



FISE MONTPELLIER 2022

A BIT OF VOCAB

«FREESTYLE», «URBAN SPORTS», «ACTION SPORTS» ... WHICH IS IT?

These terms are all generic to the sports disciplines that defy gravity and involve urban elements. The practitioners (or «riders») divert the original use of their means of transport (Skateboard, Bike, Roller ...) by adapting to the structures offered by their environment («spots») while performing figures («tricks»).

Freedom, challenging boundaries and passion are the common values that unite Freestyle disciplines, where the expression of how one rides or moves (the «style») is an integral part of the practice.

Many motivations drive each session: developing your physical abilities, pushing your limits, asserting your personality, broadening your creativity, travelling to meet your peers, and – of course – freeing yourself from the rules that govern the more traditional sports.

SOME CLARIFICATIONS ... SO AS NOT TO GET CONFUSED!

The disciplines hosted on tour are distinct from «extreme sports» mainly practised in natural environments over which the rider has no control. The latter carries specific risks that arise in «extreme» conditions and should be tackled only by elite athletes. The term «slide sports» should also be avoided, as in most cases the participants are riding!

Equally ambitious, «urban sports» or «action sports» have arisen from the development of urban areas as venues of choice rather than a danger in themselves. What matters is the commitment to jump and the technical ability required for the tricks. Based on their abilities and preferences, each rider expresses themselves in a different way at the same spot. Even in sessions featuring riders of several levels of ability, everyone exploits the space in their own unique way. This is the very essence of Freestyle.



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GLOSSARY OF ACRONYMS

FES : FISE European Series

FFC : French Cycling Federation

FFD : French Dance Federation

FIG : International Gymnastics Federation

FISE : International Festival of Extreme Sports

FWS : FISE World Series

FXS : FISE Xperience Series

JO : Olympic Games

UCI : International Cycling Union

UIMM : Union of Metallurgy Industries and Trades

WDSF : World DanceSport Federation

WS : World Skate