

RISE UP CLIMBING

ADULT LEAGUE

(9 Week Season Manual)

ADULT CLIMBING LEAGUE

Rules and Regulations

Registration

I. At the time of registration each team must have 4 team members, a team captain, and a team name. Only 8 teams will be able to sign up per season.

****The team captain will have the responsibility of making sure their team is abiding by all rules during the competition (i.e. making sure score cards are signed, collecting score cards and turning them into the staff at the end of competition nights, and motivating their team to show up to all competition nights). Other responsibilities could include creating weekly team practice times.*

II. Individuals may register for the Adult Climbing League; however, any individual who signs up with a team does not have a choice on what team they are assigned to. Rise Up staff will either assign to a team without enough team members or they will be put on a team of individuals signed up. Rise Up Staff will work to ensure that individual sign ups are assigned teams equally and fairly to the best of their ability.

****With any individual sign up comes the possibility of not being placed on a team if there are not enough slots. In this case, the individuals registration fee will be refunded fully.*

III. Team members must be 18 years or older and have either a month-month membership/annual membership to compete in the Rise Up Adult Climbing League.

****Memberships must still be active during the entire league*

IV. Each member pays \$25 to register, which includes Klimbz Access, the League T-Shirt, admission into the party at the end of the season, and the chance to win prizes at the end of the season.

V. At registration, each member will provide a Baseline to Rise Up Climbing on his or her team roster to be used throughout the season. (*see Baseline*)

VI. All team members should be aware that the season lasts for a **duration of 9 weeks** (8 competition nights and 1 party/tie breaker night).

Orientation

I. At the beginning of the season, there will be a short orientation session to go over the rules and answer any questions. This will be a time for teams to meet each other and interact.

II. Team T-Shirts will be given out during this time.

III. The Klimbz app will be explained so that each team is comfortable using it throughout the duration of the bouldering season.

Baseline

I. At the beginning of the season, each climber must select a Baseline (to be used for scoring) based on the **hardest** route they have ever completed prior to the league. It should be extremely difficult for a climber to climb 2 grades above their Baseline. This will be the standing Baseline going forward throughout the season.

II. It is advisable to test your baseline before coming to registration so that you are aware of what your abilities are so that you do not exaggerate or underestimate your baseline.

****It is in both in your best interest and in the best interest of the league that you are as honest as possible about your Baseline (see Baseline III. and IV.).*

III. Rise Up Climbing reserves the right to change any participating climber's Baseline if we deem it necessary (i.e. if a climber sandbags their Baseline at V2 but can actually climb V5 within a week).

IV. If a Baseline is changed for a climber, any previous weeks scores will no longer be counted for that climber.

****A climber's Baseline will only be changed if Rise Up Climbing sufficiently believes that the climber's points are a result of sandbagging the original Baseline rather than improvement throughout the season*

Training

I. There are no limitations on the amount of training that can take place during the week. Team members are encouraged to train together so they are comfortable working together on competition days.

II. No climbs during non-competition nights will be counted for league points; however, projecting during the week can be very beneficial on completion days.

III. New climbers should take note that training during the week will help improvement over the season; however, over-training everyday may encourage injury and decrease performance.

Competition Nights

I. Every Thursday will be a league competition night.

****Rise Up is willing to change this day if there are enough teams interested in competing on a different day.*

II. Competition time will last for 2 hours from 7p.m.-9p.m. during which you can climb as many walls as you would like to in order to earn points as possible.

III. A team must have at least 3 of their team members competing on competition night to count their points.

IV. A climber can attempt a route as many times as they want to during the allotted time limit.

V. A climber can only climb each route once per night for scoring purposes. If a climber completes a route, the score is counted and it cannot be used again for points that night.

VI. Basic climbing competition rules apply during competition nights:

1. *Climber may start wherever is comfortable for them to start.*
2. *The climber must complete the entire route from start to finish without the assistance of their partner.*
3. *If at any point the climber falls, they must come down the wall to allow for other teams to use the wall.*
4. *No rests or takes are allowed during a climb for it to count for points*

VII. If a climber falls, he/she must give up the wall to another climber if they are waiting for the wall. If no one else is waiting for that wall, the climber may attempt the climb again.

VIII. At the end of a climbing competition night, the team captain will collect all four cards from their team to submit to a Rise Up staff member. The team captain should be making sure, throughout the competition, that each of their team members is getting their cards signed to ensure that they completed the problems. No points will be applied to a climb that has not been signed by a proper party.

IX. Updates for scores and rankings will be posted to Rise Up Social media and tracked on Klimbz.

Scoring

I. Scoring will be tracked based on a scale provided (*see Score Card*). The scale is based on a Baseline difficulty selected by the climber at the beginning of the season (*see Baseline*). This allows for novice climbers to compete with veteran climbers and promotes the necessity of improvement during the season.

II. To score points for a climb, a climber must complete a route from start to finish with no falls (*see Competition Nights VI.*).

III. There must be a witness other than a team member who can sign the scorecard that a climb was completed. (Witnesses can include other teams or Rise Up staff).

IV. The top five scoring problems for each climber will be added together at the end of the completion night and then divided by the number of climbers present that day to determine the team's overall score for the night.

SCORE CARD

Baseline	100	300	1000	1500	2500	2600
5.6		5.5	5.6	5.7	5.8	5.9
5.7	5.5	5.6	5.7	5.8	5.9	10a
5.8	5.6	5.7	5.8	5.9	10a	10b
5.9	5.7	5.8	5.9	10a	10b	10c
10a	5.8	5.9	10a	10b	10c	10d
10b	5.9	10a	10b	10c	10d	11a
10c	10a	10b	10c	10d	11a	11b
10d	10b	10c	10d	11a	11b	11c
11a	10c	10d	11a	11b	11c	11d
11b	10d	11a	11b	11c	11d	12a
11c	11a	11b	11c	11d	12a	12b
11d	11b	11c	11d	12a	12b	12c
12a	11c	11d	12a	12b	12c	12d
12b	11d	12a	12b	12c	12d	13a
12c	12a	12b	12c	12d	13a	13b
12d	12b	12c	12d	13a	13b	13c

****If you are a 12b climber, a 12a is 1000 a 12b is 1000 a 12c is 1500 and a 12d is 2500
 ***If you are 12c climber, 12b is 1000 a 12c will be 1000 a 12d will be 1500 and a 13a will be 2500*

I. The Score Card is a sliding scale that is meant to award more points for improvement over the bouldering season. 1000 points will be awarded to the climber who completes any Baseline project.

II. Any climber who completes a climb on lead will gain an extra 25 points for that route.

III. It may be beneficial to a team to have both inexperienced and experienced team members so there are more problems and point options for a team over the season. Also, experienced climbers can help new climbers achieve gains quicker, which would correlate with more total points for the team.

Tie Breaker

To be determined

End of Season

I. Each team member's lowest scoring week will be dropped at the end of the season. This is to allow for a team member to miss a week for emergencies without adversely affecting the rest of their team.

II. Point totals will be counted and the winner will be announced at the end of season party.

III. In the event of a tie teams will be notified that there will be a tie-breaking event at the beginning of the party to crown a winner (*see Tie Breaker*).

IV. The end of the season party will include free pizza and drinks for league members but families are encouraged to attend to congratulate competitors on their achievements.

Adult BOULDERING LEAGUE

Rules and Regulations

Registration

I. At the time of registration each team must have 4 team members, a team captain, and a team name. Only 8 teams will be able to sign up per season.

****The team captain will have the responsibility of making sure their team is abiding by all rules during the competition (i.e. making sure score cards are signed, collecting score cards and turning them into the staff at the end of competition nights, and motivating their team to show up to all competition nights). Other responsibilities could include creating weekly team practice times.*

II. Individuals may register for the Adult Climbing League; however, any individual who signs up with a team does not have a choice on what team they are assigned to. Rise Up staff will either assign to a team without enough team members or they will be put on a team of individuals signed up. Rise Up Staff will work to ensure that individual sign ups are assigned teams equally and fairly to the best of their ability.

****With any individual sign up comes the possibility of not being placed on a team if there are not enough slots. In this case, the individuals registration fee will be refunded fully.*

III. Team members must be 18 years or older and have either a month-month membership/annual membership to compete in the Rise Up Adult Climbing League.

****Memberships must still be active during the entire league*

IV. Each member pays \$25 to register, which includes Klimbz Access, the League T-Shirt, admission into the party at the end of the season, and the chance to win prizes at the end of the season.

V. At registration, each member will provide a Baseline to Rise Up Climbing on his or her team roster to be used throughout the season. (*see Baseline*)

VI. All team members should be aware that the season lasts for a **duration of 9 weeks** (8 competition nights and 1 party/tie breaker night).

Orientation

I. At the beginning of the season, there will be a short orientation session to go over the rules and answer any questions. This will be a time for teams to meet each other and interact.

II. Team T-Shirts will be given out during this time.

III. The Klimbz app will be explained so that each team is comfortable using it throughout the duration of the bouldering season.

Baseline

I. At the beginning of the season, each climber must select a Baseline (to be used for scoring) based on the **hardest** problem they have ever completed prior to the league. It should be extremely difficult for a climber to climb 2 grades above their Baseline. This will be the standing Baseline going forward throughout the season.

II. It is advisable to test your baseline before coming to registration so that you are aware of what your abilities are so that you do not exaggerate or underestimate your baseline.

****It is in both in your best interest and in the best interest of the league that you are as honest as possible about your Baseline (see Baseline III. and IV.).*

III. Rise Up Climbing reserves the right to change any participating climber's Baseline if we deem it necessary (i.e. if a climber sandbags their Baseline at V2 but can actually climb V5 within a week).

IV. If a Baseline is changed for a climber, any previous weeks scores will no longer be counted for that climber.

****A climber's Baseline will only be changed if Rise Up Climbing sufficiently believes that the climber's points are a result of sandbagging the original Baseline rather than improvement throughout the season*

Training

I. There are no limitations on the amount of training that can take place during the week. Team members are encouraged to train together so as to be comfortable working together on competition days.

II. No climbs during normal days during the week will be counted for league points; however, projecting during the week can be very beneficial on completion days.

III. New climbers should take note that training during the week will help improvement over the season; however, over-training everyday may encourage injury and decrease performance.

Competition Nights

I. Every Thursday will be a league competition night.

****Rise Up is willing to change this day if there are enough teams interested in competing on a different day.*

II. Competition time will last for 2 hours from 7p.m.-9p.m. during which you can climb as many walls as you would like to in order to earn points as possible.

III. A team must have at least 3 of their team members competing on competition night to count their points.

IV. A team member can attempt a problem as many times as they want to during the allotted time limit.

V. A climber can only climb each problem once per night for scoring purposes. If a climber completes a problem, the score is counted and it cannot be used again for points that night.

VI. Basic bouldering rules apply during competition nights:

- 1. Climber must start with both hands on the marked starting holds.*
- 2. Climber may use any feet that he or she desires as long as the climber is off the ground when starting.*
- 3. The climber must be completely off the ground when starting a problem.*
- 4. The climber cannot touch the mat or use another color hold while climbing there problem or the climb does not count.*
- 5. The climber must reach the top of the problem and hold it for at least 2 seconds to ensure that they have completed it.*
- 6. Topping out is not necessary.*

VII. If a climber falls, he/she must give up the wall to another climber if they are waiting for the wall. If no one else is waiting for that wall, the climber may attempt the climb again.

VIII. A problem can be repeated each league night for points.

IX. At the end of a climbing competition night, the team captain will collect all four cards from their team to submit to a Rise Up staff member. The team captain should be making sure, throughout the competition, that each of their team members is getting their cards signed to ensure that they completed the problems. No points will be applied to a climb that has not been signed by a proper party.

X. Updates for scores will be posted to Rise Up Social media and tracked on Klimbz

Scoring

I. Scoring will be tracked based on a scale provided. The scale is based on a Baseline difficulty selected by the climber at the beginning of the season (*see Baseline*). This

allows for novice climbers to compete with veteran climbers and promotes the necessity of improvement during the season.

II. To score points for a climb, a climber must complete a problem from start to finish with no falls (*see Competition Nights VI.*).

III. There must be a witness other than a team member who can sign the scorecard that a climb was completed. (Witnesses can include other teams or Rise Up staff).

IV. The top five scoring problems for each climber will be added together at the end of the competition night and then divided by the number of team members climbing to determine the team’s overall score for the night.

SCORE CARD

Baseline	100	300	1000	1500	2500	2600
V0	VB		V0	V1	V2	V3
V1		V0	V1	V2	V3	V4
V2	V0	V1	V2	V3	V4	V5
V3	V1	V2	V3	V4	V5	V6
V4	V2	V3	V4	V5	V6	V7
V5	V3	V4	V5	V6	V7	V8
V6	V4	V5	V6	V7	V8	V9
V7	V5	V6	V7	V8	V9	V10
V8	V6	V7	V8	V9	V10	V11
V9	V7	V8	V9	V10	V11	V12
V10	V8	V9	V10	V11	V12	V13

**** Note that if you are a V9 climber a V8 is worth 1000 a V9 is worth 1500 and a V10/hard is worth 2500*

I. The Score Card is a sliding scale that is meant to award more points for improvement over the bouldering season. 1000 points will be awarded to the climber who completes any Baseline project.

II. It may be beneficial to a team to have both inexperienced and experienced team members so there are more problems and point options for a team over the season. Also, experienced climbers can help new climbers achieve gains quicker, which would correlate with more total points for the team.

Tie Breaker

I. In the event of a tie, three new boulder problems will be created/taped during the 9th week of the season. They will be labeled—easy, medium, and hard. The climbers will not know the exact difficulty of the wall.

II. The teams that tied will be alerted before the completion night so that they know they will be climbing that night.

III. Each team member will choose one climber from their team to represent them in the tiebreaker.

IV. Rise Up staff will direct each climber to the problem that most closely corresponds with their climbing level.

**** The Rise Up Employee has the final say in which route each climber must climb based on the climber's previous scores throughout the season.*

V. Rise Up setters will award points to certain holds so even if a climber does not finish the problem, they can still receive points.

VI. The team representative will have three attempts starting from the bottom to reach the highest hold that they can to earn points.

VII. Only the best attempt will be counted towards the tie-breaking points.

VIII. If there is still a tie at the end of the first round pick of climbers, a second climber from each team will be chosen to represent the team.

Season End

I. Each team member's lowest scoring week will be dropped at the end of the season. This is to allow for a team member to miss a week for emergencies without adversely affecting the rest of their team.

II. Point totals will be counted and the winner will be announced at the end of season party.

III. In the event of a tie teams will be notified that there will be a tie-breaking event at the beginning of the party to crown a winner (*see Tie Breaker*).

IV. The end of the season party will include free pizza and drinks for league members but families are encouraged to attend to congratulate competitors on their achievements.

