

POWERHOUSE PARKOUR COMPETITION TEAM

SKILL CHALLENGES	STYLE COMPETITION
Drop down from towers to pre, with a stick	Athletes will all be judged from a skills matrix, the harder the skill, the more points they will receive. It is totally free choice, but must be between 20-45 seconds long. Athletes will get to practice this before.
Running pre between two pallets with a stick	
Cat hold (5 seconds) on tower	
Vault pre (the vault will be set on the day)	
Lache pre to rail	
Tic tac / 180 / splat (to be set on the day)	

SKILLS RULES

Athletes will NOT get to warm these challenges up on the day, they will be set on the day. We are looking for controlled, stuck landings which are held for 3 seconds on the balls of the feet with no wobbling. The athlete gets 3 tries per skill. Successful first attempts get 3 points, 2 points are awarded for success on the 2nd try, 1 point is awarded for success on the 3rd try.

STYLE RULES

Athletes have to include the below elements in their run, the rest will be free choice. They will be judged on creativity, flow, execution, difficulty and overall impression. This is a chance for the athletes to show off their learnt skills in any way they would like.



POWERHOUSE
PARKOUR