

USPK

UNITED STATES
PARKOUR ASSOCIATION

COMPETITION RULEBOOK



UNITED STATES PARKOUR ASSOCIATION

COMPETITION RULEBOOK

The Competition Rulebook shall remain in effect until a subsequent version has been published by the United States Parkour Association.

All revisions to these rules and specifications will be published on the USPK website at www.USPK.org and shall take precedence over the original document.

The USPK Judges and Athletes Committee shall be responsible for maintaining and updating the Competition Rulebook. The Competition Rulebook is subject to approval by the Board of Directors.

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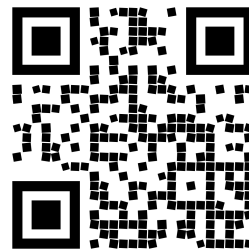


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PREFACE

Who We Are

The United States Parkour Association (USPK) is the National Governing Body for Parkour, Freerunning and L'Art du Deplacement in the USA. It is a non-profit organization formed by members of the parkour community, committed to growing and protecting the discipline of parkour through events, education, and outreach.

Our Mission

Advance the growth and development of parkour in the United States.

Judges & Athletes Advisory Committee

The United States Parkour Association Judges & Athletes Advisory Committee was formed to advise on areas of organized parkour competitions such as competition rules, judging, and format. The committee is composed of active members of the competition parkour community. The following rules were created based on a culmination of their professional parkour competition knowledge and experience.

USPK Competition Committee (2023)

- Payton Hanna (Chair)
- Christopher Hollingsworth (Secretary)
- Cai Garcia (Delegate)
- Frank Mejia
- Alan Tran (Board Member)
- Mel McQueen (Board Member/Event Coordinator)

ACKNOWLEDGEMENTS

We would like to thank Seth Rujiraviriyapinyo, Tom Coppola, Brandon Douglass, and Dylan Polin for their guidance and direction on the early drafts of this rulebook. Each individual shared their wealth of experience leading, organizing, and competing in competitive parkour events. We recognize the great work they have put forward that helped to build a pillar of the USA and North American competitive parkour community.

Our deepest appreciation extends to the USPK Judges & Athletes Advisory Committee. This rulebook wouldn't have been possible without the committee's time and experience that allowed the rulebook to develop. We owe our gratitude to those who contributed to the creation of the competitive parkour rulebook.

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1. Definitions

1.1. Competition Officials

1.1.1. Event Coordinator -

The Event Coordinator is responsible for planning, managing, and organizing events in conjunction with the host facility and its staff. The Event Coordinator may perform various functions in accordance with the safety and fairness of competition and its competitors' rights. They have the authority to ensure that the events and facilities are in accordance with USPK guidelines.

1.1.2. Chief Judge -

The Chief Judge presides over all aspects of judging a competition in good faith of fair, consistent interpretation and application of the rules. In conjunction with the Event Coordinator, the Chief Judge has the authority within the competition area. The Chief Judge is expected to have a thorough knowledge of the most up-to-date technical rules defined by the USPK Competition Rulebook.

1.1.3. Skill and Speed Judge -

An Event Judge is designated by the Chief Judge to assist with additional judging responsibilities. Judges are to be announced prior to the start of each event and should be available during any practice time for questions from competitors.

1.1.4. Style Judge Panel -

Three Judges with experience competing in style or extensive background in parkour, including knowledge of various techniques, movements, and principles. The three judges work together with each providing a score that is combined for the overall score.

- 1.1.5. Head Setter -
The Head Setter is responsible for all aspects of the competition zone. They coordinate with the host facility and competition officials to plan and design the courses, placement of equipment, and course maintenance. They are responsible for checking and maintaining equipment and course safety.
- 1.1.6. Medic -
The Event Medic is appointed by the Event Coordinator to preside over all aspects of medical care. Have an emergency contact list for local police, hospitals, etc. The Event Medic will evaluate injured players and determine if they are fit for play.

1.2. Competition Areas

- 1.2.1. Event Area -
The Event Area is the entire space, often a gym, used for the competition. This includes any indoor or outdoor areas, the Competition Zone and Public Viewing Area.
- 1.2.2. Competition Area -
The Competition Area is the area-of-play for the competitions to occur. The Competition Area includes the area-of-play and all equipment designated and involved with competition for the duration of an event.
- 1.2.3. Warm Up Area-
The Warm Up Area is the designated spot for competitors to gather and remain before each event of a competition. A Warm Up Area must not interfere with the Competition Area and should include some obstacles such as ground rails and boxes for the competitors to use.
 - 1.2.3.1. Each competitor must be ready to leave the Warm Up Area to compete upon the instruction to do so. Any delay by an athlete may result in disqualification.
- 1.2.4. Public Viewing Area - A public section that is open and accessible to viewing of the competition while safely out of the Competition Area.

2. USPK Hosted Event Requirements

2.1. Evacuation Plan

Every Event Coordinator must consider how to evacuate competitors and spectators in the case of an emergency.

2.2. Athlete's Rights

2.2.1. Right to Equal Practice -

Every athlete has the right to an equal amount of practice time if appropriate to the competition. A timer must be used to control the duration during practice time.

2.2.2. Right to Review -

An athlete has the right to review the score for any round that they participate in. A review is conducted upon an athlete's request to the Chief Judge and must be submitted before the end of the event. Any dispute must be settled by officials prior to submission of the final scoring of the reviewed round.

2.2.3. Right to Equal Knowledge -

Every athlete has the right to ask questions about rules for the event. The Chief Judge must announce ruling clarifications to all athletes. Athletes who have already completed their course/practice time have the opportunity to challenge rule clarifications, but the Chief Judge makes the final determination.

3. General Rules for All USPK Sanctioned Events

3.1. Safety

- 3.1.1. Parkour poses the risk of injury. Competitors, officials, coaches, and others who participate in parkour competitions, do so at their own risk. The Event Coordinator with the Head Setter and Chief Judge shall be responsible for maintaining safety within the event area and with respect to all activities connected to organization of the event.
- 3.1.2. The Chief Judge shall have the authority to make decisions with respect to any question of safety within the competition area. Any individual deemed by the Chief Judge to not be following safety procedures may be subjected to dismissal from the competition and/or event.
- 3.1.3. The Chief Judge, Event Coordinator, and Head Setter shall inspect each Competition Area prior to the start of each stage of competition ensuring that the area and obstacles are in safe working conditions.
- 3.1.4. Only competitors, officials, and other individuals approved by the Event Coordinator (such as a photographer) are permitted to be in the Competition Area. The Event Coordinator shall instruct all other individuals to leave.
- 3.1.5. Event officials and judges are required to fulfill their duties in a proper, safe, and competent manner. Event Officials should not be intoxicated or consume any alcohol or drugs before or during the competition. The Chief Judge, working with the Event Coordinator, will replace officials or judges exhibiting unsafe practices.

- 3.1.6. A designated Event Medic must be on-site for the entire competition.
 - 3.1.6.1. The Event Coordinator is responsible for communicating any logistics information to the Event Medic and establishing a base for the Medic where they can see the event and easily be located in a medical emergency.
 - 3.1.6.2. The Event Medic should be wearing clothing that easily identifies their role.
 - 3.1.6.3. The Event Medic should have an EMT or above certification OR minimum of First Aid/CPR/AED certifications if they have prior service in a medical role, or are a current student of the medical profession.
 - 3.1.6.4. Basic first aid supplies should be on hand.
- 3.1.7. Each course and field of play shall be designed so as to minimize extraneous risks that could injure the competitor or others.
- 3.1.8. All competitors shall adhere to the event host facility's policies.
- 3.1.9. Competitors cannot compete with a potentially life threatening injury or illness (ie. Broken arms, uncleared concussions, etc).
 - 3.1.9.1. If a competitor is bleeding, they will not be allowed to compete as long as a white cloth or gauze applied to the wound (after the wound has been covered) shows any sign of blood, so as to reduce the probability of the competitor leaving blood on the course or obstacles.
 - See [Blood Borne Pathogens](#)
- 3.1.10. If there are reasons that a competitor is unfit to compete for any reason, such as an injury or illness, the Event Medic with the Chief Judge has the authority to exclude the competitor from the competition.

- 3.1.10.1. USPK is committed to concussion awareness and safe policies. An athlete may be subject to removal from practice or competition. An athlete must be provided a written release by a health care professional before returning to competition after having suffered a concussion or having demonstrated the signs, symptoms, or behaviors consistent with a concussion. If there is a concern that a competitor has sustained a concussion, the Event Medic and Chief Judge shall determine whether the athlete can return to play.
- [CDC Recommendations](#)
 - [Heads Up Concussion Training](#)

3.2. Eligibility

- 3.2.1. Gender Requirements - Trans and nonbinary athletes participate in the division of their choice for the entirety of the competitive season.
- [Trans Inclusion Policy](#) available on the USPK website.
- 3.2.2. Age Limits -
- A competition may be limited to players within a specific age range. The Event Coordinator must specify and publish the date on which the players must be of age to play.
- 3.2.2.1. In order to qualify for the National Championship, an athlete must be 14 years of age or older and compete in the Adult Division during the entire competition season.

3.2.2.2. Recommended Age Categories:

COMPETITION CATEGORIES						
2024	COMPETITION SEASON					
Name	Age		Years			
Adult	17	-	34	1990	-	2007
Teen	14	-	16	2008	-	2010
Youth A	10	-	13	2011	-	2014
Youth B	7	-	9	2015	-	2017
Masters	35	-	up	1989		or before

3.2.3. Residence Status -

A competitor who competes in any regional qualifying circuit and qualifies for the National Championship through that circuit will be qualified to compete at the National Championship regardless of place of residence.

3.3. Entry Requirements

3.3.1. A link to registration for any event should be posted publicly at least 2 weeks prior to the event.

3.3.1.1. Registration may be limited to a time period or number of competitors as long as that limitation is clearly posted in the registration information.

3.4. Anti-Doping

The Terms of the Competition may require competitors to comply with an anti-doping policy. The Event Coordinator would be responsible to publish the anti-doping policy for their event at least 2 weeks ahead of the event and any enforcement.

3.5. Competitor Code of Conduct

- 3.5.1. A competition may set limits or prohibit actions of a competitor through a Code of Conduct. An Event Code of Conduct must be presented to the competitors in advance of the beginning of competition. Any inappropriate behavior or penalties may result in a disqualification at the discretion of the Event Coordinator and/or Chief Judge.
- 3.5.2. A competitor may be disqualified or removed for serious misconduct contrary to the spirit of the game and/or threatening the emotional or physical safety of other event attendees. This applies whether or not there is a Code of Conduct in place for a competition.
 - 3.5.2.1. In deciding whether a player is guilty of serious misconduct, the Chief Judge should consider whether the competitor's actions were intentional and whether the act was significant enough to warrant disqualification without first giving a warning or applying other penalties.
- 3.5.3. The Chief Judge will have full authority to decide on penalties that apply for a breach of the Code of Conduct. The Chief Judge may be advised by the Event Coordinator or the USPK Event Coordinator.
- 3.5.4. It is not appropriate to penalize a competitor under a Code of Conduct for a breach by the competitor's family or supporters, but the person(s) committing the breach may be asked to leave the event area.

3.5.5. Penalty Structure for non-serious misconduct

3.5.5.1. First Breach - Verbal Warning

3.5.5.2. Second Breach - Final Warning

3.5.5.3. Third Breach or any serious misconduct - Disqualification and possible ejection from the event area.

3.6. Disciplines

3.6.1. USPK parkour competition includes the following disciplines:

3.6.1.1. Speed

3.6.1.2. Skill

3.6.1.3. Style

3.6.1.4. Additional Format -
USPK recognizes competitive parkour as an emerging activity full of differences in movement styles, practices, and intentions. Scoring methodologies and systems may not represent the full breadth of competitive parkour and its unique qualities. A diversity of competitions brings formats, scoring systems, and perspectives to an evolving community. This may include Chase Tag.

4. Course Regulations

4.1. Setting New Courses

Event host facilities are expected to set new courses for each competition. If any individual/competitor finds this to not be the case, they should inform the Chief Judge of this immediately upon discovery. The Chief Judge with the Head Setter must appropriately eliminate those courses from the competition or modify them to create a new course. If the Chief Judge was not made aware of this prior to the completion of the competition, the results will not be adjusted.

4.2. Design Duty to Athlete-Course Fairness

At all levels of competition, the course designers/setters may only discuss details of the courses and the course design process with official members of the course design team, judges, or members of the event organizing team. Course designers may not discuss any aspect of the course with a coach or competitor as this may provide an advantage to a competitor or an appearance of impropriety.

4.3. Athlete-Course Interest

Competitors may not work as course designers/setters for a competition they are competing in. Additionally, anyone who will be coaching at the event may not work on the setting of the course.

4.4. Course Equipment Safety

Course designers and setters must ensure all equipment is produced with safe build standards and that the course conditions are safe for high level movements (ie. structural integrity, crowd placement, lighting, slippery or unsafe material use, or anything which impedes an athletes ability to compete safely at their peak level).

4.5. Course Design Safety

Extensive care should be taken to ensure that a course, its competition area, and its equipment, is safe for competition.

4.6. Available Area for Competition

The entire area of a competition can be used for competition unless clearly marked and notified to athletes.

4.7. Course Marking

- 4.7.1. Out of Bounds -
Competition Area boundaries must be marked properly and be maintained so that a competitor near a boundary can determine if they are in or out of bounds.
- 4.7.2. The course design team may mark the course's boundaries in many ways. Use of stakes, tape, paint, or flags can be placed in position by the course design team. Existing walls or obstacles can be used to define boundaries including the edge of other permanent structures.
- 4.7.3. Certain equipment, obstacles, or other permanent structures can be off-limits as long as they are clearly marked and competitors are informed.
- 4.7.4. When an existing structure such as a wall is used to define the boundary, the entire object may be a boundary from which play is not available. The Chief Judge must clarify where the edge of the boundary is, and whether or not a specified surface of the structure is defined in- or out-of-bounds.
- 4.7.5. The color of the stakes, tape, paint, or flags must be specified prior to the marking of the course. See the Speed Section for specific recommendations for marking those courses.
- 4.7.6. The distance between one marking to another may vary. Ideally it should be possible to see one marking from the next to determine if movement will start and end within bounds.
- 4.7.7. Spectators for competitions should be designated to zones of the gym that do not interfere with a competitors participation as well as be considerate of that occasionally an athlete may land or move out of bounds.

5. Event Management

5.1. Check-in

All competitors must individually confirm their presence at the host facility's check-in desk no later than the posted check-in time (or start time if no check-in time is designated). Failure to do so may result in a disqualification - subject to the discretion of the Event Coordinator.

5.2. Permitted Individuals for Entry

Only the persons specified below shall be permitted to enter the Warm-Up or Competition Area:

- USPK officials and authorized volunteers
- Event Coordinator
- Chief Judge and other officials
- Eligible competitors taking part at the current stage of competition
- Other persons specifically authorized by the Chief Judge, such as a photographer

5.3. Event Participant Behavior

All competitors and other event attendees are expected to exhibit respectful, responsible, and appropriate behavior to others.

5.4. Rule Review

- 5.4.1. USPK Rulebook will be posted on the USPK website and available for all athletes to review prior to competition.
- 5.4.2. Regional coordinators should provide competition rules in advance of the competition. This could include providing a link to the USPK rulebook via email to competitors.
- 5.4.3. At the event, the Chief Judge should hold a rules meeting with each group of competitors prior to the start of their practice time. During this meeting they should review important information and rules for that discipline and take questions from the athletes.

5.5. Course Observation

- 5.5.1. Prior to the start of a division or category, qualified competitors should be permitted an official practice or observation period during which they are allowed to study the challenge(s) or practice the route(s). Specific rules for course observation shall be defined in their respective sections for each competition format.
- 5.5.2. Competitors may only seek clarification on the challenge(s), route(s), or stage from the judges.
- 5.5.3. It is the sole responsibility of each competitor to fully inform themselves with respect to all instructions regarding the challenge(s) and/or route(s). If the Chief judge makes a clarification, it is the Chief Judge's responsibility to communicate to all athletes any new rulings, changes, etc.

5.6. Course Management

- 5.6.1. The Head Setter shall make sure that an experienced maintenance team is readily available throughout each stage of the competition in order to perform any maintenance or repairs requested by the Chief Judge. Safety procedures shall be strictly enforced.
- 5.6.2. At the instruction of the Chief Judge, the Head Setter or designee shall immediately arrange for any repair work. On completion of a repair, it shall be inspected by the Head Setter and Chief Judge. The Chief Judge will decide whether the repair results in any unfair advantages or disadvantages to the following competitors. The decision of the Chief Judge to continue, stop, or to restart a stage of the competition shall be final. No appeal shall be accepted in respect to this decision.

5.7. Technical Incidents

- 5.7.1. A technical incident is defined as any occurrence that results in a disadvantage or unfair advantage to a competitor, which is not the result of an action on the part of the competitor. Examples include:

- 5.7.1.1. Broken equipment
- 5.7.1.2. Failure of a timing system
- 5.7.1.3. Lack of readiness of an event official, judge, etc

5.7.2. It is the competitor's responsibility to ensure that their clothing is properly secured. There shall be no grounds for a technical if any part of their clothing impedes the competitor.

5.8. Termination of Attempts

5.8.1. The attempt of a competitor on a course shall be considered terminated if they:

- 5.8.1.1. Exceed the permitted time for an event or start time
- 5.8.1.2. Makes use of any equipment or features that have been marked against use for competition

5.9. Stopping Play

- 5.9.1. The Chief Judge may stop play based on safety concerns or fault of the equipment, or other external factors.
- 5.9.2. If competitors are actively competing, officials need to guide the competitors to stop in a way that does not put the competitor at risk.

6. Skill Event

6.1. Event Definition

Multiple Parkour Skill Challenges and/or Challenge Stations are set up around the competition area and will be scored based upon completion within the specified attempts or timeframe. Each Skill Challenge may have multiple levels of difficulty.

6.2. Additional Definitions

6.2.1. Skill Challenge -

A specific set of defined moves to be completed on a set of obstacles that has a defined pass/fail judging system

6.2.2. Challenge Station -

An area or set of obstacles used for all levels of a skill challenge. All skill challenges at a Challenge station should be varying levels of the same skill category or combination of categories. For example, Station A focuses on Swing, Station B focuses on Vaults.

6.2.3. Skill Categories -

Skill challenge moves are typically divided into the following categories and can be combined in challenge stations

6.2.3.1. Jumps - including but not limited to stride jump, plyometric jump, standing jump, tac.

6.2.3.2. Landings -

6.2.3.2.1. Controlled Landing -

Landing on an obstacle with any part of the foot, the athlete must demonstrate balance approved by the judge for completion.

6.2.3.2.2. Precision Stick Landing -

Landing on an obstacle without feet moving or adjusting 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.

- 6.2.3.3. Vaults - including but not limited to kong vault (cat pass), monkey vault, dash vault, step vault, lazy vault, thief vault, reverse vault.
- 6.2.3.4. Rolls - including but not limited to ground roll, dive roll, thread roll, backward roll.
- 6.2.3.5. Swings - including but not limited to underbar, lache, toe shoot, corner swing.
- 6.2.3.6. Climbs - including but not limited to cat hang (arm jump), polecat, dyno, climb up, top out.

6.3. Setting

- 6.3.1. When setting, keep in mind a variety of abilities, sizes and genders.
- 6.3.2. Station options:
 - 6.3.2.1. 5 Challenge Areas - themed challenge category stations with levels 1-5 covering the challenge categories. Athletes earn the point value of the highest level completed at each station.
 - 6.3.2.2. 6-12 individual challenges covering the challenge categories. Each station has an option for a full point and a modified option for a ½ point. Ideally the full challenge would be achievable by ~20% of athletes and the modified by ~80%

6.4. Scoring

- 6.4.1. Athletes are awarded points for the highest level of difficulty they complete in each Challenge Station as defined by the Chief Judge.
- 6.4.2. It is recommended that competitors receive an additional point for each challenge that they flash (complete on the first attempt).
- 6.4.3. Attempts should be tracked and can be used in the event of a tie by doing a count back on attempts.

6.5. Scoring Procedures

6.5.1. Judging Format -

- 6.5.1.1. Skill Judges will observe athletes at each challenge station and determine the success or failure of each participant.
- 6.5.1.2. Skill Judges have the right to disallow participants from attempting a challenge based on the observation of their athletic performance and in consideration of their health and safety.

6.5.2. Final Score -

- 6.5.2.1. The Chief Judge will collect scores and determine/ calculate final scores and ranking.
- 6.5.2.2. Final score is the sum of top highest difficulty skills completed per Challenge Station per athlete.

6.6. Rerun

In the case of a technical incident, Skill Judges and Chief Judge may grant a rerun.

6.7. Tiebreaking

- 6.7.1. In the case that athletes have the same score at the end of a round, the Chief Judge may allow a tie-breaker round in which participants will have equal attempts to complete a skill challenge determined by the Chief judge. The tie breaker skill challenge can either be a new skill challenge, or give athletes the choice to retry any incomplete skill challenges.
- 6.7.2. If attempts were tracked during the main round, partial points can be subtracted per attempt to eliminate ties.

7. Speed Format

7.1. Event Definition

- 7.1.1. Speed is a Parkour competition of racing against the clock to complete a given course in the shortest amount of time.
- 7.1.2. The basic form of Speed Parkour is a race conducted with multiple forms of movement (See [Skill Categories](#) for examples). Competitors are timed for their completed runs.
- 7.1.3. This event may consist of multiple courses and/or attempts.
 - 7.1.3.1. Athletes could have two attempts on a single course or one attempt on two different courses.

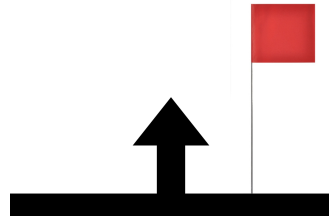
7.2. Setting

- 7.2.1. When setting, keep in mind a variety of abilities, sizes and genders.
- 7.2.2. Design a parkour course featuring a series of checkpoints strategically placed to encourage swift and agile movement through the space. The course must be inclusive, offering multiple pathways that cater to athletes of all skill levels, from beginners to advanced practitioners. Each checkpoint should be accessible and achievable by all athletes, though the method of completion may vary based on individual skill and style.
- 7.2.3. Incorporate elements of 'threading' into the course design. This aspect is specifically aimed at taller athletes, requiring them to adjust their posture and movements to navigate through narrower or lower openings. This adds an additional layer of challenge and encourages versatility in movement techniques.
- 7.2.4. Integrate both ascents and descents into the course. These elements should challenge athletes' ability to efficiently and safely navigate changes in elevation, adding a vertical dimension to the course. Some ascents

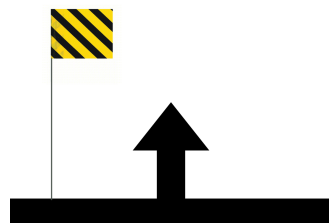
and descents should be “forced” in that all athletes must ascend and descend in some areas.

7.2.5. It is recommended that flags should be used to mark the direction of the course. The majority of the athlete’s body should pass to the correct side of the flag.

7.2.5.1. A red flag would stay to the right of the athlete (athlete passes on the left of the flag).



7.2.5.2. A yellow flag (preferably striped for color blind or visually impaired athletes) would stay to the left of the athlete (athlete passes on the right of the flag).



7.2.6. Setters should avoid including artificial checkpoints which require the athlete to tap a certain point. This can disrupt the natural flow of the run.

7.3. Scoring

7.3.1. The starting and ending specifications must be clearly stated to all participants prior to the practice time.

7.3.1.1. Body parts allowable for start and finish may be designated by the Chief Judge. If a specific part is required, it must be communicated to all athletes prior to the first heat’s practice time.

7.3.2. Start and Finish Time Options

7.3.2.1. Laser or video timer, video quality should be at least 60fps and clearly show the start and finish.

OR

Multiple stopwatches and times averaged.

7.3.2.2. The instant in which the participant's hand or foot makes contact with a specified marker.

OR

The instant in which any portion of the participant's body crosses the vertical plane of the closest edge of the designated start.

7.4. Scoring Procedures

7.4.1. Judging Format -

The participants' time is to be recorded as the difference between their start time and end time measured to a minimum granularity of .01 seconds.

7.4.2. Total Score -

The sum of each athlete's best time on the given courses.

7.5. Judging Criteria

7.5.1. Prior to the start of play for all participants all information about start time, finish time, zone of play, and course markings must be stated to all athletes and judges.

7.5.2. The Chief Judge (or designated course official) should be on the course during practice time to observe that athletes are making start, end, zone of play, and course marking requirements and to answer athlete questions.

7.6. Rerun

In the case of a technical incident, the Chief Judge may grant a rerun.

7.7. Did Not Finish (DNF)

If the athlete is unable to complete the course due to their own means, their attempt will be scored as DNF.

7.8. Tiebreaking

In the event of a tie at the end of the round, the Chief Judge may have participants execute an additional attempt in one of the following:

- 7.8.1. One new course that none of the tied competitors have attempted.
- 7.8.2. A modified version of one of the previous courses that all tied competitors had an equivalent opportunity to attempt, this could include doing a previous course in reverse (finish to start) if it is safe to do so.
- 7.8.3. One of the previous courses that all tied competitors had an equivalent opportunity to attempt.

8. Style Format

8.1. Definition

Style is a parkour competition where competitors demonstrate their ability to create, execute, and perform a series of moves in a cohesive run integrating obstacles, and are judged on a variety of criteria involving execution, composition, and difficulty.

8.2. Additional Definitions

8.2.1. Judging Zone -

This is the location designated by the Chief Judge where the judges will be judging a competitor's run.

8.2.2. Composition -

In a competitor's run, the variety of moves used, how the competitor chooses to interact with the environment, and how they choose to connect their moves.

8.2.3. Difficulty -

Is how hard it is to connect moves, the skill level required to be able to perform the moves, and the environment in which the moves were done.

8.2.4. Execution -

Is how cleanly a move was executed. The athletes control their body to perform the moves with grace and intention. The landing technique can vary depending on the athlete's composition and connections.

8.2.5. Judge Panel - Composed of three judges.

8.2.5.1. At least one judge should have experience judging style.

8.2.5.2. Judges should have experience competing in style or extensive background in parkour, including knowledge of various techniques, movements, and principles. This ensures they can accurately assess the athletes' performances. Awareness of safety standards and the ability to gauge the difficulty level of performed moves, balancing risk with skill. As the style category often emphasizes creativity

and aesthetic appeal, the judge should have a keen eye for artistic expression within parkour movements.

- 8.2.5.3. Every effort should be made to have at least one non-male judge.
- 8.2.5.4. Every effort should be made to assure that there are judges from multiple gyms, especially representation from gyms that aren't hosting the event.
- 8.2.5.5. Judges should be able to articulate why they gave the score that they did.
- 8.2.5.6. Judges should discuss their preferences and biases related to movement openly with each other prior to the start of the event to increase their awareness of these issues.
- 8.2.5.7. Judges can discuss lines/combo with each other after each to make sure that they have a full comprehension of the line/combo. However, they should not be influenced by anyone else including competitors, fans, or a score recorder.
- 8.2.5.8. Judges should have the ability to judge impartially and fairly, providing equal opportunity for all competitors regardless of their skill level or background. When judging an athlete with whom you have a relationship, such as coach/student, judges must communicate that relationship to the other judges. Additionally, you cannot serve as a judge and coach at the same event.

8.3. Line Round

- 8.3.1. A line in parkour is a continuous sequence of movements fluidly linking together over a course, showcasing a diverse array of techniques and the skillful utilization of various obstacles within the area. This concept emphasizes the art of seamless transition between moves, highlighting the practitioner's adaptability in navigating the environment and creativity in movement.

8.3.2. Generally 10-30 seconds in length.

8.3.3. Within the spirit of the Line competition the Composition category will be weighted double from the other categories. This is to ensure that athletes will still be fairly rewarded for difficult and well executed techniques but will still receive a low score for not composing an original, creative and fluid line with those techniques.

8.3.3.1. Composition is scored for the full line.

8.3.3.2. Execution and Difficulty are scored around the individual moves.

8.3.4. Line Rubric

Composition - 50 <i>Full line & flow</i>	Difficulty - 25	Execution - 25 <i>Individual techniques</i>
Originality of movements <ul style="list-style-type: none"> ● Repeated move(s) ● Commonly used move ● Variety of skills 	Skill level of individual moves <ul style="list-style-type: none"> ● Overall high level of movements or single difficult trick with easier moves 	Moves completed as intended <ul style="list-style-type: none"> ● Approach ● Takeoff ● Maneuver ● Landing
Choreography <ul style="list-style-type: none"> ● General shape of the parkour line ● Variety of moves used 	Connection of moves <ul style="list-style-type: none"> ● Direction change ● Height change ● Difficulty of moving straight from one move into another 	Momentum control <ul style="list-style-type: none"> ● No unnecessary movements (for example, extra steps or pauses)
Interaction with the environment <ul style="list-style-type: none"> ● Use of multiple obstacles <ul style="list-style-type: none"> ○ Walls ○ Boxes ○ Rails 	Use of obstacle to increase difficulty of move <ul style="list-style-type: none"> ● Rails ● Height ● Precision landing 	Landing technique <ul style="list-style-type: none"> ● Safe and controlled impact
Connection of moves <ul style="list-style-type: none"> ● Seamless and continuous ● Fluid and uninterrupted control 		Aesthetics and Grace <ul style="list-style-type: none"> ● Trick selection and airform ● Rhythm and tempo
Score: /50	/25	/25

8.4. Combo Round

8.4.1. A combo is three linked techniques performed back-to-back with one technique feeding into the next.

8.4.2. In the combo round athletes will be scored equally on difficulty and execution.

8.4.3. Combo Rubric

Difficulty - 50	Execution - 50
<ul style="list-style-type: none"> • Skill level of individual moves • Overall high level of movements vs. single difficult trick with easier moves 	Moves completed as intended <ul style="list-style-type: none"> • Approach, takeoff, maneuver, landing • Demonstrates aerial awareness and proprioception
Connection of moves <ul style="list-style-type: none"> • Direction change • Height change • Fluid and uninterrupted control 	Landing technique <ul style="list-style-type: none"> • Safe and controlled impact • Plyometric blocking is used when appropriate between techniques
Difficulty of moving straight from one move into another	Aesthetics and Grace <ul style="list-style-type: none"> • Trick selection and airform • Rhythm and tempo
Use of obstacle to increase difficulty of move <ul style="list-style-type: none"> • Rails • Height • Precision landing 	Momentum control <ul style="list-style-type: none"> • No unnecessary movements (for example, extra steps or pauses)
Score: /50	Score: /50

8.5. Scoring

8.5.1. The scoring criteria is defined by the Event Coordinator and Chief Judge, but should generally be from the stated line and combo rubrics. All rules and criteria governing the Style competition must be clearly defined and published before the start of competition. Any questions leading up to the competition must be cleared by the Chief Judge.

8.5.2. A non-judging official, not the judging panel, should be on the course during practice time to observe that athletes are using the correct zone of play requirements and to answer athlete questions.

8.6. Scoring Procedures

8.6.1. Judging Format

- 8.6.1.1. The Judge Panel will be tasked with scoring attempts from all competitors.
- 8.6.1.2. The Judge Panel must remain consistent for all competitors across all rounds.
- 8.6.1.3. The Judge Panel must all stay out of the Competition Area, and ideally be in the designated judging zone.
- 8.6.1.4. The Judge Panel may not discuss performance of the competitor with people other than the Chief Judge and Event Coordinator.
- 8.6.1.5. The Judge Panel must be allocated the same amount of time for submitting scores for all participants.
- 8.6.1.6. For lines, it is recommended that each judge on the panel be assigned a category to focus on (Composition, Execution, or Difficulty).
- 8.6.1.7. It is recommended that judges make frequent marks of impression during the line so that they can best score the overall line and not just a single piece.

8.6.2. Total Score

- 8.6.2.1. Each Judge must submit their scores to the Chief Judge in the agreed upon timeframe.
- 8.6.2.2. The Chief Judge or other designated Event Official will calculate the final score by averaging the scores from all judges.

8.6.3. Judging Criteria -

Prior to the start of play for all participants all definitions about zone of play, time restrictions, Judging Panel location, and the scoring criteria must be defined and stated to all participants and judges.

8.7. Rerun

In the case of a technical incident, station judges and Chief Judge may grant a rerun

8.8. Did Not Finish (DNF)

If the athlete is unable to complete their line, they will be scored on the part of the line that they perform. If they do not begin then they will be scored a DNF.

8.9. Tiebreaking

In the event of a tie at the end of the round, the Chief Judge can issue a tie-breaker round. Due to the vast and subjective nature of style competitions, any of these tie breakers may be appropriate. The tie breaker format should be chosen with the fairness of the athletes and skill level in mind, giving them the greatest opportunity possible to express themselves. Examples of a tie-breaker round include, but isn't limited to:

- 8.9.1. A 15-20 second line. Athletes participating in the tiebreaker are given 5 minutes on the course to create a new line on the course based on the above rules and criteria for judging. Moves that were previously used in the style competition may be considered "stale" as in they are scored less for being repetitive. Athletes are encouraged to create new lines within the 5 minutes they are given on the course. [Line Rubric](#)
- 8.9.2. A "combo round". Athletes are given 5 minutes on the course to prep one Combination move based on the above rules and criteria for judging. Moves that were previously used in the style competition may be considered "stale" as in they are scored less for being repetitive. [Combo Rubric](#). This format may be chosen in consideration of the athletes' current energy levels.
- 8.9.3. Other examples include "Big Trick", a game of "STICK" etc.
- 8.9.4. Whatever tiebreaker format is chosen must adhere to the judging criteria previously outlined in the rulebook.

9. Additional Formats (Placeholder)

10. Disqualifications and Infringements

10.1. General Guidelines

- 10.1.1. Cheating in any form will result in the disqualification of the competitor from the competition and may result in further revocation of their eligibility in USPK competition events.
- 10.1.2. For an offense to be considered cheating, it must meet the following criteria:
 - 10.1.2.1. The athlete must be attempting to gain advantage from their action(s).
 - 10.1.2.2. The athlete must be aware that they are violating the rules defined by the competition.

10.2. Infringements that may result in the disqualification of the competition include:

- 10.2.1. The use of non-approved equipment.
- 10.2.2. Interfering with any competitor who is preparing for or is in the act of competing.
- 10.2.3. Interfering with any official while they are carrying out their responsibilities and duties.
- 10.2.4. The failure to comply with the instructions of the judges and/or the Event Coordinator.
- 10.2.5. The use of any drug not prescribed by a doctor and/or use of alcohol by a minor at any point during the event.
- 10.2.6. Unsportsman-like behavior, abuse, or insult towards an Event Coordinator, officials, competitors, or members of the public during the event.
- 10.2.7. Late arrival to the check-in after the specified closing time.

- 10.2.8. Coaches found participating in any of the previously mentioned infringements will risk having their organization's team disqualified for that competition and, subject to further revocation of their eligibility in USPK competition events.

11. Appeals

11.1. General Guidelines

- 11.1.1. Appeals can take the form of an appeal of a decision or score, allegation of conflict of interest, bias in decision-making, and/or other issues of conflict or disagreement.
- 11.1.2. The procedures set forth under this Rulebook govern the process of all appeals. These procedures are intended to facilitate a swift and fair resolution process for USPK competitors.
- 11.1.3. Appeals may be between athletes, competition officials, and/or USPK and can be about anything from issues about athlete eligibility, modification of a decision, or to other serious misconduct.
- 11.1.4. Score appeals must be made by a time determined by policies listed for the competition or before the end of the event.

11.2. Resolving an Appeal

11.2.1. Definitions

- 11.2.1.1. Claimant -
An individual that is asserting an appeal against a defendant.
- 11.2.1.2. Defendant -
An individual or organization for whom an appeal is brought against.
- 11.2.1.3. Affected Parties -
Individuals or organizations who may be affected by a change in the action or decision made.

- 11.2.2. Dispute Identification -
The Claimant submits an appeal against a Defendant for various reasons to the Chief Judge. The Claimant submitting the appeal should be able to identify the exact decisions being disputed, which party made the decisions, and why the decisions should be a cause of an appeal.
- 11.2.3. Policy - Chief Judge will refer to the competition rules to identify the existing policies that may have jurisdiction over the current appeal. If the Chief Judge and Event Organizer cannot resolve the appeal, they may refer to the USPK Event Coordinator for mediation.
- 11.2.4. Administration
 - 11.2.4.1. The appeal process should have a neutral administrator, generally the Event Coordinator, who can act as a liaison between both parties so that the Claimant and the Defendant do not need to interact directly, appeal procedures can ensure fairness throughout its process, and that there are no conflict of interests in the mediation of the appeal.
 - 11.2.4.2. The administration of an appeal includes appointing a Panel that is responsible for listening to any arguments and determining the outcome of the dispute. The role of the Panel is not to find a compromise or to make involved parties happy. The Panel is limited to making a decision that is permitted by the existing policies and rules. The Panel is expected to follow USPK policies and issue a decision within reason.
 - 11.2.4.3. It is recommended that there be three members of the Panel, generally the Chief Judge, Event Coordinator and Head Setter. Members of the Panel shall be neutral parties that are not directly involved in the appeal.

11.2.5. Submissions -
Hearings may involve the exchange of records, notes, and videos between the parties. Each party can present evidence that they feel supports their case for the appeal to be resolved in their favor. The evidence must first be submitted to the Panel prior to their decision making.

11.2.5.1. Order of Submissions

11.2.5.1.1. The Claimant is the first to submit any evidence to the Panel.

11.2.5.1.2. The Defendant is offered an opportunity to respond with “response material” to the Claimant’s evidence.

11.2.5.1.3. The Claimant is given a final opportunity to submit any “rebuttal material” to the Defendant’s response material.

11.2.5.1.4. Once the judgment process begins, it may continue even if one party chooses not to submit or respond with evidence.

11.2.6. Hearings -
Oftentimes, there is no need for the parties to communicate together at a hearing. During a hearing, the Panel will rule a decision after weighing the evidence and listening to both sides of the appeal.

11.2.7. Decision - Following the ruling of a hearing, all parties involved in the appeal must receive an oral decision with the reasons, a written summary should come later. The Panel should also need to send the decision to the USPK Event Coordinator.

12. Guideline Revisions (Placeholder)

13. Appendix (Placeholder)

14. Resources

14.1. Running a competition

14.1.1. Safety first

- If there is an imminent safety issue, take action; safety is everyone's responsibility.
- If there's a potential safety issue, get the Chief Judge or Event Coordinator.
- Do not spot the athletes; generally avoid physical contact with athletes.

14.1.2. Run a professional competition

- Be attentive to your athlete/spot; keep your conversations to a minimum.
- Stay on your spot; talk to the Chief Judge/Event Coordinator if you need a sub; do not just ask another judge or spectator.
- Be on the lookout for unsportsmanlike behavior, if it happens, make a note of who the athlete is, what was said, and speak to the Chief Judge/Event Coordinator when the time permits.
- Don't argue with anyone; get the Chief Judge/Event Coordinator if something comes up.
- If an athlete argues with you, tell them to talk to their coach or the Chief Judge; do not discuss the score, or judging with parents/spectators; if they question your call, refer them to the Chief Judge/Event Coordinator.

14.1.3. Judging basics

- Consistency and fairness are key.
- Don't say more to the athlete than needed and keep whatever communication/instruction consistent with all athletes.
- Do not coach athletes or offer advice.

14.1.4. Judging process:

- Judge will take score cards and coordinate the order of athletes.

- Call the athlete and the on-deck athlete before each attempt; keep things moving as quickly as possible. If the athlete is not there, skip to the next one.
- Verify the name of the athlete with that on the card.

14.2. Score Sheets

14.2.1. Skill Stations

USPK SKILL COMPETITION					
Judges make a tick mark for each attempt. When they complete the challenge, place a ✓ in <input type="checkbox"/> .					
Name				Date	
Category				Gender	
STATION	Lvl 1	Lvl 2	Lvl 3	Lvl 4	Lvl 5
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Points +1 for each flash					
Attempts					
Notes:					

14.2.2. Skill Individual Challenges -



SKILL COMPETITION

Judges make a tick mark for each attempt. When they complete the challenge, place a ✓ in "Part" or "Full".

Name					Date		
Category					Gender		
Skill	Attempts	Part	Full	Skill	Attempts	Full	Part
1		<input type="checkbox"/>	<input type="checkbox"/>	7		<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	8		<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	9		<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>	10		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>	11		<input type="checkbox"/>	<input type="checkbox"/>
6		<input type="checkbox"/>	<input type="checkbox"/>	12		<input type="checkbox"/>	<input type="checkbox"/>
Totals +1 for each flash							
Notes:							

14.2.4. Style Line

USPK		STYLE COMPETITION - LINE	
Name:		Category:	Gender:
			Date:
Composition - 50 <i>Full line & flow</i>		Difficulty - 25	Execution - 25 <i>Individual techniques</i>
Originality of movements <ul style="list-style-type: none"> • Repeated move(s) • Commonly used move • Variety of skills 		Skill level of individual moves <ul style="list-style-type: none"> • Overall high level of movements or single difficult trick with easier moves 	Moves completed as intended <ul style="list-style-type: none"> • Approach • Takeoff • Maneuver • Landing
Choreography <ul style="list-style-type: none"> • General shape of the parkour line • Variety of moves used 		Connection of moves <ul style="list-style-type: none"> • Direction change • Height change • Difficulty of moving straight from one move into another 	Momentum control <ul style="list-style-type: none"> • No unnecessary movements (for example, extra steps or pauses)
Interaction with the environment <ul style="list-style-type: none"> • Use of multiple obstacles <ul style="list-style-type: none"> ○ Walls ○ Boxes ○ Rails 		Use of obstacle to increase difficulty of move <ul style="list-style-type: none"> • Rails • Height • Precision landing 	Landing technique <ul style="list-style-type: none"> • Safe and controlled impact
Connection of moves <ul style="list-style-type: none"> • Seamless and continuous • Fluid and uninterrupted control 			Aesthetics and Grace <ul style="list-style-type: none"> • Trick selection and airform • Rhythm and tempo
Score: /50			Score: /25
			Score: /25
Notes:			

14.2.5. Style - Combo

USPK STYLE COMPETITION - COMBO	
Name:	Date:
Category:	Gender:
Difficulty - 50	Execution - 50
<ul style="list-style-type: none"> • Skill level of individual moves • Overall high level of movements vs. single difficult trick with easier moves 	Moves completed as intended <ul style="list-style-type: none"> • Approach, takeoff, maneuver, landing • Demonstrates aerial awareness and proprioception
Connection of moves <ul style="list-style-type: none"> • Direction change • Height change • Fluid and uninterrupted control 	Landing technique <ul style="list-style-type: none"> • Safe and controlled impact • Plyometric blocking is used when appropriate between techniques
Difficulty of moving straight from one move into another	Aesthetics and Grace <ul style="list-style-type: none"> • Trick selection and airform • Rhythm and tempo
Use of obstacle to increase difficulty of move <ul style="list-style-type: none"> • Rails • Height • Precision landing 	Momentum control <ul style="list-style-type: none"> • No unnecessary movements (for example, extra steps or pauses)
Score: /50	/50
Notes:	

BECOME A MEMBER

Become a member to support our mission. Be strong to be useful. Together we can strengthen our community, raise awareness, educate the general public, protect the integrity of the sport, guide and represent parkour in the United States. For the 2024 season, competitors are required to have a membership to compete at the Regional and National Championships.

Our membership benefits include:

- Nationwide voting on relevant topics
- Discounted parkour insurance
- Access to national network of USPK members
- Member committees
- Starting special interest groups

[MEMBERSHIP](#)

