

IN MOTION Eligibility & Event Overview

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Competition Philosophy & Participation Overview

IN MOTION competitions are designed to be inclusive, community-driven, and grounded in the core values of parkour: movement, creativity, personal challenge, and respect for safety.

Across all IN MOTION events, the goal is not to guarantee equal outcomes, but to provide a legitimate and supportive environment where people of different ages, abilities, and experience levels can show up, take part, and challenge themselves at their own pace.

IN MOTION Skills Challenge:

The IN MOTION Skills Challenge is intentionally built to be accessible to a wide range of participants. Challenges vary in difficulty, allowing athletes with smaller jumps, limited upper-body strength, or less experience to still participate meaningfully.

Some participants may find certain challenges more difficult than others depending on age, size, strength, or experience level. This is expected. Athletes are encouraged to choose challenges within their ability, pace themselves throughout the event, and prioritise safety at all times.

The Skills Challenge runs across multiple events each year. This means no single event defines your ability or progress — if one event doesn't go to plan, there is always another opportunity to come back, try again, and improve.

Participation itself is valued. Trying your best and believing in yourself is all anyone can ask for.

The Annual IN MOTION Competition:

IN MOTION Contests typically focus on Speed and Style formats and are built around a strong, supportive community atmosphere. Effort, creativity, and commitment are encouraged, and athletes who step up and give it a go are supported by both the organisation and the wider community. At present, IN MOTION Contests are commonly divided into Men's and Women's divisions (16+), along with a mixed division for athletes aged 16 & under. Skill level expectations and judging criteria are set to accommodate the largest possible demographic within each division.

Depending on the event and year, additional divisions may be introduced — such as an 8-and-under speed race or a 40-plus speed race — to increase accessibility and participation while maintaining a safe and appropriate competition environment.

A Final Note

Feeling nervous about competing is completely normal. Fear, self-doubt, and hesitation are all part of stepping into something new.

However, athletes are encouraged not to let the fear of being judged overshadow their chance to shine. Showing up matters. Because if you show up, there is always a chance that something could happen.

Do not judge an organised, well-managed parkour competition the same way you might judge uncontrolled or unsafe parkour content online, there is an important difference. Please consider that in your decision making on whether or not you should take part.

IN MOTION Skills Challenge – Difficulty, Divisions & Participation

The IN MOTION Skills Challenge is structured to allow participants of different ages, abilities, and experience levels to take part in the same event environment while choosing how they engage with it.

Challenge Difficulty

All challenges within the Skills Challenge are assigned a difficulty rating. These ratings exist to provide guidance only and reflect the physical, technical, or skill-based demands of each challenge. Difficulty ratings are not intended to restrict participation. Instead, they allow participants to make informed decisions about which challenges they attempt based on their own ability, confidence, and experience. Some challenges are designed to be more approachable, while others are more demanding. Participants are encouraged to prioritise safety and select challenges that they feel confident attempting.

Divisions

Participants compete within registered divisions for scoring and leaderboard purposes. Divisions are age and gender based with a Men's 17+, Women's 17+ and the mixed 16 & Under divisions. Divisions exist solely to ensure fair comparison and ranking. They do not limit which challenges a participant may attempt.

Participation Across Challenges

Regardless of division, **participants are welcome to attempt and submit as many challenges as they choose** throughout the event, regardless of the challenges point value or colour. E.g. a 1 point blue challenge is not solely reserved for people in the 16 & Under division. Same with a 3 point black challenge, not just being reserved for the Men's division.

As long as a participant:

- Is registered for the event
- Meets the eligibility and participation requirements outlined in this rulebook (including required apps and account settings listed in the rulebook.)
- Completes challenges according to the instructions and judging criteria

They are welcome to compete in the Skills Challenge.

Attempting higher-difficulty challenges does not affect a participant's division, nor does it restrict their eligibility to compete. Scoring and rankings remain tied to the participant's registered division. If a participant is under the age of 16 and chooses to compete in an older age group, they may do so. However, before registering, they must contact **The IN MOTION Experience** via message or email, so this is noted and not mistaken for an error later on.

Choice, Pace & Responsibility

Participants are responsible for choosing which challenges they attempt and how many they submit. Completing fewer challenges, focusing only on lower-difficulty challenges, or pacing oneself throughout the event does not reduce the legitimacy of participation.

The Skills Challenge is designed to reward effort, decision-making, and consistency over time — not to force participants into attempting every single challenge regardless of their abilities. The bottom line is, you do what you feel comfortable doing.

Divisions define scoring, not opportunity. Participants are encouraged to choose their challenges wisely, compete responsibly, and engage with the event in a way that feels safe, challenging, and rewarding.

The Annual IN MOTION Competition

The IN MOTION Experience runs an annual competition. As of 2026, this event consists of a Freestyle (Style) competition and a Speed Run (Speed) competition, with no additional formats unless announced otherwise.

Divisions

The current division breakdown is as follows:

Style

- Men
- Women
- 16 & Under

Speed

- Men
- Women
- 16 & Under

Division structures may change slightly from year to year depending on participation numbers and event format. Additional divisions may be introduced in some years, but not every year.

If a participant is under the age of 16 and chooses to compete in an older age group, they may do so. However, before registering, they must contact **The IN MOTION Experience** via message or email, so this is noted and not mistaken for an error later on.

Style (Freestyle)

Style is not always about landing the biggest trick. It's about expression, showing who you are through your run and doing what feels awesome to you.

Difficulty, creativity, execution, and overall impression all play an important role. If you can't flip but have your own style, you are still encouraged to have a go. The history of parkour competition is full of athletes who brought elements of dance, calisthenics, or movement styles outside of traditional parkour and blended them into something new.

This is not a "best of the best only" competition. Everyone starts somewhere, and giving it a go benefits not only you, but the wider community. The organisation and crowd will always support athletes who step up and try, first place or not.

That said, this *is* a parkour competition. There will not be large mats surrounding the course. Athletes must understand their own abilities and avoid unsafe or reckless decisions that could result in injury.

Speed (Speed Run)

Speed courses vary slightly between age divisions, but all courses are designed to challenge athletes appropriately.

As competitors progress from qualifiers to finals, the difficulty of the course will increase. Athletes should be prepared for this and train accordingly.

Community & Atmosphere

If you read the testimonials on the website, from past competitors, you'll see that IN MOTION events are built around a strong, positive community vibe.

Injuries can happen, as they do in every competitive sport. Rather than judging parkour based on assumptions, participants and spectators are encouraged to come along, take part, watch, and experience what it actually is like in the parkour world.

You don't need to be the best to belong here, you just need to be willing to step up and have a go.