



2019 YCCV Intro to Competitive Climbing Handbook for new climbers, parents/carers & new volunteers

Updated January 2019

* For more information about specific events and registration, please see the websites for Sport Climbing Victoria and Sport Climbing Australia* **Please make sure you've read the rules and the info pack for a competition before competing.**



Victoria Climbing Volunteer, Parent & Guardian Handbook

Welcome! Sport Climbing is growing across Australia and the world, and we're excited to have you involved. Sport climbing is, for the first time, an Olympic event in 2020, and our state competitions are the first step to our Australian athletes qualifying to compete at the Tokyo Olympics and the 2024 Olympics in France.

The purpose of this info pack is to provide a resource for people new to the sport climbing community. This resource does not serve as a brief to the SCA rules or rule book. As members of SCA and SCV, we do have a responsibility to read and understand the rules of competition. Australian climbers and parents are expected to know and follow the SCA and SCV rulebook, so please make sure you have reviewed those rules before competitions.



About Youth Competition Climbing Victoria: Youth Climbing Competition Victoria (YCCV) organizes youth events for Victoria's competitive youth climbers, as part of Sport Climbing Victoria. We offer a platform for information, education, support and communication for youth members, parents/guardians and coaches. We encourage a collaborative and cooperative approach to building climbing skills for competition climbers in all disciplines.



Sport Climbing Victoria is the state sanctioned entity of Sport Climbing Australia, our national body who oversees qualification of athletes for international competitions on behalf of Australia.

Sport Climbing Australia (SCA) is our national organization, officially recognized by the Australian Olympic Committee and the International Federation of Sport Climbing. SCA develops national certifications and standards, and promotes the sport under the Australian Sport Commission. SCA also manages the Australian National Team, and coordinates with the international bodies, including the International Federation of Sport Climbing (IFSC) and Olympic Committee.

Sport Climbing Victoria is a volunteer organization. We are committed to building a stronger voice for climbing by connecting people, businesses and organizations. We work collaboratively and rely on respect, support and assistance from our local gyms, many volunteers and the climbing community. We work together to offer skills courses, instructional workshops, competitions and other climbing opportunities.

Why Climbing

Climbing develops not only physical skills but also mental strength. It's a sport that can be done solo or as part of a youth squad. Victorian gyms offer a variety of youth squads where your child can learn technical climbing skills, mental discipline, the importance of teamwork, as well as fair play in sport.

Safety:

YCCV, SCV and SCA have a variety of safety policies, including a child safety policy and other relevant policies. Please visit our websites for more specific information. It is your responsibility and climbers responsibilities to know the rules of competition and the gym rules. In general, remember not to stand under any climber. Always climb with friends. Practice falling safely. Learn to belay correctly, and perform safety checks before every climb. Know our own limit. Be careful with intensive workouts for children, as growth plates are not yet sealed and susceptible to injury. Also, children need to eat healthy food and get plenty of water and rest.

Types of Sport Climbing

'Sport Climbing' can reference two different types of climbing. Outdoors, it means a pre-bolted climb, where a climber uses equipment to clip into those existing bolts. Sport Climbing also refers to the competitive sport of climbing, which includes boulder, lead and speed disciplines.



Boulder refers to a 4-5 metre wall, with no ropes and soft mats below. In competition, the person who gets the most ‘tops’ in the least attempts wins. There are a few types of competitions including ‘boulder jams’ and world cup style competitions. In a boulder jam, a climber has two hours to complete as many boulders set as possible (usually 8). In world

cup format, a climber competes in a 5 on 5 off style (five minutes on the wall to complete a single route, then 5 minutes off until the next round.) Qualifying and final rounds in a state and national competition might include a combination of both types. Review the info pack and the SCA rules for each competition.

Lead Competition generally consists of two qualification rounds. The climber who gets the highest on the wall wins. These competitions are generally on 15-17 metre walls, and require a climber carry their own rope and clip themselves onto set bolts, using a harness system, rope, and a belayer. The routes get progressively harder. (Younger competitors use a top-rope system and are not required to clip themselves in, but still use a harness and belayer. Top rope means the rope is connected to an anchor at the top of the wall, and the belayer takes slack out of the rope. Climbers 13 and under use top rope in competitions.)

Speed: The speed route is the same holds in exactly the same positions in every location. The first runs are qualifiers, the later runs are head-to-head sudden death rounds against other climbers. (Younger competitors use a different route, called a classic route, with less challenging moves.)

In the past, climbers tended to specialise in one of the three disciplines. However, sport climbing was accepted into the Tokyo Olympics 2020 as a combined event, requiring athletes to compete in all three disciplines to compete in the Olympics. Thus, most competitive climbers now train all three disciplines.

What Victorian Gyms Offer:

Victoria has fantastic commercial gyms that offer many youth and adult climbing opportunities, including casual sessions and competitive teams. Many places offer introductions to climbing or regular meetings of a youth squad. Check out your local gyms to get started climbing.

Most gyms will offer rental gear to get you and your child started, and if you keep climbing, you’ll want to get your own gear. Sport Climbing Victoria



members get great discounts at many excellent local climbing stores, see the SCV website for details.

What to know about Competition?

Victoria climbing gyms hosts both casual and competitive competitions. Casual competitions are hosted by many climbing gyms, and might be a single day or a series of competitions over a period of time.

There will be a posted **information pack** for each climbing competition. This will set out the timetable of events and any important information. It is the climber's responsibility to know where they need to be and to know the **rules** of the competition. Please make sure you've read both the information pack and the rules in advance.

The competition days are very busy, and it's not always easy to determine when and where a climber needs to be. Because of the busy nature of the competition, a climber will only be called 1-2 times before they will miss their climb. (and only called by the judge near the specific route.) So, it's important that a climber is warmed up and ready to go on schedule. Generally, there will also be a run sheet (or sheets) posted at a competition. When you get to the competition, find out where the run sheets will be posted, so that the climber knows when they'll be climbing. If you have questions, ask at the registration desk when the climbers check in for the comp.

Climbing Schedule in Victoria & Nationally:

There are two main competition seasons: lead/speed (in summer and autumn) and boulder (winter/spring). Most states will host a state championship, which will allow top ranked athletes to compete at the national event. The competition schedule is listed on the SCA website as the events are announced.

Competitive competitions include the state titles in lead, speed and boulder, which are qualifiers for national titles. Competitors compete based on their birth year.

In 2019, children born in 2008 and later will compete in youth D. Youth C will include children born in 2006/2007, youth B includes 2004/2005, youth A 2003/2002 and juniors in 2001/2000. Children born in 2003 and earlier may also compete in open (adult) categories.

Starting a Climb in Competitions: The climbs will be marked to indicate which holds a climber will use. In bouldering, climbers start with their hands and feet on designated holds. Some competitions will be 'onsight' climbs, meaning the climber will have not seen the climb before he/she starts climbing, and will likely have less marking as there is typically only one route available to a climber.





For lead climbing, there will often be forerunning videos available. Again, it is the athlete's responsibility to know the format and rules for a competition. So, make sure that you've read the rules and the info pack, and asked your coach, your gym friends, other climbers or the volunteers for assistance if you have questions.

It is important not to yell any information/assistance/beta to a climber on the wall, as this will disqualify the climber.

All competitive events require assistance from a number of volunteers, and we hope you'll join us as part of the community. Sport Climbing Victoria oversees the volunteer needs, and we work with the community to fill a variety of roles including:

- Event organizer
- Jury President (overall authority at competition)
- Head Judge (oversees all judging matters)
- Setting Team
- Judges (must know the SCA rules for competitions)
- Belayers
- Isolation Stewards (manages climbers waiting to compete)
- First Aid and Safety Officer(s)
- Registration

We offer training in many of these positions before competitions. Many of our volunteers grow into different roles over time. Please join us and we'll teach you the ropes (LOL.)

Parenting a Competitive Climber

How do we support our young climbers? Be a part of YCCV so you can get support for both you and your climbing child. Most children naturally love climbing, but we also want to make sure adults know about both climbing injuries and how to support childrens' mental challenges as they compete. If your child is part of a youth squad at a local gym, your coach is probably already managing some of these matters. Our children look to us for guidance, so it's important that we're modeling good behaviour at all times. How do we do that in competitive climbing?

Be encouraging, and manage your own emotions. Be respectful of your climber and other climbers, and have fun!

Have a chat with other YCCV members if you have questions or concerns.

Jargon



There's heaps of terms in climbing that you might already know. If not, here's a few to get you started. Any questions? Ask an SCV board member or YCCV member; we're here to help.

Beta: suggestions on how to do the climb

Isolation: climbers are kept away from the walls during competition, so that they cannot see the routes they'll climb

Dab: touching something outside your climb; in a comp you'll be pulled off the climb

Smear: pressing your foot against the wall, using friction of your foot instead of a hold

Match: both hands or both feet on one hold

Bicycle:

Toe Hook: using your toe on a hold

Flag (or Flagging): using one leg as a balance against the wall.

Heel Hook: using your heel to pull on a hold

Dyno: a dynamic movement to get to a hold (like a jump)

Bump: using the same hand/foot twice in a row (left left, instead of a right then left)

Mantle: part of the climbing surface

Roof: an overhanging part of the climbing surface

Slab: a fairly flat wall with little angle

Moon kick/Ninja Kick: Using your leg in a dynamic movement

Heel Toe Cam:

Flash: to complete a climb in one try

Lock-off: locking your arm on a hold

Campus: climbing only with your arms

Volume: a part of the wall that can be used in any climb, typically looks like a large hold

Routesetting: the process of creating the route or path a climber takes on a wall. Routesetting is handled by a staff of routesetters at a gym or competition.

Links to Resources

<https://sportclimbingaustralia.org.au/>

<https://sportclimbingvictoria.com.au/>

<https://sportclimbingvictoria.com.au/child-safe-policy/>

<https://sportclimbingvictoria.com.au/youth-competition-climbing-victoria/>

SCA Competition Rules:

<https://sportclimbingaustralia.org.au/page-18117>