b>
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## **Parkour**

# **SPEED**

## Regulations

Age: Junior 2005 - 2008

Senior 2004 and before

**Name: Speed Arena**

- one course with various obstacles suitable for specific Parkour movements
- long routes between 40-50m

### **General rules:**

- men's and women's individual competition
- team competition (relay of 2 / relay of 4)
- team consisting of 2-4 members
- the competition of the teams will be divided: male, female, mixed
- maximum 2 individualists in a team
- Duration of a route based on the length and difficulty of the route
- the time penalty always based on the length and difficulty of the course
- draw between teams and individualists
- qualification for the top 20 teams and 20 finalist traceurs based on speed
- the first 4 qualify for FINAL 4 (if necessary)
- in FINAL 4 the best timing winning



### **Speed specific rules:**

- 1.the marked areas will be found on the route
- 2.the highlighted areas require the touch
- 3.the touch can be performed with the hands or feet (even with only one hand / foot )
4. at the end of the path, can be chosen a controlled finish for bonus seconds (not obligatory)
5. the controlled finish will have a minimum of time to hold (depends on the route)

### **Scoring Rules:**

- 1.the top 20 (teams and individualists) fastest qualify for the finals
- 2.in Final the slowest 16 teams or traceur will be eliminated
- 3.in the FINAL 4 the best time will be the winner
- 4.penalty of 2 sec. by time limit (in a minimum time to finish the path)



**Parkour**

# **FLOWART**

## Regulations

The artistic part of the discipline, performing fluid movements, conspicuously not tiring and spectacular despite the simplicity in performing them. A physical and mental condition of complete fusion with the surrounding place, sinuous and elegant movements similar to a dance. It requires good body control, imagination and mental freedom. The flow has no limits, it allows you to use any type of movement, always connected to each other without interruption.

Age:           9 - 10 years  
                  11 - 12 years  
                  Junior 2005 - 2008  
                  Senior 2004 and before

Name: Flowart Arena

Standard structure:           Parkour spot outdoor

### **General rules:**

- men's and women's individual competition
- team competition will be divided: male, female, mixed • the team made up of 2 members
- duration of the tour: 60 - 90 sec.
- draw between individualists and teams
- the draw will be divided into 2 blocks: RED and BLUE
- the draw continues at the end of FINAL 2

### **Flowart Rules:**

- 1.compulsory music
- 2.music of your choice
- 3.the course must contain a mix of Parkour moves and basic acrobatic elements



- 4.the team course must contain a Synchronized part of the routine
- 5.fluidity of the course

**Evaluation rules:**

- 1.being the artistic part of Parkour the performance (path) of each traceur or team will be judged by 3-5 judges
- 2.minimum 2 characters from the Parkour field
- 3.other judges from other artistic disciplines or own artists: dancers, choreographers, breakdancers, actors, circus arts, etc.
- 4.The qualification for the final is based on elimination
- 5.the evaluation will be defined on the artistic nature of the exhibition with the raising of the pallets: red or blue