



Welcome to Mile High Climbing's Bouldering League! 🧗

Our league is designed to help you grow as a climber in a supportive, inclusive, and socially rewarding environment. Whether you're here to crush high-volume sets, project your limit, or just bring the vibe while breaking up the week, we're stoked to have you!

🏆 League Categories

Choose the path that best fits your goals for the season.

	TRAD	ENDURO	PROJECT
Best For	Casual vibes & consistency.	Strength & stamina.	Peak performance & limit testing.
Weekly Scoring	Your top 5 routes.	Your top 10 routes.	Your single best route.



Event Format

- **When:** Tuesdays between **7:00 PM and 9:00 PM**.
- **Where:** **The Spot Denver** - 1235 Delaware Street, Denver, CO, 80204.
- **Make-ups:** You can complete up to **two** sessions within +/- 4 days of the scheduled date.
- **League Fee:** **\$15 per season**.
- **Facility Fee (weekly):** **\$15 day pass**, discounted from \$28.
 - *Note: Mile High Climbing discounted pricing may not be available during make-up times.*
- **Discounts:**
 - **\$4 shoe rental**, discounted from \$5
 - **FREE communal chalk**
 - **\$1 off drinks** after climbing

Scoring

Points are awarded for **completed** routes (defined as controlled stability with two hands on the finish hold).

1. The "Spot" System

Each route's base value is determined by the spots on its tag:

- **Standard:** 10 points per spot.
- **Modifiers:**  adds 3 points;  subtracts 3 points.

There are no point deductions for falls! You earn full points for any send:

Scoring Examples (3-Spot "+" Route = 33 Base Points):

- **3-Spot "+" Route = 33 Points**
- **4-Spot no modifier Route = 40 Points**

2. Attempts & Dabs

- **Dabbing:** Touching the floor, pads, or off-route holds counts as an attempt. Step off and restart.
- **Spinners:** If a hold spins and causes a fall, the attempt is **null**. If you keep climbing after a spin and then fall, the attempt **counts**.



Divisions and Achievements

The "Casual" Division

- **Skill Level:** Working on V0 – V4.
- **The Vibe:** This is for climbers who are here for the community, the workout, and the steady progression. If you're still mastering the fundamentals or just want a low-pressure way to compete, this is your home.

The "Crusher" Division

- **Skill Level:** V5 and Up.
- **The Vibe:** You've got the finger strength, the technique, and feel at home when chalk is in the air.



The Achievements

Achievements may vary from season to season, but generally include:

- **Apex Climber:** Awarded to the climbers in each division with the **highest overall accumulated points** in their category at the end of the season.
- **Rock Solid:** Awarded to the climbers in each division with the **greatest consistent improvement** week-over-week.

Scores will be calculated at the end of the season. With the lowest score(s) dropped:

- **Six week** seasons will factor in your **top five** weeks.
- **Eight week** seasons will factor in your **top six** weeks.

Additional superlative achievements may be awarded at the end of a season, so be sure to bring the vibes and keep pushing yourself!



Rules & Etiquette

- **Self-Judging:** This is a community league. Be honest with your attempts and bonuses. When in doubt, err on the side of good sportsmanship!
- **Spotting:** Not required, but highly encouraged! It's the best way to make friends and stay safe.
- **Logging:** Record your top complete climbs on the **Mile High Climbing: Bouldering Submission Form** promptly—ideally while socializing at the gym after your session.
 - Submit the **base-score** and **number of attempts** for your top climb(s). We'll do the math.
- **Tie-Breaker:** Ties are decided by the least number of attempts