

TX Parkour League Handbook

Version 1.0 — 2026





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1. Definitions

This section defines the key roles and terms used throughout the handbook.

1.1 Event Host

The Event Host organizes and runs the competition. Their responsibilities include:

- Creating the event schedule
- Promoting the event and attracting sign-ups
- Staffing the event
- Managing the event on competition day
- Ensuring the event complies with TX Parkour League rules and regulations
- Setting up the competition area and designing the courses (the Event Host may instead designate a Course Designer to handle this)

1.2 Course Designer

If the Event Host does not design the courses themselves, they may designate a Course Designer to take on this responsibility. The Course Designer sets up the competition area and designs the Speed, Skill, and Style courses in accordance with the guidelines for each category described later in this handbook.

1.3 Head Judge

The Head Judge should be an experienced parkour athlete and/or coach with strong knowledge of parkour terminology, skill progressions, and the other elements needed to run a fair competition. The Head Judge is responsible for:

- Managing all athletes and their needs
- Answering athletes' questions about the competition
- Managing scoresheets and ensuring results are accurate
- Overseeing the overall fairness of the competition

1.4 Judge

A Judge is an experienced parkour athlete and/or coach with adequate knowledge of parkour terminology, skill progressions, and the other elements needed to help run a fair competition. Judges are responsible for:

- Assisting the Head Judge
- Keeping track of scoresheets and logging results
- Assisting athletes with questions and needs



- Fulfilling their assigned judging role within each category of competition

1.5 Athlete

An Athlete is any person registered to compete in a TX Parkour League competition.



2. Rules and Rights for Athletes

2.1 Rules

Athletes may compete in one or all of the categories offered by the Event Host (fees apply per category). Athletes only earn points for the categories they actually compete in.

Athletes must compete in the division that matches their age — accounting for the birthday and age rules in Section 3.4 — and their biological sex at birth.

2.1.1 Dress Code

- Athletes must cover their upper torso, upper legs, and hips with non-see-through clothing.
- Clothing and hats must be secure and unable to come loose during competition.
- All pockets must be emptied before competing.
- Earbuds and earpods are prohibited.
- All jewelry must be tightly secured, with no slack in chains or fabric of any kind.
- Any accessory deemed unsafe by the Event Host or judges must be removed.
- Whether shoes are required is at the discretion of the Event Host or judges.

Failure to follow the dress code above may result in disqualification from the event.

Athletes must also follow the Code of Conduct in Section 9 and are subject to the disciplinary actions described in Section 10 if the Code of Conduct is violated.

2.2 Rights

2.2.1 Right to Equal Practice

Every athlete is entitled to an equal amount of warm-up and practice time. No registered athlete may be prevented from practicing or warming up. The Event Host determines the length of practice and warm-up time.

2.2.2 Right to Review

Athletes may view their score for any round or run they competed in. If a dispute arises, the Head Judge must meet with the other judges to reach a resolution. Disputes must be raised before final scores and podium results are announced. If video clearly showing the disputed moment is available, judges may use it to help make their decision. The Head Judge has final say on all disputes.

For Style competitions specifically, which use a three-judge panel (see Section 5.2.2), disputes over an athlete's score or run are resolved by majority rule: a ruling stands only if at least two of the three judges agree.



2.2.3 Right to Equal Knowledge

All athletes receive the same rules for each competition. Judges must clearly announce all rules, and any athlete questions must be answered before competition begins. If any last-minute changes are made to the course or rules before competition starts, all athletes must be clearly informed.



3. TX Parkour League Overview

3.1 Season

The TX Parkour League season begins in January. Qualifier events run through late October, and the State Championship takes place in early-to-mid November — giving athletes roughly ten months to compete before the finals.

This schedule was built around the following considerations:

- The Texas Parkour League season occurs most of the year for the following considerations:
- Allow to easily schedule around other competitive entities that operate in Texas
- Give competitors plenty of chances to earn points
- Give gyms plenty of options and opportunities to host competitions

3.2 Registration

Athletes register to join the TX Parkour League for a fee of \$25 per season, per individual. This fee covers administrative costs and is separate from any competition entry fees. Once registration is complete, the athlete is added to the registered contestant list and receives a profile.

Registration requires the following information:

- Full name of the athlete
- Full name of the legal guardian (if the athlete is a minor)
- Email address
- Phone number
- Athlete's date of birth
- Emergency contact
- Address

Athletes who want to compete without joining the TX Parkour League may do so as a "fun run," subject to the following limits:

- They cannot accumulate points.
- They are not counted in official rankings or podium results.
- They may only take part in Qualifier events — not the State Championship — unless approved by event management.



3.3 Point System

Athletes earn points at Qualifier events across Texas, which are added to their league profile. Points are tracked separately for three categories: Speed, Style, and Skill.

Points are earned as follows:

Achievement	Points Earned
Competing in an Qualifier event	1 point
Finishing 4th place	1 point
Finishing 3rd place	2 points
Finishing 2nd place	3 points
Finishing 1st place	5 points
Attending 3 competitions in a season	3 points

Competitions hosted by third-party organizations, such as USA Parkour or USPK, may also count toward an athlete's points, provided the athlete supplies proof of registration and official results.

Athletes must earn 8 points in a season, per category, to qualify for the State Championship Finals in that category. Athletes who fall short of 8 points may still attempt to qualify through on-site qualifiers.

Points reset at the start of each new season — prior-season points do not carry over. However, an athlete's point history from past seasons remains visible on their profile for record-keeping purposes.

3.4 Divisions

Divisions are split by sex (Male and Female) within each age category. The age divisions are:

- 7 and under
- 8–10
- 11–13
- 14–15
- Semi-Pro (16–34)
- Pro (16–34)
- Masters (35+)

3.4.1 Birthday and Age Rules

These rules explain when an athlete must move into a new age division, and when they are allowed to compete in a division above their own.

Competing Up vs. Competing Down

Athletes may "compete up" into one division above their current age division, but may never "compete down" into a lower division.



- Competing up is only allowed if the athlete is within one year of meeting the higher division's age requirement.
- Competing down is never allowed, under any circumstances.

Birthday Cutoff Date: August 1st

The League uses August 1st as the cutoff date for determining when an athlete must move up to a new age division. How this rule applies depends on when the athlete's birthday falls relative to that date.

1. Birthday falls before August 1st — If an athlete's birthday moves them into the next age division before August 1st, they must begin competing in that new division as soon as their birthday passes. The move is immediate; there is no grace period.
2. Birthday falls on or after August 1st — If an athlete's birthday moves them into the next age division on or after August 1st, one of two things applies, depending on whether the athlete has already competed that season:
 - If the athlete already competed earlier in the season (before August 1st): they may finish out the rest of the season in their current (lower) division, even after their birthday passes.
 - If the athlete has not yet competed this season, and it is now on or after August 1st: they must register and compete in the division that matches their current age — they may not enter under their prior division.

Example: Suppose the cutoff between two divisions is age 13. An athlete who turns 13 on July 15th must move up to the older division starting July 15th. An athlete who turns 13 on August 10th, and already competed once before August 1st, may stay in the younger division for the rest of the season. An athlete who turns 13 on August 10th but has not yet competed this season must enter the older division.

3.4.2 Semi-Pro

- Athletes who have podiumed in the Pro division at the State Championship within the past two years may not compete in Semi-Pro during any competition that season, unless an exception is granted by event management.
- Athletes ages 16–34 who do not meet the Pro division requirements (see Section 3.4.3) automatically compete in Semi-Pro at the State Championship, unless an exception is granted by event management.
- Athletes ages 35 and older may choose to compete in Semi-Pro instead of Masters.

3.4.3 Pro

- Athletes ages 16–34 may choose to compete in the Pro division at any Qualifier event.
- Athletes who have podiumed at least once in the Pro division of an Qualifier event during the season must compete in the Pro division at the State Championship.
- Athletes who have not podiumed in a Pro division at an Qualifier event, but who wish to compete in the Pro division at the State Championship, must qualify through the on-site qualifiers.



- Athletes ages 35 and older may choose to compete in Pro instead of Masters, provided they have podiumed at least once in a state or national parkour competition within the past two years.

3.4.4 Masters 35+

- No athlete under age 35 may compete in the Masters division.
- Athletes ages 35+ may choose to compete in Semi-Pro or Pro instead, provided they meet all the criteria for that division.

3.5 Safety

The TX Parkour League is committed to running safe, responsible competitions. The health and well-being of every athlete, guest, and spectator is the top priority for every Event Host, judge, coach, and staff member.

Athletes must always be given proper warm-up time and a suitable space to use for it — no athlete should go straight into competition without adequate time and space to warm up. A minimum of 10 minutes of warm-up time is required, though more is encouraged.

The use of mats and pads should never be discouraged. While point deductions or penalties may apply in some cases, using mats and pads in areas of higher risk is strongly encouraged to help prevent injury.

All judges, coaches, and staff scheduled to work a competition must hold current First Aid, CPR, and AED certification for both adults and youth. They must also know the on-site location of any AEDs and first aid supplies.

First aid supplies must be fully stocked, including: bandages (small, medium, and large), gauze, tape, shears, antiseptic wipes or spray, Neosporin, anti-inflammatory medication (topical or ingestible), burn relief cream, anti-itch cream, and rubbing alcohol. Ice packs and splints must also be available.

Staff must ask an athlete about any known allergies, and obtain the athlete's consent, before administering any medication, cream, or ingestible product. If an athlete has an allergy that may require an EpiPen, this must be disclosed to all staff on duty, and the EpiPen's location (as provided by the athlete) must be communicated to staff and kept readily accessible.

Every gym, organization, and entity hosting a TX Parkour League competition must have safety plans and protocols in place for:

- Minor injuries, such as scrapes, cuts, bruises, lacerations, and splinters, that do not require the attention of a medical professional.
- Minor bleeding or exposure to bodily fluids, which must be handled by an adult (18+) following first aid protocols.
- Sprains, strains, cramps, and other muscle, tendon, or ligament injuries. Keeping electrolytes on hand is recommended for athletes experiencing severe cramping.



- Major injuries, which always require calling 911, including:
 - Head injuries causing dizziness, blurred vision, confusion, slurred speech, vomiting, memory loss, or loss of consciousness.
 - Obvious or suspected broken or dislocated bones, whether or not the skin is broken.
 - A person who stops breathing, goes into shock, or has a severe reaction resulting in loss or lack of consciousness.
 - Major bleeding — tourniquets and other trauma kits for blood loss must be kept on hand.

3.5.1 Course Safety

All obstacles must be safe, sturdy, and tested by judges before competition begins. Course safety must meet the following standards:

- No jagged edges or surfaces that could cause cuts, splinters, lacerations, or abrasions.
- No exposed nails, screws, bolts, or other sharp objects.
- No dips, potholes, major cracks, or other ground surface issues that could cause tripping or ankle injuries.
- No unsturdy obstacles — excessive shaking, rocking, or tipping disqualifies an obstacle from use.

If a safety concern arises during competition — whether previously known or newly discovered — or if an obstacle breaks or fails during an athlete's run, the competition must pause until the issue is resolved. If the fix significantly changes the course, athletes who already completed a run on the original course must be given the option to run again on the updated course.



4. Judge Requirements

TX Parkour Management provides training for anyone who wants to become a TX Parkour Judge. Certain criteria must be met to ensure the integrity and fairness of every TX Parkour competition.

4.1 Becoming a TX Parkour Judge

Judges must meet the following criteria:

- Two or more years of experience coaching parkour.
- Parkour coaching certification is preferred but not required, unless otherwise specified by insurance.
- Current First Aid/CPR certification.
- Current SafeSport certification.
- Willingness and ability to spot athletes in high-danger areas.

4.1.1 Judging Categories

Speed, Style, and Skill each have their own judging criteria, detailed further in Section 5. To judge any category, a judge must first complete a training session for that category. Training sessions are administered by TX Parkour Management, either in person or virtually, and may take one or several sessions to complete. All training sessions must be scheduled directly with TX Parkour Management, either as a one-on-one session or a group class.

4.2 Judge Trainings and Certifications

TX Parkour holds training sessions to teach judges how to score each category of competition. After completing one or more sessions, a judge receives a certification confirming they have been trained and meet the league's standards.

TX Parkour may also offer a Provisional Certification to judges who don't yet meet the full criteria but are well-suited to judge an upcoming competition. Provisional Certifications are temporary — judges who plan to continue judging should still pursue a full certification.

Certifications are issued separately for each category of competition, and require that the judge:

- Meets the criteria for becoming a TX Parkour Judge, listed in Section 4.1.
- Has completed one or more training sessions for the categories they wish to judge.
- Has performed well during training and passed the end-of-session quiz.

A TX Parkour certification is not an official coaching certification and should not be treated as one — it only confirms that the judge has completed training and is authorized to judge TX Parkour competitions.



Certifications remain valid until the end of the competing season. Renewal takes place before the next season begins and may or may not require additional training, depending on any rule changes.

4.3 TX Parkour Judges Panel

Once certified, a judge is added to the TX Parkour Judges Panel and included in an official group chat for communication with other judges. TX Parkour League Management may schedule Judges Panel meetings to discuss judging-related topics.

4.4 Head Judge

The Event Host determines who serves as Head Judge for a competition, generally selecting whichever judge has the most experience or is best suited for the role. No additional training is required to serve as Head Judge.



5. Categories of Competing

5.1 Speed

Speed is a race against the clock: the athlete with the fastest time on a pre-built parkour course wins.

5.1.1 Acceptable Time Measurement Tools

One of the following methods must be used to time the Speed category:

- Two stopwatches, one per judge, with the times averaged. A third judge should be used to watch for penalties if this method is chosen.
- A laser timer plus one stopwatch, with the stopwatch used as a backup if the laser timer fails.
- Video recording the run, with the footage spliced to mark the exact start and end of the run.

5.1.2 Judge Requirements

Speed courses require at least two judges, and possibly more depending on the timing method used.

Judges must meet the following criteria:

- Two or more years of experience coaching parkour.
- Parkour coaching certification is preferred but not required, unless otherwise specified by insurance.
- Current First Aid/CPR certification.
- Current SafeSport certification.
- Willingness and ability to spot athletes in high-danger areas.
- Completion of TX Parkour Management training on Speed judging criteria.

5.1.3 Course Design and Formats

Event Hosts may choose between two recommended course formats:

3. Single Course — A longer course incorporating every element of parkour: vaulting, jumping, crawling, dropping, climbing, and swinging.
 - Competitors attempt the course up to two times.
 - The second attempt is optional.
 - The athlete's final score is their better of the two times — the times are not added together.
4. Two Courses — Two shorter courses, each built around a different set of elements. For example, one course might emphasize swinging, jumping, and dropping, while the other emphasizes vaulting, climbing, and crawling.
 - Competitors attempt each course once.
 - The athlete's final score is the combined time from both courses.



- If a second attempt is allowed on each course, only the better time from each course is combined.

Each format has its own pros and cons, and the Event Host may choose between them, or customize either format, as long as the result remains fair and non-discriminatory for all athletes. If an Event Host wants to use a format that differs entirely from the two above, they must first get approval from TX Parkour Management, since consistency across the league is important for fairness.

5.1.4 Considerations of Course Design

Checkpoints placed throughout the course help keep athletes on track and make the course easier to memorize. Checkpoints can be marked with brightly colored tape, and the Event Host may require athletes to touch them or simply pass by them.

Brightly colored directional arrows (using tape) are another helpful tool, especially in areas that require quick turns or climbing/descending, since they help athletes visualize the path as they run. Checkpoints and arrows can also be combined for extra clarity. Either way, markers should be placed so they never get in an athlete's way or cause them to slip.

When designing courses, Event Hosts and Course Designers must consider the following:

- Courses must be age-appropriate. Each division needs a version of the course suited to its athletes' size and ability, and the Event Host should be prepared to adjust the course between divisions.
- Courses must be accessible to all ability levels. If a checkpoint or section of the course is especially difficult to reach, an alternative path must be provided — one that does not give more capable athletes a faster route.
- Mats and pads are allowed in high-danger areas if desired. The Event Host decides whether using a mat or pad counts as a penalty.
- A coach or judge must be ready to spot an athlete who requests help. The Event Host may decide whether requesting help results in a penalty, but a coach or judge may never refuse to spot an athlete who asks.

5.1.5 Penalties

Course Designers may designate penalty zones to add difficulty, require specific moves, or keep athletes within the course boundaries. Penalty zones must be marked with bright tape or otherwise made easy to recognize.

Each penalty adds exactly 7.0 seconds to the athlete's time for that run. An athlete may accumulate up to 3 penalties before the run is disqualified — meaning a maximum of 21 seconds may be added before disqualification takes effect.

Example: If an athlete finishes a run in 45.83 seconds with two penalties, their final time is 59.83 seconds.



Athletes should make every effort to stay within course boundaries and avoid penalties. Judges have the authority to stop and disqualify a run if an athlete attempts to skip sections of the course or blatantly runs through penalty zones. Judges may also stop and disqualify a run if an athlete is prioritizing speed over safety in a way that creates unsafe movement.

All rules regarding penalties and judge authority must be explained to athletes before competition begins, with emphasis on running the course safely rather than quickly. Athletes must be told that if a judge notices an athlete speeding up after a penalty and displaying unsafe movement, the judge may stop and disqualify the run. Athletes may ask clarifying questions before their run begins.

5.1.6 Podium Ties

Ties are rare but do happen. In the event of a tie for 1st, 2nd, 3rd, or 4th place in a Speed competition, the following tie-breaker options are available:

5. Both athletes run the full course one additional time.
6. Both athletes run a section of the course one additional time.
7. The Event Host may prepare a separate tie-breaker in advance, provided it follows the Speed format.

Ties for 5th place and beyond are permitted, since they do not affect point accumulation.

5.2 Style

In the Style category, athletes perform a run made up of skills, tricks, and flips of their choosing. The athlete who performs their run the best is the winner.

Note: It's helpful to record runs for judge reviews. A designated camera operator is recommended for Qualifiers, and mandatory for Championships.

5.2.1 Categories of Judging Style

Style runs are scored across three categories:

- Difficulty
- Variety
- Execution/Flow

Variety and Execution/Flow are each scored on a 20-point scale. Difficulty has no maximum score — points are added based on the difficulty elements an athlete performs, so there is always room for a more difficult run to score higher. An athlete's final Style score is the sum of all three category scores. Judges use the criteria described in Sections 5.2.4–5.2.6 to determine each score.

5.2.2 Judge Requirements

Judges must meet the following criteria:



- Two or more years of experience coaching parkour.
- Parkour coaching certification is preferred but not required, unless otherwise specified by insurance.
- Current First Aid/CPR certification.
- Current SafeSport certification.
- Completion of TX Parkour Management training on Style judging criteria.

Every Style competition requires three judges, one assigned to each category: Difficulty, Variety, and Execution/Flow. Keeping the panel to three judges (an odd number) allows the League to apply a majority-rule standard to any dispute over an athlete's score or run: a ruling stands once at least two of the three judges agree. See Section 2.2.2 for how this applies to the Right to Review.

- If only two certified judges are available for an event, one judge may cover two of the three categories, provided both judges are highly experienced and have each judged more than one prior Style competition. In this case, majority-rule dispute resolution does not apply, and the Head Judge has final say per Section 2.2.2.
- One judge covering all three categories is never acceptable.

5.2.3 Course Design

Style courses must include, at minimum, the following elements:

- Walls: one flat wall 6 ft or higher, and one slanted wall 4 ft or higher.
- Vaults: one single vault 2–3 ft in height, one single vault over 3 ft in height, and two vaults 2.5–4 ft in height spaced 3–6 ft apart (for double vaulting).
- Bars for swinging: at least one bar 4–6 ft from the ground, and at least one bar 6–9 ft from the ground.
- Drops: one 4–5 ft drop to open floor, and one 6–8 ft drop to open floor.
- Floor: one or more open floor spaces of roughly 15 ft × 15 ft (about 300 sq ft).

Competition spaces that do not meet the exact requirements above must be approved by Texas Parkour Management to host Style competitions.

The competition space must be kept clear of equipment that could interfere with athletes safely performing skills, such as low-to-ground obstacles (precision trainers, tire trainers, beams, panel mats, etc.).

Mat Rule #1: If the Course Designer places a mat within the course boundaries for safety reasons, athletes who use it during their run must not be penalized in any scoring category as a result.

Mat Rule #2: The Event Host decides whether athletes may place their own mat, in a location of their choosing, for use during their run. If this is allowed, it may affect the athlete's Difficulty and Execution/Flow scores.



Time Limit: Each athlete has 45 seconds to perform their Style run. Athletes must stop once the judge announces the time limit has been reached; any skills performed after the 45-second mark are not scored.

5.2.4 Difficulty

Difficulty measures the technical demand of the skills an athlete performs. Unlike Variety and Execution/Flow, Difficulty has no maximum score and does not use deductions — every skill an athlete performs adds points to their Difficulty score, based on the components of that skill. The Difficulty judge must be familiar with a wide range of skill difficulty and terminology, and must understand how difficulty changes depending on how and where a skill is performed.

Scoring Method: The Difficulty judge starts every athlete at 0 points and adds points throughout the run for each difficulty element performed, using the point values below. There is no ceiling on the final score — the more difficult and skill-rich the run, the higher the score. However, there is a 9 skill cap for difficulty. Any skill after 9 is permitted but not scored for difficulty. This is designed to encourage athletes to build the best possible routine, while choosing their skills wisely.

Point Values

Element	Condition	Points Added
Inversions	Per inversion contained in a skill	+1 per inversion
Twisting	Per half twist	+0.5
	Per full twist	+1
Special flips/tricks	Skills that are different than normal inversion and twisting	+1-4 (judge discretion)
Gap Distance	3–5 ft gap	+1
	6–9 ft gap	+2
	10+ ft gap	+3
Bar Landing	Skill land on a bar	+1
	Flip skill to a bar	+3
Height	Skill performed at a notably more challenging height	+1-4 (judge discretion)
Vaulting	Single vault: B, Step, Lazy, Thief, Speed	+0.5
	Single vault: Kong, Dash, Kash, Reverse, Roll-pop	+1
	Double vault	+2
	Triple vault	+3
Swinging	Consecutive re-grabs w/ continuous swinging either to a new bar, or with a flip in between the regrab.	+1 per re-grab
	All flips from a swing	+1-4 (judge discretion)
Ground skills	All flips on the ground level	+1
Combos	Seamless combo — skills linked together with no pause or hesitation	+1 per connected skill after the first



Points are cumulative across every skill in the run. Add every applicable point value — for inversions, twisting, gap distance, and any bonus elements — to reach the athlete's total Difficulty score.

Example #1: An athlete performs a skill with a single inversion and a full twist across a 6–9 ft gap (+1 inversion, +1 twist, +2 gap = 4 points), then a double vault (+2), and the two skills were linked together in a seamless combo (+1). Total Difficulty score: $4 + 2 + 1 = 7$ points.

Example #2: An athlete performs a single inversion flip skill to a bar at a 4 foot height from the ground (+1 inversion, +3 flip to a bar, +2 for height from ground = 6), and then performs a toe-shoot front-flip off that bar (+1 inversion, +2 flip from a swing = 3 points), and then performs a parkour roll to side flip on the ground (+1 inversion, +1 ground flip = 2), and the three skills were connected in a seamless combo (+2). Total Difficulty score: $6 + 3 + 2 = 11$ points.

5.2.5 Variety

Variety measures how many different skill categories an athlete uses, and how many total skills they perform. The five recognized skill categories are:

- Wall skills
- Vault skills
- Swinging skills
- Drop skills
- Floor skills

Scoring Method: Every run begins with a perfect starting score of 20.0 points, representing a run that uses all five skill categories and performs nine or more total skills. Deductions are applied for shortfalls in either the number of categories used or the total number of skills performed, and are cumulative. Points are not able to go into the negatives, but they may reach 0. Each skill must be unique and different from each other to be counted towards the total skills performed (repeat skills not counted).

Deductions

Category	Condition	Deduction
Category Range	Each skill category not used (out of 5)	-4 per missing category
Total Skills Performed	7–8 total skills	-2
	5–6 total skills	-4
	3–4 total skills	-6
	1–2 total skills	-8

Transition skills — movements that help an athlete get into position for their next skill, such as monkey-ups, floor crawls, side monkeys, or running — do not count toward the total skill count and cannot be used to avoid a deduction.

Example: An athlete uses 3 of the 5 skill categories, missing Swinging and Drop ($-4 \times 2 = -8$), and performs 6 total skills (-4). Final Variety score: $20.0 - 8 - 4 = 8$ points.



5.2.6 Execution/Flow

Execution/Flow measures both how well an athlete performs and lands each skill, and how smoothly their run connects together as a whole. The judge for this category should be familiar with a wide range of skills, from easy to difficult, have a sharp eye for proper technique, and be able to track hesitations, backsteps, and pauses throughout the run. This category covers:

- How well athletes land their skills
- How well athletes perform their skills
- How well their skills connect together
- How many hesitations, backsteps, and pauses are taken

Scoring Method: Every run begins with a perfect starting score of 20.0 points. The judge deducts points each time one of the issues below is observed. Deductions are cumulative and applied per occurrence. Points are not able to go into the negatives, but they may reach 0.

Deductions — Landing & Performance

Issue	Deduction (per occurrence)
Skill not landed properly	-1 to -4 per instance (judge discretion)
Heavy or harsh impact (minor)	-1
Heavy or harsh impact (severe)	-2
Stumble upon landing	-1 to -2 per instance (judge discretion)
Trip or fall	-3

Deductions — Connectivity & Flow

Issue	Deduction (per occurrence)
Hesitation before a skill	-1
Visible forgetfulness (athlete visibly pauses to recall the next skill)	-2
Backsteps taken	-1 per backstep
Minor pause (brief break in motion)	-1
Major pause (run stops entirely, momentarily)	-3
Choppy or non-fluid directional pattern	-1 to -2 (judge discretion)
Excessive jogging/running between skills	-1 to -2 per instance (judge discretion)

Not a deduction: an athlete who intentionally uses their hands or performs a roll to safely absorb impact on a skill that was otherwise performed to near-full completion should not be penalized — this is proper technique, not a flaw. Deductions for hand-assists or rolls apply only when they result from a skill that was under-rotated, over-rotated, under-twisted, over-twisted, or otherwise flawed.



Continuous motion with a clear, deliberate directional pattern is the standard expected of a 20-point run and should not, by itself, receive a deduction. Brief transitional movement needed to safely set up a skill is expected and should not be treated as a pause unless it becomes excessive or noticeably breaks the run's rhythm.

Example: An athlete stumbles upon landing one skill (-1), shows visible forgetfulness on a skill (-2), hesitates once before a skill (-1), takes two backsteps (-2), and lands with harsh impact (minor) 3 times (-3), for a total deduction of -9. Final Execution/Flow score: 20.0 - 9 = 11.0.

5.2.7 Podium Ties

In the event of a tie for 1st, 2nd, 3rd, or 4th place in a Style competition:

8. Judges first meet to discuss and attempt to break the tie. If no decision can be reached, proceed to option 2.
9. Both athletes compete in a "better execution battle":
 - The Event Host selects two different single skills that both athletes are able to perform, and both athletes must agree to them.
 - A coin is flipped — heads for skill 1, tails for skill 2.
 - Once the skill is decided, each athlete gets one attempt.
 - Whichever athlete executes the skill better wins, with the panel of three judges determining the outcome by majority rule — at least two of the three judges must agree.

Ties for 5th place and beyond are permitted, since they do not affect point accumulation.

5.3 Skill

In the Skill category, athletes attempt specific parkour challenges set by the Event Host. The athlete who completes the most difficult variation of each challenge in the fewest attempts wins. Skill competitions are open to athletes ages 14 and up.

5.3.1 Judge Requirements

Judges must meet the following criteria:

- Two or more years of experience coaching parkour.
- Parkour coaching certification is preferred but not required, unless otherwise specified by insurance.
- Current First Aid/CPR certification.
- Current SafeSport certification.
- Willingness and ability to spot athletes in high-danger areas.
- Completion of TX Parkour Management training on Skill judging criteria.

Judges may halt an athlete's attempt at a challenge if they determine the athlete is being unsafe or is clearly not ready to attempt it.



A minimum of two judges is required for a Skill competition, though having one judge per challenge is ideal. It's generally best to assign one challenge per judge; however, a single judge may cover two challenges at once if the challenges are located close together and athletes attempt them one at a time, so the judge can clearly observe each athlete.

If the ratio of challenges to judges is greater than 2:1, the following format is required:

- Some challenges are marked active, and others inactive.
- Athletes may only attempt active challenges while judges are watching them; inactive challenges are unavailable during that time.
- Once every athlete has had a fair chance at the active challenges, those challenges become inactive and a new set becomes active.
- This process repeats until every athlete has attempted every challenge.

5.3.2 Divisions

Athletes compete within their own division and are podiumed accordingly. The divisions eligible for Skill competitions are:

- 14–15
- Semi-Pro
- Pro
- Masters

5.3.3 Course Design and Format

Skill courses must meet the following minimum requirements:

- Minimum of 4 skill challenges; maximum of 10.
- Each challenge should be kept short — a maximum of 4 consecutive skills, and a minimum of 1 skill, per challenge.
- Each challenge must offer at least 3 difficulty levels, with up to 5 allowed, ranging from Moderate to Master (see the point values in Section 5.3.4).
- Challenges should be varied. At minimum, try to include one challenge from each of the following categories (categories may also be combined within a single challenge): Vault, Swinging/Bar, Precision, Wall, and Flip/Trick.

Event Hosts have creative freedom in designing challenges, but must follow these requirements:

- Safety comes first — athlete well-being must be the top priority in every challenge design.
- Challenges must follow a proper progression, letting athletes attempt easier, safer options before harder ones.
- No challenge should be excessively difficult — options must be realistic and achievable.



- Mats may be placed to help ensure challenge safety. Whether athletes may use a mat to successfully complete a challenge is up to the Head Judge or Event Host.

5.3.4 Earning Points

Athletes earn points by successfully completing a challenge, with more advanced completions worth more points:

Difficulty Level	Points
Moderate	2 points
Challenging	3 points
Advanced	5 points
Elite	7 points
Master	10 points

Each division has a required starting point within a challenge, needed to "unlock" the more advanced levels:

- 14–15 division: must start at the Moderate (easiest) level.
- Semi-Pro and Masters divisions: may start no higher than the Challenging (medium) level.
- Pro division: may start no higher than the Advanced (hard) level.

Points do not stack. An athlete earns only the points for the highest difficulty level they successfully complete within a challenge — even if they complete every level below it.

5.3.5 Attempts

The Event Host determines the maximum number of attempts allowed per challenge. Every attempt — whether it succeeds or fails — is recorded on the athlete's scoresheet. Once all challenges are complete, an athlete's total attempts across all challenges are added together.

The winner is determined first by total points earned (higher wins). If athletes are tied on points, the tiebreaker is the fewest total attempts.

5.3.6 Podium Ties

In the event of a tie for 1st, 2nd, 3rd, or 4th place in a Skill competition, one of the following tie-breakers may be used:

10. Skill Showdown:

- A coin is flipped. The winner chooses one challenge from the challenge list for both athletes to attempt. Whichever athlete completes a higher difficulty level in fewer attempts wins. If the athletes tie again, the next athlete chooses the next challenge, and the process repeats until there is a winner.



- Alternatively, the Event Host may prepare a predetermined tie-breaker challenge, separate from the challenges already attempted. The athlete who completes a higher difficulty level in fewer attempts wins.

11. Stick It (a 1v1 precision knockout game):

- A coin flip determines who goes first.
- Precision rules: 3 or fewer jumps (strides/plyos); may include a swing, vault, or wall; no flips allowed; the landing must be controlled until the judge calls "stick."
- The first athlete attempts a precision. If they fail to stick it, the turn passes to the other athlete. If they succeed, the second athlete must copy it.
- If the second athlete fails to copy it, the first athlete wins. If they succeed, it becomes their turn to attempt a new precision.
- This process repeats until there is a winner.

Ties for 5th place and beyond are permitted, since they do not affect point accumulation.



6. Event Management

6.1 Check-in

All athletes are expected to check in on time for the event(s) they registered for. Athletes who arrive late forfeit their right to equal practice and warm-up time if practice has already begun, and may not be permitted to compete at all. Whether a late athlete who is turned away receives a refund is at the discretion of the Event Host, who sets the refund policy. Event Hosts must provide a smooth, well-staffed check-in process.

6.2 Spectators

A designated spectator area must be clearly marked, with adequate seating and a clear view of the competition. If the view is obstructed, a large screen showing a live feed of the competition area must be provided. Spectators may not enter the competition area unless the Event Host or Head Judge states otherwise.

6.3 Explanation of Rules

Before the competition begins, judges gather all athletes for a course and rules overview. Judges should first take roll call to confirm all registered athletes are present, aside from late arrivals or no-shows.

Judges must clearly explain the rules and scoring — including how athletes are scored/judged, how penalties apply (if applicable), and how final rankings are determined.

A course walkthrough is required for the Speed and Skill categories, clearly identifying penalty zones and challenge requirements. A clear explanation of course boundaries is required for the Style category.

Athletes must be given ample time to ask questions, which should be answered in front of all athletes so everyone has equal access to the information.

6.4 Warm-up / Practice

All athletes must receive equal warm-up and practice time, with a minimum of 15 minutes required. No more than one coach and/or parent may be on the competition floor with an athlete, unless the Event Host or Head Judge allows otherwise. This is also the time for athletes to ask any final questions.

6.5 Competing

Athletes are called to the competition floor when it is their turn to compete. All other athletes, and anyone not serving as an official, must remain outside the competition area.

Judges, camera operators, and anyone else permitted on the competition floor during a run must stay aware of the athlete's position at all times and stay out of their way.



Athletes are expected to know the competition's rules — including boundaries, penalties, and time limits — and to compete within their own abilities. If an athlete displays clearly unsafe behavior or blatantly disregards boundaries, penalty zones, or time limits, judges may stop the run, resulting in a DNF (did not finish) or DQ (disqualification).

6.6 Tie Breakers

Tie breakers must be resolved before final results are announced. Tie-breaker rounds are required for ties in 1st, 2nd, 3rd, or 4th place, since those placements affect point accumulation.

6.7 Final Results

A designated podium area must be available for announcing results, with clearly marked 1st, 2nd, and 3rd place positions. All scores must be carefully calculated and finalized before results and podium winners are announced. Any dispute must be raised before final announcements are made — all results are final once announced.

Medals, trophies, or tickets are provided by TX Parkour and must be properly distributed to athletes during the announcement.



7. Qualifier Events

7.1 Rules for Hosts

Event Hosts must select at least one of three competition categories for each event they host — Speed, Skill, and/or Style — though hosting all three is strongly encouraged, so athletes have an equal chance to earn points in every category.

Hosts must provide sufficient staffing and/or volunteers to run their competition. If a host needs staffing help, they must contact TX Parkour Management at least four weeks in advance.

Hosts must follow all rules and criteria for each category described in this handbook. Any deviation from these rules may create discrepancies in league standings and operations.

Hosts must coordinate event dates with TX Parkour Management, and each date must be approved at least 6 weeks in advance. TX Parkour generally avoids approving events with less than 6 weeks' notice, though exceptions may be made case by case.

TX Parkour also avoids scheduling multiple events at the same time, since this could hurt attendance at each — though exceptions may be made case by case.

Hosts must provide proof of liability insurance to TX Parkour, and must be able to produce an evacuation plan upon request, accounting for the safe evacuation of both athletes and spectators.

Restrooms must be within a reasonable walking distance of the event and accessible throughout. Parking must be available on-site or within a reasonable walking distance, with instructions communicated to athletes if off-site.

7.1.1 Outdoor Qualifiers

A few additional rules apply to Qualifier events held outdoors:

- Adequate shade must be provided or readily available on or near the event location.
- Permits are required if the host plans to use a city or state park.
- A signed agreement is required if the host plans to use private property.
- Event insurance is required, and TX Parkour must receive a copy of the certificate of insurance listing Texas Parkour LLC as a third-party insured.

7.2 Recommended Schedule

The schedule below is an example only — Event Hosts are not required to follow it, but it has worked well in past events. This example covers a 2-day event featuring all three competition categories.

Saturday — Speed and Skill

**Speed schedule:**

- 9:00 AM – 11:00 AM: 5–6, 7–8, and 9–10 divisions compete on the same course with slight variations between divisions (for example, the 5–6 division might use a shortened version). Podiums are announced for each division and sex before changes are made for the next group.
- 11:00 AM – 1:00 PM: 11–12 and 13–15 divisions compete on the same course with slight variations. Podiums are announced before changes are made for the next group.
- 2:00 PM – 4:00 PM: Semi-Pro, Masters, and Pro divisions compete on the same course with slight variations. Podiums are announced for each division and sex.
- Every division must receive a full explanation of the course and at least 15 minutes of warm-up time before timed runs begin.

Scheduling divisions this way allows the course to progressively increase in difficulty, so hosts never have to make it harder, then easier, then harder again. Rotating staff to allow for lunch breaks is recommended.

Skill schedule:

- 6:00 PM – 9:00 PM: 14–15, Semi-Pro, Masters, and Pro divisions all use the same skill challenges, though each division is scored separately. Podiums are announced for each division and sex.
- Every division must receive a full explanation of the challenges and adequate warm-up time before their runs begin.

Running all age groups through the same skill challenges at once simplifies course setup. The Course Designer should design challenges with all age groups in mind.

Sunday — Style

- 12:00 PM – 2:00 PM: 5–6, 7–8, and 9–10 divisions perform their runs during the same window, judged and scored separately. Podiums are announced for each division and sex.
- 2:00 PM – 4:00 PM: 11–12 and 13–15 divisions perform their runs during the same window, judged and scored separately. Podiums are announced for each division and sex.
- 4:00 PM – 6:00 PM: Semi-Pro, Masters, and Pro divisions perform their runs during the same window, judged and scored separately. Podiums are announced for each division and sex.
- Every division must receive a full explanation of the course and adequate warm-up time before their runs begin.



8. State Championship

All Qualifier rules and requirements also apply to the State Championship. This section covers additional considerations specific to the Championship.

8.1 Locations

TX Parkour Management selects State Championship locations based on the following criteria:

- On-site restrooms available at all times
- Proper lighting and accommodations for both athletes and spectators
- A dedicated check-in station
- A dedicated warm-up area for athletes
- Capacity limits appropriate for the event and compliant with city ordinances
- Adequate seating for large spectator crowds
- A clear view of the event from spectator areas, or a live feed if visibility is limited
- A parkour setup large enough to include every element judged across all competition categories
- Ample on-site parking

Athletes may compete in one or all competition categories (fees apply).

8.2 Awards

In addition to standard 1st, 2nd, and 3rd place podium awards, several special recognitions are awarded based on performance throughout the season:

8.2.1 Pro Division Podium Winners

Prizes for Pro division podium winners at the State Championship are announced closer to the event and may include cash, coupons, Ironclad obstacles, merchandise, and more.

8.2.2 Lone Star Legend Award — Trophy

Awarded to the athlete(s) who accumulated the most points during the season.

8.2.3 Texas Trailblazer Award — Trophy

Awarded to the athlete(s) who attended the most competitions during the season.

8.2.4 Texas Team Titans — Trophy and Gym Banner

Awarded to the team with the highest combined point total across all of its athletes.



9. Code of Conduct

9.1 General Conduct

Everyone who takes part in a TX Parkour League event — athletes, coaches, judges, staff, and spectators — is expected to uphold a high standard of professionalism, respect, and sportsmanship. The League is committed to maintaining a positive, inclusive, and safe environment for all.

9.2 Athlete Conduct

Athletes must:

- Show respect toward judges, staff, fellow competitors, and spectators
- Compete with integrity and honesty
- Follow all rules and safety protocols
- Accept judging decisions respectfully

9.3 Prohibited Behavior

The following behaviors are strictly prohibited:

- Verbal or physical harassment
- Unsportsmanlike conduct
- Cheating or attempting to manipulate results
- Disrupting the flow of competition
- Dangerous behavior outside the accepted risks of competition

9.4 Spectator & Coach Conduct

- Spectators and coaches must not interfere with the competition.
- Disrespectful or aggressive behavior toward athletes, judges, or staff will not be tolerated.
- Coaching during runs is only allowed if explicitly permitted by event staff.

9.5 Enforcement

Any violation of this Code of Conduct may result in disciplinary action, as described in Section 10.



10. Disciplinary Actions & Appeals

10.1 Authority

Disciplinary action may be issued by:

- The Head Judge
- The Event Host
- TX Parkour League Management

10.2 Types of Disciplinary Actions

Depending on the severity of the violation, disciplinary action may include:

- Verbal warning
- Official warning
- Point deduction
- Added penalty
- Disqualification from the event
- Suspension from league events

10.3 Immediate Disqualification

An athlete may be immediately disqualified for:

- Dangerous or reckless behavior
- Refusing to follow judge instructions
- Major violations of the Code of Conduct

10.4 Appeals Process

- Appeals must be submitted before final results are announced.
- The Head Judge reviews the appeal together with other judges and/or event staff.
- Video evidence may be considered if available.
- All decisions made after review are final.



11. Liability, Waivers, and Insurance

11.1 Assumption of Risk

Parkour involves inherent risks, including the risk of injury. All participants acknowledge and accept these risks by taking part.

11.2 Required Waivers

- All athletes must sign the league liability waiver before participating.
- Minors must have the league waiver signed by a parent or legal guardian.
- The league waiver is mandatory and separate from any individual gym's own waiver.

11.3 Medical Responsibility

Athletes are responsible for:

- Disclosing any relevant medical conditions
- Managing their own medications (e.g., inhalers, EpiPens)

11.4 Event Host Insurance

All Event Hosts must:

- Carry appropriate liability insurance
- Ensure their venue meets all applicable safety and legal requirements

11.5 Limitation of Liability

The TX Parkour League, its staff, and affiliated organizations are not liable for:

- Injuries sustained during participation
- Loss or damage of personal property



12. Media & Content Rights

12.1 Media Capture

TX Parkour League events may be photographed, filmed, and recorded for promotional and archival purposes.

12.2 Consent

By participating, all athletes (or the guardians of minor athletes) grant permission for their likeness to be used in social media, marketing materials, and websites and promotional campaigns.

12.3 Ownership

All media captured at TX Parkour League events is the property of the TX Parkour League, unless otherwise specified.



13. League Governance

13.1 Governing Body

The TX Parkour League is governed by TX Parkour League Management, which is responsible for:

- Rule enforcement
- League development
- Event approval
- Final decision-making authority

13.2 Roles and Responsibilities

TX Parkour League Management oversees:

- The League Director (if appointed)
- Event Hosts
- Judges and Officials

13.3 Authority

TX Parkour League Management has final authority over:

- Rule interpretation
- Disputes not resolved at the event level
- Eligibility decisions
- Exceptions to rules, when necessary



14. Rule Changes & Updates

14.1 Rule Modifications

The TX Parkour League reserves the right to:

- Update rules
- Modify scoring systems
- Adjust competition structures

14.2 Notification

All updates will be communicated through:

- The official website
- Email notifications
- Event briefings

14.3 Version Control

Each handbook release will include a version number and date of publication.

14.4 Effective Date

Rule changes take effect at the start of the next season, unless otherwise stated.