

Interested in Competitive Climbing?

How to get started

We encouraged all Team's (Discovery, Elements 1, Elements 2, and Paragon) to participate in competitive climbing if your climber is interested.

Climbing Season's Broken Down

- Regular boulder season (August-December): Local boulder competitions that any youth climber may sign up for. Our region's schedule and information on competitions will be on [USAC's website](#).
- Championship season: Competitions that climbers must qualify for.
 - Regionals (December): Climbers must place in the top 20 at one USAC sanctioned local competition. We are in Region 72, which includes climbers from NC and SC.
 - Divisionals (January): Climbers must place in the top 10 in their Region to qualify. We are in division 7, which includes climbers from NC, SC, AL, FL, and southern MS.
 - Nationals (February): Climbers must place in the top 7 in their Division to qualify.

Below are some initial steps for getting started with competing in USA Climbing and Non-USA Climbing Competitions.

1. It is highly recommended that climbers have at least **1 year of climbing experience** before competing.
2. Interested climber's are also encouraged to **attend at least one competition as a spectator** to ensure the climber is familiar with the competition environment.
3. **Interested team participants should notify coaches!** Coaches can then be mindful of structuring practices with ample time for competition preparation.

Registration and Sign-ups!

Not all climbing competitions are held by USA Climbing and may be the best place to start as the general atmosphere is community based and generally more relaxed.

However, if you are interested in getting started with USA Climbing, review the steps below to get started.

1. Become a USA Climbing Member. This will need to be completed through USA Climbing's website: [USAClimbing.org](https://www.usaclimbing.org)
2. Ensure that you are viewing Division 7, Region 72! This is our division and region for local competitions.

Step 2: Find a Qualification Event in Which To Compete

Youth competition climbing involves three disciplines - Bouldering, Lead/Top Rope, and Speed. Climbers may choose to compete in one, two or all three disciplines under their single USAC membership. Each discipline has a different season schedule:

DISCIPLINE	QUALIFICATION SEASON	REGIONAL CHAMPIONSHIP	DIVISIONAL CHAMPIONSHIP	NATIONAL CHAMPIONSHIP
Bouldering	October 15 - December 10	January 14 or 15	February 11 - 12	July 10 - 16
Lead/Top Rope	February 25 - April 15	May 13 or 14	June 3-4 or June 10-11	
Speed	October 15 - June 11			

- Competitors may only register for Bouldering or Lead/Top Rope Qualification Events (QEs) in their Membership Region or the other region within their Membership Division. For example, a climber who lives in Region 61 may only compete at Bouldering or Lead/Top Rope QEs in Region 61 or 62.
- Competitors may register for a Qualification Speed Trial (QST) in any Region in the country.
- Competitors may only compete at the Regional Championship for their Membership Region.

Each Region will hold approximately six to eight Qualification Events (QEs) per discipline per year. The calendar of QEs for each Region is posted on its page on the [USAClimbing.org website](https://www.usacimbing.org). Information about the QEs and the Regional & Divisional championships in your Region and other useful information are also regularly posted on Region-specific Facebook groups (some Regions also maintain public Instagram accounts); links to these can be found on your Region's web page.

3. Find a Qualification Event and register. Once you have registered, notify your coach so they can be aware of which event you will be competing at!

4. Compete at a Qualification Event

***Following a Qualification Event, climber's could advance to Championship Events including Regionals, Divisionals and Nationals.

We strongly urge ALL climber's and parents interested in being involved with USA Climbing read the [USA Climbing Rules and Handbook](#)

Isolation

Isolation is a period in which the competing athletes and affiliate coaches must be out of sight and relation to the routes set for the competition. Competitor's in Qualifying Events will not be subject to isolation but isolation is required during Championship Events.

Below is a small segment to give some insight on what isolation is from page 152 of the USA Climbing Handbook. Please visit the handbook for more information!

3.16.1 Access to the Isolation Zone is limited to:

- a) USA Climbing officials and specifically authorized volunteers; and**
- b) Event Organizer officials; and**
- c) competitors eligible to take part in the current round of competition; and**
- d) USA Climbing Level 2 Certified Coaches (The Jury President may, at their discretion, limit the number of team coaches for each team allowed to enter isolation); and**
- e) other persons specifically authorized by the Jury President. Such persons shall, throughout their stay in the Isolation Zone, be escorted and supervised by an approved official to oversee the maintenance of security of the Isolation Zone and prevent any undue distraction of, or interference with, any competitor.**

3.16.2 Competitors eligible to compete in an Onsite or Isolation Format round of a competition must report to the Isolation Zone by the time stated on the Official Starting List for that round.

Competitors who have not reported to the Isolation Zone or who are not present in the Isolation Zone at such time will not be eligible to start the round, though in exceptional circumstances the required report time may be delayed at the discretion of the Jury President after consultation with any individual with Sport Discretion (Rule 1.9.2).

3.16.3 Competitors, coaches, and other individuals permitted to enter the Isolation Zone shall remain

under isolation conditions throughout their stay in the Competition Area, including the Call Zones and Competition Zones, and are not allowed to communicate with persons outside the Competition Area, unless specifically authorized to do so by the Jury President. Failure to observe this Rule by any competitor shall result in the disqualification of the competitor.

3.16.4 Competitors and coaches may not re-enter the Isolation Zone once they have left it, except when:

a) with the authorization of the Jury President, they have been escorted out of and back into the Isolation Zone by an official escort who will oversee that no communication occurs with individuals outside of the Isolation Zone; or

b) in the case of coaches re-entering the Isolation Zone, the Jury President deems the routes/boulders have been sufficiently altered, via routesetting not viewable by the coaches, that any knowledge of the previous routes/boulders would provide no reasonable advantage to a competitor.

3.16.5 Coaches in isolation and while in attendance at the event are subject to the same rules and

Traveling to Competitions

Athletes who are planning to compete in competitions are responsible for their own food, travel, and accommodations. Inner Peaks Coaches and staff are not permitted to assist with athlete travel and accommodation.

Please refer to the team parent contact form to plan rideshare or travel planning with other team parents!

Parent Involvement

These USA Climbing Events could not be possible without the help and support of our parent and climbing community! If you would like to be involved with these comps in the form of a judge, a belayer, a set up/tear down crew member, or another role, please register as a volunteer below!

[USAC 2022-23 Competitor & Parent Guide to Youth Climbing](#)

Helpful Tips and Questions?

- Competitors and parents should familiarize themselves with [USA Climbing rules](#) prior to attending a competition.
- Be sure to fill out the waiver for the hosting gym a few days prior to the comp!
- Arrive to the competition before the doors open to ensure you have time to check in, get a scorecard, and get warmed up. There is usually a technical meeting prior to the start of the competition where basic rules and information are formally shared.
- Go with the goal of trying hard and having fun – Competition climbs can be very hard. They are designed so that climbers in the assigned category will not top every climb.
- Stick around to watch the finals! They are exciting to watch, and athletes can learn a lot and be inspired by watching these elite climbers.

Please reach out to Head Coaches or Program Manager if you have any questions!

Nathan Craft, Assistant Head Coach: Nathan@innerpeaks.com

Ryan Olgsbey, Paragon Head Coach: Ryan@innerpeaks.com

Jakob and Delaney, Elements Head Coaches: Teams@innerpeaks.com

Megan Cheek, Program Manager: Megan@innerpeaks.com