



## CLIMBING RULES BY AGE GROUP

### 6—9 co-ed Roped 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 hand hold has a designated point value. Points will be added up at the end of each climb per wall. A total score will be given for all 3 walls.
- 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 wall 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, on a particular wall, 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/or mat and the player must be removed from the competition until the injury is properly cared for. If blood is on the jersey, the player must change into provided shirt.
- 1.06 **Equipment** –
  - **6—9 year olds**—Harness and 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** – Each climber will have unlimited climbs for 2 minutes and 30 seconds to climb one wall. Each competition has 3 routes to climb.
- 2.03 **Stoppage** – There are only two (2) occasions in which the clock will stop during a competition for a climber:
- **Injury**
  - **End of Climb** – The climber will go to the next wall and wait their turn.
- 2.04 **Route Judging** -- Routes will be judged by the belayers (skills coaches) who will be staffed by the gym. If a climber is judged to have fallen, the climber will be lowered to the last portion of the route that was completed. A fall is defined as:
- 2.04.1 Placing weight on the rope
- 2.04.2 Going off-route (using a hold that is not part of the designated route)
- 2.05 **Competition Set-up** -- 3 routes will be climbed at each competition. Each competitor will be given 2 minutes and 30 seconds per route to get as high as possible.
- 2.06 **Scoring** – Score will be awarded for portion of route completed. (see scorecard below). Scored holds will be marked with point values. A climber receives points for the hold once it is touched. 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 Routes (wall)** – Routes increase in difficulty as a climber progresses up the wall and as the route number increases (i.e. Route 2 is harder than Route 1). Routes 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. Going off-route will be considered a fall.



**One Goal**  
SPORTS

**HIGHWALL LEAGUE**

DATE: \_\_\_\_\_ M/F \_\_\_\_\_

NAME: \_\_\_\_\_ TEAM: \_\_\_\_\_



**ROUTE 1**



**ROUTE 2**



**ROUTE 3**

NOTES: \_\_\_\_\_

### **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.

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