

USA Parkour Cup Regional Qualifier Nov. 3rd



Ages 5 to 6 and 7 to 8 (Cost \$35 per person)

- Students will participate in a Parkour/Ninja Warrior speed competition against students in their age group. The course will take them over obstacles and walls in the spring floor area. Most obstacles will be soft. A small amount of time will be given for practice. They will have 2 attempts, one forwards and one backwards through the course. The best combined time wins!
- Prizes, 1st place gets a Steel City T-shirt, head band, and wrist band. 2nd place gets head band and wrist band, 3rd gets wrist band. Everyone who places will also receive 4 free classes or open gyms!

Ages 9 to 11, 12 to 15, 16+ (Cost \$35 per person)

- Students have the option of competing in a speed course, style course or both. The courses will be in the wooden area of the gym and mats will not be provided. Students will only compete against kids their age. The course may be modified slightly for each age group. Students will have time to practice
- Speed course- Students will complete a parkour style course, involving climbing, jumping, swinging, and balance. Students will only compete against kids in their age group.
- Style course- students will have a 60 second run where they will try to connect skills and movements. They will be judged on the difficulty of the tricks, execution, and flow (how well they connected skills). The best trick done in this round will also receive a prize! **No mats will be used during the run, however students may use mats when they practice.**

- Prizes- each age group will have 1st 2nd and 3rd winners for both speed and style.

1st place- Steel City T-shirt, 10 hour open gym punch card, wrist band and FREE entrance to the World Parkour Championship in Tampa Florida.

2nd place- Steel City T-shirt, 10 hour open gym punch card, wrist band, and 50 percent discount at the World Parkour Championship in Tampa Florida.

3rd place- Steel City T-shirt, 10 hour open gym punch card, wrist band, and 25 percent discount at the World Parkour Championship in Tampa Florida.

Best trick- Steel City T-shirt, 10 hour open gym punch card



