ROCKSTAR ACADEMY

CREATING FUTURE LIFE CHAMPIONS

Elite

CHAMPIONSHIPS

PARKOUR



COMPETITION GUIDE

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Elite CHAMPIONSHIPS PARKOUR

ROCKSTAR ACADEMY

WINTER TERM 2026

ELITE CHAMPIONSHIPS PARKOUR

SUNDAY, 22 NOVEMBER 2026

GF FLOOR ATRIUM, THE PEJATEN PARK MALL

SPEED	FREESTYLE
7-9 yrs	7-9 yrs
10-12 yrs	10-12 yrs
13+ yrs	13+ yrs

REGISTRATION PERIOD

at every Academy Front Desk, based on the student's level

		VIP		PREMIERE	
Registration Period		All Academy except PK & CS	23 Paskal Bandung	All Academy except PK & CS	23 Paskal Bandung
Early Bird	28 October-15 November 2026	188,000 IDR	158,000 IDR	218,000 IDR	188,000 IDR
Regular	16-21 November 2026	218,000 IDR	178,000 IDR	238,000 IDR	218,000 IDR
Event Day	22 November 2026	238,000 IDR	198,000 IDR	258,000 IDR	238,000 IDR

		CIPUTRA WORLD SURABAYA MEMBERSHIP		
Registration Period		VIP	Premier+	Premier
Early Bird	28 October-15 November 2026	138,000 IDR	158,000 IDR	178,000 IDR
Regular	16-21 November 2026	158,000 IDR	178,000 IDR	198,000 IDR
Event Day	22 November 2026	178,000 IDR	198,000 IDR	218,000 IDR

COMPETITION REGULATIONS

SPEED COMPETITION

1. The competition will be a speed race.
2. The route will include obstacles and feature 3 checkpoints.
3. The fastest participant to complete the route will be declared the winner.
4. Each participant will be given a 30-second free trial to familiarize themselves with the route.
5. Each participant will have 2 attempts, with a 1-minute rest period between attempts.

FREESTYLE COMPETITION

1. The competition will be a speed race.
2. The route will include obstacles and feature 3 checkpoints.
3. The fastest participant to complete the route will be declared the winner.
4. Each participant will be given a 30-second free trial to familiarize themselves with the route.
5. Each participant will have 2 attempts, with a 1-minute rest period between attempts.

COMPETITION REGULATIONS

1. Participants must register at the Front Office.
2. On the day of the event, participants must pre-register at the registration area, minimum one (1) hour before the competition starts and receive a cloth sticker.
3. Participants must check and confirm the competition schedule.
4. Participants are required to wait at the designated area and wait to be called by the committee.
5. Disqualification will be given to participants who are:
   - Late and are not able to present themselves after being called three (3) times
   - Not following the proper age category.
   - Inappropriate / bully behaviors: physical, emotional, taunting, calling names, talking about one another, etc. If you are a victim of this behavior, you must come to a teacher or Manager immediately so we can address this issue. Do not wait!

STUDENTS PERFORM

SPEED COMPETITION

Participants will navigate various obstacles and must perform mandatory movements at each checkpoint. Each participant is given 30 seconds to try, two attempts, and a one-minute break between each attempt.

FREESTYLE COMPETITION

Participants will perform free movements while running through obstacle courses while still demonstrating their ability to perform several mandatory core parkour movements. Participants will receive additional points for successfully performing the mandatory movements.

JUDGEMENT CRITERIA

SPEED COMPETITION

The participant who completes the obstacle the fastest will be declared the winner.

FREESTYLE COMPETITION

Participants will be judged directly by three main judges. Judging categories include flow, creativity, execution, and mandatory moves.

SPEED ROUTINES

SPEED (7-9 yrs)



Tutorial Video:

https://youtu.be/dUL_0-3gv4o

SPEED (10-12 yrs)



Tutorial Video:

https://youtu.be/0k5OicA0Alk

SPEED (13-18 yrs)



Tutorial Video:

https://youtu.be/XZb6ZbGo7HI

FREESTYLE ROUTINES

FREESTYLE (7-9 yrs)



Tutorial Video:

https://youtu.be/p6HomBIDEsU

FREESTYLE (10-12 yrs)



Tutorial Video:

https://youtu.be/DDNfn4FMvTw

FREESTYLE (13-18 yrs)



Tutorial Video:

https://youtu.be/1P-Gm0yO-qM

AWARDS

1st Medal & Certificate



2nd Ribbon & Certificate



3rd Ribbon & Certificate



*Certificates will be distributed 1 month after the event.

RUNDOWN

Pre-Registration	Age	Category	Competition
16:30 - 17:30	7-9 yrs	Parkour Speed	17:30 - 18:00
17:30 - 18:00	10-12 yrs	Parkour Speed	18:00 - 18:30
18:00 - 18:30	13-18 yrs	Parkour Speed	18:30 - 19:00
Parkour Speed Awarding			
18:30 - 19:00	7-9 yrs	Parkour Freestyle	19:00 - 19:30
19:00 - 19:30	10-12 yrs	Parkour Freestyle	19:30 - 20:00
19:30 - 20:00	13-18 yrs	Parkour Freestyle	20:00 - 20:30
Parkour Freestyle Awarding			

EMERGENCY PROCEDURES

The following procedures shall be implemented whenever a student is injured in the course of activities conducted at Elite Championships.

1. The instructor shall immediately notify the health personnel present at the activity and the health personnel shall assume responsibility for the emergency treatment of the student.
2. If no health personnel are present, or if none can be immediately summoned to the student's aid, the instructor shall administer such first aid as may be necessary.
3. If the student's injury requires more than routine first aid, the instructor shall:
    - Summon an emergency personnel
    - Arrange for the student's transportation to the nearest hospital
4. The instructor or his/her designee shall promptly notify the Event Manager, the Program Coordinator, and the student's parent(s) or legal guardian(s) of the student's injury and the condition and location of the student.
5. An injured student who has been transported away from the premises must be accompanied by the instructor, a member of the Event Organizer, and the parents/guardians.

READMISSION TO COMPETITION ACTIVITIES

A student injured in the course of a competition activity will be permitted to participate in the competition only on the written permission of the medical inspector or designated team doctor, designated school health personnel who must first examine the student to determine his/her fitness to participate in competitions. Written notice of that determination, signed by the medical inspector or designated team doctor as appropriate, shall be given to the student's parent(s) or legal guardian(s).

READMISSION TO COMPETITION ACTIVITIES

The information provided in this Guide is of a general nature, and has been provided solely on the basis that users will be responsible for making their own assessment of it, having regard to their own circumstances, needs & requirements. While RockStar Academy endeavors to provide up to date information and guidance for your use, it may be open to misunderstanding or misinterpretation. Consequently, you should consult further with respective coordinators where you intend using this information. RockStar Academy expressly disclaims any liability associated with, or arising from the use or incorporation of the information provided in this Guide by the user.

DISCLAIMER OF LIABILITY

Participation in all sports and performing arts activities—including but not limited to gymnastics, swimming, basketball, futsal, multi-sports, pickleball, table tennis, tennis, martial arts, parkour, ballet, dance, broadway, contemporary dance, and cheerleading—involves inherent risks of physical injury or health-related incidents.

While RockStar Academy and its event organizers take all reasonable precautions to create a safe and supportive environment—including the provision of qualified medical personnel on standby during events (where applicable)—we shall not be held liable for any injuries, accidents, or medical conditions that may arise during training sessions, rehearsals, or competitions.

By participating in any activity, members and their parents or legal guardians acknowledge and accept full responsibility for all associated risks and confirm that their participation is entirely voluntary.

Please ensure you have thoroughly reviewed the event guide. Submission of your registration and payment constitutes your full understanding and acceptance of all event terms and conditions.

We remain fully committed to safety and emergency readiness; however, the final responsibility lies with each participant and their parent or guardian.

ROCKSTAR ACADEMY'S EVENTS/ COMPETITION CODE OF CONDUCT

To maintain the integrity and spirit of the RockStar Academy's Events (Testing / Recitals) & Competitions, all participants, parents, coaches, and supporters are required to adhere to the following guidelines:

1. Positive Conduct
   All communication, including on social media, must reflect positivity and respect. Negative, offensive, or harmful content directed at the competition, participants, staff, or organization will not be tolerated.

2. Judges' Decisions
   All judges' scores and decisions are final. Participants and supporters are expected to respect these outcomes without dispute.

3. Respect and Sportsmanship
   Competitors, parents, and coaches must demonstrate respect toward fellow participants, staff, and opponents at all times. Good sportsmanship is a core value of this competition.

4. Dispute Resolution
   Any disputes, concerns, or appeals must be submitted only by email (studentcare.id@rockstaraacademy.com) to the designated competition address. Such matters must not be raised during event/competition time to ensure a smooth and professional event.

5. Compliance and Consequences
   Failure to comply with these guidelines may result in sanctions, including the disqualification of an individual or team, at the discretion of the organizing committee.

6. Agreement to Terms
   By submitting payment for the event/competition, participants and their representatives acknowledge and agree to all Terms & Conditions outlined in this Guide.

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