



"Freestyle", "Urban sports", "Action sports" ... What are they ?

These terms are all generic to sport disciplines that defy gravity and involve urban elements. The practitioners ("riders") move away from the primary use of their means of locomotion (Skateboard, Bike, Roller...) by adapting to the structures of their environment ("spots"), and at the same time performing figures ("tricks").

Freedom, passion, and pushing one's limits are the common values of Freestyle disciplines, where unrestrained expression of rolling or slipping ("style") is an integral part of practice.

The development of physical abilities, challenging boundaries, asserting personality, broadening creativity, travelling to meet peers, and, of course, breaking free from the rules that surround more traditional sports, are some of the many motivations which drive each session.

SOME DETAILS ... NOT TO BE MIXED UP

The four disciplines are distinguished from "extreme sports" which are often practised in natural environments over which the rider has no control. Challenging the elements produces its own particular risks in "extreme" conditions which only the elite can confront. We also try and avoid the term "sliding sports" since in most cases the practitioners are riding!

Equally ambitious, "urban sports" or "action sports" have benefitted from the development of urban areas as a playground – now a spot of choice, it no longer poses a danger in itself. It is the commitment to get ahead and the technicality of the tricks realised that count; each rider can express themselves in a different way but in the same place. Even in sessions where there are several levels of practitioner, everyone can use the space as they see fit – the very essence of Freestyle!

GLOSSARY OF ACRONYMS

FES : FISE European Series

FFC : Fédération Française de Cyclisme / French Cycling Federation

FFD : Fédération Française de Danse / French Dance Federation

FIG : Fédération Internationale de Gymnastique / International Gymnastics Federation

FISE : Festival International des Sports Extrêmes / International Festival of Extreme Sports

FWS : FISE World Series

FXS : FISE Xperience Series

JO : Jeux Olympiques / Olympic Games

UCI : Union Cycliste Internationale / International Cycling Union

UIMM : Union des Industries et Métiers de la Métallurgie / Union of Mining, Metallurgy and Metal Industries

WDSF : World Dance Sport Federation

WS : World Skate



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HOW ARE THE ATHLETES JUDGED?

Athletes are judged on each ride ("run"), whether on a start-up line or when they have time-limited free space. On specially prepared modules, they carry out movements which are evaluated according to difficulty, quality of realisation, originality, and use of space

Another key criteria is the overall impression of the run, generally judged according to the style, fluidity and commitment of the rider. Judges are always practitioners of the discipline, recognised as specialists capable of appreciating the intricacies of each performance.