



RockOlympics 2024
CULTIVATING TALENTS

PARKOUR

Speed & Freestyle

WELCOME NOTE

Welcome to RockOlympics 2024!

At RockStar Academy, we are committed to cultivating talents, and RockOlympics serves as an extraordinary platform for our students to showcase their skills and create lasting memories.

We firmly believe that participation in this event offers our students valuable experiences and fosters essential qualities such as discipline, respect, friendship, leadership, teamwork, and resilience. RockOlympics is not just about competition; it's about instilling important life lessons and values in our students.

This year's RockOlympics promises to be the biggest and best yet, with exciting new additions including:

- Baby Competitions in Walker, Jumper & Tots Gym
- Dance Move & Groove Competitions
- Parkour Speed & Freestyle Competitions
- Individual Singing Competitions
- Semi-Finals & Finals held in the Mall Atrium
- Best Costume Awards for the Performing Arts Individual & Team Competitions

Additionally, our students in performance arts programs will have the opportunity to perform in the Neo Atrium of Neo Soho Mall during both the Semi-Finals and Grand Finals.

We want to extend our best wishes to all the students participating in RockOlympics 2024. Let's continue to cultivate the talents of our future life champions!

Warmest regards,

John Franklin
CEO, RockStar Academy

COMPETITION STAGES

MEMBERSHIP

PARKOUR

SYSTEM

INDIVIDUAL

TEAM

Knock-Out

X

STAGES

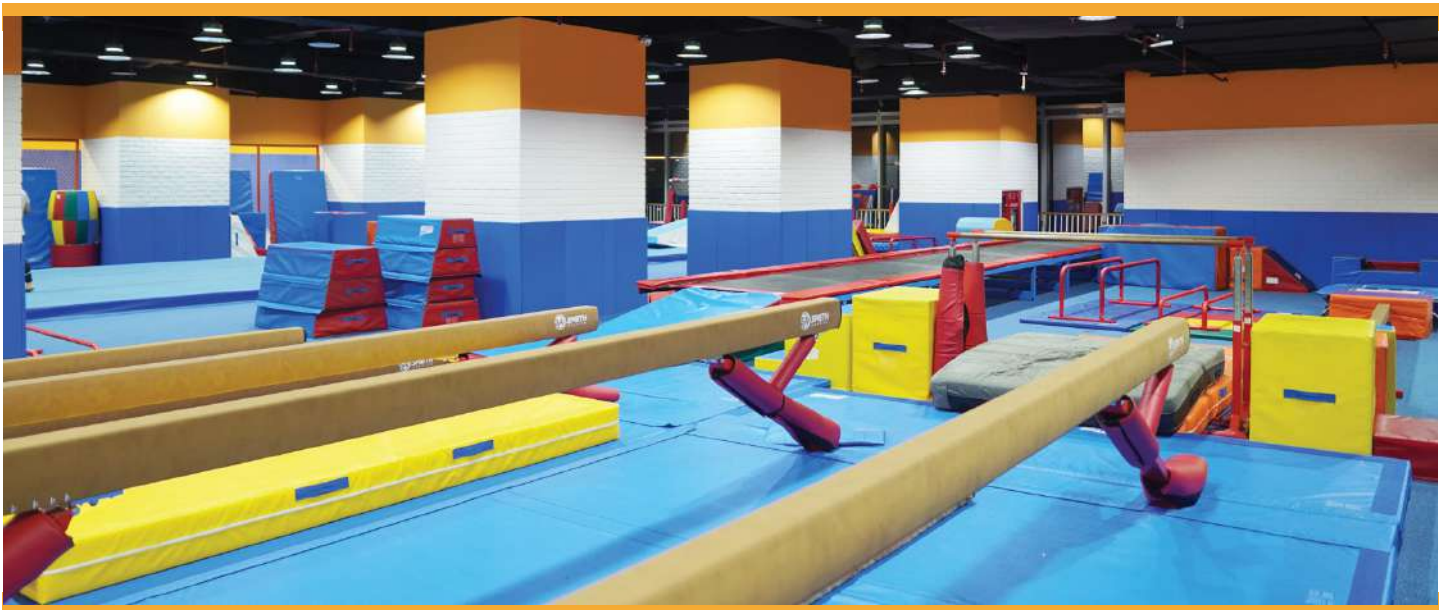
Finals

SCHEDULE FINAL

<p>2 June Sunday</p>	<p>TIME</p>	<p>ACADEMIES</p>
	<p>10:00 - 12:00</p>	<p>All Academies</p>
	<p>13:00 - 15:00</p>	<p>All Academies</p>
<p>PARKOUR AWARDING</p>		

venue

📍 **Gymnastics Studio, RSA Neo Soho Mall**



REGISTRATION FEES

DATE	EVENT	EVENT FEE	PERIOD
2 June 2024	Parkour	Early Bird	1-26 May 2024
		Regular	27 May - 1 June 2024
		Event Day	2 June 2024

Registration Period	VIP		Premiere	
	All Academy (except PK)	23 Paskal Only	All Academy (except PK)	23 Paskal Only
Early Bird	118,000 IDR	158,000 IDR	238,000 IDR	188,000 IDR
Regular	238,000 IDR	188,000 IDR	288,000 IDR	238,000 IDR
Event Day	288,000 IDR	238,000 IDR	338,000 IDR	288,000 IDR

EVENTS FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE
Parkour	Speed 7-9 yrs	7 - 9 yrs	Individual	188,000 IDR per student
	Speed 10-12 yrs	10 - 12 yrs	Individual	188,000 IDR per student
	Speed 13+ yrs	13 - 18 yrs	Individual	188,000 IDR per student
	Freestyle 7-9 yrs	7 - 9 yrs	Individual	188,000 IDR per student
	Freestyle 10-12 yrs	10 - 12 yrs	Individual	188,000 IDR per student
	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. Medal Ceremony will be done after each Event.
2. Winners for each category: 1st Position (Gold), 2nd Position (Silver), 3rd Position (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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