

AGU Parkour Asian Online Competition 1st



DIRECTIVE

- Revised Edition -

Dear AGU affiliated Member Federations,

AGU Parkour Technical Commission has the pleasure to invite your Federation to participate in the PARKOUR ASIAN ONLINE COMPETITION from **April 20 to August 25, 2024.** (The original deadline of 10 July has been extended.)

DISCIPLINE	Dowlesson Freeschule
DISCIPLINE	Parkour– Freestyle Men & Women
HOST COMMISION	AGU Parkour Technical Commission
TIGOT GOMMINGION	Contact person: Kazuyoshi Hariya
	Address: Al-Bida Tower, 5/F – Al Dafna, Doha 22955 Qatar
	Phone: +974 44944 133
	Mobile phone: +8190 3100 1216
	Email: hk@kju.jp
	Web-site: https://agu-gymnastics.com/parkour-home/
ORGANIZING	AGU Parkour Technical Commission
COMMITTEE	Contact person:
	Judgement Issue= Mohammad Alatter
	Competition Issue= Kim Jiho
	Video Issue & format= Moutasem Alghuweri
	FIG License, Dates & Schedule= Kazuyoshi Hariya
ACH	Email: agu pk@agu-gymnastics.com
AGU	Asian Gymnastics Union (AGU)
	Address: Al-Bida Tower, 5/F – Al Dafna, Doha 22955 Qatar Tel: +974 44944 133 Fax: +974 44944 131
	E-mail: info@agu-gymnastics.com
DATES	Website: <u>www.agu-gymnastics.com</u> April 20 – August 25, 2024
DATES	April 20 – August 25, 2024
SYSTEM	Instagram
	URL:
	https://www.instagram.com/aguparkour?igsh=MTd4OWhydTBoM3ByYg==
AGE LIMITS	17 years in the year of the competition (born in 2007 or before).
FIG LICENSE	All athletes must have a current valid FIG license before
	submitting nominative registration (by August 15, 2024).
ENTRY	Register as an athlete with FIG through NF
	Enter AGU PKC through NF
	Fill out the prescribed application form
	(Nominative registration) by August 15, 2024

* Nominative registration is available here https://eu.jotform.com/241608219518054 • Put the video on the convention Instagram (Athletes can be posted even before submitting the above registration) • Transfer the entry fee to AGU Parkour Technical Commission

ENTRY FEES

Entry Fee is 30 USD per athlete. Before the time of the Definitive Registration August 15, 2024 100% of the Entry Fee must be paid to the Host Commission.

The NF to which the athlete belongs must pay the entry fee by bank transfer to the AGU's account. See BANK ACCOUNT INFORMATION below for the transfer address. Any bank charges will be shouldered by the delegation. (Athletes should contact the NF with the necessary information for entry, etc.)

*In case you cannot send money due to the circumstances of the transfer system, you need to confirm the method in advance, so please contact by e-mail (agu_pk@agu-gymnastics.com). The competition consists of Finals for men and women.

COMPETITION

Freestyle Finals

The score is evaluated by FIG/AGU judges based on the criteria defined in the Judging Criteria section. The final ranking list of the Finals (average of the FIG judges' scoring rank) will be established at the end of Finals runs.

Video Participation:

Athletes must upload 1 videos on the designated Instagram (https://www.instagram.com/aguparkour?igsh=MTd4OWhydTBoM3B yYg==):

- The "unedited" video of 20 to 45 seconds of a full run. The video must have a clear start and finish. Before the start of each run, each athlete must hold a start sign (Competition logo=Listed on the last page just in case) in his/her hands with no video break before the start of the run to demonstrate the run was done within the date requirement. The display of the start sign is considered within the timing of the run. This video will be used for evaluation by the AGU judges.
- All videos must be filmed after the formal launch of the competition. The start signs will be posted on https://www.instagram.com/agugymnastics/. The videos must be submitted before the August 15, 2024 uploaded to the personal Instagram and posting the hashtag #AGUPK. Any video submitted after this date will not be accepted.
 - Assess the hardness of the ground. Performing an act on a mattress, trampoline, or other soft surface will result in a deduction of points .(Example: grass < asphalt)
 - AGU reserves the right to determine which videos are eligible for entry in the Final rounds. Videos with dangerous runs (rooftop runs, climbing buildings, or at risk to the general public), use of closed sites (condemned buildings),

FORMAT

displaying illegal activity, or not within the acceptable image of the sport or AGU will not be accepted. Other items that could lead to video exclusion:

- 1. Non-respect of the Advertising Rules mentioned in this document.
- 2. any explicit lyrics/words in the music or background audio of the video
- 3. Video background that violates good manners, ethical and moral social principles of our society, e.g. advertising which is glorifying violence, racial, religious, political or sexism.
- 4. A four-member review panel consisting of the Parkour Commission members and AGU staff will determine the eligible videos.

If you are unable to post to Instagram due to the system, please email us (agu_pk@agu-gymnastics.com) to let us know. Then please email your video to the AGU Parkour Technical Commission.

RULES AND REGULATIONS

VIDEO ADVICE

Video Specification:

Resolution: 1080p Codec : H264

Bit rate : 10mb/s <>20 mb/s Video size : 150 MO maximum

Audio: codec AAC ou PCM / Debit 192 kbit/s minimum

Taux d'échantillonnage : 48 KHz

General advice

Check safety and conditions before filming.

Use a quality camera

- Make sure the camera respects the video specification. (Most phones now have great filming capability).
- High resolution makes footage look better.

Don't shoot into the sun

- Make sure the sun is behind the camera to avoid bleaching out the view.
- It's worth thinking about the time of day: filming can be that bit trickier at midday

when the sun is right above.

- Judges need to be able to see athlete's skills!

Get attention

- The best-performing videos grab attention from the start.

Make your video the right size

- Don't wait until the last minute to upload the video and realize she can't be upload because it's too wide or too long.
- Square (1:1), landscape (9:16) or vertical (4:5) work on Instagram – recommended

video formats are .MP4 and .MOV.

ADVERTISING AND APPAREL RULES

Participating athletes' videos must be free of any advertising or they will not be accepted. This is in relation to the venue. Product placement is also not permitted. Product placement is a form of advertising in which branded goods or services are featured in a video, potentially held, shown, or spoken about by an athlete.

Apparel Advertising: Athletes may display their sponsor(s) on their competition clothes. Advertising on the apparel may not be placed in a way which is provocative, or which violates good manners, ethical and moral social principles of our society, e.g. advertising which is glorifying violence, racial, religious, political or sexism is not allowed.

Advertising can be displayed on the athlete in 3 places.

Advertising space on the shirt or tank:

Maximum space- 90 sq. cm, including the background, each time (max. 2 times), separated by at least 3 cm.

OR

Maximum space- 130 sq. cm including the background may be used 1 time

AND

Advertising space on the shorts or pants: Maximum space 90 sq. cm, may be used 1 time.

A manufacturer's logo may appear on apparel. The following rules apply:

- The dimensions of the logos should be the same as those identifying the goods for retail sale and cannot be larger than 30 square cm.
- The logo normally used as a registered trademark can be shown and in the colors and normal placement in the retail trade.
- Only one trademark (logo) on each piece of clothing (except t-shirts) is permitted.
- T-shirts may display the manufacturer's logo and it may not be larger than the maximum advertising space allowed. It may appear on each item 2 times.

Special manufacturers designs used differently than a trademark or logo on the competition attire as an integral part of the apparel must be approved by the AGU prior to the competition. Any athlete questions regarding the advertising or manufacturer logo rules should be addressed to AGU. Allow two weeks for a response.

Contact: agu pk@agu-gymnastics.com

National Identification: Competitors may show an identification of their country in addition to Advertising and Manufacturer logos. This may be in the form of a flag (in official colors) or the country name (official 3-letter NOC abbreviation or in full, but the size must be reasonable and in good taste). A national emblem (including NOC) or crest, if the country has one, or its coat of arms may also be worn.

ATHLETE APPAREL

- The competition apparel may under no circumstances hinder the athlete in their performance and execution and guarantee that all movements can be executed in perfect safety. Loose and additional items are not permitted.
- The competition apparel may not show any text, symbols and drawings featuring themes of war, violence, religion, politics, alcohol, sex and drugs or any other offensive subject. Sequins on the competition attire is not allowed and jewelry should not hinder the athlete's performance or be unsafe.
- Athletes may wear T-shirts, polo shirts leotards, sweater with or without sleeves. They are free to wear shorts, short pants, sweatpants or trousers (must not jeopardize the safety of the athlete), and leggings. Attire should be clean and free of holes and not torn or ripped.

FEDERATIONS INVITED TO PARTICIPATE

The AGU will invite all Member Federations in good standing (regardless of whether Parkour has been designated as a registered discipline). The federations may only enter athletes with valid active **FIG licenses**. There is a 30 USD participation fee per athlete. There is no limit in the number of participants (men and women) from a federation.

FINANCIAL OBLIGATIONS

Federations which have not fulfilled their financial obligations towards the AGU (e.g. annual membership fees, unpaid invoices, etc.) will not be allowed to participate in this event.

AGE LIMITS

Athlete must be a minimum of 17 years old in the year 2024

LIABILITY

The LOC, AGU and FIG will not be held responsible for any liabilities in case of accidents or injuries. Each athlete is responsible for the necessary valid insurance coverage against accidents.

INSTAGRAM

National Federations and athletes are strongly recommended to use the Event's hashtag #AGUPK in their Instagram pages

TELEVISION/ SOCIAL MEDIA

Videos from domestic athletes will be made available on a non-exclusive basis. Each participating Federation will have access to videos from their own athletes.

MARKETING

AGU Advertising Rules mentioned in this document must be respected. All marketing rights are with the AGU.

RULES AND REGULATIONS

The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives:

- Statutes

- Code of Ethics
- Code of Conduct
- Licenses Rules
- Anti-Doping Rules
- Media Rules

and subsequent decisions of the FIG Executive Committe.

JUDGING CRITERIA

Judaes

6 judges in total 3 E jury and 3 D jury.

The scoring sheet (addendum to this document) used and tested in 2024 with some modifications for this format of competition will be used for this event. The spirit of the judging will be in direct relation to the Code of Points used at past FIG World Cups.

▶Execution (15 points)

Safety (9)

A safe and clean run where the athlete does not put himself in danger and lands quietly and

controlled on both feet. Longevity is key.

Safety (6)

If the above is not the case, deduct as follows:

- Landing feet first
- o Per small problem
 - -0.1 to -1
- o Per bigger problem
 - -1.1 to -2
- Feet do not obviously touch the floor first -6

Landing Quality (3)

The landings will be assessed, and points given according to its quality:

- Poor landings
 - 0 to 0.5
- Medium landings
 - 0.6 to 1.5
- Good landings
 - 1.5 to 3

Flow (6)

Smoothly connected movements without stops, stutter-steps and hesitation. Rhythm is key.

Flow (5)

If the above is not the case, deduct as follows:

- Stutter steps
- o Per occasion
 - -0.1 to -0.5
- Full stop
- o Per occasion
 - -1 to -4

Flow Quality (1)

The overall flow of the run will be assessed, and points given according to its quality:

- Poor flow
 - 0 to 0.2
- Medium flow
 - 0.3 to 0.7
- Good flow
 - 0.8 to 1

▶Difficulty (15+ points)

Overall Difficulty (15+)

A run as difficult as possible is desired. The three (3) best D scores add

	up to the final score for this criterion.	
	*Table of tricks is appended at the end.	
	Tie-breaking rules for the Freestyle ranking scores only) In case of a tie in points at any place in Finals, determined by the following criteria: 1. The higher score for Execution 2. If there is still a tie, the tie will not be broken. For Prize money: If there is still a tie, the prize money of the tied radded and divided by the number of ties.	the ranking will be
DELEGATION SIZE	No limit.	
PROVISIONAL	April 20, 2024 Start of application	
SCHEDULE	August 10, 2024 Video Posting Deadline August 15, 2024 Application deadline August 15, 2024 Entry fee transfer deadline August 25, 2024 Results announcement and	
EVENT MANAGEMENT	AGU Parkour Technical Commission	
INSURANCE	It is the responsibility of the participating athlet provide insurance against performance.	tes and their NFs to
CANCELLATION POLICY	If an athlete does not compete as a result, the refunded.	e entry fee will not be
PRIZE MONEY SPECIAL PRIZE	Prize money for the top 3 in each discipline. *Prize money will be awarded for 1st-3rd place. *Prize money will be awarded for 1st-3rd place. *It will be determined by the number of entries. *Most Likes! Award* The athlete with the most "Likes" for videos por Parkour Instagram by August 15, 2024 The award the athlete with the most "Likes! However, athe entered correctly by August 15, 2024 at the entered correc	ce, but the amount osted on the AGU ward will be given to hletes who have
	will be eligible.	
BANK ACCOUNT INFORMATION	IBAN: (QA53 QNBA 0000 0000 0787 016) Bank Name: Qatar National Bank (QNB) Swift Code: QNBAQAQA Account Name: Asian Gymnastics Union	·
	The participating Federations are responsible fees in connection with the bank transfers.	for covering all bank
DEADLINES SUMMARY	Application Video * Athletes can be posted even before submitting the above registration	Before August 10, 2024
	FIG athlete registration & acquisition of	Before

Nominative Registration Form	Before August 15, 2024
Entry fee paid to AGU (from NF)	Before August 15,2024

Sincerely Yours,

Tokyo, 28th June, 2024



Kazuyoshi Hariya
President of the AGU Parkour
Technical Commission

[Remarks]

Start sign (Competition logo)



PK CODE OF POINTS 2022-2024 - TABLE OF TRICKS 2024

REFERENCE LIST FOR E AND D SCORE

FIG PARKOUR FREESTYLE JUDGING 2024

Reference List (E-score)

Safety (9 points)

Safety (6 points)

Deduction [points]	Reason	Example
0	no problems	Clean run
0.1 to 1 per problem	small problems	Little slip, stumble
1.1 to 3 per problem	bigger problems	Fall after landing on feet, hit the wall after a trick
6	Feet do not obviously touch the floor first	Landing flat on the stomach

Landing Quality (3 points)

Reward [points]	Reason	Example
0 to 0.5 overall	Poor landings	Noisy landings, out of body-axis, unnecessary
		use of other body parts, not absorbing energy
0.6 to 1.5 overall	Medium landings	In-between 🕏
1.6 to 3 overall	Good landings	Quiet and soft landings absorbing the
		necessary energy to protect the body and
		continue the run. Clean body-axis.

Flow (6 points)

Flow (5 points)

Deduction [points]	Reason	Example
0	no problems	Fluid run
0.1 to 0.5 per occasion	stutter steps	Stutter steps and extra swings
1 to 5 per occasion	full stop	When the body comes to a rest

Flow Quality (1 point)

Reward [points]	Reason	Example
0 to 0.2 overall	Poor flow	Lack of energy absorption and use of movement directions. Lots of hesitation, stutter steps and even stops
0.3 to 0.7 overall	Medium flow	In-between ♦
0.8 to1 overall	Good flow	Smoothly connected run with a good rhythm. Moves are used absorb, transform and guide the energy from the run.

April 2024 – Parkour Commission

Reference List (D-score) - Men - table of tricks

The *Reference List* (RL) includes guiding values for elements in their most basic form. The job of the judges is, to identify the element and adjust its value according to *Scaling**.

Element category	Points	Examples
Running	0	•
PK Basics	0.1	Stride, Drop, Precision Jump, Safety Vault
	0.2	Plyo, Speed Vault
	0.3	Tic Tac, Lazy Vault, Thief Vault
	0.4	Side Vault, Pole Swing
	0.5	Pop Vault, Splat, Roll, Gate Vault
	0.6	Wallrun, Arm Jump, Tap Swing, Kong Vault, Turn Vault, Reverse Vault,
		Kash Vault, Dash Vault, Underbar
	0.7	
FR Basics	8.0	Cartwheel, Swing 180, Rail Flare (Italian Job)
	0.9	Safety Spin, Pistol Spin,
	1	Palmspin, Fronthandspring
Single Flips	1.1	Swing Gainer, Wallspin, Reverse Wallspin, Backhandspring, Climb up
	1.2	Wall Backflip, Frisbee, Dyno, Butterfly
	1.3	Baby Giant
	1.4	Caster Gainer, Aerial
	1.5	Backflip, Frontflip, Sideflip,
	1.6	
Single Twists	1.7	Swing Frontflip, A-180, B-360
	1.8	Backflip 360, Palm Backflip, Swing Sideflip, Tunnel Sideflip,
	1.9	
	2	Gainer, Gaet Pimp Backflip, Frontflip 360, Wall Inward Frontflip, Swing
		Frontflip 180, Wall Inward Sideflip, Cork, Giant
	2.1	Swing Gainer 360
	2.2	
	2.3	One Step Palm Backflip, Cast Away Backflip,
	2.4	Hang Cast Backflip, Looser Sideflip, Sideflip 360, Swing Cast Away Backflip, Crok
	2.5	
	2.6	Looser Frontflip, Pimp Backflip, Crok TD
Double Twists	2.7	A-540, B-720, Gainer 360, Roll Bomb
	2.8	,
	2.9	A-720, Swing Counter Sideflip, Ginger, Lazy Sideflip
	3	Backflip 720
	3.1	
	3.2	Swing Counter Frontflip, Double Cork, Wall Gainer,
	3.3	Frontflip 720, Sideflip 720, Gaet Pimp Backflip 360
	3.4	
	3.5	Wall Backflip 720
	3.6	Kong Gainer, Palm Backflip 360, Kip 180 Gainer
	3.7	
	3.8	Swing Gainer 720, Crok 720
	3.9	Wall Inward Side 360, Gargoyle Gainer
	4	* *
Triple Twists and double flips	4.1	Swing Double Gainer, Swing Cast Away Backflip 360
and double ilips	4.2	
	4.2	
1	4.4	Cast Gainer, Double Sideflip, Tsukahara/Cartahara, Macaco-in, Wall
	4.4	Gainer 360

	4.5	Double Frisbee, Double Pistol Frisbee
	4.6	Double Frisbee, Double Pistoi Frisbee
	4.7	Costor Double Coiner Coiner 700
	4.7	Caster Double Gainer, Gainer 720
	4.8	
		Davida Daal-filia Daal-filia 4000
	5 5.1	Double Backflip, Backflip 1080,
	5.1	Swing Double Gainer 360, Triple Cork, A-180-in-Backflip-out, Tsukahara
	F 0	360, 360 Kong Gainer, Gaet Pimp Double Backflip
	5.2	Double From Mile IV and Original Conference
	5.3	Double Frontflip, Kong Gainer 360
	5.4	
	5.5	D I I . D I ff
	5.6	Double Backflip 360, Crok 1080
	5.7	Two Step Wall Double Backflip,
	5.8	
	5.9	Swing Cast Away Backflip Regrab
	6	Swing Gainer 1080, One Step Wall Double Backflip
	6.1	
	6.2	
	6.3	
	6.4	
	6.5	Swing Double Gainer 720,
	6.6	
	6.7	
	6.8	Swing Cast Away Double Backflip, Double Palm Flip
	6.9	
	7	
	7.1	
Quadruple Twists	7.2	Swing Triple Gainer, Swing Miller
and Triple Flips		
	7.3	
	7.4	
	7.5	Backflip 1440.
	7.5+	,
Motol		

Note!

- (1) Only landings where feet obviously touch the floor first will be considered.
- (2) If a tick is repeated its value decreases by 0.5.

Reference List (D-score) - Women - table of tricks

	_	
Element category		Examples
Running	0	
PK Basics	0.1	Stride
	0.2	Drop
	0.3	Precision Jump, Safety Vault
	0.4	Plyo, Speed Vault
	0.5 0.6	Tic Tac, Lazy Vault Thief Vault
	0.0	Side Vault, Pole Swing
	0.7	Pop Vault, Splat, Roll, Gate Vault
	0.8	Fop Vault, Spiat, Roll, Gate Vault
	1	
	1.1	Wallrun, Arm Jump, Tap Swing, Kong Vault, Turn Vault, Reverse Vault,
	1.1	Kash Vault, Dash Vault, Underbar
FR Basics	1.2	Cartwheel, Swing 180, Rail Flare (Italian Job)
1 IX Busies	1.3	Cultivities, Swing 100, Italia Italia (Italian 605)
	1.4	Safety Spin, Pistol Spin,
	1.5	Palmspin, Fronthandspring
	1.6	T amopin, i romanaraopining
Single Flips	1.7	Swing Gainer, Wallspin, Reverse Wallspin, Backhandspring, Climb up
Chigie i hpc	1.8	Wall Backflip, Frisbee, Dyno, Butterfly
	1.9	7700 2000000, 7700 2000000
	2	Baby Giant
	2.1	Caster Gainer, Aerial
	2.2	
	2.3	Backflip, Frontflip, Sideflip,
	2.4	
	2.5	
Single Twists	2.6	Swing Frontflip, A-180, B-360
	2.7	Backflip 360, Palm Backflip, Swing Sideflip, Tunnel Sideflip,
	2.8	
	2.9	
	3	Gainer, Gaet Pimp Backflip, Frontflip 360, Wall Inward Frontflip, Swing
		Frontflip 180, Wall Inward Sideflip, Cork, Giant
	3.1	
	3.2	Swing Gainer 360
	3.3	
	3.4	
	3.5	One Step Palm Backflip, Cast Away Backflip,
	3.6	Hang Cast Backflip, Looser Sideflip, Sideflip 360, Swing Cast Away Backflip, Crok
	3.7	
	3.8	
	3.9	Looser Frontflip, Pimp Backflip, Crok TD
	4	
Double Twists	4.1	A-540, B-720, Gainer 360, Roll Bomb
	4.2	
	4.3	
	4.4	A-720, Swing Counter Sideflip, Ginger, Lazy Sideflip
	4.5	Backflip 720
	4.6	
	4.7	
	4.8	Swing Counter Frontflip, Double Cork, Wall Gainer,
	4.9	
	5	Frontflip 720, Sideflip 720, Gaet Pimp Backflip 360
I	5.1	

	5.2	
		M-II DI-II:- 700
	5.3	Wall Backflip 720
	5.4	Kong Gainer, Palm Backflip 360, Kip 180 Gainer
	5.5	
	5.6	
	5.7	Swing Gainer 720, Crok 720
	5.8	
	5.9	Wall Inward Side 360, Gargoyle Gainer
	6	
	6.1	
Triple Twists	6.2	Swing Double Gainer, Swing Cast Away Backflip 360
and double flips	<u> </u>	
	6.3	
	6.4	
	6.5	
	6.6	Cast Gainer, Double Sideflip, Tsukahara/Cartahara, Macaco-in, Wall
		Gainer 360
	6.7	
	6.8	Double Frisbee, Double Pistol Frisbee
	6.9	
	7	
	7.1	Caster Double Gainer, Gainer 720
	7.2	
	7.3	
	7.4	
	7.5	Double Backflip, Backflip 1080,
	7.5+	and a second process of the second
Notel		1

Note!

- (1) Only landings where feet obviously touch the floor first will be considered.
- (2) If a tick is repeated its value decreases by 0.5.

*Scaling:

The moves in the *table of tricks* are ranked by their technical difficulty in their most basic form. The judges will upscale the in the following situations:

Situation	Example
Placement	Performing a <i>Backflip</i> on a tiny ledge will score it higher than performing the <i>Backflip</i> on the floor
Form	Pike, Pistol, Layout, Spider, Stall, etc. can make an element scoring higher
Entry	A Double Swing Gainer out of a Giant counts more than a Double Swing Gainer out of a support position or Bar Kip
Exit	A Sideflip precision to a bar scores higher than a Sideflip off a box

Note!

(1) More than one situation can be applied to one element.