



IPF-Approved Competition Formats

1) Alive After 5

What is Alive After 5 competition?

In each 3-minute heat, 5 Athletes hit the course simultaneously to impress the judges with their virtuosity, style and collaborative movement.

Minimum of 3 heats, 2 athletes advance from each heat.

TIME	PLAYERS	SINGLES / DOUBLES
3 minutes per heat	Min 15 (3 heats)	Singles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Individual	Competitive

Structure of Alive After 5

The following are some key tips for organizers:

PLAYERS

Multiple heats are encouraged with no maximum, though a minimum of 3 is required. Alive After 5 is designed as an elimination format, with 2 “winners” advancing out of each 5-person heat to the next round of game-play.

SCORING

3 Judges positioned with clear visibility of the entire course.

Scoring is based on judges’ interpretation of:

Charisma. Skill. Execution. Difficulty. Creativity.

SCORESHEETS and CRITERIA

Each time a player satisfies a point of impression within the above scoring elements, the judge will mark an additional point scored. [?]

ORDER OF PLAY

5 players hit the course with 3 minutes of time to utilise as they see fit.

Players can organize with other players to collaborate for moments of mutual flair.

Players should seek to stand out from the others focussing on the judging criteria elements. [?]

All Players must continue for the full 3-minute duration.

AT THE END

The two top-ranked players will proceed to the next round of game play.



ADVANTAGE

The main purpose of the Alive After 5 format is to create a friendly competitive environment. It is also a very effective way to filter large numbers of early stage competitors down to fewer top tier athletes for quarter, semi or final rounds.

DISADVANTAGE

The scoring system is subjective and open to judge interpretation and integrity. It can also be difficult for judges to see everything that is happening at once, so course layout is crucial.

2) Best Trick

What is the Best Trick competition?

The Athletes will take turns, performing their best trick in each of the following categories:

- 1 Vault Movement
- 1 Wall Trick
- 1 Swinging Bar Movement
- 1 Height Drop Movement (approx. 1.2m platform)

TIME	PLAYERS	SINGLES / DOUBLES
60 seconds per area.	Any Number	Singles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Individual	Competitive

Structure of Best Trick

The following are some key tips for organizers:

PLAYERS

Players will perform their best Vault, Wall Trick, Height Drop trick and Bar Trick. Players should warm up and will perform each of their moves before the next player goes to ensure there is no 'warm up, cool down, warm up' etc. [?]

SCORING

3 Judges positioned with clear visibility of the entire course.

1 Judge focuses on Creativity – Subjective opportunity to show individual flair outside the 'norm'.

1 Judge focuses on Difficulty – Each competitor begins with '0'. A point is awarded per rotation / spin. Subjective additional points may be added for movements considered particularly difficult.

1 Judge focuses on Execution – Each competitor begins with 2 points per section. A point is deducted for a hand down [?] poor landing. 2 points deducted if out of control bail.

ORDER OF PLAY

Player 1 moves through all 4 skills in succession with all 3 judges focussed on the skills as they happen. After player 1 has performed all of his / her 4 movements, player 2 may begin.

Each player must complete their movement within 60 seconds of announcing they are 'ready' at each station.

AT THE END

The top 3 scoring athletes are announced. 1st, 2nd and 3rd.



ADVANTAGE

This method of competitive format focuses on versatility and seeks to determine the best 'all round' athlete.

DISADVANTAGE

This competitive format does not focus on the roots of parkour flow and continuous movement.

3) Style

What is a Style competition?

Athletes hit the course with 3-minutes to utilize as they see fit.
Multiple heats can be used to allow for a semi-final, and finals format.

The focus is on the competitors' style of movement and skill levels utilizing the different elements of the course.

Parkour flow is encouraged as well as individual tricks and skills.

TIME	PLAYERS	SINGLES / DOUBLES
3 minutes per heat	Min 15	Singles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Individual	Competitive

Structure of Style

The following are some key tips for organizers:

PLAYERS

Players will have the opportunity to plan their runs on the course throughout the day (usually a minimum of 2 hours allotted time), prior to the Style round. They are encouraged to find unique "lines" that allow them to flow from one section of the course to another without interrupting their motion.

"Targets" are placed strategically around the course with players required to touch or "pass through" six targets to insure that they use multiple sections of the course and not merely those with which they feel most comfortable.

SCORING

3 Judges positioned with clear visibility of the entire course.

Scoring is based on judges' interpretation of:

Difficulty, Execution, Flow, Versatility [use of the environment? Parkour elements?] (Full Judging Criteria available on the Judges Criteria doc.)

ORDER OF PLAY

Players' order will be selected at random.

All Players have a MAXIMUM of 3 minutes to use for their run, but are not required to use all their allotted time and may decide for themselves when their run is complete with no automatic deduction from their score.



AT THE END

Style rounds are most commonly used for the event FINALS, though a semi-final style round may be included, in which case top players from the semi-finals proceed to the next round of game play.

Upon the completion of the final round, the top 3 scoring players are announced.

ADVANTAGE

The Style format encompasses most elements of parkour and freerunning and allows each athlete to express their skills and individuality.

DISADVANTAGE

The parkour speed element is not a focus of this competition format, therefore course design is crucial in this format to encourage use of parkour movement.

This format is judged subjectively and is therefore subject to the insight and integrity of the judges.

4) Speed

What is Speed competition?

Athletes are given a specific starting point, and must touch or “pass through” a set of numbered targets placed throughout the course on their way to a specific finish line. The competitors run the course one at a time, with the goal of completing the course in the fastest time. Since accurately timed runs are crucial to this format, organizers are strongly encouraged to use a laser timer to cut down on human error.

TIME	PLAYERS	SINGLES / DOUBLES
N/A	Min 15	Singles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Individual	Competitive

Structure of Speed

The following are some key tips for organizers:

PLAYERS

There is an option of having a number of different heats / rounds depending on how many competitors there are.

SCORING

The timing from start to finish is achieved with a laser timer gate.

ORDER OF PLAY

Players take it in turns and go when signalled after the previous player has finished their run and the time has been recorded.

AT THE END

Top 3 times are announced as 1st, 2nd and 3rd place.

ADVANTAGE



The main purpose of the Speed format is to ascertain who is the most efficient, fastest athlete on the course. The presumption is that athletes with the strongest “pure” parkour skills will excel versus those without those skills.

As with Alive After 5, the Speed Format is a very effective way to filter large numbers of early stage competitors down to fewer top tier athletes for the later quarter, semi or final rounds.

Scoring in this round is completely objective, eliminating the possibility of poor judgement on the part of the judges.

DISADVANTAGE

The Speed Format does not consider style or even skill as criteria for victory, beyond getting from one point to the other as fast as possible. This allows the possibility, especially among younger competitors, that a less skilled athlete could dominate based purely on physical size and strength.

5) Pairs Speed

What is Pairs Speed competition?

Athletes are given a specific starting point, and must touch or “pass through” a set of numbered targets placed throughout the course on their way to a specific finish line. Each Pairs Team will race together, side by side on identical courses [OR different start and finish points?] They only complete, once BOTH competitors reach their finish line. Their final time is determined by the mid-point between the two scores.

TIME	PLAYERS	SINGLES / DOUBLES
N/A	Min 16 (8 pairs)	Double
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Team	Competitive

Structure of Pairs Speed

The following are some key tips for organizers:

PLAYERS

There is an option of having a number of different heats / rounds depending on how many competitors there are.

SCORING

A laser timer gate is crucial to this pairs format to cut down on confusion and human error.

ORDER OF PLAY

Pairs proceed in turn after the previous pair has finished their run and their time has been recorded.

AT THE END

Top 3 teams are announced as 1st, 2nd and 3rd place.

ADVANTAGE

The main purpose of the Pairs Speed Format is to determine the most efficient, fastest pair of athletes on the course.



DISADVANTAGE

The Speed Format does not consider style or even skill as criteria for victory, beyond getting from one point to the other as fast as possible. This allows the possibility, especially among younger competitors, that less skilled athletes could dominate based purely on physical size and strength.

6) Duelling Speed

What is Duelling Speed competition?

Athletes are given a specific starting point, and must touch or “pass through” a set of numbered targets placed throughout the course on their way to a specific finish line. The athletes compete head-to-head on identical routes.

TIME	PLAYERS	SINGLES / DOUBLES
N/A	Min 16 (8 pairs)	Singles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Individual	Competitive

Structure of Duelling Speed

The following are some key tips for organizers:

PLAYERS

Any number of heats are allowed to accommodate greater numbers of competitors.

SCORING

The timing from start to finish should be determined with a laser timer gate.

ORDER OF PLAY

Each “Duelling” Pair begin their race after the previous two athletes have fully completed their run, and their times have been recorded.

AT THE END

The top three fastest competitors, who are also the winners of their heats, are announced as 1st, 2nd and 3rd place.

ADVANTAGE

The main purpose of the Duelling Speed format is to ascertain the most efficient, fastest athletes on the course. By duelling head-to-head, the athletes must deal with the added pressure of a direct competitor and push themselves to beat their opponent, It is also among the most visually exciting for viewers.

DISADVANTAGE

Speed Formats do not consider style or even skill as criteria for victory, beyond getting from one point to the other as fast as possible. This allows the possibility, especially among younger competitors, that less skilled athletes could dominate based purely on physical size and strength.



7-Pairs Battle

What is Pairs Battle competition?

The Pairs Battle is a dynamic, head-to-head, collaborative competition format.

Teams of 2 Athletes hit the course for five thirty-second 'rounds' per battle, going head to head with the opposing pairs. Competitors are encouraged to collaborate and complement their teammate's movement, demonstrating partnership "flair" to stand out and impress judges.

The teams are given an opportunity to 'one up' the other pairs after each round.

TIME	PLAYERS	SINGLES / DOUBLES
Five 30 second rounds	Min 16 (8 pairs)	Doubles
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Team	Competitive

Structure of Pairs Battle

The following are some key tips for organizers:

PLAYERS

The pairs are encouraged to compliment each other's style in this battle format to defeat their opposing pairs.

SCORING

3 Judges positioned with clear visibility of the entire course.

Scoring is based on judges' evaluation of:

Charisma. Skill. Execution. Difficulty. Creativity.

Best of 5 rounds proceeds to the next round of game play.

SCORESHEETS and CRITERIA

Every time a team satisfies a point of impression within the above scoring elements, the judge will mark an additional point scored.

ORDER OF PLAY

Each pair has 5 rounds of 30 seconds to defeat their opponents.

Players can collaborate for moments of flair or smash contrasting elements to maximise scoring.

Players should seek to stand out from the others focussing on the judging criteria elements.

All Players must fulfil each of the full 30-second rounds.

AT THE END

The pair that wins a minimum of 3 out of the 5 rounds will proceed to the next heat.

ADVANTAGE

The main purpose of the Pairs Battle format is to create a battle scenario competitive environment. This creates an edgy back and forth atmosphere of 'one up' skills and impression.

DISADVANTAGE

The scoring system is subjective and therefore open to judge interpretation and integrity.



It can also be difficult for judges to see everything that is happening at once, so course layout and judge positioning are crucial.

8) Relay

What is Relay competition?

The size of the course will dictate how many players there are per Relay Team.

This is a timed race, with each member of the team positioned at 'transfer points' across the course.

The 1st team member begins at the starting line, triggering the laser timer upon their take off.

The 1st member must overcome the obstacles between the starting line and the first "transfer point" then 'tag' his teammate before his team mate can leave his station to complete the next part of the course and so on, until the final member completes the final leg of the course.

TIME	PLAYERS	SINGLES / DOUBLES
N/A	Min 15	N/A
AGES	TEAM / INDIVIDUAL	OBJECTIVE
12+	Team	Competitive

Structure of Relay

The following are some key tips for organizers:

PLAYERS

Teams should focus on efficient tag exchanges where one-team members hits the other's out stretched hand before the next member can begin to run their part of the course.

SCORING

A laser timer is triggered on the 1st person's launch and ends with the final member reaching the finish point.

ORDER OF PLAY

Individual member will be stationed at each "transfer point" on the course, waiting to be 'tagged' by his or her preceding teammate. The team time is cumulative starting from the lead team member's starting point to the final member's finish.

AT THE END

Top 3 teams are announced as 1st, 2nd and 3rd.

ADVANTAGE

The teams may station their members throughout the course according to the individual's strengths and skills, e.g. bars, precisions, cat leaps, to maximize the team's overall speed and efficiency. This format therefore encourages strategic planning and team work.

DISADVANTAGE

Speed Formats do not consider style or even skill as criteria for victory, beyond getting from one point to the other as fast as possible. This allows the possibility, especially among younger competitors, that less skilled athletes could dominate based purely on physical size and strength.



