



Rock Olympics 2025
BORN TO COMPETE!

PARKOUR

SPEED & FREESTYLE

EVENT GUIDE



WELCOME NOTE

Welcome to RockOlympics 2025!

Dear RockStars,

It's time to step onto the grand stage of **RockOlympics 2025** - our most thrilling and competitive event yet! This is where **determination meets opportunity, talent meets challenge, and passion meets victory.**

At RockStar Academy, we believe that every child is **Born to Compete** - to **push their limits, embrace the journey, and discover their true potential.** RockOlympics is more than just a competition; it's a **test of resilience, sportsmanship, and the drive to be your best.**

This year, we're raising the bar:

- **More academies, more participants, and more intensity!**
- **New categories and expanded opportunities to shine!**
- **Bigger prizes, new sponsors, and world-class venues!**
- **Tennis & Ping Pong debut for even more competitive action!**

This is your time. **Step up, stand tall, and make your moment count.** The journey to greatness starts now!

Let's compete, inspire, and make history together!

See you in the arena!

Warmest regards,

John Franklin
CEO, RockStar Academy

COMPETITION STAGES

SYSTEM			
COMPETITIONS	INDIVIDUAL	TEAM	STAGES
Parkour	Knock-Out	X	Final

SCHEDULE & VENUE

DATE	STAGE	EVENT	VENUE
18 May 2025	Final	Parkour	Gymnastics Studio, RSA Gajah Mada Plaza

REGISTRATION PERIOD

DATE	EVENT	EVENT FEE	PERIOD
18 May 2025	Parkour	Early Bird	21 April-11 May 2025
		Regular	12-17 May 2025
		Event Day	18 May 2025

REGISTRATION FEES

MEMBERSHIPS

REGISTRATION PERIOD	VIP			PREMIERE		
	ALL ACADEMY EXCEPT PK & CS	23 PASKAL BANDUNG ONLY	CIPUTRA WORLD SURABAYA ONLY	ALL ACADEMY EXCEPT PK & CS	23 PASKAL BANDUNG ONLY	CIPUTRA WORLD SURABAYA ONLY
Early Bird	188,000 IDR	158,000 IDR	138,000 IDR	218,000 IDR	188,000 IDR	158,000 IDR
Regular	218,000 IDR	178,000 IDR	158,000 IDR	238,000 IDR	218,000 IDR	178,000 IDR
Event Day	238,000 IDR	198,000 IDR	178,000 IDR	258,000 IDR	238,000 IDR	198,000 IDR

PARKOUR SCHEDULE FINAL


Sunday, 18 May 2024	PRE-REGISTRATION	CATEGORY	TIME
	09:00 - 10:30	Speed (7-9 yrs)	10:00 - 11:30
	10:30 - 11:30	Speed (10-12 yrs)	11:30 - 12:00
	11:00 - 12:00	Speed (13-18 yrs)	12:00 - 12:30
	Speed Awarding		
	12:00 - 13:00	Freestyle (7-9 yrs)	13:00 - 14:00
	13:00 - 14:00	Freestyle (10-12 yrs)	14:00 - 14:30
	13:30 - 15:00	Freestyle (13-18 yrs)	14:30 - 15:00
	Freestyle Awarding		

VENUE

GYMNASTICS STUDIO, ROCKSTAR ACADEMY GAJAH MADA PLAZA



EVENTS PER GENRE

Genre	Category	Age Group	Remarks	Registration Fee	
 PARKOUR	1. Speed 7-9 yrs	7 - 9 yrs	Individual	188,000 IDR	per student
	2. Speed 10-12 yrs	10 - 12 yrs	Individual	188,000 IDR	per student
	3. Speed 13+ yrs	13 - 18 yrs	Individual	188,000 IDR	per student
	4. Freestyle 7-9 yrs	7 - 9 yrs	Individual	188,000 IDR	per student
	5. Freestyle 10-12 yrs	10 - 12 yrs	Individual	188,000 IDR	per student
	6. Freestyle 13+ yrs	13 - 18 yrs	Individual	188,000 IDR	per student

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 freestyle parkour event.
2. Participants will demonstrate free movements and paths through obstacles.
3. Participants in the 7-9 and 10-12 age categories must showcase 4 principal movements, while those in the 13+ age category must demonstrate 5 principal movements. Extra points will be awarded for perfect execution of these movements.
4. Each participant will have 30 seconds per round.
5. The competition will be assessed by 3 judges. Assessment categories include flow, creativity, execution, and mandatory skills.

PROCEDURES

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!

AWARDING CEREMONY

1. Awarding Ceremony will be done after each age category match.
2. Winners for each category: 1st Position (Gold), 2nd Position (Silver), 3rd Positions (Bronze).
3. Winners will receive a Medal and Certificate of Achievement (Certificates will be distributed 1 month after the event).

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>

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>



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