

BELIEVE IN MOVEMENT

SUNDAY MARCH 29TH 2020



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I N F O



Believe in movement promotes physical fitness for youth. All athletes will participate in three events.

Speed course will feature a number of obstacles per course. Speed course is timed with time penalties if obstacle not completed. Fastest time wins.

Style Obstacles will feature upper and lower body strength and coordination obstacles. Style course is judged on a point based system. Highest number of points wins.

Battle Athletes will battle against one another in a turn-based knock out round between two individuals judged on a win lose or tie basis.

Enter via the link on our website events page.

Event date: Sunday March 29th 2020

Venue: Denefield School sports hall, Long lane, RG31 6XY

Entry fees: £15:00 per athlete entry closing date Feb 29th

Open to male and female athletes

Ages 5-17 split according to age turning that year

Athletes must have valid BG insurance, no jewellery, suitable clothing and trainers must be worn

All athletes will receive a participation certificate. Top three scores by rank per category will receive medals.



SPEED RULES

SPEED

The purpose of this round is to "level the playing field" for athletes and test their ability to adapt to a run that may not be to their best attributes or style. Athletes will follow a predetermined route through the course. The goal time range is 20-60 seconds. A wide range of Parkour skills can be expected to complete the course efficiently. No warm-up time will be allowed for this round. Athletes can expect to be walked through the course route and will have each target obstacle explained to them along with the order in which the target obstacles must be tackled. Athletes will be timed from a starting signal (horn, whistle, etc.) The final time will be recorded when the athlete crosses the finish line. A time penalty will be added for each target missed or done incorrectly (2-5 seconds). Athletes will be ranked according to their final time for awards. Only 1 run per athlete allowed. Fastest time per category wins.





STYLE RULES

STYLE

The purpose of this round is to showcase the classic Parkour where anything goes. This grassroots round will show the personality and style of the athlete. The existing speed course will be reused. Athletes will be given a group warm-up time based on two minutes per athlete. Athletes may start anywhere on the course they choose but must be in a neutral standing position. Timing will start on the first step the athlete takes and will end at the time limit given for each age group or if the athlete ends their run displaying a "X" with their arms. Athletes will not be penalised for not using the entire time or course. Scoring will be determined from the following four categories. Each category will have a maximum of 10 points each for a total score of up to 40 points. Do not attempt tricks that are not mastered. Athletes are encouraged to be yourself. Safety first. Athletes will be ranked according to their final total score. Only 1 run per athlete.

Judge categories:

FLOW How well the athlete transitions between tricks and obstacles and how well tricks and movements are performed. Athletes need to show fluid transition between tricks and each obstacle with little or no hesitation (strategic pauses to prep for large tricks or to appeal to the crown should not draw a penalty).

EXECUTION athletes need to show clean landings, crisp rotations and obvious intent.

CREATIVITY How well the athlete uses the course. Athletes should use as much creativity as possible in the performance of their tricks and movements using as many obstacles as possible within the allocated time allowance for their age division. Judges are looking for uncommon tricks, unusual combinations and/or using the obstacles in creative advanced or unintended ways.

DIFFICULTY How difficult the run is based on the age division.



BATTLE RULES

BATTLE

Athletes names will be chosen in pairs at random to battle head to head against one another. This round will work on a turn-based, one on one, knock out between two individuals. The two individuals will roshambo to decide who runs first. Each athlete will get 20 second each per run and alternate two runs each using the course as they wish. The battles will be judged on a win lose or tie basis. Judges will not correspond with one another and they will base their own personal decision based on a combination of the following: flow, execution, creativity and difficulty. Once each athlete has successfully completed their two runs each judges will then announce their personal chosen winner. Taking all judges decisions into account the over all winner from that vs battle will then move on to the next round of battles, and the other athlete will be knocked out at this stage. Rounds will continue until we reach a final round.

