

GUIDE TO COMPETING

USA Climbing Competitions



Agenda:

- How competing works
 - QE's, regionals,
 - age categories etc.
- Schedule
- memberships
- different types of competitions
- USAC competitor and parent guide to competing



How Does Competing Work?



The youth climbing competitions Movement team members participate in are run by USA climbing.

USA Climbing Competitions are split up into two seasons: Bouldering and Ropes

There are four levels of Competitions in both seasons: Qualifying events, then the Regional, Divisional, and National Championships

ACCESS THE USAC RULEBOOK [HERE](#)



Vocabulary to know.

- **Beta:** advice, direction, or instruction on how to complete a climb
- **Onsight:** climbing a boulder or route without any prior information, and without seeing anyone else climb it.
- **Flash:** climbing a boulder or route on your first time with beta or after seeing someone else climb it.
- **ISO:** Isolation, area climbers enter in an onsight format competition so they cannot get information about the climbs prior to starting them. Only athletes and coaches are permitted to enter ISO
- **4 point start:** normal boulder problems have a start marked for only where your two hands must begin the climb. 4 point starts indicate where your hands and feet must start the climb.
- **Control:** A competitor is given control of a hold when they “have made use of an object/structure to achieve or change a stable body position”
- **Zone:** A marked hold usually about half way up a boulder which gives a competitor points, less than that of a “top”
- **Top:** When a competitor controls the final hold of a climb. This will be labeled and will give them the maximum amount of points on that boulder.

Season Overview

Bouldering

October 14th until February 11th.

Bouldering Regionals:

Saturday or Sunday

January 13th/14th (Location TBD)

Bouldering Divisionals

Saturday and Sunday

February 10th-11th

Lead/Top Rope

Lead and top rope, which runs from February 24th through June 16th.

Regionals:

Saturday or Sunday May 11th/12th

Divisionals

Saturday and Sunday June 15th-16th

Speed

Let us know if you are interested in learning more about speed climbing...



What is a Qualifying Event?

Qualifying Events

- Local level of competitions
- Only competitors from region 21
- Mostly redpoint competition formats (*no isolation, athletes can speak to coaches during competition and they can watch each other climb*)
- You can have a competitor (\$105) or an Introductory membership (\$30)



Championships

Regional Championship

- Climbers who place in the top 26 in the region after the Qualifying events can compete at the regional championship.
- Onsite format (*isolation area for climbers prior to competition*)
- *All age categories*

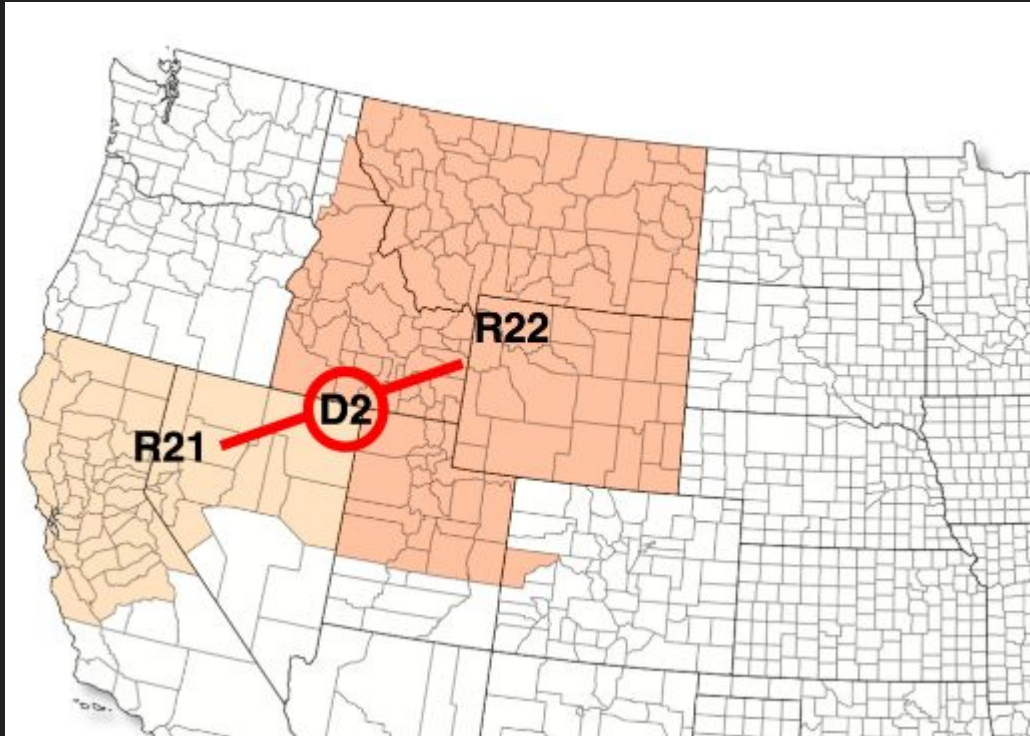
Divisional Championship

- Top 13 athletes from each age category in each region get an invite to divisionals
- Only C,B,A,Jr compete at Divis, youth D's are not invited to compete
- 2 day event, qualification and final rounds

National Championship

- Top 6 competitors from each age category from each division are invited to nationals
- All categories except D

What is our division?



Find our region's website here:
<https://usaclimbing.org/compete/region-21/>

COMPETITION FORMATS

Modified Redpoint (QE format)	Onsight (championship format)	Flash
<p>- Competitors may only climb boulders/routes assigned to their category. All boulders/routes for a category are used to determine the scores; therefore competitors should make an effort to try all of them.</p> <p>-After selecting a boulder/route they want to climb, they wait in a line for their turn to make an attempt</p> <p>-Competitors may watch other competitors climb the boulders/routes</p> <p>-Competitors may share and receive “beta” (information about the climb) before or after, but not during their attempt</p> <p>-Their result on the attempt is recorded by the judge assigned to that boulder/route</p> <p>-If they do not top the climb, competitors may return to attempt it again later during the session</p> <p>-The number of attempts per boulder/route may be limited; this will be listed in the competition Info Sheet</p>	<p>-Each category is assigned a set of boulders/routes, which competitors are prohibited from viewing prior to the competition</p> <p>-Competitors in a category are required to enter the isolation (ISO) area by a certain time, which is published in the competition Info Sheet</p> <p>-Registered competitors are randomly assigned to a starting order in their category with a corresponding start time; this is typically published a day or two prior to the event</p> <p>-Competitors come out of ISO one-at-a-time to climb the boulders/routes in a set order; they will have a fixed amount of time to attempt each one, with a transition and rest period between each boulder/route</p> <p>-Competitors may not share or receive beta about a climb at any time prior to or during the competition</p>	<ul style="list-style-type: none">- Used only at Lead/Top Rope competitions- Each category is assigned a set of routes- Registered competitors are randomly assigned to a starting order in their category with a corresponding start time for each route- Competitors are provided access to pre-recorded videos of the routes being climbed by members of the routesetting team- Competitors may watch other competitors climb the routes- Competitors may share and receive beta about a climb before and after, but not during their attempt- Competitors are allowed a single attempt on a route and must complete their attempt within the allotted maximum climb time- Competitor will have a minimum rest period between routes

2023-2024 Competition Schedule (tentative)

Region 21 2023-2024 Season Events					
<i>Events are considered sanctioned when registration information is published. Events are subject to change.</i>					
Competition Date(s)	Discipline	Level	Host Facility	Registration Dates (opens no-earlier-than 30 days before the start of the event.)	Event Information
10/14/23	Boulder	Qualification Event	Mesa Rim Reno 970 Harvard Way, Reno, NV	Opens: TBD @ 6:00pm Closes: 10/11 @ 12:00p Registration Link	-Info Sheet
10/14/23	Speed 15m	Qualification Event	Mesa Rim Reno 970 Harvard Way, Reno, NV	Opens: TBD @ 6:00pm Closes: 10/11 @ 12:00p Registration Link	-Info Sheet
11/4/23	Boulder	Qualification Event	Alpine Climbing Adventure Fitness 1450 Garrison Way, Ripon, CA	Opens: TBD @ 6:00pm Closes: 11/1 @ 12:00p Registration Link	-Info Sheet
11/4/23	Speed 15m	Qualification Event	Alpine Climbing Adventure Fitness 1450 Garrison Way, Ripon, CA	Opens: TBD @ 6:00pm Closes: 11/1 @ 12:00p Registration Link	-Info Sheet
11/12/23	Boulder	Qualification Event	Bridges Rock Gym 5635 San Diego St., El Cerrito, CA	Opens: TBD @ 6pm M Closes: 11/8 @ 11:59p Registration Link	-Info Sheet
11/18/23	Boulder	Qualification Event	High Altitude Fitness 11798 Donner Pass Rd., Truckee, CA	Opens: TBD @ 6pm M Closes: 11/15 @ 11:59p Registration Link	-Info Sheet
12/2/23	Boulder	Qualification Event	MetalMark Climbing + Fitness 4042 N. Cedar Ave., Fresno, CA	Opens: TBD @ 6pm M Closes: 11/29 @ 11:59p Registration Link	-Info Sheet
12/9/23	Boulder	Qualification Event	California Climbing Collective 1264 Folsom St., San Francisco, CA	Opens: TBD @ 6pm M Closes: 12/6 @ 11:59p Registration Link	-Info Sheet
1/13 or 1/14	Boulder	Regional Championship		Opens: TBD @ 6:00pm Closes: TBD @ 12:00p	-Info Sheet
2/10 - 2/11	Boulder	Divisional Championship		Opens: TBD @ 6:00pm Closes: TBD @ 12:00p	-Info Sheet

2023-2024 Schedule	
Start of Bouldering QEs	Saturday, October 14
Start Speed QSTs	Saturday, October 14
End of Bouldering QEs	Saturday, December 9 {8 weekends, excluding Thanksgiving}
Bouldering Regionals	Saturday/Sunday, January 13/14 (MLK Day Weekend)
Bouldering Divisionals	Saturday & Sunday, February 10-11
Start of LTR QEs	Saturday, February 24
End of LTR QEs	Saturday, April 20 {8 weekends, excluding Easter weekend}
LTR Regionals	Saturday/Sunday, May 11/12 (Mother's Day weekend)
LTR Divisionals	Saturday & Sunday, June 15-16 (Father's Day weekend)
End Speed QSTs	Sunday, June 15, 2024
Youth Festival	TBD
Youth Nationals	Sunday-Sunday, July 7-14 (tentative)

Age Categories

Athletes are placed into categories based on their birth year and gender. A competitor's category will start with their gender, followed by their age group. For example Female Youth A. The age categories are listed below.

Birth Year	Age Category For the 2022-2023 Season
2005 or 2006	Junior
2007 or 2008	Youth A
2009 or 2010	Youth B
2011 or 2012	Youth C
2013 or younger	Youth D



How do I register my child?

In order to compete, your child needs a USA Climbing membership. USA Climbing offers two options for memberships which include a Competitor Membership or an Introductory Membership.

Introductory Membership:

- A cheaper option for those just starting out and not looking to compete at the regional level
- Allows your athlete to compete in qualifying events, but not at regionals
- Costs \$30

★ ONLY CHOOSE THIS OPTION IF YOU ARE SURE YOUR ATHLETE IS NOT GOING TO COMPETE AT REGIONALS

Competitor Membership:

- Allows your child to compete in both Qualifying Events, as well as all the way up to the National level
- Costs \$105
-

Membership can be purchased at usaclimbing.sport80.com



Volunteering

An integral part of the Youth competition series is volunteering. Even if you don't have any climbing or competition experience, there is always a way for you to help out.

- Volunteering is also a great way to gain a deeper understanding of the rules and expectations of a competition



How does scoring work?

For boulders athletes are ranked based on the below information :

1. Total Number of Tops
2. Total Number of Zones
3. Total Number of Low Zones
4. Total Number of Attempts to Top
5. Total Number of Attempts to Zone
6. Total Number of Attempts to Low Zone

For example, *Bryce got 3 tops and 4 zones and it took her 8 attempts to get the 3 tops and 10 attempts to get the 4 zones, however, Claudia got 4 tops and 4 zones so regardless of attempts Claudia places higher than Bryce because she was able to get a top on one more climb than Bryce.*



Rules parents should know.

There are a lot of rules. We promise that we will get athletes to understand these rules before competitions. Parents do not need to know all of the rules.

- In all competitions formats, athletes cannot receive any beta from parents or coaches while they are on the wall climbing. In Onsite format competitions, parents should refrain from talking to their athletes until the competitor is completely done climbing.
 - ◆ Acceptable phrases to cheer on your athlete include, *lets go Bryce! You got this Bryce!*
 - ◆ Please don't say "Breath Bryce," "thats it bryce" "just go for it!" etc
- Athletes must fully establish a 4 point start in order for their progress up the climb to be valid. [If you are curious about what a 4 point start looks like.](#)
- Please please please take a clear continuous video of your athletes entire 4 minutes of climbing during a competition. Or take a video of the whole attempt on a route. This helps us to make score appeals if needed.