

FEDERATION INTERNATIONALE DE GYMNASTIQUE



PARKOUR WORLD CUP Coimbra (POR)

13-15 September 2024



WORK PLAN

TABLE OF CONTENTS:

Table of contents:	2
0. FOREWORD	3
1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE	3
2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)	4
3. PROVISIONAL PROGRAMME	4
4. SITE, PODIUM AND OBSTACLES	6
5. TRANSPORTATION and VISAS	6
6. ACCREDITATIONS	6
7. MEETINGS AND OTHER EVENTS	7
8. INSURANCE	7
9. ACCOMMODATIONS	7
10. NATIONAL IDENTIFICATION	8
11. COMPETITION	9
12. ANNOUNCEMENTS DURING COMPETITIONS	9
13. AWARD CEREMONIES	9
14. MEDICAL SERVICES	9
15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS	9
16. PRIZE MONEY	9
17. MEDIA AND TV	9
18. ANY OTHER USEFUL INFORMATION	10

0. FOREWORD

The Workplan for the FIG Parkour World Cup in Coimbra (POR) to be held from 13 September 2024 to 15 September 2024 (competition days) has been developed between the FIG Headquarters, the Parkour Commission and the LOC in accordance with the following FIG regulations and rules (as valid in 2024):

- Statutes
- Technical Regulations
- Judge's Rules (General and Specific)
- PK Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organisation of the Official FIG Competitions
- Anti-doping Rules
- Media Guideline
- License Rules
- Code of Ethics
- Code of Discipline
- and subsequent decisions of the FIG Executive Committee and Parkour Commission

All participating Federations and athletes commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the athletes, as well as the respective Regulations concerning "Insurance" art. 11.10 of the Technical Regulations.

1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

Fédération Internationale de Gymnastique (FIG)

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FIG Officials

President of the FIG Parkour Commission	Charles Perrière
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FIG Staff

PK Sports Events Manager	Jakub Koslacz
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2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)

Gymnastics Federation of Portugal

Contact Person: **João Marques**

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Associação Académica de Coimbra

Secção de Ginástica

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Contact Person: **Jorge Abrantes**

Mobile: +351 918 733 044

e-mail: parkour@coimbragymfest.org

website: <http://coimbragymfest.org/en/home/>

3. PROVISIONAL PROGRAMME

Note: No athlete may enter the field of play outside of his/her designated training or competition times. There is also no training permitted once the event is concluded. Non-compliance could lead to disqualification from the competition and/or FIG disciplinary action.

Wednesday, 11th September 2024

Arrival of Delegations

Thursday, 12th September 2024

08:00-09:00 Orientation meeting

10:00-11:00 Training Speed Men Group 1

11:00-12:00 Training Freestyle Men Group 1

12:00-13:00 Training Speed Men Group 2

13:00-14:00 Training Freestyle Men Group 2

14:00 -15:00 Training Speed Women Group 1

15:00-16:00 Training Freestyle Women Group 1

16:00-17:00 Training Freestyle Women Group 1

17:00-18:00 Training Freestyle Women Group 2

Friday, 13th September 2024

08:30-09:30 Training Speed Women Group 1

09:30-10:30 Training Speed Women Group 2

10:30-11:30 Training Speed Freestyle Men Group 1

11:30-12:30 Training Speed Freestyle Men Group 2

12:30–13:00 Opening Ceremony

13:00-13:30 Warm-Up Speed Women

13:30-14:00 Qualification Speed Women

14:00-14:30 Warm-Up Freestyle Men First Part

14:30-16:30 Qualification Freestyle Men First Part
16:30-17:00 Warm-Up Freestyle Men Second Part
17:00-19:00 Qualification Freestyle Men Second Part

Saturday, 14th September 2024

08:00 - 09:00 Training Freestyle Women
09:00 - 10:00 Training Speed Men Group 1
10:00 - 11:00 Training Speed Men Group 2
11:00 - 11:30 Warm-Up Freestyle Women
11:30 - 12:30 Qualification Freestyle Women
12:30 - 13:00 Warm-Up Speed Men
13:00 - 15:00 Qualification Speed Men
15:00 - 16:00 Training Speed Women
16:00 - 17:00 Training Freestyle Men
17:00-17:15 Touch Warm-Up Speed Women
17:15-17:30 Semi-Final Speed Women
17:30-17:45 Touch Warm-Up Freestyle Men
17:45-18:15 Final Freestyle Men
18:15-18:30 Touch Warm-Up Speed Woman
18:30-18:45 Final Speed Woman
18:45-19:00 Award Ceremony
16:30-17:00 Warm-Up Freestyle Men Second Part
17:00-19:00 Qualification Freestyle Men Second Part

Sunday, 15th September 2024

10:00-11:00 Training Speed Men
11:00-12:00 Training Freestyle Women

14:00-14:30 Warm-Up Speed Men
14:30-15:00 Warm-up Freestyle Women
15:00-15:15 Touch Warm-Up Speed Men
15:15-15:30 Semi-Final Speed Men
15:30-15:45 Touch Warm-Up Freestyle Women
15:45-16:15 Final Freestyle Women
16:15-16:30 Touch Warm-Up Speed Men
16:30-16:45 Final Speed Men
16:45-17:00 Award Ceremony

- **Monday, 16th September 2024**

Departure

4. SITE, PODIUM AND OBSTACLES

The podium has a dimension of 45x10x1m
The obstacles are provided by Ruster
A warm-up / stretching area is located next to the podium.

5. TRANSPORTATION AND VISAS

Please refer to the directives for details on International Transportations and Visas.

Arrivals/Departures

International Arrivals/Departures - Porto Airport

- Full Pack Accommodation or Separate Items (transport) - Transportation provided by LOC, on September 11 (arrival) and September 16 (departure);

- Arrivals and departures on other days or using Lisbon airport should consult:

--- Train -

<https://www.cp.pt/passageiros/en/buy-tickets>

--- Bus -

<https://rede-expressos.pt/en/timetables>

Urban transport

- Hotel Vila Galé Coimbra, Hotel Dona Inês and Hotel D. Luís - dedicated urban transfer with continuous circulation and timetable to be provided;

- River Suites, Ibis Hotel and Hotel Vitória - No transportation will be available between the hotel and the FoP (10 minutes' walk).

6. ACCREDITATIONS

Access to the area Field of Play dedicated to Parkour will be given only to authorized persons (accreditation).

The accreditation is personal, non-transferable and compulsory to control access to training, competition area. It identifies individuals participating in the Parkour World Cup and ensures controlled access to each area. All participants and officials are required at all times, to wear Accreditation Cards and respect those personnel responsible for monitoring entry.

Accreditation will take place upon arrival on site.

Plan to access to the accreditations area is in the Appendix.

The FIG Accreditation Rules will be strictly applied, notably as far as the number of accreditations per federations is concerned. Any additional person is considered as a spectator.

Accreditations will not be delivered unless all financial and insurance obligations have been met.

Please present to the accreditation with your passport or ID. Copies of the delegation member's valid passport will be made by the LOC. Please refer to the FIG license rules for further information.

In case of lost or stolen accreditation, the Organising Committee must be informed immediately to block the accreditation. Lost or stolen accreditations may be replaced at the charge of the card holder (€ 50).

The FIG Accreditation rules have to be strictly respected. This accreditation may not be transferred during an event.

7. MEETINGS AND OTHER EVENTS

Orientation Meeting

The Orientation Meeting held in English will take place **Thursday 12 September 2024 at 8:00 am** (Appendix). The drawing of lots for the starting order will take place at the end of the Orientation meeting.

Important and detailed information concerning the organisation will be provided by the FIG.

Participation is compulsory for 1 representative maximum per National Federation (athletes, heads of delegation or coaches).

Judges' Instructions, Briefings.

All the judges are required to take part in this instruction and in all subsequent briefings. Judges who do not participate will not be authorised to judge.

8. INSURANCE

The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.

Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay

Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 45€ (forty-five euros) per person/day.

9. ACCOMMODATIONS

The cost is person/night and includes (Package):

- Room
- Breakfast (Hotel) + lunch + dinner
- Banquet
- Transfer from Porto Airport to Hotel/ Field of Play and back
- Daily transportation from Hotel to Field of Play and back

Hotel Vila Galé Coimbra ****

The costs in this hotel are as follows (the cost is per person/night)

185€ (single)

155€ (double)

140€ (triple)

Hotel Dona Inês ****

The costs in this hotel are as follows (the cost is per person/night)

175€ (single)

150€ (double)

135€ (triple)

Hotel D. Luís ***

The costs in this hotel are as follows (the cost is per person/night)

160€ (single)

135€ (double)

115€ (triple)

River Suites * / Hotel Mondego *** (walk distance)**

The costs in this hotel are as follows (the cost is per person/night)

160€ (single)

135€ (double)

115€ (triple)

Ibis Hotel ** / Hotel Vitória ** (walk distance)

The costs in this hotel are as follows (the cost is per person/night)

145€ (single)

130€ (double)

105€ (triple) (only Hotel Vitória)

The accommodation is at the costs of the National Federations for their participants (except the athletes invited by the FIG).

For the invited athletes, rooms are booked and paid by FIG.

10. NATIONAL IDENTIFICATION

All competitors must show an identification of their country on their competition attire.

This identification must be according to the following guidelines:

- be in the form of a flag (in official colours) or the country name (not to be combined). The country name can be abbreviated with the FIG 3-letter federation code or in full
- the minimum overall area is 30 sq.cm – the national emblem or crest, if the country has one, or its coat of arms, may be worn in addition to the required flag or country name
- the uniform may be designed in the national colours and portray the national identity in addition to the required flag or country name
- National identification must appear on the athlete at least one time, with no limit to frequency – Placement is optional
- The athlete's name may not appear on the uniform
- be in the form of a badge, sewn on, or affixed by numerous other methods in a safe and secure manner

The identification may appear as follows:

- Men's competition shirt: anywhere
- Men's shorts or pants: anywhere
- Women's competition shirt: anywhere
- Women's shorts or tights: anywhere

National identification is not advertising. The national identification size on the track suit is not regulated

11. COMPETITION

Competitions will be conducted in accordance with the 2024 FIG Technical Regulations including Section 7 for PK, the current PK COP and other technical directives of the FIG.

Athletes' drawing of lots

The drawing of lots will take place during the Orientation meeting

Timing and Scoring

The scoring system is provided by RawMotion.

12. ANNOUNCEMENTS DURING COMPETITIONS

During the competitions, the announcements will be made in Portuguese and in English.

13. AWARD CEREMONIES

The awards ceremonies will be held immediately after the finals. The athletes are requested to attend.

14. MEDICAL SERVICES

The LOC. will provide first aid medical services. A team of physiotherapists will be present during the competition.

15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS

The Local Organizing Committee is in charge of doping controls. This doping control can take place at any moment between the arrival of the athlete and his departure.

16. PRIZE MONEY

During the World Cup in Coimbra, the Prize Money will be paid by the FIG as follows:

Speed Running		Freestyle	
Ranking	Total of 15 000 CHF	Ranking	Total of 15 000 CHF
1	7000	1	7000
2	5000	2	5000
3	3000	3	3000

17. MEDIA AND TV

Cameras and video recording

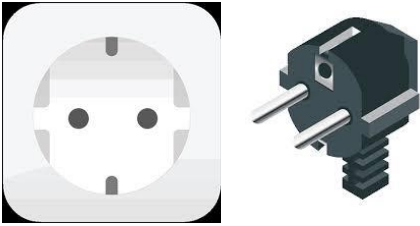
All runs will be recorded in high definition by digital video cameras.

In order to protect television rights, personal video or TV cameras and recording is prohibited. The only exceptions are the host broadcaster, and the 2 video cameras for judging purpose.

Photos may be taken.

18. ANY OTHER USEFUL INFORMATION

Plugs / sockets used in Portugal



Currency

The currency in Portugal is the euro.

Weather in Coimbra in September

Min 14°C - Max 27°C

UTC+1

Appendices

Appendix 1- Venue Plan

Appendix 2- Schedule

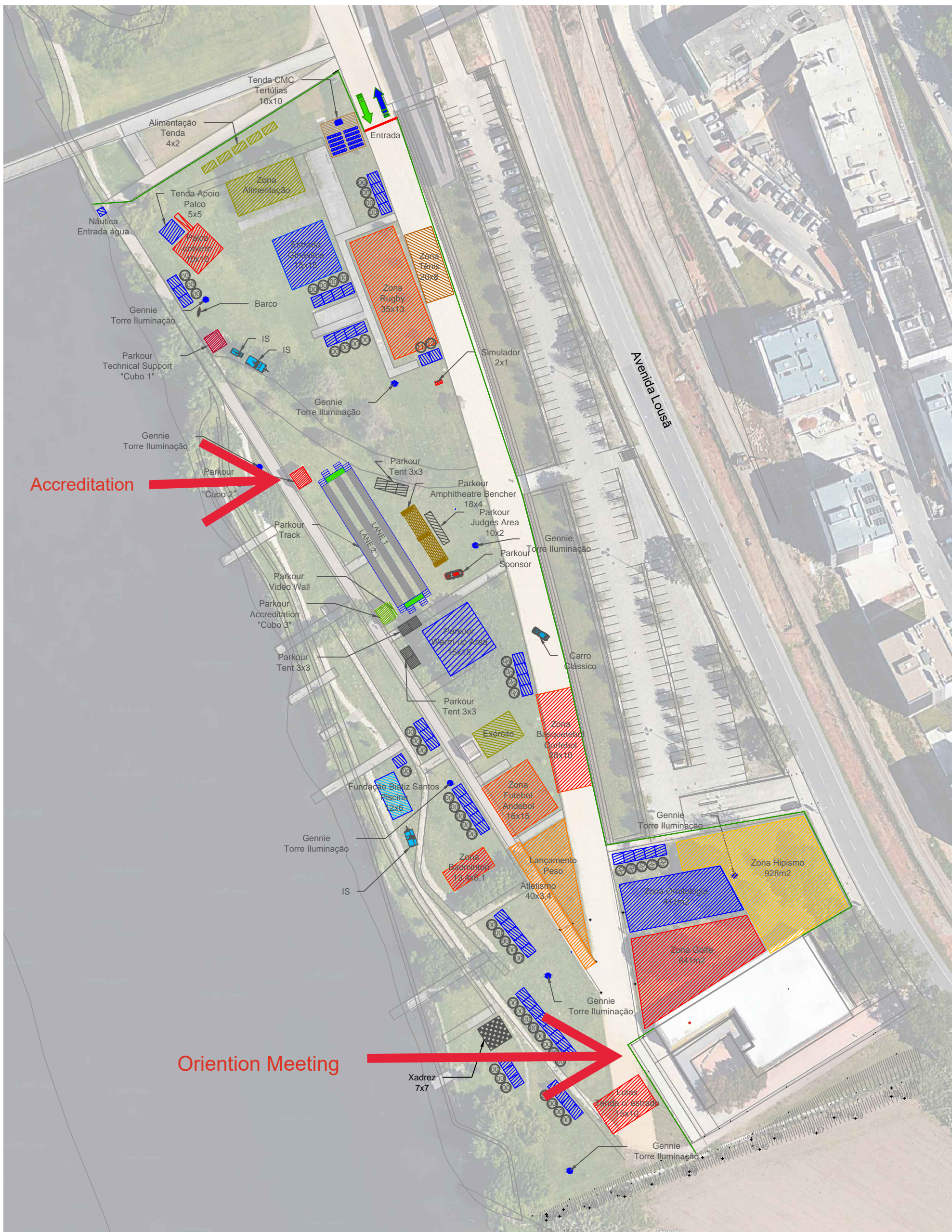
Appendix 3- Table of Tricks 2024

Appendix 4- Group Training Men

Appendix 5- Group Training Women

Appendix 6- Bus Itinerary Map

Appendix 7- Bus Schedule



PARKOUR World Cup Coimbra 2024						
	Wednesday 11 September 2024	Thursday 12 September 2024	Friday 13 September 2024	Saturday 14 September 2024	Sunday 15 September 2024	
08:00:00	ARRIVAL OF DELEGATION	ORIENTATION MEETING		Training Freestyle Women		
08:15:00						
08:30:00			Training Speed Women Gr1			
08:45:00						
09:00:00					Training Speed Men Gr1	
09:15:00						
09:30:00			Training Speed Women Gr2			
09:45:00						
10:00:00			Training Speed Men Gr1		Training Speed Men Gr2	Training Speed Men
10:15:00						
10:30:00			Training Freestyle Men Gr1			
10:45:00						
11:00:00			Training Freestyle Men Gr1		Warm-up Freestyle Women	Training Freestyle Women
11:15:00						
11:30:00			Training Freestyle Men Gr2		Qualification Freestyle Women	
11:45:00						
12:00:00			Training Speed Men Gr2			BREAK
12:15:00						
12:30:00			Opening Ceremony		Warm-up Speed Men	
12:45:00						
13:00:00			Training Freestyle Men Gr2	Warm-up Speed Women	Qualification Speed Men	
13:15:00						
13:30:00			Qualification Speed Women			
13:45:00						
14:00:00			Training Speed Women Gr1	Warm-up Freestyle Men Gr1		
14:15:00						Warm-up Speed Men
14:30:00				Qualification Freestyle Men Gr1		
14:45:00						Warm-up Freestyle Women
15:00:00			Training Freestyle Women Gr1		Training Speed Women	
15:15:00						Touch Warm-up Speed Men
15:30:00						Semi-Final Speed Men
15:45:00						Touch Warm-up Freestyle Women
16:00:00			Training Speed Women Gr2		Training Freestyle Men	FINAL Freestyle Women
16:15:00						
16:30:00			Warm-up Freestyle Men Gr2		Touch Warm-up Speed Men	
16:45:00					FINAL Speed Men	
17:00:00		Training Freestyle Women Gr2	Qualification Freestyle Men Gr2	Touch Warm-up Speed Women	Award Ceremony	
17:15:00				Semi-Final Speed Women		
17:30:00				Touch Warm-up Freestyle Men		
17:45:00				FINAL Freestyle Men		
18:00:00						
18:15:00				Touch Warm-up Speed Women		
18:30:00				FINAL Speed Women		
18:45:00				Award Ceremony		
19:00:00						

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 to 1 overall	Good flow	Smoothly connected run with a good rhythm. Moves are used absorb, transform and guide the energy from the run.

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
<i>Running</i>	0	
<i>PK Basics</i>	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	
<i>FR Basics</i>	0.8	Cartwheel, Swing 180, Rail Flare (Italian Job)
	0.9	Safety Spin, Pistol Spin,
	1	Palmspin, Fronthandspring
<i>Single Flips</i>	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	
	1.7	Swing Frontflip, A-180, B-360
<i>Single Twists</i>	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
	2.7	A-540, B-720, Gainer 360, Roll Bomb
<i>Double Twists</i>	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		
<i>Triple Twists and double flips</i>	4.1	Swing Double Gainer, Swing Cast Away Backflip 360
	4.2	
	4.3	
	4.4	Cast Gainer, Double Sideflip, Tsukahara/Cartahara, Macaco-in, Wall Gainer 360

	4.5	Double Frisbee, Double Pistol Frisbee
	4.6	
	4.7	Caster Double Gainer, Gainer 720
	4.8	
	4.9	
	5	Double Backflip, Backflip 1080,
	5.1	Swing Double Gainer 360, Triple Cork, A-180-in-Backflip-out, Tsukahara 360, 360 Kong Gainer, Gaet Pimp Double Backflip
	5.2	
	5.3	Double Frontflip, Kong Gainer 360
	5.4	
	5.5	
	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 and Triple Flips	7.2	Swing Triple Gainer, Swing Miller
	7.3	
	7.4	
	7.5	Backflip 1440,
	7.5+	

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	Points	Examples
<i>Running</i>	0	
<i>PK Basics</i>	0.1	Stride
	0.2	Drop
	0.3	Precision Jump, Safety Vault
	0.4	Plyo, Speed Vault
	0.5	Tic Tac, Lazy Vault
	0.6	Thief Vault
	0.7	Side Vault, Pole Swing
	0.8	Pop Vault, Splat, Roll, Gate Vault
	0.9	
	1	
	1.1	Wallrun, Arm Jump, Tap Swing, Kong Vault, Turn Vault, Reverse Vault, Kash Vault, Dash Vault, Underbar
<i>FR Basics</i>	1.2	Cartwheel, Swing 180, Rail Flare (Italian Job)
	1.3	
	1.4	Safety Spin, Pistol Spin,
	1.5	Palmspin, Fronthandspring
	1.6	
	<i>Single Flips</i>	1.7
1.8		Wall Backflip, Frisbee, Dyno, Butterfly
1.9		
2		Baby Giant
2.1		Caster Gainer, Aerial
2.2		
2.3		Backflip, Frontflip, Sideflip,
2.4		
2.5		
<i>Single Twists</i>		2.6
	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		
<i>Double Twists</i>	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
5.1		

	5.2	
	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 and double flips	6.2	Swing Double Gainer, Swing Cast Away Backflip 360
	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+	

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 <i>Double Swing Gainer</i> out of a <i>Giant</i> counts more than a <i>Double Swing Gainer</i> out of a support position or <i>Bar Kip</i>
Exit	A <i>Sideflip precision</i> to a bar scores higher than a <i>Sideflip</i> off a box

Note!

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

Groupe 1 Speed			Groupe 2 Speed		
ARG	Santino	GIMENEZ	AUT	Tobias	KAHOFER
ARG	Ismael	VAZQUEZ	BUL	Lachezar	IVANOV
BEL	Alexandre	BERTEOTTI	COL	Carlos	PENA
BEL	Adrien	LAURENT	CZE	Jaroslav	CHUM
BEL	Jonathan	VANBELLIGHEN	CZE	Antonin	KOLENOVSKY
ITA	Luca	DEMARCHI	CZE	Marek	MORAVEC
ITA	Andrea	CONSOLINI	CZE	Martin	CHROMECEK
ITA	Giulio	DE CAROLIS	CZE	Martin	VESELY
JOR	Mohammad	AZAZMEH	FRA	Sacha	FONTAINE
JOR	Ahmad	BADWAN	FRA	Virgile	BESNARD
JOR	Hamza	BDEIR	GER	Andreas	HAUG
MEX	Javier	RODRIGUEZ	GRE	Dimitrios	KYRSANIDIS
MEX	Andres	FIERRO	GRE	Nikolaos	KARAPETSAS
MEX	Santiago	JUAREZ	GRE	Ioakeim	THEODORIDIS
MEX	Sebastian	GALVAN	GRE	Marios	XERRAS
NOR	Jens-Olav Grunnvoll	DE MORAES-STENE	GRE	Ioannis	DELAPORTAS
PHI	Justin	SUBITO	NED	Liziano	OSTIANA
PHI	John Dave	VENICO	NED	Tangui	VAN SCHINGEN
POR	Paulo	RODRIGUES	NED	Koen	HEIJNEN
POR	Bernardo Miguel	COELHO	NED	Siebe	VAN DE SPIJKER
SVK	Esteban	MALAGA	SUI	Caryl	CORDT MOLLER
SVK	Bruno	KLEMBALA	SUI	Cyrill	TANNER
SVK	Marko	SPUSTA	SUI	Linus	EGLI
SVK	Robert	KOSARKO	SUI	Christian	HARMAT
UKR	Bohdan	KOLMAKOV	USA	Matthew Spencer	HADLEY
			USA	George	MUNRO

Groupe 1 Freestyle			Groupe 2 Freestyle		
ARG	Santino	GIMENEZ	AUT	Tobias	KAHOFER
ARG	Ismael	VAZQUEZ	CZE	Antonin	KOLENOVSKY
BEL	Alexandre	BERTEOTTI	CZE	Marek	MORAVEC
BEL	Rafael	FERNANDEZ	DEN	Viktor	BANNEBJERG
BEL	Maxime	KNAEPEN	FRA	Nathanael	TRIER
BEL	Ward	BERGMANS	FRA	Eloan	HITZ
ITA	Giulio	DE CAROLIS	GER	Simon	WENING
ITA	Lautaro	CHIALVO BANTLE	GRE	Dimitrios	KYRSANIDIS
ITA	Fausto	VICARI	GRE	Elvind	TAFILI
ITA	Davide	RIZZI	GRE	Nikolaos	KARAPETSAS
JOR	Mohammad	AZAZMEH	GRE	Ioakeim	THEODORIDIS
JOR	Hamza	BDEIR	NED	Jai	BOS
JOR	Zakaria	ALI	NED	Tangui	VAN SCHINGEN
JPN	Masahito	SEKI	NED	Jim	VAN NES
MEX	Sebastian	GALVAN	NED	Koen	HEIJNEN
MEX	Mauricio	HUERTA	POL	Krystian	KOWALEWSKI
MEX	Oscar	CAPISTRAN	SUI	Fabio	PATERLINI
NOR	Jens-Olav Grunnvoll	DE MORAES-STENE	SWE	Elis	TORHALL
PHI	Justin	SUBITO	SWE	Vincent	FROIANTS
PHI	John Dave	VENICO	USA	Aiden	RUDOLPH
POR	Bernardo Miguel	COELHO	USA	George	MUNRO
SVK	Robert	KOSARKO	USA	Jayden	HARRIS
SVK	Jakub	VAVRIK	USA	Matthew Spencer	HADLEY
UKR	Bohdan	KOLMAKOV	USA	Shea	RUDOLPH

Groupe 1 Speed			Groupe 2 Speed		
BEL	Evelien	ROSIER	ARG	Sara	BANCHOFF TZANCOFF
COL	Katerine	VALENCIA	BUL	Kseniya	MOMCHILOVA
CZE	Bara	KRCMAROVA	ESP	Marta	GUTIERREZ
MEX	Ella	BUCIO	ESP	Stefanny	NAVARRO
MEX	Raquel	OLSON	GRE	Viktoria	GEORGOULAKI TZANNETOU
MEX	Marlene	CORONEL	NED	Noa	MAN
POR	Carolina	LUCAS	SWE	Miranda	TIBBLING
POR	Filipa	MENESES	USA	Brittney	DURANT
SUI	Oxana	BATSCHER	USA	Audrey	JOHNSON
SUI	Eva	TOGNI	USA	Dara	DE PAOLO

Groupe 1 Freestyle			Groupe 2 Freestyle		
COL	Katerine	VALENCIA	ARG	Sara	BANCHOFF TZANCOFF
CZE	Bara	KRCMAROVA	ESP	Marta	GUTIERREZ
CZE	Adela	MERKOVA	GER	Davina	FISSELER
CZE	Vendula	MERKOVA	GRE	Viktoria	GEORGOULAKI TZANNETOU
MEX	Ella	BUCIO	JPN	Nene	NAGAI
MEX	Barbara	GUZMAN	NED	Noa	MAN
POR	Carolina	LUCAS	SWE	Miranda	TIBBLING
POR	Filipa	MENESES	USA	Brittney	DURANT
SUI	Letizia Michela Cecilia	CRIVELLI	USA	Audrey	JOHNSON

Coimbra Gym Fest – 2024 – Parkour World Cup - 11 a 15 de setembro

Circuito Urbano

Distância: 12.72 km

Sentido: Anti-Horário



BUS CIRCUIT

September 11th - Wednesday – From 11:00 to 22:00

	Hotel Vila Galé		Bus Stop 1 (Meals)		Bus Stop 2 Venue (Parque Verde)		Hotel D.Luís		Bus Stop 3 Venue (Parque Verde)		Bus Stop 4 (Meals)		Hotel Vila Galé
	11:00	➔	11:08	➔	11:15	➔	11:20	➔	11:30	➔	11:40	➔	11:45
	11:45	➔	11:53	➔	12:00	➔	12:05	➔	12:15	➔	12:25	➔	12:30
	12:30	➔	12:38	➔	12:45	➔	12:50	➔	13:00	➔	13:10	➔	13:15
	13:15	➔	13:23	➔	13:30	➔	13:35	➔	13:45	➔	13:55	➔	14:00
	14:00	➔	14:08	➔	14:15	➔	14:20	➔	14:30	➔	14:40	➔	14:45
	14:45	➔	14:53	➔	15:00	➔	15:05	➔	15:15	➔	15:25	➔	15:30
	15:30	➔	15:38	➔	15:45	➔	15:50	➔	16:00	➔	16:10	➔	16:15
	16:15	➔	16:23	➔	16:30	➔	16:35	➔	16:45	➔	16:55	➔	17:00
	17:00	➔	17:08	➔	17:15	➔	17:20	➔	17:30	➔	17:40	➔	17:45
	17:45	➔	17:53	➔	18:00	➔	18:05	➔	18:15	➔	18:25	➔	18:30
	18:30	➔	18:38	➔	18:45	➔	18:50	➔	19:00	➔	19:10	➔	19:15
	19:15	➔	19:23	➔	19:30	➔	19:35	➔	19:45	➔	19:55	➔	20:00
	20:00	➔	20:08	➔	20:15	➔	20:20	➔	20:30	➔	20:40	➔	20:45
	20:45	➔	20:53	➔	21:00	➔	21:05	➔	21:15	➔	21:25	➔	21:30
	21:30	➔	21:38	➔	21:45	➔	21:50	➔	22:00	➔	22:10	➔	22:15

BUS CIRCUIT

September 12th - Thursday – From 07:00 to 22:00

	Hotel Vila Galé		Bus Stop 1 (Meals)		Bus Stop 2 Venue (Parque Verde)		Hotel D.Luís		Bus Stop 3 Venue (Parque Verde)		Bus Stop 4 (Meals)		Hotel Vila Galé
	7:00	➔	7:08	➔	7:15	➔	7:20	➔	7:30	➔	7:40	➔	7:45
	7:45	➔	7:53	➔	8:00	➔	8:05	➔	8:15	➔	8:25	➔	8:30
	8:30	➔	8:38	➔	8:45	➔	8:50	➔	9:00	➔	9:10	➔	9:15
	9:15	➔	9:23	➔	9:30	➔	9:35	➔	9:45	➔	9:55	➔	10:00
	10:00	➔	10:08	➔	10:15	➔	10:20	➔	10:30	➔	10:40	➔	10:45
	10:45	➔	10:53	➔	11:00	➔	11:05	➔	11:15	➔	11:25	➔	11:30
	11:30	➔	11:38	➔	11:45	➔	11:50	➔	12:00	➔	12:10	➔	12:15
	12:15	➔	12:23	➔	12:30	➔	12:35	➔	12:45	➔	12:55	➔	13:00
	13:00	➔	13:08	➔	13:15	➔	13:20	➔	13:30	➔	13:40	➔	13:45
	13:45	➔	13:53	➔	14:00	➔	14:05	➔	14:15	➔	14:25	➔	14:30
	14:30	➔	14:38	➔	14:45	➔	14:50	➔	15:00	➔	15:10	➔	15:15
	15:15	➔	15:23	➔	15:30	➔	15:35	➔	15:45	➔	15:55	➔	16:00
	16:00	➔	16:08	➔	16:15	➔	16:20	➔	16:30	➔	16:40	➔	16:45
	16:45	➔	16:53	➔	17:00	➔	17:05	➔	17:15	➔	17:25	➔	17:30
	17:30	➔	17:38	➔	17:45	➔	17:50	➔	18:00	➔	18:10	➔	18:15
	18:15	➔	18:23	➔	18:30	➔	18:35	➔	18:45	➔	18:55	➔	19:00
	19:00	➔	19:08	➔	19:15	➔	19:20	➔	19:30	➔	19:40	➔	19:45
	19:45	➔	19:53	➔	20:00	➔	20:05	➔	20:15	➔	20:25	➔	20:30
	20:30	➔	20:38	➔	20:45	➔	20:50	➔	21:00	➔	21:10	➔	21:15
	21:15	➔	21:23	➔	21:30	➔	21:35	➔	21:45	➔	21:55	➔	22:00

BUS CIRCUIT

September 13th - Friday – From 08:00 to 22:00

	Hotel Vila Galé		Bus Stop 1 (Meals)		Bus Stop 2 Venue (Parque Verde)		Hotel D.Luís		Bus Stop 3 Venue (Parque Verde)		Bus Stop 4 (Meals)		Hotel Vila Galé
	7:30	→	7:38	→	7:45	→	7:50	→	8:00	→	8:10	→	8:15
	8:15	→	8:23	→	8:30	→	8:35	→	8:45	→	8:55	→	9:00
	9:00	→	9:08	→	9:15	→	9:20	→	9:30	→	9:40	→	9:45
	9:45	→	9:53	→	10:00	→	10:05	→	10:15	→	10:25	→	10:30
	10:30	→	10:38	→	10:45	→	10:50	→	11:00	→	11:10	→	11:15
	11:15	→	11:23	→	11:30	→	11:35	→	11:45	→	11:55	→	12:00
	12:00	→	12:08	→	12:15	→	12:20	→	12:30	→	12:40	→	12:45
	12:45	→	12:53	→	13:00	→	13:05	→	13:15	→	13:25	→	13:30
	13:30	→	13:38	→	13:45	→	13:50	→	14:00	→	14:10	→	14:15
	14:15	→	14:23	→	14:30	→	14:35	→	14:45	→	14:55	→	15:00
	15:00	→	15:08	→	15:15	→	15:20	→	15:30	→	15:40	→	15:45
	15:45	→	15:53	→	16:00	→	16:05	→	16:15	→	16:25	→	16:30
	16:30	→	16:38	→	16:45	→	16:50	→	17:00	→	17:10	→	17:15
	17:15	→	17:23	→	17:30	→	17:35	→	17:45	→	17:55	→	18:00
	18:00	→	18:08	→	18:15	→	18:20	→	18:30	→	18:40	→	18:45
	18:45	→	18:53	→	19:00	→	19:05	→	19:15	→	19:25	→	19:30
	19:30	→	19:38	→	19:45	→	19:50	→	20:00	→	20:10	→	20:15
	20:15	→	20:23	→	20:30	→	20:35	→	20:45	→	20:55	→	21:00
	21:00	→	21:08	→	21:15	→	21:20	→	21:30	→	21:40	→	21:45
	21:45	→	21:53	→	22:00	→	22:05	→	22:15	→	22:25	→	22:30

BUS CIRCUIT

September 14th - Friday – From 07:00 to 22:00

	Hotel Vila Galé		Bus Stop 1 (Meals)		Bus Stop 2 Venue (Parque Verde)		Hotel D.Luís		Bus Stop 3 Venue (Parque Verde)		Bus Stop 4 (Meals)		Hotel Vila Galé
	7:00	➔	7:08	➔	7:15	➔	7:20	➔	7:30	➔	7:40	➔	7:45
	7:45	➔	7:53	➔	8:00	➔	8:05	➔	8:15	➔	8:25	➔	8:30
	8:30	➔	8:38	➔	8:45	➔	8:50	➔	9:00	➔	9:10	➔	9:15
	9:15	➔	9:23	➔	9:30	➔	9:35	➔	9:45	➔	9:55	➔	10:00
	10:00	➔	10:08	➔	10:15	➔	10:20	➔	10:30	➔	10:40	➔	10:45
	10:45	➔	10:53	➔	11:00	➔	11:05	➔	11:15	➔	11:25	➔	11:30
	11:30	➔	11:38	➔	11:45	➔	11:50	➔	12:00	➔	12:10	➔	12:15
	12:15	➔	12:23	➔	12:30	➔	12:35	➔	12:45	➔	12:55	➔	13:00
	13:00	➔	13:08	➔	13:15	➔	13:20	➔	13:30	➔	13:40	➔	13:45
	13:45	➔	13:53	➔	14:00	➔	14:05	➔	14:15	➔	14:25	➔	14:30
	14:30	➔	14:38	➔	14:45	➔	14:50	➔	15:00	➔	15:10	➔	15:15
	15:15	➔	15:23	➔	15:30	➔	15:35	➔	15:45	➔	15:55	➔	16:00
	16:00	➔	16:08	➔	16:15	➔	16:20	➔	16:30	➔	16:40	➔	16:45
	16:45	➔	16:53	➔	17:00	➔	17:05	➔	17:15	➔	17:25	➔	17:30
	17:30	➔	17:38	➔	17:45	➔	17:50	➔	18:00	➔	18:10	➔	18:15
	18:15	➔	18:23	➔	18:30	➔	18:35	➔	18:45	➔	18:55	➔	19:00
	19:00	➔	19:08	➔	19:15	➔	19:20	➔	19:30	➔	19:40	➔	19:45
	19:45	➔	19:53	➔	20:00	➔	20:05	➔	20:15	➔	20:25	➔	20:30
	20:30	➔	20:38	➔	20:45	➔	20:50	➔	21:00	➔	21:10	➔	21:15
	21:15	➔	21:23	➔	21:30	➔	21:35	➔	21:45	➔	21:55	➔	22:00

BUS CIRCUIT

September 15th - Sunday – From 09:00 to 23:00

	Hotel Vila Galé		Bus Stop 1 (Meals)		Bus Stop 2 Venue (Parque Verde)		Hotel D.Luís		Bus Stop 3 Venue (Parque Verde)		Bus Stop 4 (Meals)		Hotel Vila Galé
	9:00	→	9:08	→	9:15	→	9:20	→	9:30	→	9:40	→	9:45
	9:45	→	9:53	→	10:00	→	10:05	→	10:15	→	10:25	→	10:30
	10:30	→	10:38	→	10:45	→	10:50	→	11:00	→	11:10	→	11:15
	11:15	→	11:23	→	11:30	→	11:35	→	11:45	→	11:55	→	12:00
	12:00	→	12:08	→	12:15	→	12:20	→	12:30	→	12:40	→	12:45
	12:45	→	12:53	→	13:00	→	13:05	→	13:15	→	13:25	→	13:30
	13:30	→	13:38	→	13:45	→	13:50	→	14:00	→	14:10	→	14:15
	14:15	→	14:23	→	14:30	→	14:35	→	14:45	→	14:55	→	15:00
	15:00	→	15:08	→	15:15	→	15:20	→	15:30	→	15:40	→	15:45
	15:45	→	15:53	→	16:00	→	16:05	→	16:15	→	16:25	→	16:30
	16:30	→	16:38	→	16:45	→	16:50	→	17:00	→	17:10	→	17:15
	17:15	→	17:23	→	17:30	→	17:35	→	17:45	→	17:55	→	18:00
	18:00	→	18:08	→	18:15	→	18:20	→	18:30	→	18:40	→	18:45
	18:45	→	18:53	→	19:00	→	19:05	→	19:15	→	19:25	→	19:30
	19:30	→	19:38	→	19:45	→	19:50	→	20:00	→	20:10	→	20:15
	20:15	→	20:23	→	20:30	→	20:35	→	20:45	→	20:55	→	21:00
	21:00	→	21:08	→	21:15	→	21:20	→	21:30	→	21:40	→	21:45
	21:45	→	21:53	→	22:00	→	22:05	→	22:15	→	22:25	→	22:30
	22:30	→	22:38	→	22:45	→	22:50	→	23:00	→	23:10	→	23:15