



IN MOTION PARKOUR SKILLS CHALLENGE

Official Rules & Event Information





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EVENT OVERVIEW

The IN MOTION Parkour Skills Challenge is a skills-based competition adapted from the British street competition format popularised by the Parkour Takeover League.

Participants are given access to a digital map containing up to 100 challenges spread across a defined public area. Over the course of several hours, competitors attempt and submit as many challenges as possible before time expires.

Each Skills Challenge event is held in a different location. Participants must be able to travel within the defined competition area to take part.

COMPETING VS TAG-ALONG TRAINING

IN MOTION Skills Challenge events are open to both competitors and non-competing participants.

Competing participants purchase a ticket and submit challenges for points. Only registered competitors are eligible to appear on leaderboards and earn series points.

Tag-along participants are welcome to train and move through the challenge area with others. Any submitted challenges will not be counted unless a ticket is purchased before the event concludes.

ELIGIBILITY & REQUIREMENTS

To take part in the Skills Challenge, participants must have:

- A phone with a working camera
- The Google Maps app
- The Instagram app
- A **public** Instagram account (a parent or guardian account may be used)
- Must be following @the.inmotion on Instagram
- It is highly recommended that you also bring a phone charger along

The event is not suitable for anyone under the age of 8.

Participants under the age of 16 are strongly recommended to have a parent or legal guardian present during the event.

Due to social media restrictions applying to users under 16, competitors under 16 may submit challenges using a parent or guardian's **public** account.



REGISTRATION & ENTRY

All registration is completed through The In Motion Experience website.

<https://www.theinmotionexperience.com.au/parkour-competition>

To register:

1. Visit the website

2. Review ticket options

- Tickets for each competition are released after the conclusion of the previous Skills Challenge

- Tickets are sold individually for each competition or you can get a seasonal pass

- The seasonal pass allows competitors to pre-purchase entries for all Skill Challenges happening throughout the year, at an overall discounted rate. Seasonal pass pricing will adjust throughout the season based on the number of remaining Skill Challenges. The seasonal pass is available until the conclusion of the third Skills Challenge, after which it will be removed from sale.

3. Complete the registration form

4. Select your division (Men's, Women's, or Juniors/16 & under)

5. Purchase your ticket

Registered participants will be added to the official athlete roster.

COMPETITION FORMAT

At the official start time, a digital challenge map will be released via the IN MOTION Instagram story and bio.

Challenges appear as markers across the map. Selecting a marker displays a reference image and written instructions.

The competition area may cover a large distance. There are no restrictions on transportation.

Competitors may walk, use public transport, ride a bike or skateboard, or drive between challenges.

All challenges are individually numbered, typically from #1 up to #100. These challenges are spread out randomly across the competition area.

100 Challenges around Newcastle... 1 point per... Good Luck :)
4,161 views
Published on May 26, 2024
[SHARE](#)

- Challenges
- #1 Library
- #2 Library
- #3 Library
- #4 Library
- ... 96 more



CHALLENGE DIFFICULTY & POINT VALUES

Challenges are colour-coded by difficulty:
Green challenges – 1 point (lower difficulty)

#001

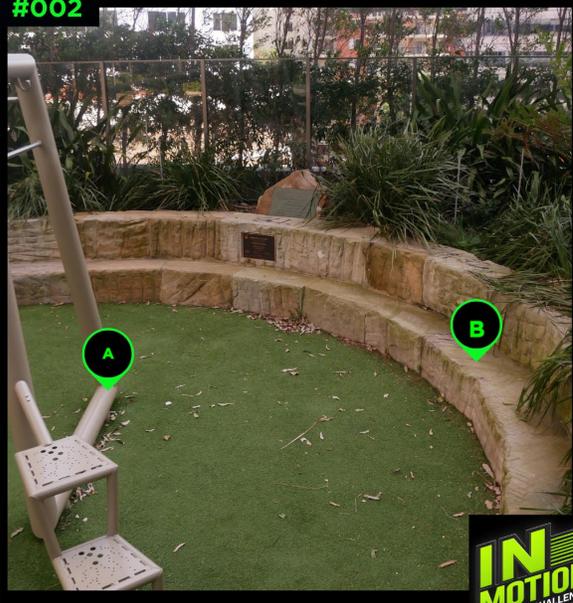
JUMP FROM THE STEP AT POINT A, TO THE LOW LEDGE AT POINT B.

MUST STICK

Location

Orange challenges – 2 points (moderate difficulty)

#002



JUMP FROM THE POLE AT POINT A, TO THE LOW LEDGE AT POINT B.

MUST STICK

Location

Black challenges – 3 points (advanced difficulty)

#003



RUN ALONG THE WALL AT POINT A, AND DO ANY FLIP OF YOUR CHOICE ACROSS TO POINT B. NO STICK REQUIRED.

Location

CHALLENGE TYPES

Challenges may include single movements, combinations, or freestyle objectives.

Examples include:

- Jump from a wall to grass and roll
- Hurdle a wall into a dive kong
- Vault to a lower ledge (no stick required)
- Stride walls into a precision landing (must stick)
- Flip off a designated object

JUDGING & SCORING

Judges monitor submissions through the IN MOTION Instagram account.

A challenge will only count if:

- The challenge number is clearly visible
- The account is public, so the judge will receive the account tag
- @the.inmotion is tagged
- The challenge is completed exactly as shown in the reference image



Failed attempts do not result in loss of points.

Acrobatic Challenges:

Challenges that require acrobatic movements such as flips need to be completed by doing the following:

- Must be a clear unsupported inversion (you need to very clearly and obviously, go upside down)
- Must land on feet
- A ground cat or roll out is allowed as long as feet touch the ground first
- Cannot fall backwards or to stomach after attempting the move
- If a flip is required at the end of a line, it must flow along with the rest of the challenge, no pausing or adjusting to set up for the flip

Stick vs Non-Stick Challenges:

Challenges that say, “must stick”, have to be stuck for it to count.

- A stick means only the front half of your foot on the landing zone

Example: From the white line to the end of the green arrow represents the safe contact area of the foot when performing a stick. The exact placement does not need to be precise. Any contact within the green zone is considered safe. From the white line to the end of the red arrow shows an unsafe contact area and should not be used for challenges that require a stick. This is not only improper technique but can also result in bruised heels or bruised arches.



- Holding the landing for 3 seconds before dismounting the obstacle
- If a stick is not required upon landing, then the challenge does not need to be stuck, a normal precision landing is fine
- Non-stick challenges still need to have good form and technique and a controlled landing. Landings that show an obvious fall or trip up will not count

Example: A good double kong with proper technique. The athlete exits the move with her legs travelling cleanly between her arms and maintains control throughout the movement.



Example: A failed double kong due to improper technique. The athlete exits with her legs travelling to one side and one hand leaving the obstacle early. The move is incomplete and no points would be awarded.



Example: A good double kong with a controlled landing. The athlete exits the move with her legs travelling between her arms and maintains balance allowing for a stable and controlled finish into a stride.



Example: A failed double kong due to improper technique. The athlete exits the move off balance and sideways resulting in an unstable finish. The move is incomplete and no points would be awarded.



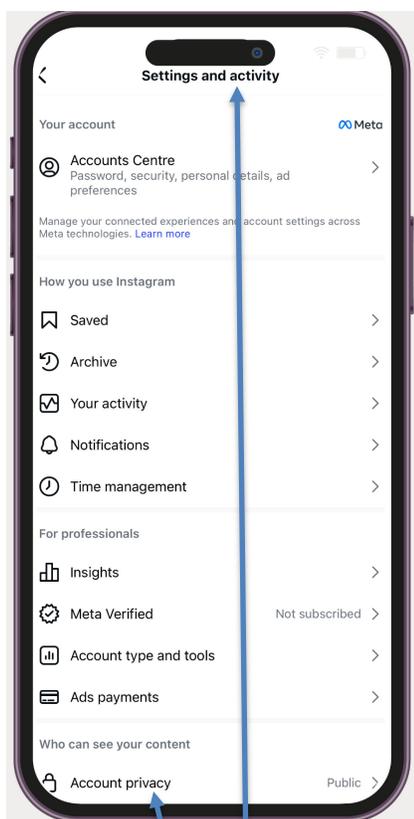
SUBMITTING CHALLENGES

You can submit challenges as you go (recommended) on individual stories. Or all at once when you are finished, just so long as the challenges are submitted before time expires.

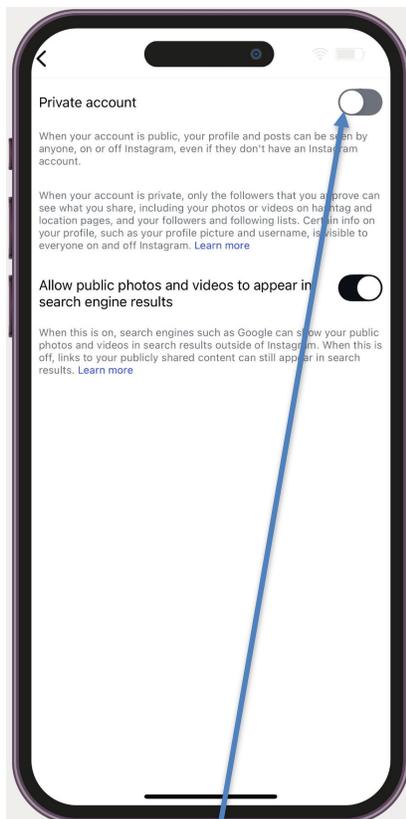
To submit a challenge:

1. Be sure your Instagram account is set to public
2. Film yourself completing the challenge
3. Upload the video to your Instagram story
4. Tag @the.inmotion
5. Clearly include the challenge number

If you are unsure about a challenge that you are submitting, send a message through to @the.inmotion on Instagram and the judge can clarify for you.



Go to: 'Settings and activity'
Scroll down to 'Account privacy'



Once inside, turn off private account



Challenge number

The IN MOTION tag

Once the account is set to public. Film the challenges and post them to your story. Adding the challenge number & tagging @the.inmotion every time.

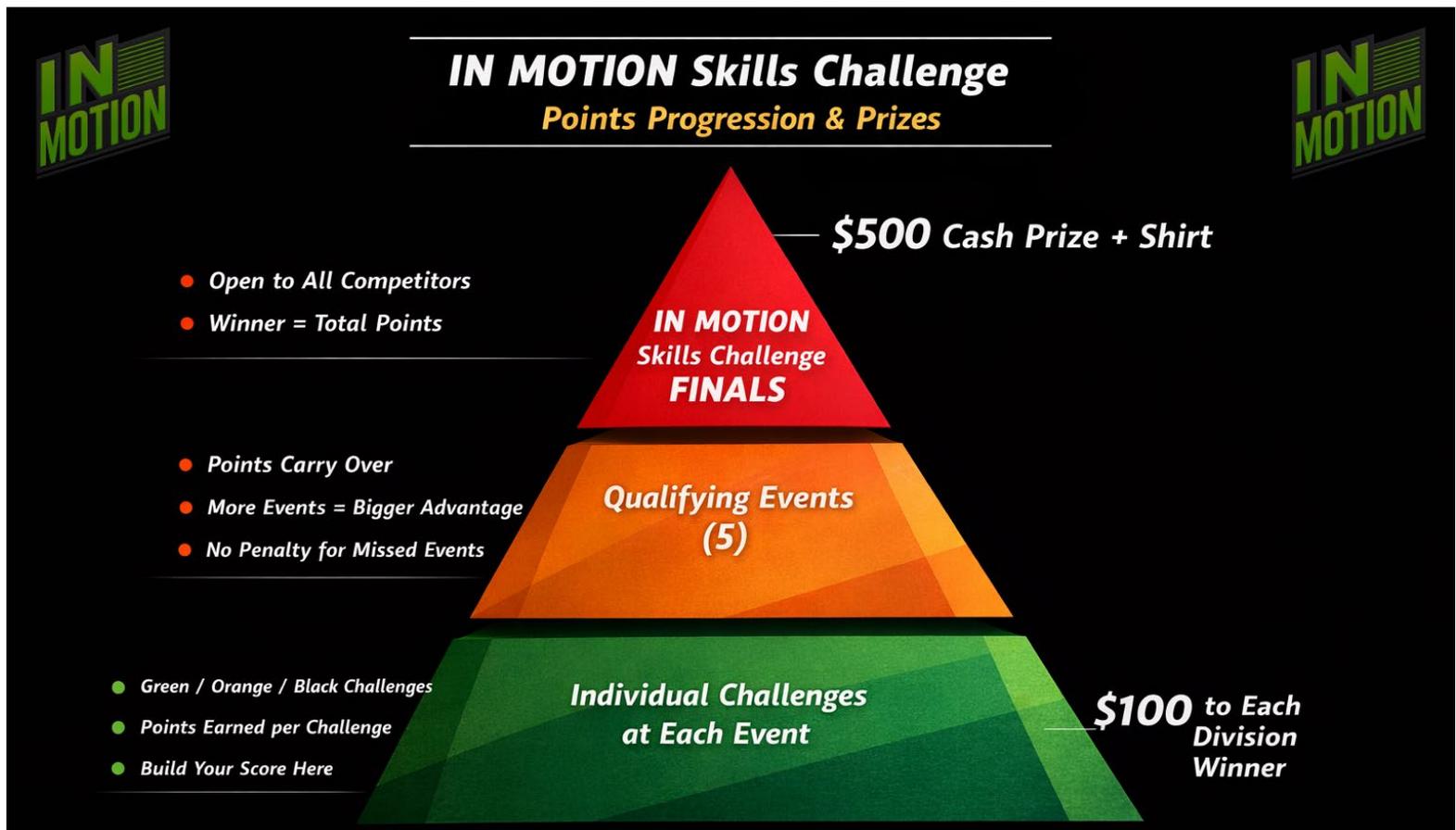
Event Series and Final Structure

The IN MOTION Skills Challenge runs across 5 qualifying events and a finals.

Points earned at each event carry forward across the series.

The finals are open to everyone.

Competitors who have accumulated points across the previous events begin the finals with a points advantage. Do not let this discourage you from signing up and having a go.



PRIZES AND AWARDS

At each event first place, in the men's women's and Juniors (16 & under) division, receive \$100

For the finals, first, second and third place, in each division receive the following.

3rd Place – IN MOTION shirt.

2nd Place – \$150 cash prize and an IN MOTION shirt.

1st Place – \$500 cash prize and an IN MOTION shirt.



CODE OF CONDUCT

All participants must follow the law and use common sense.

The public always has right of way.

No challenge requires trespassing. Trespassers will be disqualified.

Harassment, abuse, or physical confrontation will result in disqualification.

Reckless behaviour that causes injury may result in suspension or disqualification.

All litter must be removed from challenge locations, one warning then disqualification.

FILMING & MEDIA

Filming is permitted in public or publicly accessible spaces.

Filming must not be intimidating, harassing, or unsafe.

Where minors are involved, parental or guardian consent is required before inclusion in promotional content.

SAFETY & RISK ACKNOWLEDGEMENT

This event operates across an open public area.

Participants may be alone at times.

All participants assume an inherent level of risk.

Competitors should not attempt challenges beyond their capability.

FINAL AUTHORITY

All challenges must be completed exactly as instructed to be counted.

The head judge reserves the right to make final decisions regarding scoring and disqualification.