

League Rules

1. Competitors must be in high school or be home schooled and be of high school age.
2. If there is no climbing team at the high school, competitors may participate as individuals.
3. If there is a climbing team at the participant's high school, competitors must compete on that team.
4. **Team size** – There is no minimum for team size. Teams cannot have more than 10 members. If a school has more than 10 members, additional teams or alternates will be required.
5. Competitions are held during the season on Tuesdays at 6:30 PM and Saturdays at 6:00 PM. Teams will be required to check in a half hour early in order to start competitions promptly. If you are not checked in by this time you will be disqualified from the competition and will not be able to make it up.
6. **Season** – The season is from the last week of October until the first week of February.
7. **Preseason Meeting** - A preseason meeting will be scheduled by the Climbing Center and all coaches will be invited to attend.
8. **Scheduling** – The schedule of the comps will be finalized by the Climbing Center before the start of the season after receiving input from the coaches. An attempt will be made to evenly space out the scheduled comp dates for each high school with the intent of not having back to back comps or long periods of time without being scheduled for a comp. An attempt will also be made to not schedule same teams during multiple comps.
9. **Rosters** -The coaches will submit a team roster to the Climbing Center a week prior to every comp. The roster will contain a list of their men and women climbers in the order that they will climb during the comp.
10. The order that the teams climb in each comp will be determined by the competing team's captains "drawing straws" or guessing numbers or rock paper scissors. The team captains will use this process to determine which team climbs first, second and so on.
11. **Rounds**- Since there are many teams, there will be 5 rounds consisting of several competitions per round. Several schools will attend each competition as indicated on the schedule. The routes will not be changed during the round so each team has a chance to climb the same routes. The routes for the previous round may be removed prior to the next round.
12. **Competitions** - The competitions will consist of 3 progressively harder routes and 2 progressively harder boulder problems. Several teams will compete at the same time during the competition. In general, boys and girls routes will be different; however routes may be shared between male and female climbers. All competitors will be allowed the chance to climb all the routes for their gender during the round.

13. The routes are flash based, meaning that competitors only have one chance to climb the route. After a competitor weights the rope then their chance on that route is finished and they will be lowered off.
14. Routes and boulder problems will be marked with colored tape. Start and finish hold will be designated with a "V". A note will be placed on the start holds for the comp routes that states the route or boulder problem is for high school competition.
15. Competitors are only allowed to use holds marked with the same colored tape. Weighting of holds with a different colored tape or holds that are "off route", will result in immediately stopping the climber with points being given only up to the point of the infraction.
16. **Start Holds** - Competitors must start each route or boulder problem by being in control with both hands on the "V" start hold or holds and must have both feet off the ground.
17. **Finish Holds** - Competitors must control the finish "V" hold with both hands to get maximum points for the route or boulder problem.
18. **Scoring** - Scoring is by counting the number of handholds that the climber controls. Skipping holds of the route does not penalize the climber. If a climber falls before a hand hold is controlled, the climber does not receive points for that hold. Overall team scores will be determined by the top 5 scores from the team being added together to get the team score. In the event that there are less than 5 members on the team for that round then all members scores are added together.
19. **Boulder Problems** - Boulder problems are red point based, meaning the climber has 2 chances to climb the problem with the highest number of holds controlled being the score. A rest can separate each try. Boulder problems are self paced and competitors can climb the boulder problems at their convenience during the competition. A judge must be present to score the results.
20. **Time limit** – Male competitors are allowed a maximum of 2 minutes and female competitors 3 minutes on any route. Excessive on route resting will not be allowed.
21. **Preclimbing** - To maintain fairness, competitors are not allowed to climb designated competition routes prior to their teams' competition. However, after the round is completed, competitors may climb the previous rounds' routes. Violators of this rule will be disqualified from that round. Men will not be able to climb women's routes and vice versa. Coaches will only be able to climb routes and problems during practices. After the competition has started the coaches will not be allowed to climb any routes or boulder problems.
22. **Judging** - Judging will be by done by Climbing Center Staff
23. **Belaying** - Belaying will be done by Climbing Center Staff
24. **Assistance** - The competitors will not receive mechanical assistance from the belayer. However, the competitors may receive verbal communication from audience, coach, or other competitors. Competitors are allowed to ask for clarification during climbing. It is the competitor's responsibility to understand the route before leaving the ground.

25. Use of laser pointers is allowed for competitors by their coach only.
26. **Conflict Resolution-** If there is question about the scoring during a competition, the competitor is required to discuss the situation with their coach. The coach will then discuss the situation with the judge. At no time should the competitor, parent, or coach harass or bother the judge or belayer during the competition. All decisions regarding individual scoring are final at the end of that competition.
- If there is discussion that does not require immediate attention, competitors must discuss with their coach. The coach will decide if discussion with Climbing Center staff is warranted.
27. **Spinning Hold-** If a hold spins during a competitors try, the competitor must immediately inform the belayer and judge. The hold will be fixed and the competitor will be allowed to reattempt the route from the bottom. The climber will be given a chance to rest, and the highest scored attempt will be counted.
28. **Tape-** If tape is inadvertently removed or missing from the competition route or boulder problem, the competitor must inform the Climbing Center staff. The tape will be replaced before the next climber proceeds.
29. **Timely route climbing-** Routes require more time and organization; therefore competitors must go in order based on the direction of the Climbing Center staff. Competitors must be attentive and be ready to climb when called. Delays of more than 90 seconds will result in forfeiture of that chance to climb that route.
30. **All Comers Comp-** After the regular season an invitation will be extended to every school's top five climbers of men and top 5 of women. The Climbers will be determined by the scores from the 5 rounds of competition. The All Comers Competition will be a bouldering competition. The competition is redpoint style and will be scored by a witness from another team. Competitors are allowed as many tries as desired with an incentive for redpoint on the first or second try. Points are only gained by the successful completion of the boulder problem. The competitor with the most point wins the All Comers Competition. In the event of a tie in the individual men's or women's competition during the regular season, the All Comers Comp will serve as a tiebreaker. Overall team scoring will not be effected by the All Comers Comp.
31. **Make up competitions-** If competitors cannot attend a competition on their scheduled date, make ups will be allowed on the Monday following the last comp. This is the only day for make-up. In order to make up a comp the climber must have a doctors note or signed parents note explaining the situation. Each team is allowed for 3 members to make up a comp.
32. **River Sports-** Climbers must not go into River Sports during the competition. Climbers will be allowed to enter River Sports before the competition as long as they are not wearing their harness or climbing shoes. Also, climbers must wash hands before handling River Sports merchandise.
33. **Unsportsmanlike conduct-** Use of foul language and unsportsmanlike conduct will not be tolerated and will result in immediate dismissal from the competition. Repeated offences will result in dismissal from the league.
34. **Safety-** All competitors are required to be responsible for individual safety. All competitors must have a signed liability waiver on file for the current calendar year before participating in

any activity at the Climbing Center. Competitors must confirm their harness is properly worn and adjusted with the waist belt properly doubled back.

35. Competitors will not tie into the rope with a retraced figure 8 knot; instead, competitors will use a figure eight on a bight with a locking carabineer which the competitor will connect to the belay loop. TCC staff is responsible to ensure that the carabineer is properly connected and locked before leaving the ground. Competitors must ensure that their belayer is ready for the competitor to begin climbing. When a climber completes a route eye contact must be made with belayer and verbal cue of "take" given before weighing rope.
36. Safety violations will not be tolerated. Once a warning is given any other infraction will result in immediate dismissal from that round. Repeated safety violations will result in dismissal from the league.