



The Ontario Climbing Federation Athlete/Parent Information Book for the 2016/2017 Series



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Table of Contents

Introduction	3
Climbing organizations	3
Climbing competition (age) categories	3
Proof of birth date	4
Citizenship	4
Climbing season and types of climbing	4
Climbing memberships – OCF and CEC	5
Waivers	7
Types of Climbing Competitions	7
Important items to note about competition rules	9
Competition schedule / Registration / OCF Series Rules	9
Volunteering	11
Other competition series	11
Other information	11
Questions? Contact information	12

Please note that this document was created for information purposes only and is accurate as at the point in time it was finalized for the current series. In case of any discrepancy between information include in this document and the rules posted on the OCF website, the rules posted on the website will take precedence.

Introduction

The 2016/2017 climbing competition season is here, and the Ontario Climbing Federation (OCF) wants to make sure that competitors, and their families, are well prepared. Please take the time to read through this booklet to ensure that you are fully informed and ready for the upcoming climbing season.

Throughout the year, regular communications are posted on the OCF's Facebook page and website.

Climbing Organizations in Canada

The Ontario Climbing Federation (OCF)

The OCF was established in 2011 to be the Provincial Sport Organization (PSO) for competitive climbing in Ontario. The OCF is a **volunteer** organization managed by an elected Board of Directors consisting of 7 members. We are the Ontario member of the National Sport Organization which governs competitive climbing in Canada. Some of the activities we undertake include:

- The governance of the sport of competitive climbing in Ontario
- The setting of the competition climbing calendar for youth and adults in Ontario
- The hosting, promotion, organization, and sanctioning of climbing competitions in Ontario

We are a young and growing organization, and welcome help and support from everyone in the climbing community. For more information about the OCF, and competitive climbing in Ontario, please visit our website at www.climbontario.ca

Climbing Escalade Canada (CEC)

CEC is federally incorporated as a National Sport Organization (NSO) with a mandate to regulate and promote the development of competition climbing in bouldering, difficulty, and speed. CEC will provide assistance to athletes, coaches, and event organizers at the national level. CEC is a volunteer organization managed by a board of directors. Each director has been elected by the members of its PSO or TSO (Territorial Sport Organization) to act as their National Representative. Among other responsibilities, CEC sanctions and organizes youth and adult (Open) national competitions and sets the selection criteria and process for Canada's national climbing teams. For more information, please visit the CEC website at: www.climbingcanada.ca/

Competition Categories

There are ten youth competitor categories:

- **D** – Female and Male
- **C** – Female and Male
- **B** – Female and Male
- **A** – Female and Male
- **Junior** – Female and Male

The adult competition category is referred to as the “**Open**” category.

Each competitor's category is determined by their year of birth, with the exception of D category, all categories span two years. **The age the climber will turn during the year in which the**

current series ENDS determines which category they belong in, NOT the age they are at the beginning of the series. Therefore, for the 2016/2017 series, it is the age that each competitor will turn during 2017 that determines which category they belong in, regardless of where their birthday falls in the year.

For the 2016/2017 climbing season, the ages shown for reference refer to the age the athlete will turn during 2017:

- D (11 and under): born in 2006 or later (typically school grade 5 and under)
- C (12/13): born in 2004 or 2005 (typically school grades 6 & 7)
- B (14/15): born in 2002 or 2003 (typically school grades 8 & 9)
- A (16/17): born in 2000 or 2001 (typically school grade 10 & 11)
- Junior (18/19): born in 1998 or 1999 (typically school grade 12 and 1st year university)

Youth climbers in category A and Junior are also eligible to compete at the adult level in the Open category of CEC sanctioned events.

Proof of birth date

In order to ensure that each competitor has been placed in the correct category, all competitors must show **proof of birth** date (any government-issued ID such as a birth certificate, driver's license or passport) **once** in their competitive climbing career, to any OCF board member. This task can be performed at any OCF competition, or at any other time in person with a member of the OCF Board of Directors, or by emailing membership@climbontario.ca (personal information will be deleted once the required information has been confirmed). Competitors who have not shown proof of birth will not have their results included in any official results.

Citizenship

All competitors must show proof of citizenship **once** to an OCF board member. This is required in order to ensure appropriate quotas for Canadian citizens at provincial championships and beyond. This information must be kept current with any change in Canadian citizenship status. Please note that only passport, birth certificate, or citizenship card are valid proof of citizenship.

Climbing season and types of climbing

The climbing season is split into two distinct parts, each focusing on one climbing discipline:

- The first part of the season (approximately October through mid-February) is the **Bouldering** season. Bouldering is climbing without ropes on short walls.
- The second part of the season (approximately the end of February through the May long weekend) is the **Difficulty** (roped) season. Categories D and C climb **TOP ROPE** only and categories B, A, and Junior climb **LEAD** only. In top rope, climbers are belayed from below, and climb along the route without clipping. In lead, climbers are belayed from below, and are required to clip quickdraws along the route.

At Difficulty Nationals in May, climbers also have the opportunity to compete in the **Speed Climbing** event. The OCF does not include speed climbing events in any of their events.

Competitive Climbing Provincial Memberships and National Licenses

To be allowed to participate and be ranked in a Provincial (OCF) Series event, each climber must have a Provincial Athlete membership. This must be purchased prior to the first competition a climber attends and is available through the OCF website.

To be eligible to participate at a National level event (i.e. – the National Bouldering Championship held in February, the National Difficulty Championship held in May or any other national event sanctioned by the CEC), each climber who qualifies will need a National license in addition to their Provincial membership. As there are quotas for how many Ontario athletes may move forward to the National level competitions, there is no need to purchase a National license until an invitation to attend Nationals has been received (invitations will be issued at or after the Ontario Provincial championships in each discipline).

When competing in an OCF series event, or CEC nationally sanctioned event, climbers must have the following provincial memberships and national licenses:

1. **OCF Competitive Youth and Adult Membership** - This membership is required for Ontario climbers who want to compete in any OCF Series event. Climbers with only this membership will **NOT** be eligible to compete at either CEC Youth or Open National Championships, unless they also purchase a CEC national license. **This is the category of membership that Ontario competitive climbers who want to compete in any OCF event will purchase at the start of the climbing season.**
2. **CEC Competitive Youth License** - This license is for Ontario youth climbers who want to be eligible to compete at any CEC sanctioned national event (i.e. – Youth or Open National Championships). This license is also required for selection to any CEC Youth National Team that is competing at any International Federation of Sports Climbing (IFSC) sanctioned international events (i.e. - as part of the Canadian Youth National team).
Note – The CEC license may be purchased as an upgrade at any time prior to registration for a CEC sanctioned national event, it does not need to be purchased at the start of the climbing series. Youth climbers may wait until they have been invited to participate in a national event (i.e. – after youth provincials) to purchase this license.
3. **CEC Competitive Adult License** - This license is for Ontario adult climbers who want to compete fully (i.e. - be ranked) in the CEC Open National Series, as well as at either CEC Open National Championship. This license is also required for selection to any CEC Open National Team that is competing at any IFSC sanctioned international events. Open age youth climbers **DO NOT** need to purchase this license if they purchase a CEC Competitive Youth Membership.

Other memberships:

There are two other categories of memberships that are relevant for coaches, parents and other supporters.

1. **OCF Coach Membership** – This membership is for Ontario coaches who want full coaching privileges at OCF comps - it is mandatory should a coach wish to enter the Isolation Zones. This membership includes an OCF Supporter Membership as well.
2. **OCF Supporter Membership** - Non climbers (parents, grandparents, siblings and friends) who would like to support the growth of competitive climbing in Ontario, across Canada, and throughout the World can purchase an **OCF Supporter Membership**. To become sanctioned as an official PSO, the OCF must have a minimum of 200 members who paid a fee to the PSO. This includes athletes, coaches and supporters, with a minimum representation of 25 in the North, 50 in the South, 50 in the East of the province. Please help us to achieve this level of membership by purchasing an OCF Supporter Membership, especially if you live outside of the GTA.

All OCF memberships include voting privileges at the OCF's Annual General Meeting and at any Special General Meetings, an opportunity to stand for election to the OCF Board (for those 18 years of age or older), and a voice to help grow the sport across Ontario, Canada, and throughout the World. Voters must be 18 or older to vote, however minors with memberships can give their proxy to their parents/guardians for voting purposes.

All competitors, Youth and Open, must have an OCF Series Membership to compete in any OCF event. Series Members will have their series points tracked during the season for ranking purposes and to compete for series awards at the end of the season. **You can only buy OCF and CEC memberships online** at my.climbontario.ca/membership (you must login and then select OCF membership from the menu on the left hand side of the page). Details about membership are available at www.climbontario.ca/ocf-memberships.

Cost of memberships for 2016/2017

Type of membership	Cost
OCF Competitive Youth Membership	\$40
OCF Competitive Adult Membership	\$40
CEC Competitive Youth License	\$65
CEC Competitive Adult License	\$65
OCF Coach Membership	\$20
OCF Supporter Membership	\$10

All memberships expire August 31, 2017

Waivers

OCF

All competitors must have a completed, signed OCF waiver form before competing at an OCF event. Athletes under 18 must have their waiver signed by a parent. The form is available at www.climbontario.ca/wp-content/uploads/2014/11/OCFWaiver. Once completed, this form need not be submitted again until the athlete turns 18, at which point they must sign their own form as an adult.

The completed OCF waiver form can be given to any OCF board member (for example at a series competition), dropped off at True North Climbing, or mailed to:

Ontario Climbing Federation
c/o True North Climbing Inc.
75 Carl Hall Rd, Unit 14
Toronto, Ontario M3K 2B9

CEC

Prior to participating in any National level competition, each climber must also complete a CEC waiver. Athletes under 19 must have their waiver signed by a parent/legal guardian. A copy of this waiver can be accessed at https://my.climbontario.ca/cec_waiver.pdf and can be given to any OCF board member or dropped off at or mailed to True North Climbing at the address provided above. The CEC requires these waivers to be completed **EACH YEAR**, regardless of the age of the participant.

Climbing gyms hosting a competition

Each climbing gym hosting an OCF competition has its own waiver form. Typically, athletes under 18 need their parent to sign their form. In most cases, the gym retains the waiver once signed, but in some cases the form must be signed for each event. It is the climber and their parent's responsibility to ensure a signed waiver is on file with each climbing gym prior to the climber participating in a competition (this can be done on arrival at the competition or at any time prior to the competition).

Lead climbing certification

Climbers in B category and above who are lead climbing in competition typically must be lead-tested by the hosting facility. Athletes should plan to arrive early at competitions to allow time for this, or arrange a lead test in advance of the competition where possible. Typically, this testing is only required to be done once at each climbing gym as most gyms retain the test results along with their signed waivers.

Types of climbing competitions

- **Scramble format (also referred to as Redpoint)** – A large number of boulder problems or routes will be set around the gym. Competitors can choose any problems/routes they would like to attempt and decide in what order to make their attempts. As time permits, climbers may make multiple attempts on problems/routes. Climbers may share beta (advice) prior and after each attempt, but may not receive and beta while they are on the wall. Competitors are judged by independent judges. Points are awarded only for

topping each climb. Currently, OCF competitive events do not follow this format, however other series such as Pebble Pulls, Summer SweatFests and Tour de Bloc events do make use of the scramble format for some categories of competitors.

- **Onsight for Bouldering Competitions** - Prior to starting the competition, climbers are kept in an isolation area. Competitors do not get to look at their problems before their turn to climb. When the competition begins, the competitors come out of isolation to climb one at a time in a predetermined order. There are a set number of problems. Each climber moves through the problems in the same order. Each climber gets five minutes total to preview and attempt each problem. If the climber is on the wall when time runs out, their attempt is over and they must come down immediately. Between problems, the climbers get a five minute rest period where they are not able to watch the competitors on the wall. Each problem in these types of competitions is judged by independent judges.
- **Onsight – Finals/World Cup Format** - This form of climbing competition is used for the final rounds in some bouldering climbing events. Prior to starting the competition, competitors are taken to an isolation area. All of the competitors are taken to the wall prior to the start of competition for a two minute preview of each problem prior to climbing starting. During this time, climbers may talk to one another (only to other climbers in the finals round, not to any observers or supporters) and share beta. When the climbing begins, the competitors climb one at a time in a predetermined order (in reverse order of qualifying for the finals round). All climbers climb problem one before they all move on to the next problem. There are usually four problems in a finals round. Each climber gets four+ minutes on each problem (the + meaning that if a climber is on the wall when the signal goes to indicate that their time is up, the climber may complete their attempt before getting off the wall). Each problem is judged by independent judges.

Climbers are scored based on reaching the bonus hold and the top of the climb only in both onsight bouldering formats described above.

- **Flash format for Difficulty Competitions** – This is a competition format for difficulty climbing events which is typically used for the qualification portion of difficulty competitions. Competitors can watch each other climb and exchange beta (information or advice) while on the ground, but each climber only gets one try on each route. Climbers attempt each problem in a predetermined order.
- **Onsight for Difficulty Competitions** – This competition format is used for the semi-final and final portions of difficulty competitions. Prior to starting the competition, climbers are taken to an isolation area. All competitors are taken to the wall prior to the start of competition for a preview of the routes. When the competition begins, the competitors come out of isolation to climb one at a time in a predetermined order. Competitors are allowed one preview and one attempt on a route.

Climbers are scored based on the highest hold the climber achieves - typically, the higher up the route a climber gets, the higher the number of points awarded for the climb.

Important items to note about competition rules:

- For competitions which include an isolation zone, only authorized coaches and climbers are allowed in the isolation area. Once a climber or coach leaves the isolation area they **MAY NOT** re-enter for any reason.
- Electronic devices with wireless or data capabilities are **NOT** permitted in the isolation area.
- Only competition officials and judges are permitted to talk to the climbers once they enter isolation, while climbing, and during their rest periods between climbs.
Coaches and parents **MAY NOT** engage with a climber during the competition period.
- In cases where there is a suspected injury, a coach may approach an official and ask to speak with their climber to determine if they have been hurt.
- Before, during climbing attempts, and during their rest periods, parents, coaches and other supporters are encouraged to cheer for the climbers, but they may **NOT** call out information or advice (referred to as **BETA**) to attempt to help the climber. Examples of unpermitted beta would include “Use the hold by your left foot,” “Breathe,” “Rest now,” or “Use the hold around the corner”. Only competition officials may speak to climbers between the time they enter the isolation area and their climbing round is complete.
- For competitions using isolation areas, it is very important to review the competition schedule in advance to ensure the climbers register and enter the isolation area on time. Each climbing category will be assigned an isolation opening and isolation closing time period (usually about 1 hour in length). The climbers **MUST** register and enter the isolation area during their category’s time period. If a climber misses the closing of their isolation period they will be refused entry and not allowed to participate in the competition. Prior to each competition using isolation, a running order is prepared. The document lists the opening and closing times of isolation for each category as well as each climber’s climbing time. Please review this document so that you are aware of when your climber must arrive at the gym. **It is not their climbing time that is the most important item to note but the opening and closing of their isolation time.**

Competition Schedule / Registration / OCF Series Rules

For detailed schedule information and registration for each Ontario competition as well as the rules governing the OCF Youth Competition Series, including the awarding of series points, please visit the following webpages:

Schedule: www.climbontario.ca/comp-schedule

Registration site: <https://my.climbontario.ca/dates.php>

OCF Series Rules: www.climbontario.ca/u20-series-rules

Note that competitions require advance registration, and advance payment. Please be sure to read the information for each competition carefully to ensure that your climber does not miss the registration deadlines! Registration always closes the Tuesday night before the competition, running orders posted on the Wednesday. **Late registrations are not permitted.**

New for the 2016/2017 series, competition categories have been split into separate competition days for the local competitions. This split was required due to the tremendous growth in the sport. Please read the competition schedule carefully.

Competition	Location	Date & Categories	Date & Categories
OCF Youth/Open Bouldering Local #1	Hub Climbing (Markham)	Sat. Oct. 22nd (A/Jr/Open)	Sun. Oct. 23rd (D/C/B)
OCF Youth/Open Bouldering Local #2	Coyote Rock Gym (Ottawa)	Sat. Nov. 26th (A/Jr/Open)	Sun. Nov. 27th (D/C/B)
OCF Youth Bouldering Provincials	True North Climbing (Toronto)	Sat. Dec. 17th (Qualifiers D/C/B/A/Jr)	Sun. Dec. 18th (Finals D/C/B/A/JR)
CEC Open Provincials National Series Bouldering Event/Tour de Bloc	Boulderz Etobicoke	Sat. Jan. 28th (Open)	
OCF Youth/Open Difficulty Local #1	Climber's Rock (Burlington)	Sat. Mar. 25th (A/Jr/Open)	Sun. Mar. 26th (D/C/B)
OCF Youth/Open Difficulty Local #2	Boulderz Etobicoke	Sat. Apr 8th (A/Jr/Open)	Sun. Apr 9th (D/C/B)
OCF Youth Difficulty Provincials/CEC Open National Series Difficulty Event	The Junction Climbing Centre (London)	Sat. Apr 22nd (Qualifiers D/C/B/A/Jr/Open)	Sun. Apr 23rd (Semis & Finals D/C/B/A/Jr/Open)

CEC National Championships will be held on the dates and locations listed below. For more information, visit the CEC's website (<http://climbingcanada.ca/>)

Competition	Location	Date
Youth Boulder Nationals	The Hive North Shore, Vancouver, BC	February 18-20, 2017
Open Boulder Nationals	Rock Jungle Boulders in Edmonton, AB	March 4/5, 2017
Youth & Open Difficulty & Speed Nationals	Canyon Escalade in Montreal, PQ	May 20/22, 2017

Volunteering

It takes many people to run a successful competition. The hosting gym usually needs people to volunteer for some or all of the following roles, depending on the type of competition:

- Belayers (top-rope and lead)
- Judges
- Timekeepers
- Isolation monitors and runners
- Forerunners

Please consider volunteering at one or more competitions this season! We will be running judging clinics to teach people how to become judges, and we will ease you into the role so you don't feel like you're suddenly on the spot. To volunteer, contact volunteers@climbontario.ca.

Other competition series (not sanctioned by the OCF)

Tour de Bloc (TDB)

The Tour de Bloc was established in 2003 with the aim of promoting competitive climbing in Canada through a structured bouldering circuit. The Tour started out as a regional based series with competitions in Ontario and Quebec and has now grown into a full national circuit, with stops from Atlantic to Western Canada. TDB competitions have categories for youth, recreational, experienced, and open (competitive adult) climbers, with the focus being on competitive adult climbers. OCF members are welcome to participate and have fun in these excellent events. These competitions are not sanctioned by the OCF and results are not included in competitor provincial rankings.

For further information, please visit the TDB website at www.tourdebloc.com.

Summer Sweat Fest

Summer Sweat Fest started in 2009 as a friendly bouldering series for youth and adult competitors in Ontario. The competitions run at various climbing gyms around the province throughout each summer (typically the end of June with a finale in the early fall).

For further information, please visit the Summer Sweat Fest website at <http://www.summersweatfest.com/>.

University Bouldering Series (UBS)

UBS is the first Canadian competition series made for and dedicated to collegiate and alumni climbers. The UBS is based on partnerships between universities/colleges and local climbing centres in Ontario. For more information, please visit the UBS website at

<http://www.universityboulderingseries.ca/>.

Other information

For a list of links to relevant climbing in Canada, please visit www.climbontario.ca/links.

Questions / Contact Information

If you have any questions, or would like to contact the OCF board, or a specific board member:

General information: info@climbontario.ca

OCF Board of Directors / Committee Members: <http://www1.climbontario.ca/contacts/>