

English version:

# WESTCOAST FREESTYLE

Welcome to FRS Kungsbacka's first big Parkour Competition! Show off your impressive technique and smooth movements in a competition in the middle of Kungsbacka's own square!! Here you get the chance to show off your impressive technique, elegant movements and smooth movements so that you might get to go home with SEK 6,000. Sign up now and take part in this action-packed parkour competition!

**Datum:** 16th July, (You will have access to the park on the 15th to get to know the park and build your run).

**Place:** Kungsbackas Torg, Storgatan, 434 30 Kungsbacka

## Generally

The event will be held at Kungsbacka torg where we are building a larger track. Kungsbacka torg is not far from the station, so it is easy to get there for those of you who come by public transport.

There will be paramedics on site and we will also sell clothes from FRS/Aspera etc.



## Rules

We judge based on four categories:

Flow - How well your run flows, how well connected everything is.

Creativity - How creative is your run? We look for unique moves, or unconventional ways to connect tricks or use the track.

Landings - How good are your landings? Are they fast, agile and controlled?

Difficulty - How difficult are the tricks you do? More difficult tricks give higher scores, but the execution also matters.

One judge for each requirement giving points between 1-100

## **Registration and Submission**

We will select participants via submission that you can make and send in to us. A submission is a short film where you show what you have done before, for example by filming several previous runs and putting them together into a film.

(In addition to those selected via submission, we will have a few places left that you can compete for on site).

- Max 3 min long video
- Posted on Instagram or Youtube where the link is submitted via report so we can find the video!! (Note!! Keep in mind that the link must be valid!).
- The last date to submit the Submission is **June 30th**. The result will be published a few days later on our website [www.frskungsbacka.se](http://www.frskungsbacka.se) and our social media!!

**Registration is done via sportadmin in the link below:**

<https://sportadmin.se/form/form.asp?ID={B02ABAFE-819A-419E-B5ED-285362BF0BB8}>

## **Prize money**

First, second and third place will receive a prize money.

First - SEK 6,000, Second - SEK 3,000, Third - SEK 1,500

## Miscellaneous

- Accommodation: If you need accommodation during the event, we have places at a school in Kungsbacka, 25 minutes from the Kungsbacka target. The cost of accommodation is 150 SEK depending on availability. Let us know if you are interested!
- Try out at "FRS Hallen". If you are interested in training at FRS Hallen during this time, there are of course no problems. Just contact us.
- If the weather is not on our side during the event days, all activities will be moved to FRS Kungsbacka Parkour hall (Energigatan 23).

## Contact

If you have any thoughts or questions about the event, just email us or post on our social media!

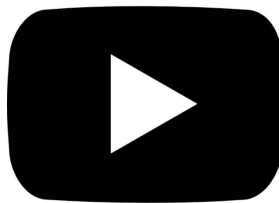
Mail: [Frskungsbacka@gmail.com](mailto:Frskungsbacka@gmail.com)

Phone: 0760181873 (Robin Jacobsson)

## Social Media



**frskungsbacka**



**Aspora**



**FRS Kungsbacka**

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## 16 JULY

PRESENTED BY  
FRS KUNGSBACKA AND  
TEAM ASPERA

