



CLIMBING RULES BY AGE GROUP

10—12 co-ed Boulder Climbing

I. GENERAL RULES

- 1.01 **League Standings** – There will be NO league standings kept throughout the season.
- 1.02 **Scoring** – Scores will be kept by coaches ONLY. Each problem has a designated point total. Points will be awarded for completion of each problem based on its difficulty (see scorecard below) Judges will initial completion of each problem at the time of completion. Judges must see the entire problem to award points for completion. Total score will be tallied at the end of the time limit.
- 1.03 **Statistics** – Coaches may record scorecards (i.e. previous point totals) for the purpose of positive reinforcement and as a source of encouragement to your players throughout the season.
- 1.04 **Discipline** – You, the coach, are responsible for keeping good discipline with your players on the mat on and off the boulder during practices and competitions. Coaches are also responsible to practice safety with their team around the rock wall as to limit accidents while a climber is on the wall.
- 1.05 **Injury** – Competitions, for a climber, will be stopped for a possible injury situation. Depending on the injury, the player may continue the remaining time of their climb. If blood is involved, then time will be taken to remove all blood from the wall and mats and the climber must be removed from the competition until the injury is properly cared for. If blood is on the jersey, the climber must change into provided shirt.
- 1.06 **Equipment** –
 - **10—12 year olds**—Rock climbing shoes (provided by The Ascent Climbing Gym for use during competitions and practices)
- 1.07 **Player Attire**- All jerseys **MUST** be tucked in during competitions. NO modifications to team shirt (jersey). Do not cut off sleeves or alter team uniform in any way. Players must wear current team uniform shirts to ensure recognition of team sponsor. If a jersey needs to be replaced, a replacement jersey fee is required. Shorts or pants are acceptable.

II. COMPETITIONS

- 2.01 **Prayer** - Each competition will begin with a scripture reading and prayer led by a referee, coach, or One Goal appointee and followed by team introductions.
- 2.02 **Competition Length** – Climbers have unlimited climbs for 2 hours to solve 30 problems (routes).
- 2.03 **Stoppage** – There is not a stoppage of time for any reason. It will be a continuous clock.
- 2.04 **Route Judging** – Competitors or coaches will judge each other’s climbs and confirm completion of the route.
- 2.05 **Competition Set—up** – Time will start at the appointed start time. Climbers will have 2 hours to complete as many boulder problems as possible in the timeframe. It is not a race; climbers should have plenty of time to climb.
- 2.06 **Scoring** – Score will be awarded for each route completed. (see scorecard below). Scored routes will be marked with point values. A climber receives points for a problem once it is completed and the judge initials the scorecard. Team scores are the total of all individual scores. Coaches will keep track of the team score and set it as the goal for the next competition.
- 2.07 **Layout of Boulder** – 30 routes will be available. 10 new problems will be added each week, and 10 old ones taken down as competitors will have the opportunity to work on some of the problems from the previous week. Problems from the previous competition will be available at practice, so coaches can go over problems from the previous weekend. Routes increase in difficulty as the number of the route increases (i.e. R4 is harder than R2). Problems will follow color-matched holds. (all green holds, all pink holds, etc.) A climber cannot mix route colors. A climber must stay on the same color on the same climb. They can change routes if they start from the bottom of the boulder.

BOULDERING LEAGUE

Name:				Date:			
Team:				M/F			
Recreational Problems:				Intermediate Problems:			
Prob/Pts	Initial 1	Initial 2	Attempts	Prob/Pts	Initial 1	Initial 2	Attempts
R1 - 1000				I1 - 2000			
R2 - 1100				I2 - 2100			
R3 - 1200				I3 - 2200			
R4 - 1300				I4 - 2300			
R5 - 1400				I5 - 2400			
R6 - 1500				I6 - 2500			
R7 - 1600				I7 - 2600			
R8 - 1700				I8 - 2700			
R9 - 1800				I9 - 2800			
R10 - 1900				I10 - 2900			
Advanced Problems:				Notes:			
Prob/Pts	Initial 1	Initial 2	Attempts				
A1 - 3000							
A2 - 3100							
A3 - 3200							
A4 - 3300							
A5 - 3400							
A6 - 3500							
A7 - 3600							
A8 - 3700							
A9 - 3800							
A10 - 3900							
Rules & Competition Notes:							
1) Climbers must get TWO initials to receive credit for a problem							
2) The climber must be observed while climbing the ENTIRE route							
3) Climber must show control of boxed finish to receive credit for a Problem							
4) Attempts are unlimited, but be sure to give others a chance to climb							
5) If feet touch the ground after starting, that climber has "fallen"							
6) If climber goes off route after starting, that climber has "fallen"							
7) When finished, circle your top 5 scores							
							Total score:

III. ETTIQUITTE

- 3.01 Participants, coaches, spectators, and staff will encourage all participants. All will adhere to the One Goal Sports Code of Conduct. If in the event a One Goal Sports or The Ascent Climbing Gym staff person witnesses an act that is against One Goal Sports Code of Conduct Policy, they have the authority to ask the offending person to leave the premises.
- 3.02 Participants and coaches will judge climbers to the best of their ability. If a participant or coach is thought to be cheating (awarding points for an incomplete route), they will be disqualified.

Updated 12/2/2015