

2026

Parkour

Whānau Guide

A guide to the national
competitive programme.



Contents

Special Thanks	Error! Bookmark not defined.
Gymnastics New Zealand	3
Strategic Plan 2024-2030	4
Our Vision – To be New Zealand’s First Choice Sport.	4
Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.	4
Our Values	4
Our Strategic Priorities	4
What is Parkour	7
Philosophy of Parkour	7
History of Parkour	7
Parkour and Competition	8
Parkour and Gymnastics NZ	8
Terminology	9
Programme Structure	10
Events	10
Speed Run Age Divisions	10
Freestyle Divisions	10
Summary of the GNZ Parkour Programme and FIG International Parkour Programme	11
International Competition	11
Competition Requirements	12
Athletes	12
Safety	12
Attire	12
Coaches	13
Qualifications	13
Judges	13
Qualifications	13
Ethics	13
Dress Code	13
The Competition Course	13
The Event Course	13
Course Design	13

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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 deliver 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.

Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

Our Vision – To be New Zealand’s First Choice Sport.

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

Our Values

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand’s first choice sport.

[You can find the full strategic plan on our website.](#)

Gymnastics NZ Strategic Plan - Overview

Our Vision
To be New Zealand's
first choice sport.

Our Purpose
To enable POSITIVE gymnastics
experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance
Pathways

Our Foundation Principles
Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our
commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership,
Protection and Participation

Our Values
Manaakitanga (care for others, bring alongside)
Manahau (joyful, positive energy)
Rangatiratanga (action, leadership)
Manawanui (steadfast, committed)



Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

Those involved in the delivery of gymnastics including coaches, judges, administrators and committee/board members should be familiar with the [Gymnastics NZ Safeguarding and Child Protection Policy](#) and abide by the expectations and processes outlined within it.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your Club Safeguarding Lead, the Event Manager (if you are at an event), or by completing a Safe Sport form on the [Gymnastics NZ website](#). Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy.

Gymnastics NZ Code of Behaviour

The [Gymnastics NZ 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 NZ 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. Safeguarding 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.

What is Parkour

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 gymnastic 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.

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-discipline, rigour, discipline, but also pushing yourself and tasting the satisfaction of sheer effort.

History of Parkour

Parkour began on the outskirts of Paris in 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 practiced 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.

Parkour and Gymnastics NZ

There are many organisations that offer parkour around the world and in New Zealand, including Gymnastics NZ affiliated clubs. Gymnastics NZ 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.

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, which 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.

Terminology

The following is a reference of key terms and abbreviations relevant to parkour and in this guide.

Parkour (PK)	Leisure and competitive urban sport (outdoor and indoor). Parkour can be summed up as the art of getting from one point to another.
Athlete (Traceur)	Participants in parkour competition.
Participant	Participant in parkour training.
GNZ parkour	The parkour programme developed by Gymnastics NZ.
FIG	International Federation of Gymnastics (Fédération Internationale de Gymnastique) – the international governing body of competitive gymnastics including the competitive sport of parkour.
CoP	Code of Points (FIG rules for competition)
FS	Freestyle
SP	Speed run
E	Execution
D	Difficulty
P1-4	GNZ Parkour Programmes 1 – 4
CJP	Control judge panel
EJ	Execution judge
DJ	Difficulty judge

Programme Structure

The GNZ parkour programme is a participation programme aimed at people of a wide range of ages and abilities. Participants can enter an event or division 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.

Events

At a parkour competition a course will be provided (indoors or outdoors) 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 events 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 or both.

Speed Run	The speed course is a timed run , where the goal is to go from A to B with efficiency , 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.
Freestyle	The freestyle course is a run that shows style, fluidity, and mastery , within a maximum period of time.

Speed Run Age Divisions

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

Freestyle Divisions

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

Elementary P1 & P2	Athlete has no concept of the fundamentals of parkour or acrobatic ability. Athlete has little or no spatial and body awareness or control.
Junior P3	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.
Advanced P4	Proficient understanding of parkour fundamentals. Athletes has strong acrobatic ability which is developing into more complicated skills. Great understanding of body and spatial awareness and control.
Senior P5/FIG	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.

Summary of the GNZ Parkour Programme and FIG International Parkour Programme

GNZ Parkour Competition Programmes			
P1 (Beginner)	P2 (Intermediate)	P3 (Advanced)	P4 + P 5 (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+

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

International Competition

The FIG offers international competition for junior and senior international divisions. These are currently not offered at NZ competition events. Qualification criteria are applied by Gymnastics NZ to be able to compete at international FIG 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

Safety

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. (From FIG parkour CoP 2022 – 2024.)

Safety is also an assessed requirement for the freestyle event.

Attire

Gymnastics NZ Regulations – All Codes

- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- No deductions will be given for underwear showing during a routine.

These are in addition to the code-specific regulation below.

Competition attire for parkour athletes:

- Should not hinder the athlete in their performance and execution and ensure 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.
- Should be clean and free of holes and not torn or ripped.
- Does not need to be a club uniform, or in the same attire as other athletes from the same club.
- 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.
- May wear jewelry but it should not hinder the athlete's performance or be unsafe.

Deductions:

Breach of the above-mentioned rules will result in a penalty of 2 seconds added to the final time for the speed event by the CJP (chair of the judges panel) and in freestyle a deduction of 2 points from the total score by the CJP. The technical delegate must approve these penalties.

Coaches

Qualifications

Clubs should ensure that the coaches teaching the skills in this programme have the appropriate training and experience relevant to the skills being taught. You can find information on Gymnastics NZ coach education courses in the Education Handbook on GNZ Club Portal or contact your Relationship Manager.

All coaches must have a up-to-date Safeguarding & Child Protection certificate.

Judges

Qualifications

Recommend a minimum of Gymnastics NZ Foundation Judge (online course).

Ethics

Judges should be familiar with the ethics of judging (which can be found in Gymnastics NZ Foundation Judge).

Dress Code

Judges are free to wear t-shirts, polo shirts or any other short or long-sleeved shirt of any colour. Judges may also wear pullovers or jackets. Long trousers, shorts, or skirts may also be worn. Judging attire must be free of advertising and publicity.

The Competition Course

The Event Course

A competition course will be designed and set up by the organizers of an event. The layout of the course will be unknown to the athletes prior to the competition day to allow for an even playing field. Athletes will however be notified prior to the event of the following criteria

- indoor or outdoor track
- length of track
- number of tracks available.

Course Design

Each competition course will consist of a range of vaulting objects that may include bars, walls, and platforms.

- The course may be indoors or outdoors.
- The course should be on a hard surface, for example an outdoor field or turf surface, indoor wooden floor.
- The number and mix of objects will vary and every possible object is required to be included in the course, for example a course may be made up on.
- Matting may be used for safety purposes, but most landings will be on the hard surface.

It is recommended that this course is designed and set up by a neutral party.

