

# GNZ PARKOUR WHĀNAU GUIDE

2023 - 2024

A guide to the national GNZ Parkour  
competitive programme in New Zealand



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## Introduction to Handbook

This handbook is to provide a guide to the national GNZ Parkour competitive programme in New Zealand.

Parkour is a style of movement where obstacles are overcome using efficient movements such as running, climbing, and jumping. Parkour can be summed up as the art of getting from one point to another by respecting one key principle: efficiency and fluidity.

Parkour was developed as a training method but over time it has inspired diverse sporting events, action movies, gaining many followers. Parkour has now been established as a Federation of International Gymnastics Sports along with the Gymnastics disciplines.

While Parkour is not gymnastics there are many terms that are recognisable such as shapes like tuck and pike that are consistent across the gymnastics sports. Bar skills like casts and flyaway will also be familiar to many. The term vault is also common, but Parkour takes vaulting to a whole new level.

## Gymnastics New Zealand

Gymnastics New Zealand is the National Body for Gymnastics and are responsible for working with Technical committees to outline the New Zealand rules and regulations for each one of its codes. Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, this can be through the Relationship Management team, Education Team, Tours, or the office for purchasing stock etc. Clubs are required to be a member of Gymnastics NZ to compete in the National competitive programmes. Please see below the current strategic plan for the organisation.

## Gymnastics New Zealand Code of Behaviour

Please refer to the GNZ website for the most up to date version - [Regulations and Policies | GymnasticsNZ](#)  
The Gymnastics New Zealand Code of Behaviour applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics New Zealand or an affiliated club or organisation.

1. **Respect the rights, dignity and worth of every individual athlete as a human being.** Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.
2. **Protect athletes from all forms of abuse.** Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safe guarding and Child Protection Policy.

3. **Provide a safe environment for training and competition.** Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.
4. **Make a commitment to providing a quality service for all athletes.** Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.
5. **Maintain a high standard of integrity.** Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.
6. **Be a positive role model for the sport and athletes and act in a way that projects a positive image.** All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.
7. **Professional responsibilities.** Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

## SafeSport

Gymnastics NZ is committed to ensuring that our sport is providing positive experiences, for all involved. If anyone has something they think we need to know in the context of athlete well-being, then please get in touch with us via [SafeSport@gymnasticsnz.com](mailto:SafeSport@gymnasticsnz.com). This email address will be received by our CEO and the independent Chair of the Sport Integrity Unit.

## Philosophy of Parkour

The philosophy of this sport is to be constantly on the move and to never stop. If tracers are confronted by a problem, if they find an obstacle in their way, they must be able to create a strategy for progressing, for moving forward.

This is a sporting discipline which also teaches self-confidence to those who take part in it. It is a philosophy which is applied to life itself. Parkour is a vehicle for values of honesty, respect, humility, self-denial, rigour, discipline, but also pushing yourself and tasting the satisfaction of sheer effort.

## History of Parkour

Parkour began on the outskirts of Paris on the 1990s. David Belle originally developed the Parkour concept according to precepts about the art of movement laid down by his father, who was a Parisian firefighter. As teenagers, Belle and his friends practised jumping and climbing over stairs, barriers, walls, and other fixtures in his city. In doing so, he made up what they called the art of moving, taking advantage of all the constructions and obstacles that were not originally created for this purpose.

For them, Parkour was just a kind of training method to overcome all forms of obstacles in urban and natural environments, such as forests. Since the 90s, this way of moving, popularized more by its inclusion in the film industry, like the movie *Yamakasi*, co-written by Charles Perrière, one of the founders of the discipline and the movie *B13* with David Belle. These films have inspired various sporting events in many countries and have created a new generation of Tracers (Parkour practitioners) around the world.

## Parkour and Competition

While the founders of Parkour were not keen on competition, this trend made them consider sporting events as a good showcase for raising awareness of the discipline around the world. After initiation workshops at the 2016 Youth Olympic Games, led by Charles Perrière, increased interest in the discipline was sparked.

David Belle and his friend Charles Perrière, sought to obtain formal recognition of Parkour to further its development. A connection was made with the FIG, a well-established federation within the Olympic movement. This collaboration is a natural fit, as several national Gymnastics federations affiliated with the FIG already offer Parkour activities.

Since the FIG Executive Committee gave the green light, in February 2017, to develop the new sport, milestones have been reached at the speed of an athlete tackling an obstacle course. Parkour's development has opened the way for the launch of a first World Cup series within the framework of the FISE (World Action Sports Festival), in 2018.

There are many organizations that offer Parkour around the world and in New Zealand, including Gymnastics NZ affiliated clubs. GNZ has developed this Parkour Competition Programme as an opportunity for athletes to come together to challenge themselves on the same course.

In future the programme will also support a pathway for athletes who wish to compete at international

Parkour competitions.

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Parkour is attractive to many people because of the fun and exciting movement and skills learnt through this discipline. The skills within can be familiar across many of the gymnastics sports from a simple cartwheel to a wide variety of somersaults. It is these elements of parkour that many people, particularly young people, seek to learn. Parkour offers the opportunity to take skills outside the gym and offers a challenge that is both physical and mental allows athletes to grow.

Due to parkour's nature as a sport, and not having “one correct way to execute a skill,” athletes can develop and progress their skills based on the capabilities of their body. This prevents athletes from being restricted in their development.

Parkour is also a great way to keep fit particularly for strength, agility, aerobic fitness, and power.

## GNZ Parkour Programme in New Zealand

The GNZ Parkour Programme is a participation programme aimed at people of a wide range of age and abilities. Participants can enter at a stage that is suited to their needs and ability. There is also a clear pathway through all the divisions, so participants are not excluded for not having started at a young age.

The main structure of the GNZ Parkour Programme consist of

- Four stages that start with the fundamentals of Parkour and progress to more complicated skills.
- Each stage offers divisions based on age.
- Within each division athletes compete in either the categories of a Speed Run (SP) and/or a Freestyle Run (FS).

## Stages

Below are some guided descriptions of each stage to help determine which stage an athlete should be competing.

<b>Programme 1 (Beginner)</b>	Has no concept of the fundamentals of parkour or acrobatic ability. Has little or no spatial and body awareness or control.
<b>Programme 2 (Intermediate)</b>	Is or has developed some acrobatic ability. Will have some knowledge of Parkour fundamentals (although can be picked up quite quickly). Understands spatial and body awareness and control. Developing Aerial awareness.
<b>Programme 3 (Advanced)</b>	Proficient understanding of parkour fundamentals. Has strong acrobatic ability which is developing into more complicated skills. Great understanding of body and spatial awareness and control.
<b>Programme 4 (Elite)</b>	Has a very high understanding of parkour fundamentals. They will be developing their own style of complicated acrobatic skills. Athletes in this space have an Excellent understanding of body and spatial awareness and tend to coach themselves with their coaches guiding them.

## Age Divisions

Age Divisions	8 – 9, 10 – 12, 13 – 15 and 16+ years.
Eligibility	Age as of December 31 of the year of competition.



## Categories

At a Parkour competition a course will be provided (indoors or outside) that is made up of a variety of blocks, walls and bars designed to mirror the different obstacles found in outdoor spaces. There are two categories that athletes will compete on the course – Speed Run and Freestyle. At a competition athletes can choose to compete either the Speed Run or Freestyle Runs or both.

<b>Speed Run</b>	The speed course is a <b>timed run</b> , where the goal is to go from A to B with <b>efficiency</b> , by using specific Parkour moves to overcome obstacles. Essentially athletes move over the obstacles as quickly as possible to reach the finish line in the quickest time.
<b>Freestyle</b>	The freestyle course is a <b>run that shows style, fluidity, and mastery</b> , within a maximum period of time.

## Summary of the GNZ Parkour Programme and Federation of International Gymnastics (F.I.G) - Parkour Programme

GNZ Parkour Competition Programme			
Programme 1 (Beginner)	Programme 2 (Intermediate)	Programme 3 (Advanced)	Programme 4 (Elite)
Age 8 - 9			
Age 10 - 12	Age 10 - 12		
Age 13 - 15	Age 13 - 15	Age 13 - 15	Age 13 - 15
Age 16+	Age 16+	Age 16+	Age 16+

International Levels	
Junior International	Senior International
Age 15 - 16	
	Age 17+

## International Competition

The Federation of International Gymnastics (F.I.G) offer International Competition for Junior and Senior International Divisions. These are currently not offered at NZ competition events. Qualification criteria is applied by GNZ to be able to compete at International F.I.G events.

This programme is not intended to develop international athletes, but with Parkours unique nature, athletes can make the transition to international competition if they are physically prepared for the conditions of competing. International course requirements are listed in the general requirements section.



# Competition Requirements

## Athletes

<b>Safety</b>	<p>Safety is an important element of Parkour. Athletes must take care to practice and perform with complete safety and the highest degree of mastery. The personal safety and risk assessment must be of the highest responsibility of every single athlete. <i>(From FIG Parkour CoP 2022 – 2024)</i></p> <p>Safety is also an assessed requirement for the Freestyle event.</p>
<b>Attire</b>	<p>Competition attire for athletes</p> <ul style="list-style-type: none"> <li>• Should not hinder the athlete in their performance and execution and guarantee that all movements can be executed safely. Loose and additional items are not permitted. May include T-shirts, polo shirts, sweater with or without sleeves. Shorts, short pants, sweatpants or trousers (not affecting safety) and leggings may also be worn.</li> <li>• Should be clean and free of holes and not torn or ripped.</li> <li>• Does not need to be a club uniform, or in the same attire as other athletes from the same club.</li> <li>• May not show any text, symbols and drawings featuring themes of war, violence, religion, politics, alcohol, sex and drugs or any other offensive subjects. Sequins are not allowed.</li> <li>• It is recommended that athletes wear suitable sport or running shoes of their choice particularly for outdoor courses. It is recommended to have a separate pair of shoes to train and compete on the course.</li> <li>• May wear jewelry but it should not hinder the athlete’s performance or be unsafe.</li> </ul>

## Judges

<b>Qualifications</b>	Recommend a minimum of GNZ Foundation Judge (online course).
<b>Ethics</b>	Judges should be familiar with the ethics of judging (which can be found in GNZ Foundation Judge).
<b>Dress Code</b>	<ul style="list-style-type: none"> <li>• Judges are free to wear t-shirts, polo shirts or any other short or long sleeves shirt of any colour.</li> <li>• Judges may also wear pullovers or jackets. Long trousers, shorts, or skirts may also be worn.</li> <li>• Judging attire must be free of advertising and publicity.</li> </ul>

# The Competition Structure

## Speed Run

The speed course is a **timed run**, where athletes move over the obstacles as quickly as possible to reach the finish line.

- Each run is assessed on time.
- On the course the athlete navigates obstacles, must go through check points and stay within marked boundary lines.

## Freestyle Run

The Freestyle run is assessed on how well the athlete performs skills to navigate the course using

- Difficult and varied Parkour moves highlighted by the use of obstacles during a run.
- Difficult and varied acrobatic moves throughout the run to show flow and how well skills have been mastered. Connections between Parkour and acrobatic tricks.

## Competition Structure – Time Trials, Heats and Finals

Stage	Categories	
	Speed Run	Freestyle
Programme 1	2 x Speed Time trial only	1 run for each athlete. Results ranked
Programme 2	2 x Speed Time trial only	1 run for each athlete Results ranked
Programme 3	Sprint race Heats and or Time Trial	1 run for ach athlete Results ranked
Programme 4	Sprint Race Heats semis and Finals	1 run for each athlete Results ranked

## Competition Awards

A ribbon award system is recommended for all levels and medals for advanced and elite levels only. The system used should be clear to the athletes in the competition entry information. Gymnastics NZ ribbon scheme is available for purchase through the GNZ member portal.

## Levels of Events offered



