



AGU
Parkour
Asian
Online
Competition
1st



DIRECTIVE

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 **20 April to 10 July, 2024**.

DISCIPLINE	Parkour– Freestyle Men & Women
HOST COMMISSION	AGU Parkour Technical Commission 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 COMMITTEE	AGU Parkour Technical Commission Contact person: Judgement Issue= Mohammad Alatter Competition Issue= Kim Jiho Video Issue & format= Moutasem Alghuweri FIG License, Dates & Schedule= Kazuyoshi Hariya 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 Website: www.agu-gymnastics.com
DATES	April 20 – July 10, 2024
SYSTEM	Instagram URL: https://www.instagram.com/asian1st_onlinecomp?igsh=dzBicWUyNTVjMHcw&utm_source=qr
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 June 30, 2024).
ENTRY	Register as an athlete with FIG through NF Enter AGU PKC through NF <ul style="list-style-type: none"> • Fill out the prescribed application form (Nominative registration) • Put the video on the convention Instagram • Transfer the entry fee to AGU Parkour Technical Commission

<p>ENTRY FEES</p>	<p>Entry Fee is 30 USD per athlete. Before the time of the Definitive Registration 25 June 2024 100% of the Entry Fee must be paid to the Host Commission.</p> <p>The entry fees should be paid by bank transfer onto the account of AGU. Any bank charges will be shouldered by the delegation.</p> <p>*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).</p>
<p>COMPETITION FORMAT</p>	<p>The competition consists of Finals for men and women.</p> <p>Freestyle Finals The score is evaluated by FIG 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.</p> <p>Video Participation: Athletes must upload 1 videos on the Instagram for competition:</p> <ul style="list-style-type: none"> - The "unedited" video of 30 to 59 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 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 30 of June 2024 uploaded to the personal Instagram and posting the hashtag #AGUPK. Any video submitted after this date will not be accepted. <ul style="list-style-type: none"> - 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 (jumping from above 2.5 meters, rooftop runs, climbing buildings, or at risk to the general public), use of closed sites (condemned buildings), 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: <ol style="list-style-type: none"> 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.

	<p>A four-member review panel consisting of the Parkour Commission members and AGU staff will determine the eligible videos.</p> <p>✂If for some reason the system does not allow you to post the video on Instagram, you will be notified by e-mail(agu_pk@agu-gymnastics.com) of the situation and a video will be sent to AGU Parkour Technical Commission by e-mail.</p>
<p>RULES AND REGULATIONS</p>	<p>VIDEO ADVICE</p> <p>Video Specification: Resolution: 1080p Codec : H264 Bit rate : 10mb/s <>20 mb/s Video size : 150 MO maximum</p> <p>Audio : codec AAC ou PCM / Debit 192 kbit/s minimum Taux d'échantillonnage : 48 KHz</p> <p>General advice Check safety and conditions before filming.</p> <p>Use a quality camera</p> <ul style="list-style-type: none"> - Make sure the camera respects the video specification. (Most phones now have great filming capability). - High resolution makes footage look better. <p>Don't shoot into the sun</p> <ul style="list-style-type: none"> - 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! <p>Get attention</p> <ul style="list-style-type: none"> - The best-performing videos grab attention from the start. <p>Make your video the right size</p> <ul style="list-style-type: none"> - 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 <p>video formats are .MP4 and .MOV.</p> <p>ADVERTISING AND APPAREL RULES</p> <p>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.</p>

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 Committee.

**JUDGING
CRITERIA**

Judges

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

- Safety

Safety is affected by the landings and the closeness of the athletes' body to obstacles. The landings have to be controlled 1-4 points (feet and hands) landings, while also the closeness to the obstacles needs to be taken into account.

- Flow

The flow can be interrupted by stops, stutter-steps or hesitation

- Mastery

Being a master means being able of making difficult things look easy and giving them that extra thing (playfulness, style, fun... probably what many athletes would describe as creativity). Its base is solid technical quality of the single moves. It is defined by the Amplitude, the Style, the Speed and the Technique

Composition

- Variety

For the inclusion of one of the following categories, athletes get 0,5 points.

Category	Explanation
PK-Basics	All basic Parkour elements like precisions jumps, vaults, arm jumps, swings, slides, rolls, etc.
Spins	Rotation of the center of mass (COM) around a fix point. The fix point does belong to the athlete's body (for example a hand, foot, elbow ...).
Twists	Rotations along the longitudinal axis: Only counting when performing it in the air and at least 360 degrees.
Rotations forward	Forward rotation around the transvers axis. Only counting when it is performed in the air (flip).
Rotations backwards	Backward rotation around the transvers axis. Only counting when it is performed in the air (flip).
Rotations sideways	Sideways rotation around the depth axis. Only counting when it is performed in the air (flip).

- Use of obstacles

Use of a single obstacle to support the trick and line throughout the course.

- Connection

	<p>Running is necessary but counts as the worst connection. Connections are rated by their Density, Difficulty, Length and overall impression.</p> <p>Difficulty</p> <ul style="list-style-type: none"> - Use of space The judges are looking at the adaption abilities and the covered space as well as the athletes' performance site. Since all athletes do not have access to an ideal location, this factor is considered here. - Single Tricks Single Tricks are scaled before every competition by the judge's panel. - Whole run The difficulty of the whole run is defined by three main factors. <ol style="list-style-type: none"> 1. The density/number of difficult tricks 2. The length of the whole run 3. The placement of the difficult tricks 4. The difficulty of the final move of the run <p>Tie-breaking rules for the Freestyle ranking (use of FIG judges scores only)</p> <p>In case of a tie in points at any place in Finals, the ranking will be determined by the following criteria:</p> <ol style="list-style-type: none"> 1. The higher score for Execution 2. The higher score for Composition 3. The higher score for Difficulty 4. The average of all judges' scores given for Execution, without eliminating the highest and the lowest score 5. The average of all judges' scores given for Composition, without eliminating the highest and the lowest score 6. The average of all judges' scores given for Difficulty, without eliminating the highest and the lowest score <p>If there is still a tie, the tie will not be broken.</p> <p>For Prize money:</p> <p>If there is still a tie, the prize money of the tied ranks will be added and divided by the number of ties.</p>								
DELEGATION SIZE SENIORS	No limit.								
PROVISIONAL SCHEDULE	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">April 20, 2024 Start of application</td> <td style="width: 50%;"></td> </tr> <tr> <td>June 25, 2024 Entry fee transfer deadline</td> <td></td> </tr> <tr> <td>June 30, 2024 Application deadline and screening</td> <td></td> </tr> <tr> <td>July 10, 2024 Results announcement and awards</td> <td></td> </tr> </table>	April 20, 2024 Start of application		June 25, 2024 Entry fee transfer deadline		June 30, 2024 Application deadline and screening		July 10, 2024 Results announcement and awards	
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EVENT MANAGEMENT	AGU Parkour Technical Commission								
INSURANCE	It is the responsibility of the participating athletes and their NFs to provide insurance against performance.								
CANCELLATION POLICY	If an athlete does not compete as a result, the entry fee will not be refunded.								
PRIZE MONEY	Prize money for the top 3 in each discipline *Prize money will be awarded for 1st-3rd place, but the amount								

	will be determined by the number of entries.	
BANK ACCOUNT INFORMATION	IBAN : (QA53 QNBA 0000 0000 0787 0160 7600 1) Bank Name: Qatar National Bank (QNB) Swift Code: QNBAQQAQ Account Name: Asian Gymnastics Union The participating Federations are responsible for covering all bank fees in connection with the bank transfers.	
DEADLINES SUMMARY		
	Payment of Entry Fee	Before June 25 2024
	FIG athlete registration & acquisition of registration number	Before June 30 2024
	Nominative Registration Form	30 June 2024
	Application Form & Application Video	30 June 2024

Sincerely Yours,

Tokyo, 10th April 2024



A handwritten signature in black ink, consisting of a stylized 'h' followed by a long horizontal line that curves upwards and then downwards to the right.

Kazuyoshi Hariya
President of the AGU Parkour
Technical Commission