

OFFICIAL RULES

Parkour Vallarta Challenge 2025: Natural Flow

The Organizing Committee of the Parkour Vallarta Challenge invites athletes from all over the country to participate in the **National Parkour Championship: Natural Flow 2025**, to be held on October 25th and 26th, 2025, at the iconic Arcos del Malecón in Puerto Vallarta, Jalisco, Mexico.

1. CATEGORIES AND DIVISIONS

To ensure a fair, technical, and challenging competition, the event will feature the following category divisions, based on the athletes' experience level and gender:

Advanced (Male and Female): Athletes with intermediate to advanced experience level in parkour training, and prior participation in exhibitions or local/regional events.

- **Athlete profile:**

- Technical control of basic movements and combinations.
- Ability to execute movement lines with fluidity and safety.
- Complex jumps and aerial control are still in progress.

Pro (Male and Female): High-performance athletes with experience in national and international competitions.

- **Athlete profile:**

- Advanced mastery of technical, aerial, and acrobatic movements.
- Improvisation skills, creativity, and controlled risk.
- Competitive and/or professional trajectory in the parkour environment.

Category	Division	Discipline
Pro Open	Male and Female	Speed & Freestyle
Advanced Open	Male and Female	Speed & Freestyle

2. COMPETITION MODALITIES

The event includes two main modalities representing key aspects of parkour: Freestyle and Speed, each with specific participation and evaluation formats.

Freestyle (Submission-Based – Video Evaluation)

Athletes must demonstrate creativity, fluidity, technical mastery, difficulty, personal style, and body control through a free sequence of movements on the event modules.

1. Participation format:

- a. Entry by selection only, via mandatory video submission sent to: **parkourvallartachallenge@gmail.com** (HD format).
- b. Videos will be shared on official social media platforms collaboratively.
- c. Video: Max 1:30 minutes, recorded in an urban, natural, or scenic environment showing clear technical level and style.
- d. A technical jury will select competitors based on: fluidity, control, diversity of techniques, difficulty, and style.

2. During competition:

- a. Each athlete will have between 45 seconds and 1 minute to perform their run.
- b. Judges will score based on five criteria: difficulty, fluidity, creativity, technical execution, and space usage.
- c. Qualification and final rounds will be held depending on the number of participants.

Speed (Direct Timed Competition 1 vs 1)

Focused on efficiency, speed, and quick decision-making. Athletes must complete a designed course as fast as possible, overcoming all mandatory obstacles.

1. Competition format:

- a. 1 vs 1 format with direct elimination.
- b. Each match includes two runs (one in each lane).
- c. The fastest accumulated time (or best time in case of a tie) advances.
- d. Maximum of 64 participants.

2. Course design:

- a. The track will have marked checkpoints and obstacles that must be overcome successfully.

- b. Technical mistakes (missed obstacles, falls, or deviations) incur a +5 seconds penalty.

3. Judging and timing:

- a. Digital timing with manual double verification.
- b. On-site judges will supervise proper course completion.

3. GENERAL SCHEDULE

Morning activities (workshops, jam sessions, open sessions): 8:00 AM – 12:00 PM
and Competitions: 5:00 PM – 9:00 PM

4. IMPORTANT DATES

- **Registration opens:** June 23rd, 2025
- **Freestyle video submissions deadline:** September 30th, 2025
- **Freestyle selection announcement:** October 12th, 2025
- **General registration closes:** October 18th, 2025
- **Participant kit pickup:** October 24th, 2025 at Plaza de Armas, Puerto Vallarta from 10:00 AM to 5:00 PM

5. PARTICIPATION FEES:

The Parkour Vallarta Challenge offers a complete experience for both professional athletes and practitioners in training. Two registration options are available depending on participation modality:

A. General Access — \$800 MXN

Includes:

- ✓ Entry to morning jam sessions (free training), both event days
- ✓ Access to technical workshops and clinics led by guest athletes and professional judges
- ✓ Access to warm-up and stage walkthrough areas
- ✓ Eligibility to apply for Freestyle via video submission (if selected, no extra cost)

- ✓ Participant kit (wristband, t-shirt, hydration, priority athlete zone access)

Note: If not selected for Freestyle, athletes still receive all general access benefits.

B. Speed Competition — \$1,600 MXN

Includes:

- ✓ Direct entry to Speed (1 vs 1 format, professional timing, 64 spots max)
- ✓ All general access benefits, including:
 - Workshops
 - Morning jam sessions
 - Access to stage and athlete zone
 - Freestyle submission option (optional)

Important note: Speed registration does **not** require prior video evaluation.

6. PARTICIPATION REQUIREMENTS:

- Participants must be **15 years or older**
- Complete registration form (available on official website and social media). If under 18, the form must be completed by parent or legal guardian.
- Submit **medical certificate** and **liability waiver** (signed by parent/guardian if minor).
- Submit Freestyle video (only if applying for that category).

7. JUDGING AND AWARDS:

1. Specialized judges with national and international experience
2. Speed judged under FIG (International Gymnastics Federation) criteria
3. Freestyle judged under artistic and technical guidelines
4. **Cash and in-kind prizes** for top 2 in each category and division:

Placement	Modality	Division	Prize
1st Pro	Freestyle	Male & Female	\$15,000 MXN
2nd Pro	Freestyle	Male & Female	\$7,000 MXN

1st Pro	Speed	Male & Female	\$15,000 MXN
2nd Pro	Speed	Male & Female	\$7,000 MXN
1st Advanced	Freestyle	Male & Female	\$3,000 MXN
2nd Advanced	Freestyle	Male & Female	\$1,500 MXN
1st Advanced	Speed	Male & Female	\$3,000 MXN
2nd Advanced	Speed	Male & Female	\$1,500 MXN

8. INFORMATION & REGISTRATION:

- Instagram: [@pkvchallenge](https://www.instagram.com/pkvchallenge)
- Facebook: [Parkour Challenge Vallarta](https://www.facebook.com/ParkourChallengeVallarta)
- Email: parkourvallartachallenge@gmail.com
- Participant limit: 350 general entries

Payment methods:

- Bank transfer / deposit
- Cash payments at authorized locations (announced on official media)
- Proof of payment is required to confirm registration

Flow and push your limits in Mexico's most iconic city!

#ParkourVallartaChallenge2025 #PuertoVallarta #ChallengeYourLimits #NaturalFlow