THE CARTOON BOOK OF

PARKOUR AND FREERUNNING



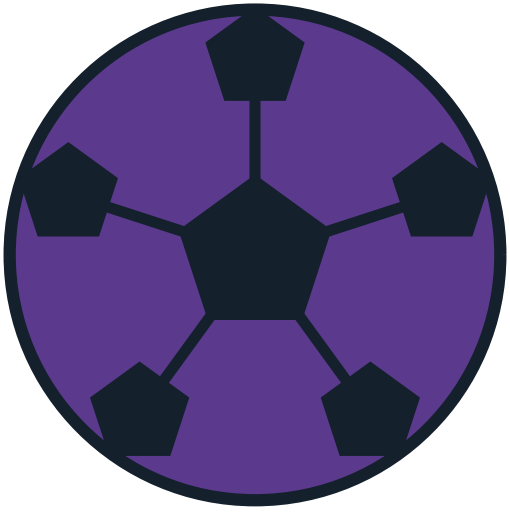
SPORT ON EARTH

Sport on Earth Books · The Extreme & urban Family

Original illustrations · No characters were copied in the making of this book

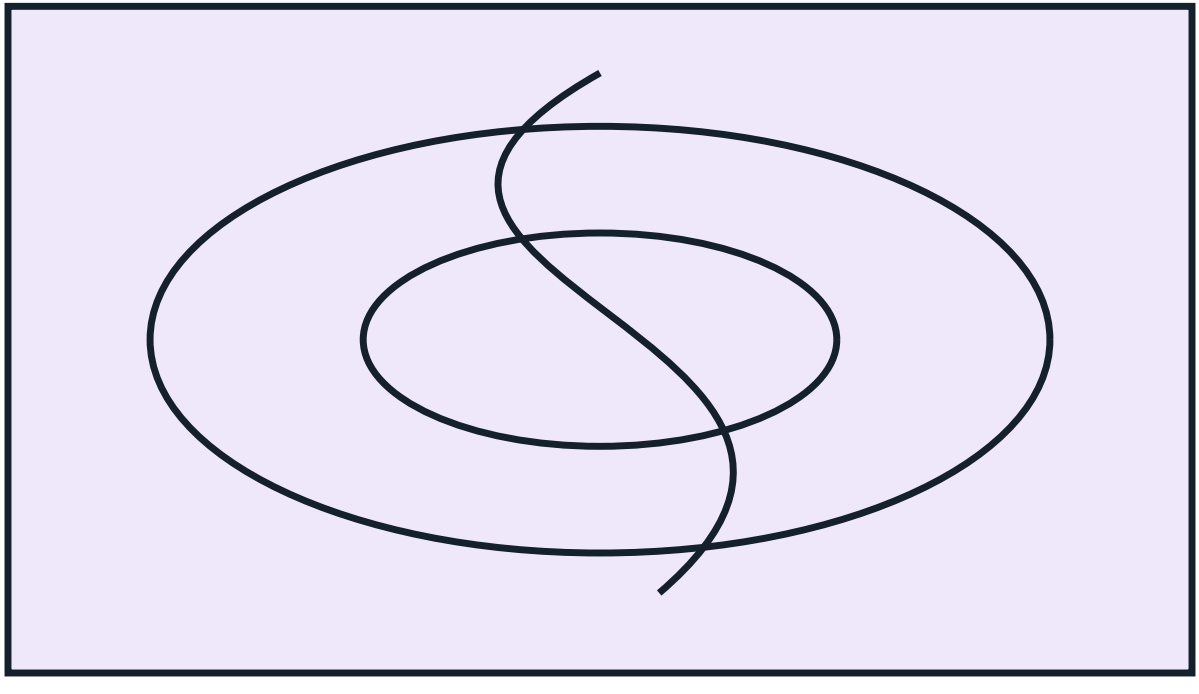
Meet Parkour and Freerunning!

Move through obstacles with vaults and jumps.



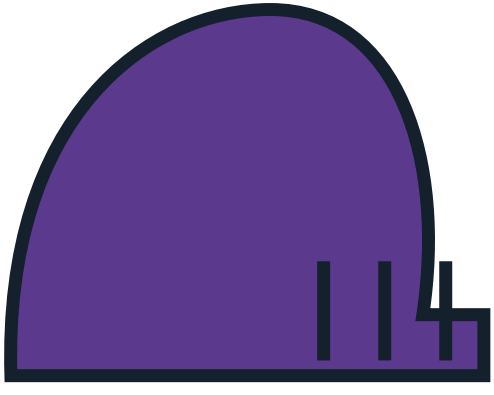
Where It Is Played

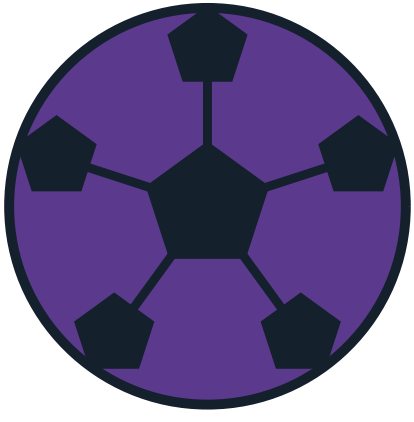
A purpose-built parkour course of walls, bars and blocks; Speed uses two parallel lanes.



The Gear

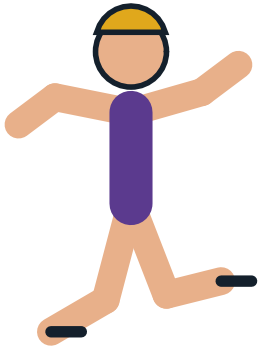
No apparatus — athletic shoes and clothing; all equipment is the fixed obstacle course itself.





How It Starts

Learn precision jumps, vaults and safe landings at a parkour gym or club, then enter Speed or Freestyle events through your national gymnastics federation.



How to Play

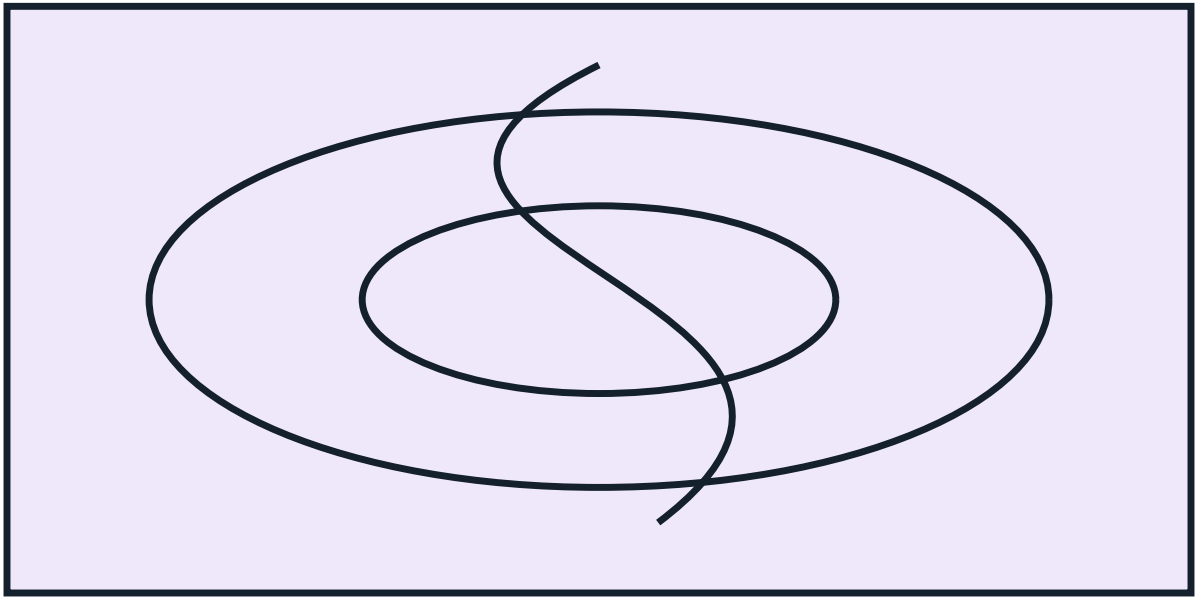
- Format: FIG Parkour has two events for men and women — Speed, a timed race over an obstacle course, and Freestyle, tricks performed on the course within a set time.
- Competitions consist of Qualifications, Semi-Finals (Speed only) and Finals; qualification scores are not carried forward and every round starts from 0.
- Speed is run on two parallel lanes; athletes may take an optional second qualification run, announced immediately after the first run by raising a hand.
- Speed Semi-Finals are knock-out: the highest-ranked athlete faces the lowest-ranked, and the loser of each race is eliminated.

More of the Game

- The Speed Final is a single run and the final ranking is based on time; time is measured to 1/1000th of a second and shown to 1/100th.
- Freestyle runs last 30 to 70 seconds and are judged under the Code of Points on difficulty, composition / use of the course, and execution.
- Freestyle difficulty values come from the Reference List (Table of Tricks), updated yearly, while the Code of Points is published on a four-year cycle.
- World Championships quotas are capped per nation — the final fields are limited to a maximum of 2 athletes per nation per event.

The Shape of a Match

Speed is a head-to-head timed race over obstacles on parallel lanes; Freestyle is a 30-70 second judged run of tricks over the same kind of course. Fastest time and highest judged score win respectively.

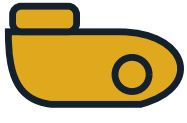


More of the Extreme & urban Family

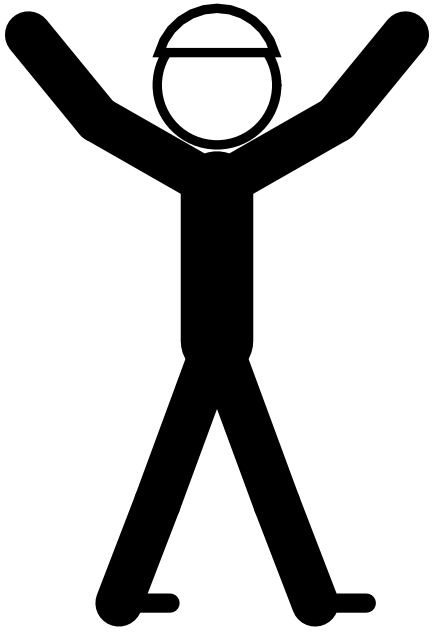
- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- BMX — Racing and freestyle on small bikes.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Chase Tag — Pro format of the playground game.
- Ultimate Frisbee — Seven-a-side disc game, pro in North America.
- Tricking — Martial-arts kicks combined with flips.

A Note on the Rules

Parkour and freerunning's framework is famously contested governance: the founding community rejected the FIG's attempt (2017 onward) to absorb parkour as a gymnastics discipline, forming Parkour Earth to defend self-governance, while FIG parkour (speed and freestyle formats) proceeded in parallel. Two rival frameworks coexist — that dispute, rather than any law change, is the documented governance record. No settled rule change is carried for parkour.

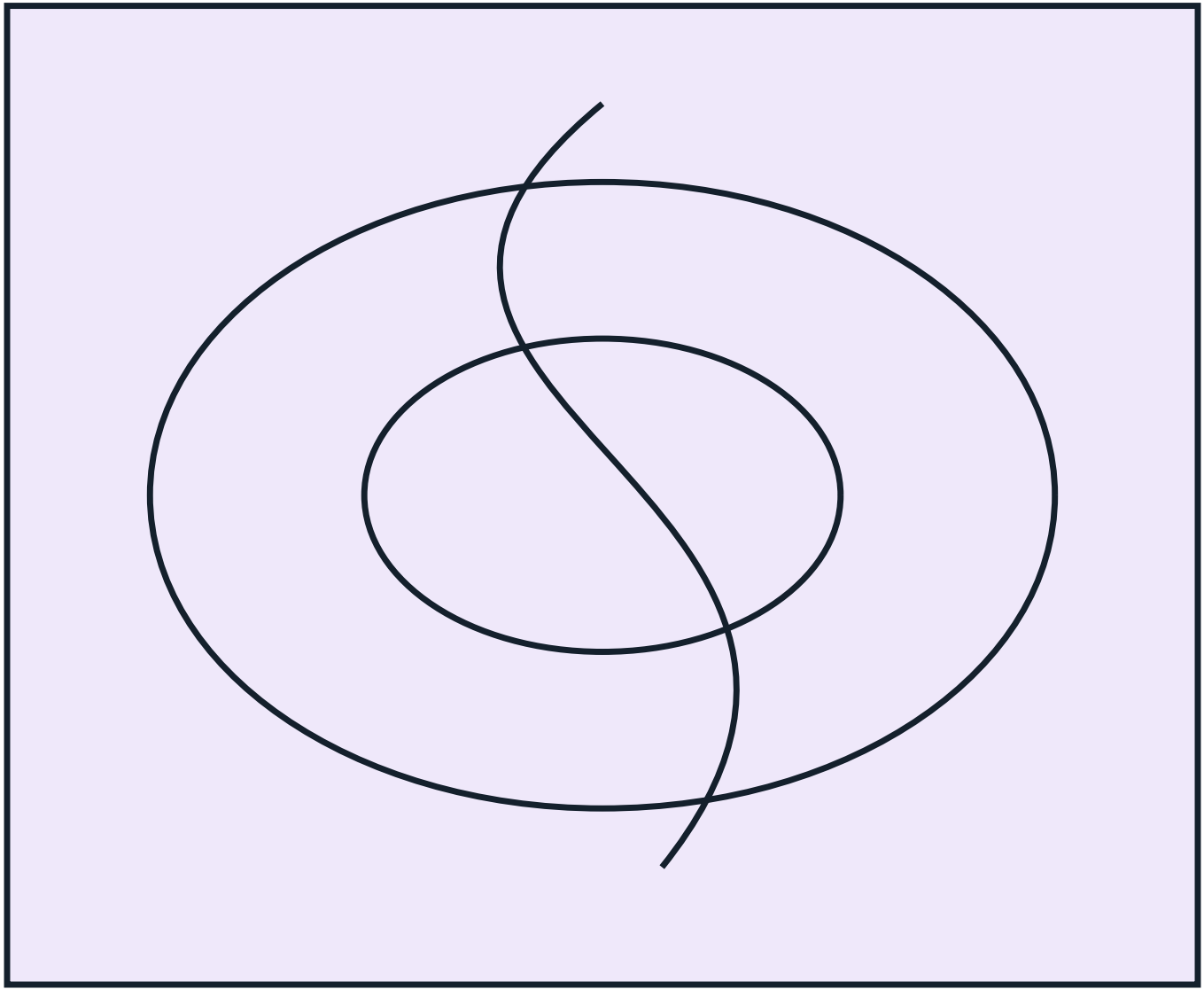


Colour the Action

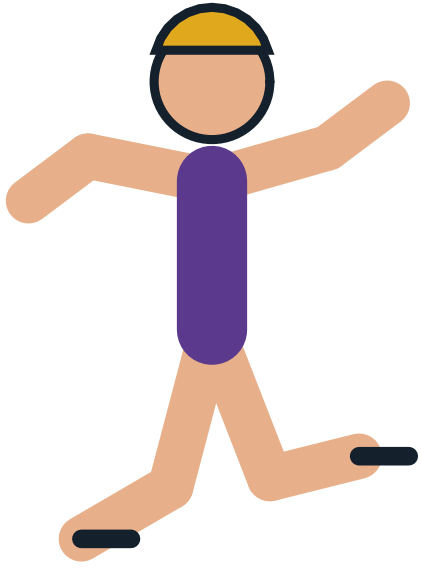


Psst — this page is a colouring page!

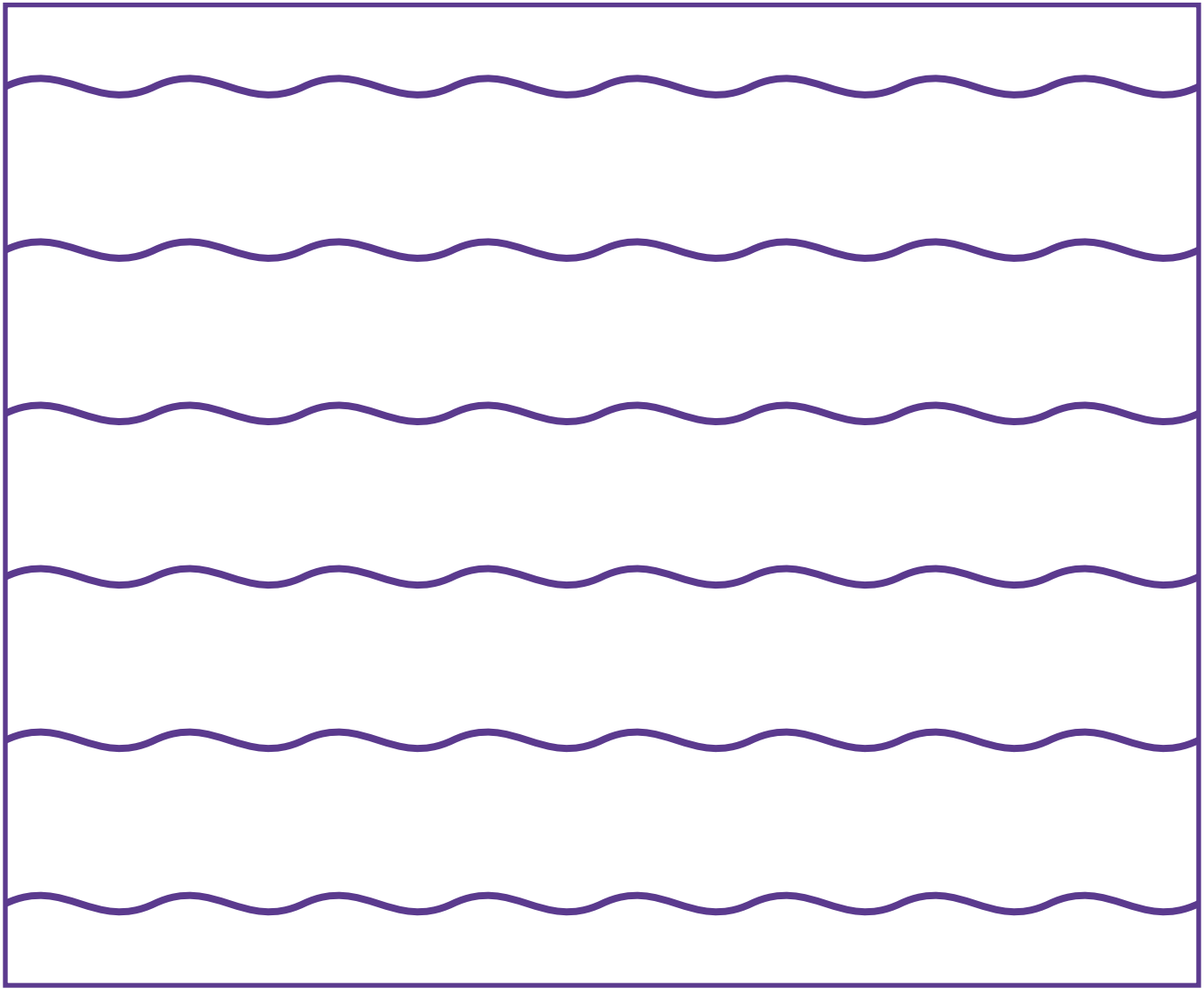
The Sport Today



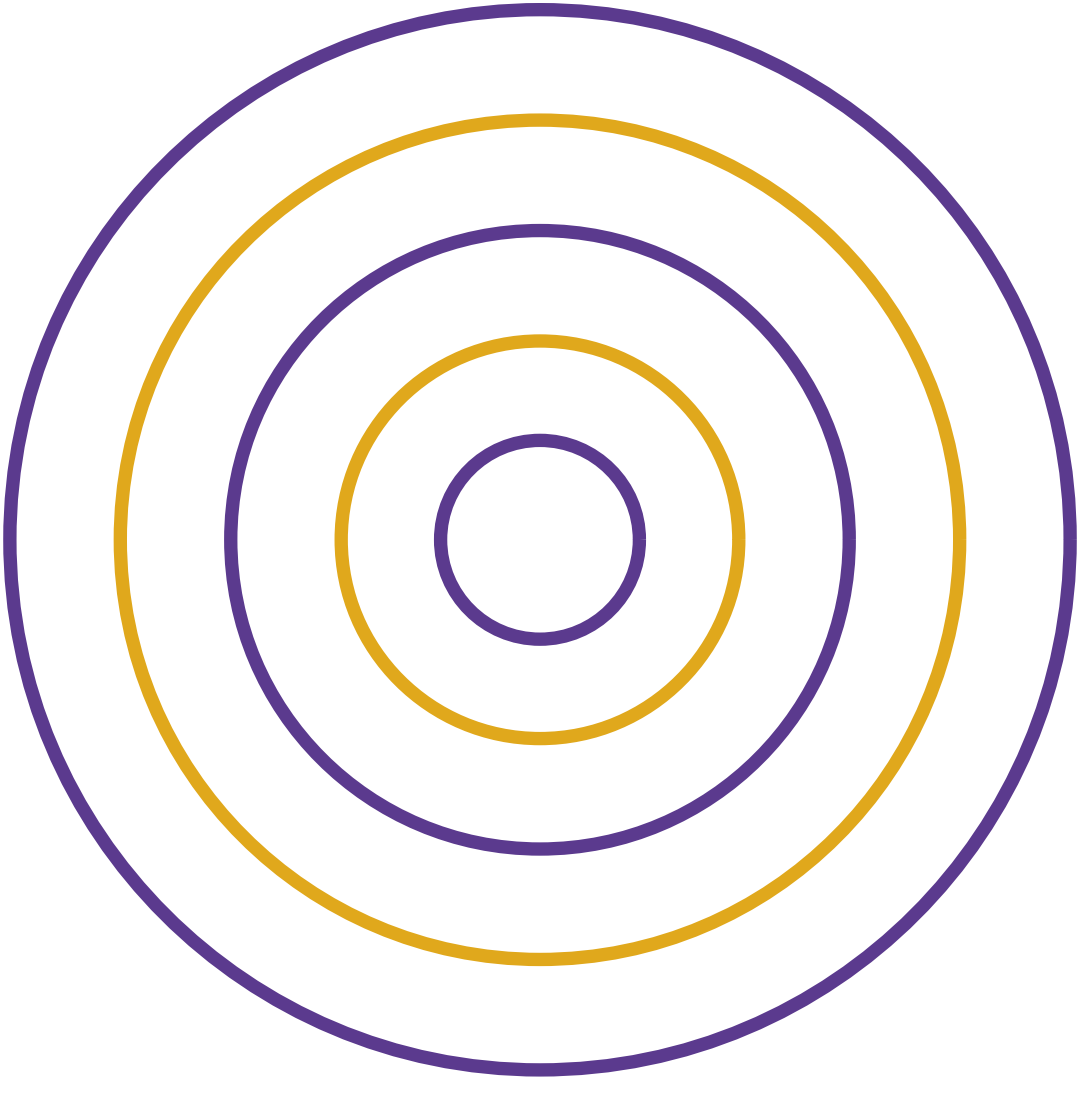
At School and College



Play It Near You



Through the Year

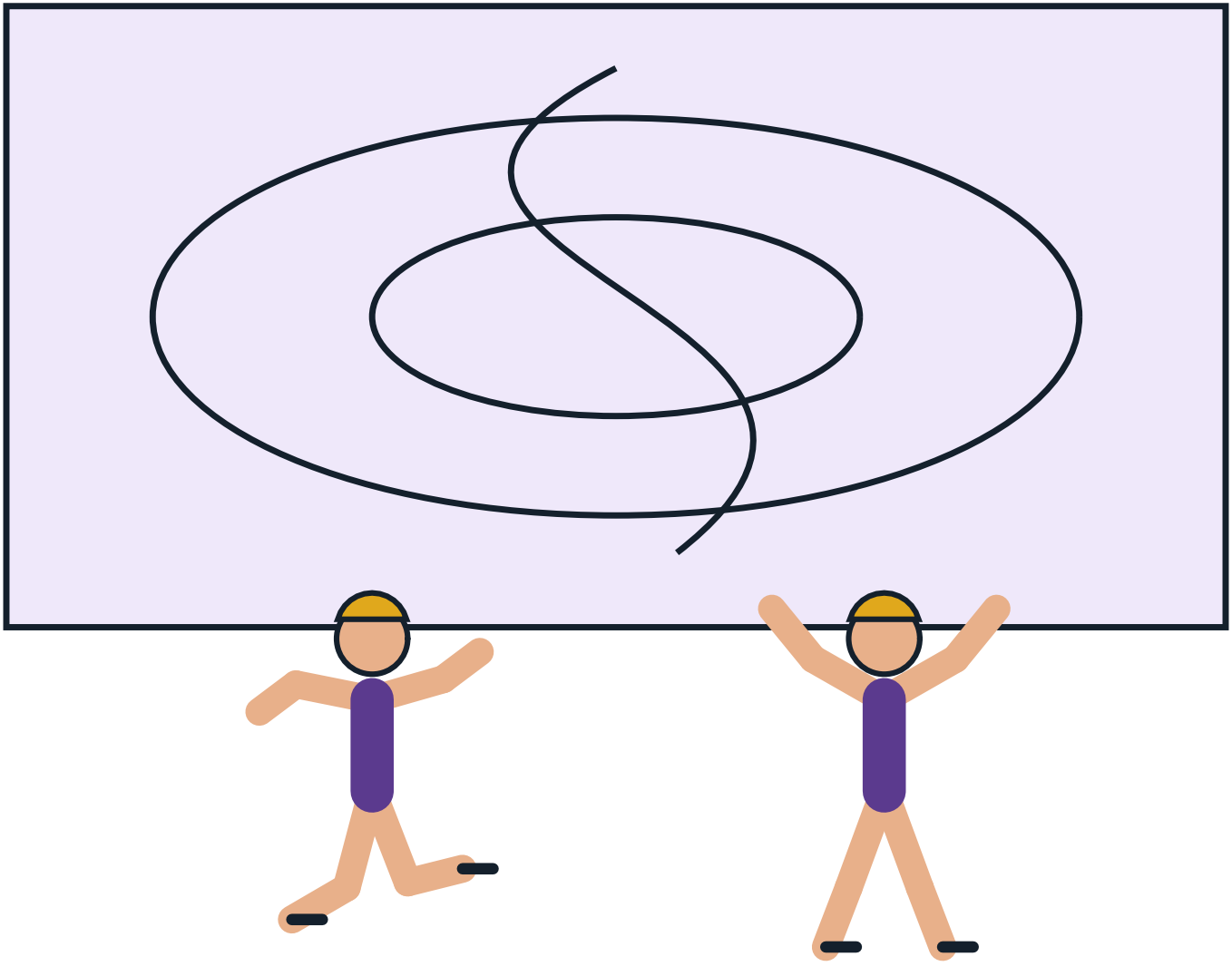


The Extreme & urban Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- BMX — Racing and freestyle on small bikes.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Chase Tag — Pro format of the playground game.
- Ultimate Frisbee — Seven-a-side disc game, pro in North America.

Game Day!

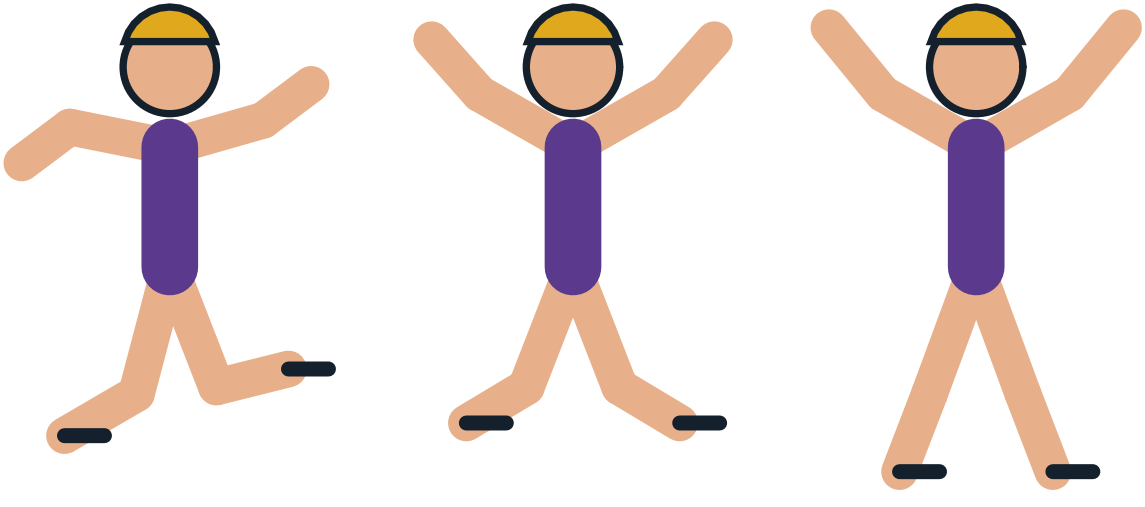


The Sport on Earth Mark

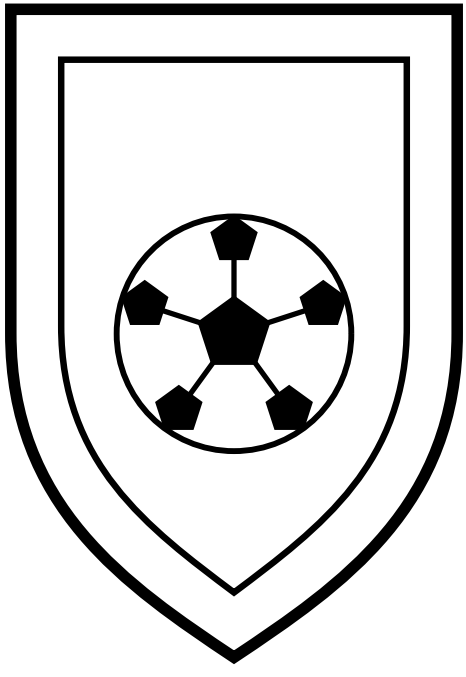
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

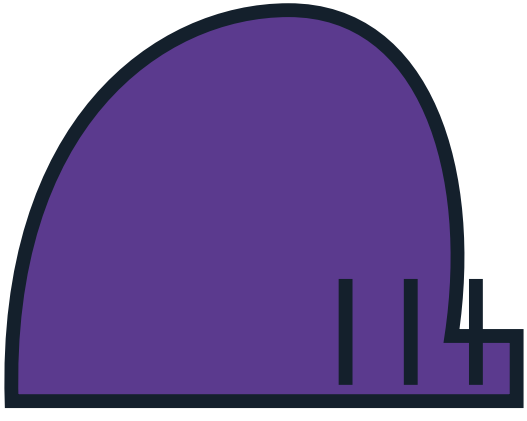


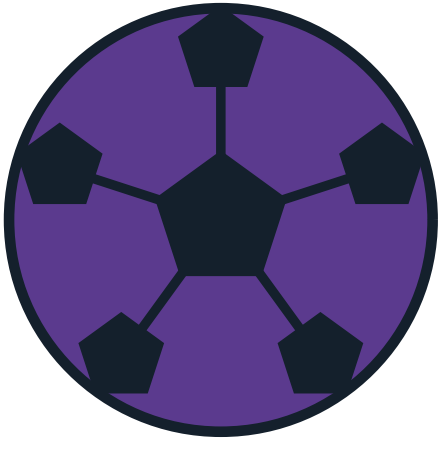
Design a Badge



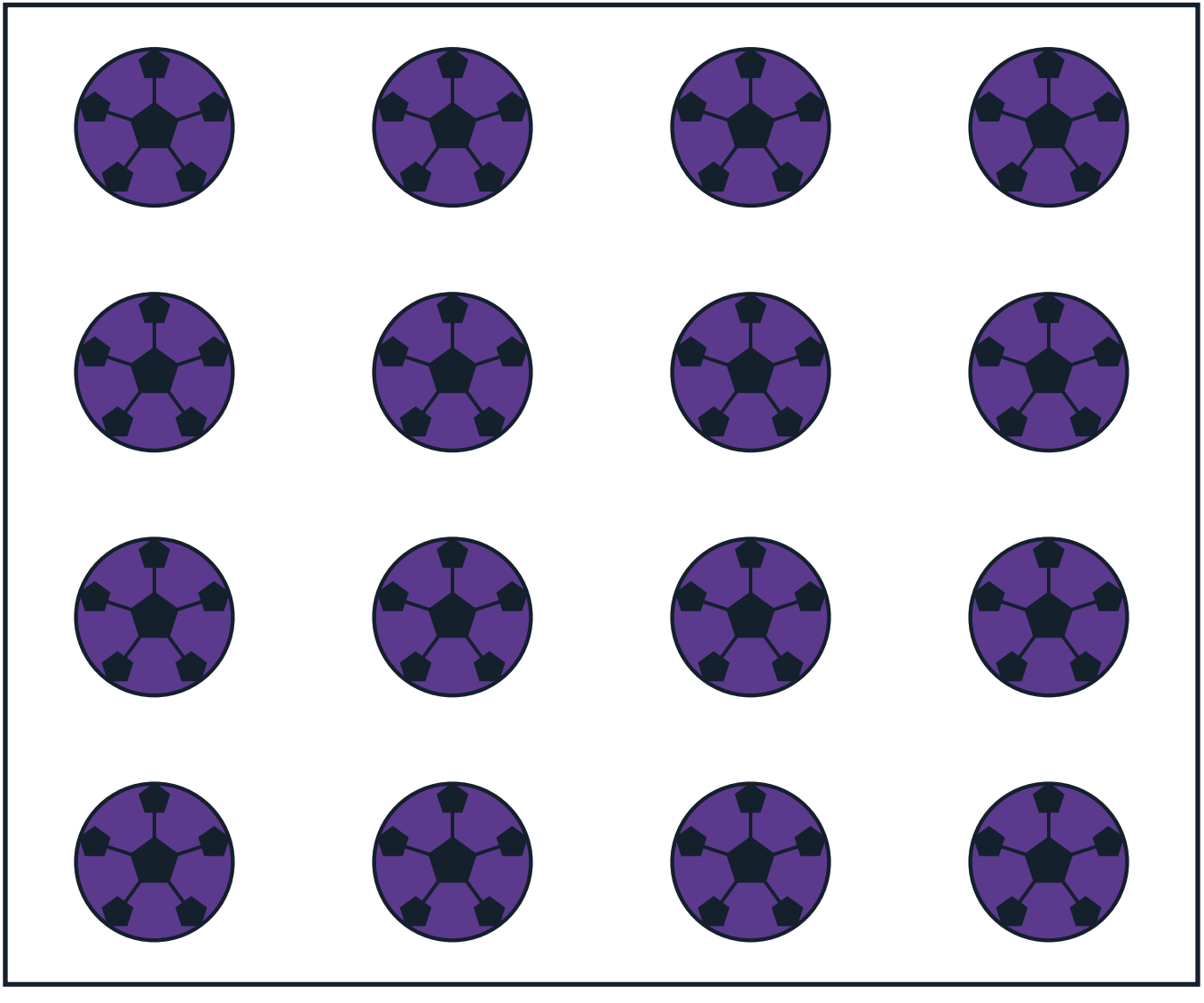
Draw and colour a badge for your own team.

The Gear Parade

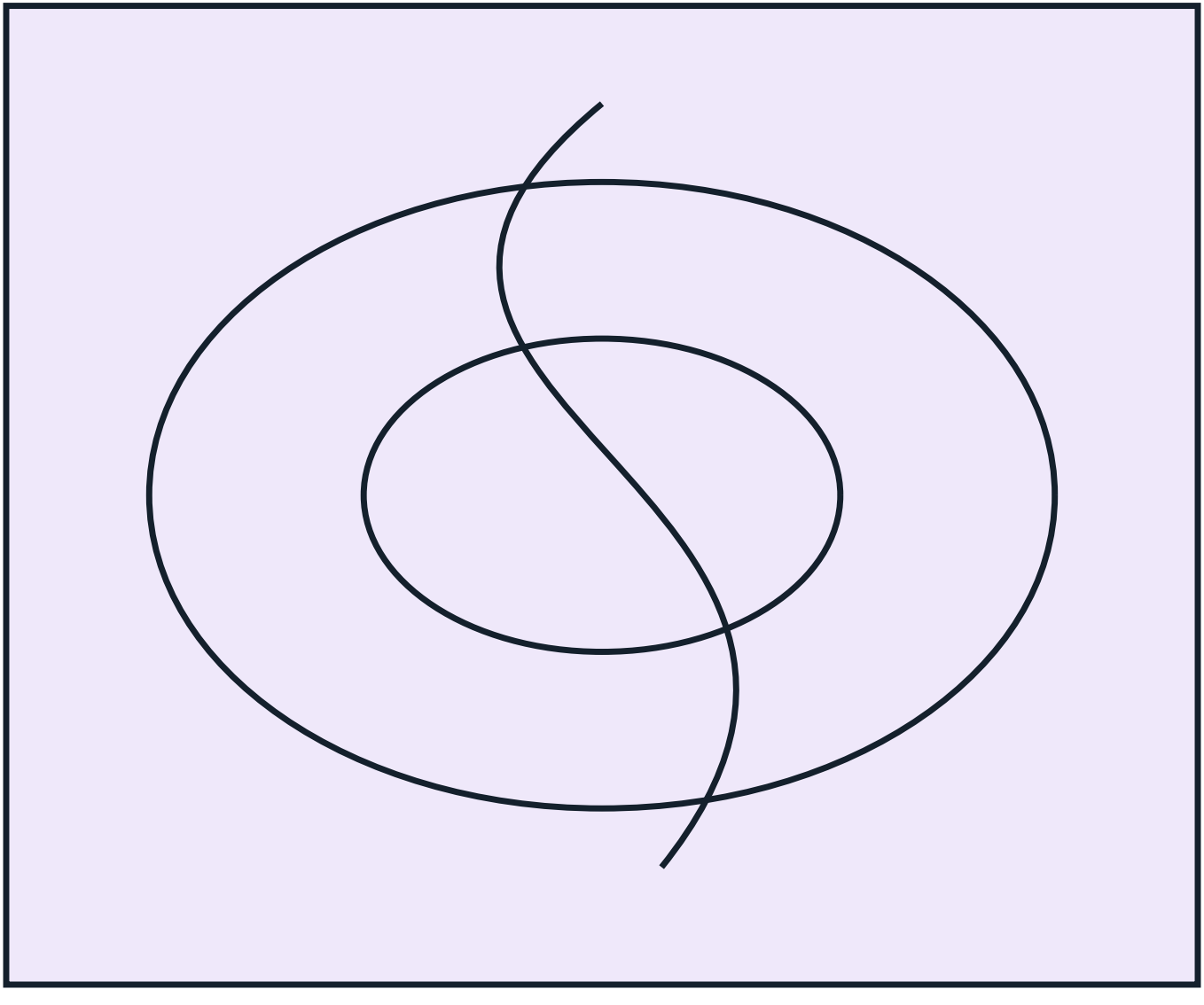




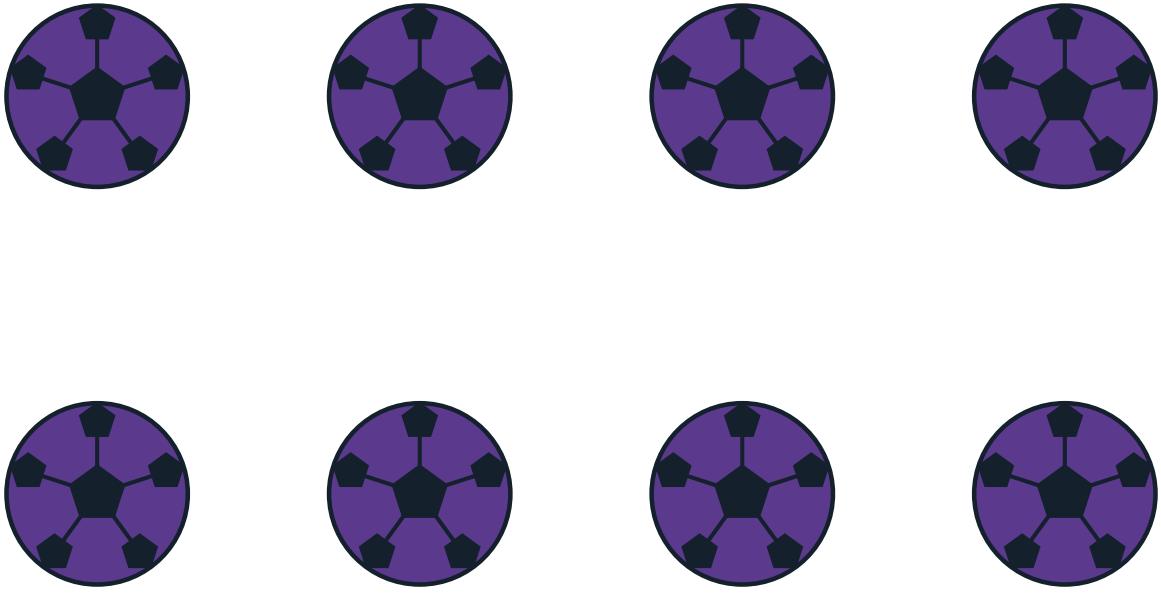
Pattern Play



The Arena From Above



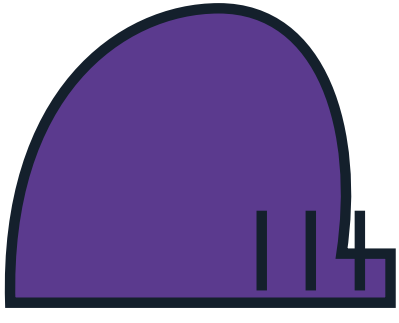
Count the Balls!



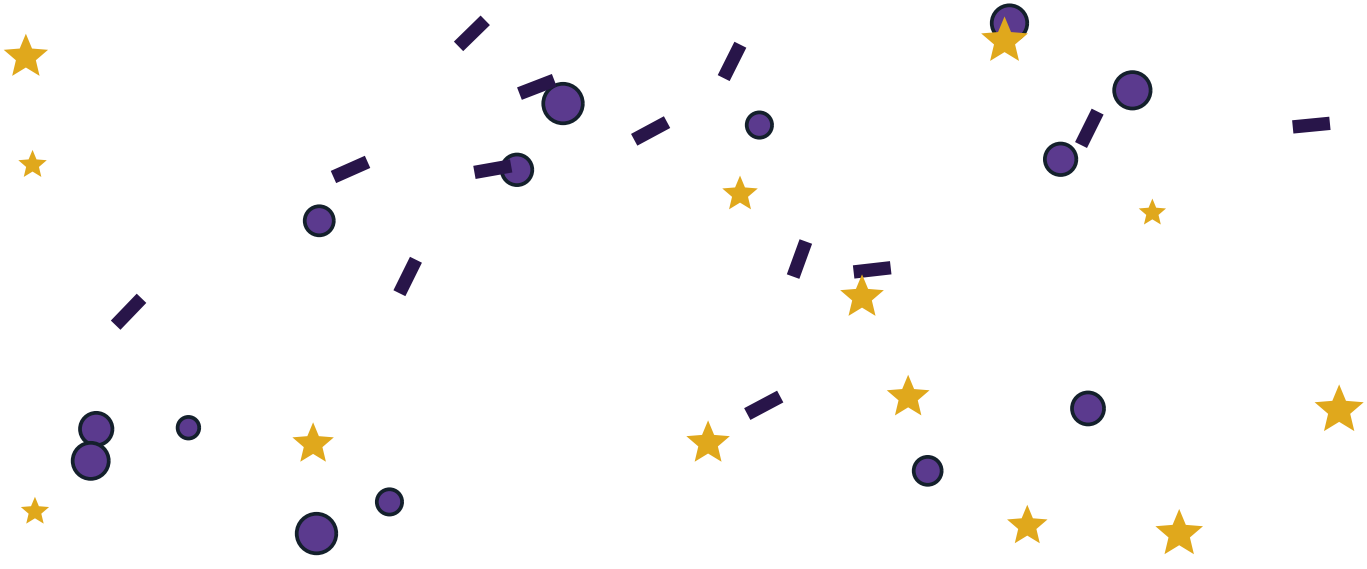
How many can you count? Write the number here: _____

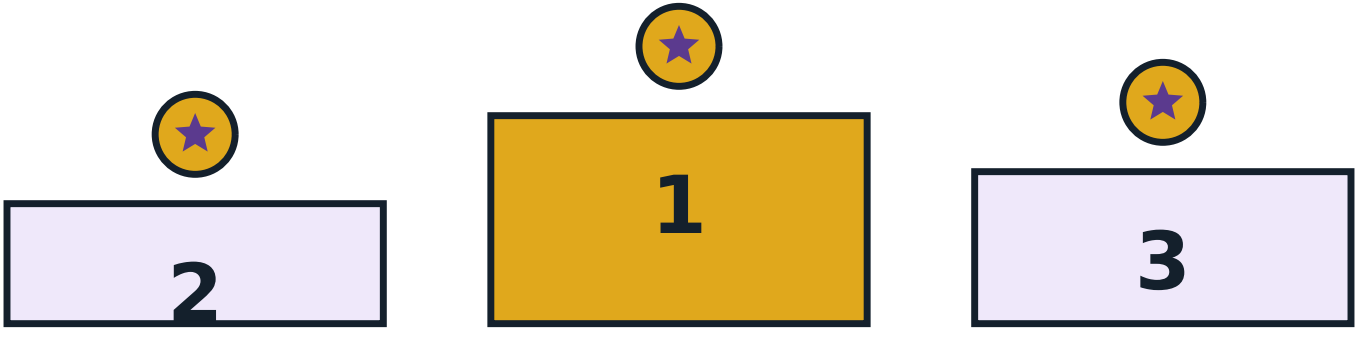
My Favourite Part of Parkour and Freerunning

Gear Close-Up

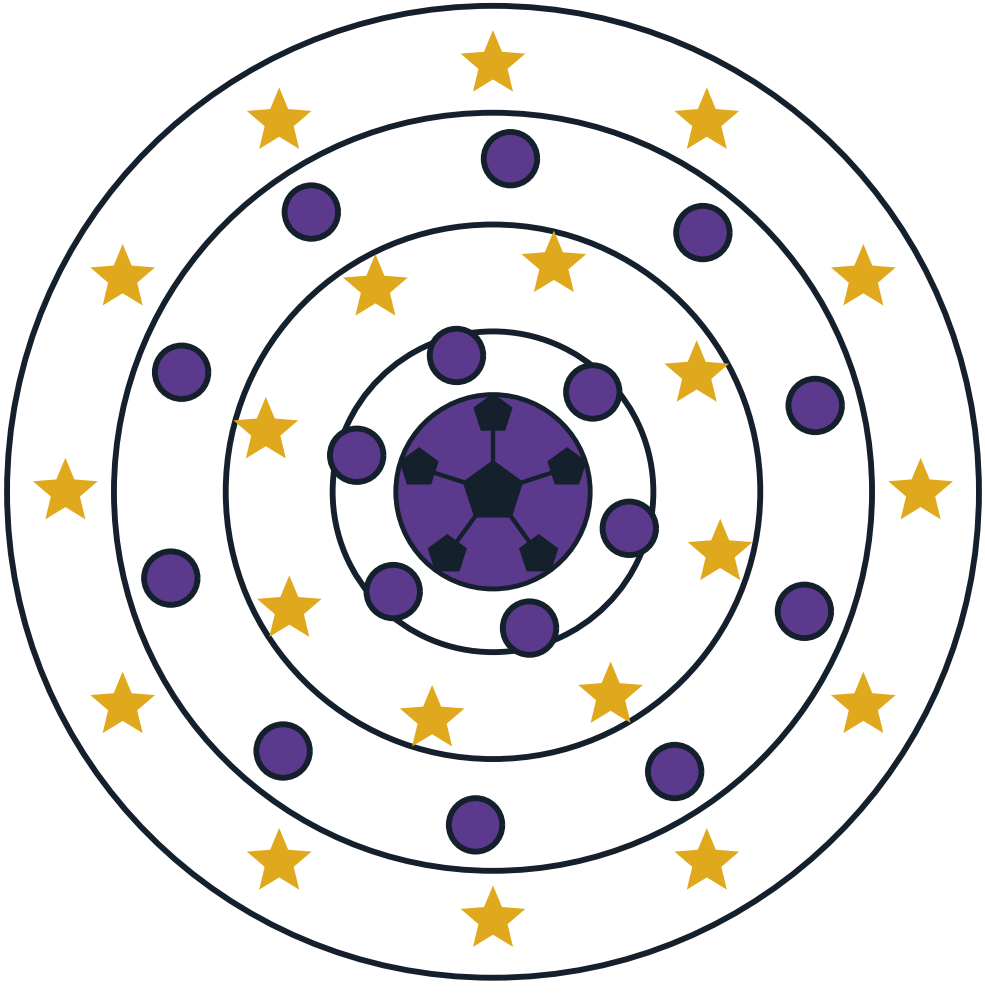


Champions!





The Mandala of the Game



About This Book

Governing body: Fédération Internationale de Gymnastique (FIG). Laws edition the site's rules file follows: FIG Parkour competition format and Code of Points (2025-2028 Code in preparation; format as published for FIG Parkour World Championships). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Skateboarding
- The Cartoon Book of BMX
- The Cartoon Book of Sport Climbing
- The Cartoon Book of Chase Tag
- The Cartoon Book of Ultimate Frisbee
- The Cartoon Book of Tricking
- The Skateboarding Colouring Book
- The BMX Colouring Book

My Notes

Parkour and Freerunning

The Cartoon Book of Parkour and Freerunning — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

