



**TRAIL
LIFE
USA**

Competitive Rock Climbing

Name _____

Do all of the following requirements (1-5)

- ____1. Do the following to learn about competitive rock climbing in a rock gym setting:
 - ____a. List the safety and courtesy rules at your rock gym.
 - ____b. Explain the proper clothing and required safety equipment for bouldering and sport climbing in a rock gym.
 - ____c. Explain the strategy, scoring, and rules for bouldering competitions.
 - ____d. Explain the strategy, scoring, and rules for sport and speed climbing competitions.
 - ____e. Explain or demonstrate recovering from a fall.
 - ____f. Attend or watch a rock climbing competition.
- ____2. Become an approved or certified belayer at your rock gym.
- ____3. Demonstrate basic skills for your level by doing one of the following:
 - ____a. Climb a rock-wall top-rope route rated at 5.9 or higher on the Yosemite Decimal System (YDS)
 - ____b. Climb a rock-wall bouldering route rated V0 or higher on the Hueco V-scale.
 - ____c. Successfully try out for a competitive team.
- ____4. Over a period of at least six weeks, participate in at least eighteen practice sessions on different days where a session can be any of the following:
 - ____a. Team practice
 - ____b. A professionally coached climbing skills session, lesson, or class
 - ____c. Individual rock climbing skills practice of at least one hour in duration at a rock climbing gym
- ____5. Participate in at least two rock climbing competitions of either type listed below:
 - ____a. Organized and run by a local rock climbing gym
 - ____b. Sanctioned by USA Climbing (Local, Regional, Divisional, or National)



Trail Badge Mentor Signature

Date

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