

High School League - Junior Varsity and Varsity

Our Mission:

- To encourage active and healthy lifestyles among school-age students in the Southeast Tennessee area through the sport of rock climbing.
- To foster a passion for the sport of climbing and the community surrounding it through fundamental skill training and practice focused on safety and learning.
- To support the development of teamwork, friendships and social skills through team-oriented competitive events.

League Rules:

1. Competitors must be in High School or home schooled and be of the same age (grades 9-12)
 - a. 8th graders are allowed to compete up on a HS roster if they have a program at the same school
2. **Teams** consist of 5 climbers from the same school
 - a. The league is co-ed and each school may have both male and female climbers
 - b. If there is a climbing team at a climber's school, they must compete on that team
 - c. If there is not a climbing team at a climber's school, they can compete as an individual
3. **Rosters-** The climber is responsible for communicating with their coach in order to be placed on their team's roster. Rosters can be updated and changed throughout the season.
4. **ICL Memberships-** High Point will provide a discounted membership to all students on an ICL Roster for the season at \$52 per month, which will offer access to all high point gyms while the membership is in good standing. Gear is not included with memberships and, if needed, must be rented for \$3 plus tax each time, or added on to their membership for unlimited use for \$20 additional per month.
5. **Competition Fees-** There will be no competition entry fees for High Point members. If a climber is not a member, they will be required to pay an entry fee of \$10 to each meet.
6. **Preseason Clinic-** All climbers will be required to attend a preseason clinic that will be scheduled as a team by High Point. Each team will have approximately 2 opportunities to take the class depending on their roster size. If a climber misses both opportunities, they will need to contact their coach to be scheduled for a makeup class. This clinic will go over bouldering safety and belaying. Climbers will be allowed to test out of the second portion of the clinic if they know how to belay already.
Testing out- after the class, each climber will need to come back on a different day to test out of the skill. These test out days will be scheduled specifically, and a climber will not be allowed to test out during a team practice. If a climber cannot make it to a test out day, they will need to come to the gym with a climbing partner on a day when their team is not practicing to test out.

7. **Season Schedule-** The season will be run in a round-robin format where every team will face each other individually throughout the season. There will be meets every night of the week (Monday-Friday) to equal on average, 1 meet per week per team. At the end of the season, the team with the best overall record will be the league champions.
- There will be no make up meets, due to new setting advantages and the number of meets offered, you must attend your scheduled meet.
 - If a climber shows up late, their competition time will end when the meet ends for the rest of the competitors
8. **Location of Meets-** The meets will be scheduled between the High Point locations in Southeast Tennessee
- High Point Downtown location at 219 Broad St, Chattanooga, TN 37402
 - High Point Riverside location at 1007 Appling St, Chattanooga, TN 37406
 - High Point Cleveland location at 2499 Keith St NW, Cleveland, TN 37311
9. **Competition Format-** The Varsity season will consist of 3 different meet styles (Top-Rope, Boulder and Hybrid) This is a Red-point style competition season meaning that the climb is completed on one continuous attempt without resting or going off route from start to finish. Climbs can be rehearsed prior to a competition.
- Top-Rope- Top-rope-only meets will occur at the Downtown location. A belayer must be tested and passed by High Point before belaying for any practice or competition, auto-belays are acceptable for scoring routes but must be witnessed. Start with hands on the lowest starting holds typically closest to the grade tag. Pick off the ground and establish control before moving your hands, climb the route to the top and properly finish the route by matching both hands on the final hold and establishing control for 3 seconds. Routes are monochromatic, meaning they are one color. To complete a route a climber must only touch the color of the route they wish to complete. All volumes are on for hands and feet.
 - Boulder- Boulder-only meets will occur at the Cleveland location. No boulders will be climbed Downtown. A climber must be in the High School league to compete with boulders. Start with hands on the hold or holds with tape, 1 piece of tape represents 1 hand. Pick off the ground and establish control before moving your hands, climb the route to the top and properly finish the route by matching both hands on the final hold that has a piece of tape on it and establishing control for 3 seconds. Boulders are monochromatic, meaning they are one color. To complete a boulder a climber must only touch the color of the route they wish to complete. All volumes are on for hands and feet. Grey downclimb rungs are off for boulders but should be utilized to lower to the ground.
 - Hybrid Format- Hybrid meets will occur at the Riverside location. Follow the rules for Top-rope and Boulder for these competitions. A climber's final score must consist of 1 Top-Rope and 1 Boulder climb and the 3rd is the climber's choice.
 - Scoring- All ropes, auto-belays and boulders in the gym AND in the Kaya system are open for competition. As routes get harder, point values increase. An individual's score is the sum of the points of their top 3 climbs. The scoring system is listed below:
 - Each HS meet will produce two team scores (JV and Varsity) as long as both teams have 10 or more climbers present. Once all scores have been submitted:
 - Varsity score - The top 5 climbers of the meet will be averaged together to create the varsity score to compare to the other team's top 5
 - JV score - Climbers ranked 6th and lower for the meet will be averaged together to create the JV score and compare to the other team's JV score
 - If a team does not have 10 climbers, only the varsity scores will be compared for the meet

| Top Rope | Boulder | Score |
|----------|---------|-------|
| 5.5 | V0 | 10 |
| 5.6 | - | 30 |
| 5.7 | V1 | 50 |
| 5.8 | - | 70 |
| 5.9 | V2 | 90 |
| 5.10a | - | 95 |
| 5.10b | V3 | 100 |
| 5.10c | - | 105 |
| 5.10d | V4 | 110 |
| 5.11a | - | 115 |
| 5.11b | V5 | 120 |
| 5.11c | - | 125 |
| 5.11d | V6 | 130 |
| 5.12a | - | 135 |
| 5.12b | V7 | 140 |
| 5.12c | - | 145 |
| 5.12d | V8 | 150 |
| 5.13a | - | 155 |
| 5.13b | V9 | 160 |
| 5.13c | - | 165 |
| 5.13d | V10 | 170 |

- e. Kaya- Is a free climbing app that will be utilized during the season to track climbs and score meets. It is free to download and use at all High Point gyms. Kaya has every climb in the gym listed and allows users to log sends and attempts of those climbs. At the pre-season meeting coaches will be given a couple of formats to use in order to complete their team's scoring.
- f. Judging- For a climb to count towards a climber's score, it must be witnessed by a person other than the climber's belayer before it is logged. The witness does not need to be on another team.
- g. Time Limit- Each meet will be 90 minutes long
- h. Assistance- For a top rope to count, at no time should the rope be weighted or a belayer attempt to pull a climber up the wall or keep too tight of a belay. If this is done, the climb does not count, and needs to be repeated from the bottom to count towards a climber's final score.
- i. Dabbing- For a boulder to count, at no time should any part of the climber touch the ground while they are trying to complete the problem. If this occurs, the climb does not count and needs to be repeated from the start in order to count towards a climber's final score.

10. Postseason Meet

- a. Climbers who score 375 during a regular season ICL meet will qualify for the final, individual meet
 - i. Climbers can qualify at any official meet during the season and only need to qualify one time
 - ii. A climber must be in a valid ICL team roster to qualify
 - iii. A climber must compete in at least 3 ICL meets during the regular season to qualify
- b. The meet will occur after the last week of the season at Riverside.
- c. The meet will be a hybrid format with a championship progressive route.
 - i. A climber's final score will consist of a boulder, a top rope, a 3rd climb of their choice, and one attempt at the championship route where each hold gains you more points.
- d. Sign-ups will open after the winter break.

11. Conflicts-

- a. Spinners- If a spinning hold is found, let a High Point staff member know so that it can be fixed by a setter. If the hold is the final hold on the route and there is a group consensus that the climber would have finished the climb by matching their hands on the hold if it hadn't spun, then the climb can be counted. If the spinning hold is in the middle of the route, the climber can choose to continue through it or come down and get it fixed. If the climber weights the rope because of the spinning hold in the middle of a route, the climber cannot continue the climb for points and must start over.
- b. Grading Discretion- If a grade is disputed, not shown at the base of the climb, or varies between the physical tag and the Kaya grade. The final grade will be the one listed on Kaya for that day. Grades can be changed from day-to-day based on popular opinion, and if a grade is different at a current meet than it was the previous, the current grade at the time of the meet should stand.
- c. Red-Point Discretion- If there is a reasonable argument of a climber not properly completing a route or boulder that they scored, the climber will repeat the climb in order to gain the points at the end of the meet.
- d. Starting hold discretion- if a climber is unsure of which holds to start on, they will be decided by group consensus of other climbers in the area.
- e. Unsportsmanlike Conduct- Use of foul language, cheating, breaking gym rules, and any other deemed unsportsmanlike conduct from climbers, parents or coaches will not be tolerated and will result in immediate dismissal from the meet. Repeated offenses will result in removal from the league.

12. Safety- All climbers are required to be responsible for individual safety.

- a. Waivers- every climber, parent and coach is required to have a current waiver on file at the gym, and be taken on a formal orientation of the facility.
- b. Gym Rules- all gym rules must be followed at all times, failure to follow gym rules will lead to removal from the facility and/or league.
- c. Verbal belay safety checks must be completed every time before a climber leaves the ground, failure to do so may result in a points penalty.
- d. Boulder safety- Bouldering is dangerous, please follow these rules:
 - i. Give other climbers ample space to climb and fall
 - ii. Look around before starting a climb so that you do not cross paths with or climb under another climber
 - iii. Stay out of fall zones and do not sit on the pads
 - iv. Use downclimb rungs to lower yourself to a height you feel comfortable dropping from
 - v. When falling, try and get your feet under you, bend your knees and roll back onto your back. Do not use your arms to catch you as you roll backwards.
- e. Covid- High Point will enforce the best practices to combat Covid during the ICL season