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NALS SUPER CLIMBING CHAMPIONSHIPS (NSCC) Rules and Guidelines for competitors

Introduction

Wall Climbing is a tough and challenging sport and we congratulate you for registering for the NSCC and look forward to an exciting and rewarding experience with your participation. This document outlines some basic guidelines and information about the championships. Kindly read through carefully so that you are mentally AND physically prepared for the championships.

1 COMPETITORS CLIMBING EQUIPMENT AND CLOTHING

- 1.1 NALS shall provide climbing harnesses, helmets and climbing belay. No competitor shall be allowed to climb without these equipment. A competitor will wear the following other clothing items:
- Comfortable top (sleeveless or full sleeve or half sleeve T-Shirt or Vest)
 - Climbing shorts or tights (knee length) or full length track pants
 - Shoes and socks. Climbing with slippers, sandals or barefoot is NOT allowed.
 - Climbing shoes and chalk bags **are optional**.
 - Please bring your water bottle & hand towel. (*we provide filtered water*)

2 REPORTING FOR COMPETITION AND ORIENTATION

- 2.1 All competitors eligible to compete in a round of a competition shall report at the time specified and communicated or announced by the competition organiser. It is the responsibility of each competitor to ensure that he/she is fully informed of all details pertaining to the competition.
- 2.2. Competitors will have to carry an ID card with the Date of Birth for on site verification
- 2.3 All registrants will be issued with a Chest Number Tag which will be worn till they complete their climbing attempt.
- 2.4 After the attendance is taken, ID card verified and chest number tag issued, the competitor will be seated in a separate enclosure in front of the wall. Here, they will wait their turn.
- 2.5 A competitor may only carry their water bottle & climbing shoes into this enclosure. Cell phones, cameras, other gadgets are not allowed inside the competitor enclosure.
- 2.6 Competitors must remain within the designated enclosure till their turn is called. They are not permitted to climb on the climbing wall or stand on any equipment or furniture.

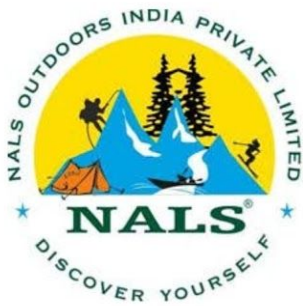
3 PREPARATION PRIOR TO CLIMBING

- 3.1 Each competitor shall be given a harness and helmet and will be checked by a belayer (safety provider) for correctness. A competitor will not remove or fidget with the safety equipment.
- 3.2 Each competitor shall be called by their chest number and he / she will move closer to the wall platform for route selection. Routes are assigned by draw of lots and this detail will be fed into the wall timer system. A competitor must not change his route, else his results will be automatically assigned to some other chest number.
- 3.3 Thereafter, competitors may put on their climbing shoes, if available. They will be called to the climbing platform and given 60 seconds to observe their route as well select one of the two foot switches. They can press and check the foot switches and check the LED light turning from red to amber.

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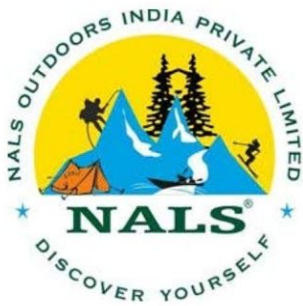
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- 3.4 After 60 seconds, the belayer will call them closer to the wall and shall attach the belay rope or auto-belay webbing to the competitor.
- 3.5 Each climber shall use one leg to press the start switch in his route. This will signal readiness for climbing to start. The leg that will be lifted first should press the switch.
- 3.6 All climbing equipment and the knot used shall be inspected and approved by an authorised official both for safety and compliance with other regulations before the competitor shall be permitted to proceed for their attempt on their route.
- 3.7 Use of non-approved equipment, knots and/or clothing, or any other non-approved modification of the climbing vest, or any infringement of any part of the regulations shall make the competitor liable for immediate disqualification.

4 CLIMBING PROCEDURE

- 4.1 The competitors will be given the following audible instructions & visual signals thereafter:
 - a) Climbers on your mark - this audio message indicates that the climber must be ready to start his climb - with one leg pressed on the start switch
 - b) As soon as any footswitch is pressed, the red light will turn amber. The switch must not be released till start signal is heard. If released, the climber would make a FALSE START
 - c) Green light - Route is open for climbing - timer has commenced. This light will become green along with the start signal.
 - d) A loud beep or start sound will be played on the speaker - this signals the climber to start climbing his route. The top LED display will commence the run time along with the start signal
 - e) Red light flashing - Climber has made a false start (released foot switch before the start signal). If a climber makes three false starts, he will be disqualified.
 - f) When any climber makes a false start, all the floor LEDs will turn red; while the floor LED of the climber who made the false start will flash.
- 4.2 The fixed climbing period shall be decided by the Referee based on route design and age of competitors.
- 4.3 At the point where the competitor enters the competition zone at the base of the climbing wall, he/she shall follow verbal and / or audio or light signals to commence his/her attempt on the route.
- 4.4 False Start - the timing system will capture the variation if a competitor has released the start switch before the START sound is made. The LED of the route which has caused the False Start will flash RED. For the other routes, the RED LED will be ON without flashing to inform the other climbers that climbing has to be stopped. Each competitor will be allowed two "False Start" attempts. If, any competitor makes a third False Start, he/she will be disqualified by the Referee.
- 4.5 When there is no False Start, and when the start button is pressed, the following will happen:
 - a) The START Beeper will make a sharp sound
 - b) All the route LEDs will become GREEN
 - c) The timer LEDs will start the run time
- 4.6 During their attempt on a route a competitor shall always be in a legitimate position. Any violation of these rules shall result in the competitor's attempt on the route being terminated and his

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attempt registered as “FAIL”. Such a competitor will be required to stop his attempt by the Climbing Referee. A legitimate position will comprise the following::

- a) The competitor has not crossed into another route.
- b) The competitor has not made contact with holds inside another route
- c) The competitor has not made contact with wall edges – both on the side or the top.

4.7 A competitor may climb down or asked to be lowered down at any point during the attempt if he / she feels exhausted and / or gives up her attempt for any other reason of her own making.

5 COMPLETION AND TERMINATION OF ATTEMPT ON A ROUTE

5.1 Successful Attempt on a Route: A competitor shall be deemed to have successfully completed an attempt on a route if that attempt is in accordance with Article 4.6 above.

5.2 Unsuccessful Attempt on a Route : A competitor shall be deemed to have unsuccessfully completed an attempt on a route if he / she:

- a) Gives up before reaching the top
- b) Exceeds the permitted time for the route
- c) Touches any part of the wall surface beyond the marked boundaries of the route
- d) Uses the side-edges or top-edges of the wall
- e) Uses any artificial aid

6. TECHNICAL INCIDENTS

6.1 A technical incident is defined as:

- a) A tight rope which either assists or hinders a competitor.
- b) A broken or loose hold.
- c) Errors in the wall timer circuit or hardware such as Start Switch or Stop sensor
- d) Any other occurrence that results in a disadvantage or an unfair advantage to a competitor beyond his action and control.

6.2 A technical incident shall be dealt with as follows:

- a) If the technical incident pertains to a loose or broken hold, the route setting team will be called in to fix the holds after the current set of climbers have finished their attempt.
- b) If the technical incident pertains to electronic circuitry or timer systems, the competition shall be put on hold until the repairs are done.
- c) In all of the above incidents, the climbing referee shall investigate the incident and if found to be true, shall award another attempt to the climber who has suffered a technical incident, in any of the subsequent batches.

7. CHAMPIONSHIP FORMAT AND COMPETITIONS

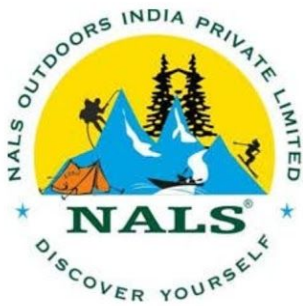
7.1 There are three rounds of competitions:

- a) Preliminary round - The competitor will attempt a single route and this timing will be used for ranking based on the lowest time scored during this attempt. The top 50 rankers will become eligible to participate in the semi-final round.
- b) Semifinal round - The competitor will attempt two routes and the results will be used to compile a list of lowest time score. The top 12 rankers will become eligible to participate in the final round

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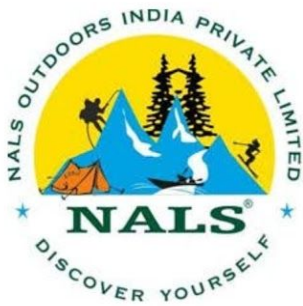
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- c) Final round - The competitor will attempt three routes and the results will be used to compile the list of lowest time scores. The top 1,2,3 rankers will be announced SUPER CLIMBERS of that age category
- 7.2 The number of competitors eligible for a higher round of the championship is subject to change based on the total number of registrants in each age category. Also, the organisers may do away with an intermediate round based on quorum.
- 8. COMPETITION DATES AND COMMUNICATION**
- 8.1 The NALS Super Climbing Championship (NSCC) uses web based tools to collect, store and disseminate information. All registrants will be informed by email and / or sms and no paper communication should be expected by the registrant. Some of the events that will trigger this communication are:
- Confirmation of registration after successful payment of fee
 - Invoice / Bill for the payment received
 - Instructions / guidelines for the championship
 - Date, time & place of competition for preliminary round
 - Date, time & place of competition for semi-final round, if eligible
 - Date, time & place of competition for final round, if eligible
- 9. WALL CLIMBING TIMERS / RECORDING OF RESULTS**
- 9.1 NSCC has installed state of the art wall climbing race timers that will record the run-time of all the climbers on each route simultaneously
- 9.2 The timing of each attempt is captured by our web based tools and ranks are assigned automatically
- 9.3 Thus, it is possible to sort 100s of timings and rank climbers very fast, a task that will be very difficult with stopwatches and route judges.
- 10 CLASSIFICATION OF RESULTS**
- 10.1 Competitors can expect the following results classified based on several parameters:
- Attempt success / RANK ???
 - Attempt NO RESULT / Reason - see para 5.2 above
 - ABSENT / NO SHOW
- 11 DISCIPLINE AND CONDUCT**
- 11.1 All competitors shall conduct themselves with utmost discipline and adhere to rules and display utmost respect for all other competitors and guests.
- 11.2 The climbing referee may disqualify any competitor from the event and even ask for him or her to leave the premises in exceptional circumstances of indiscipline. Some of the reasons for disqualification include, but not limited to::
- Use of unapproved equipment or clothing
 - Failure to obey a Climbing Referee or his representative's instruction.
 - Use of obscene or abusive language or inappropriate behaviour
 - Being under the influence of alcohol or drugs

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- e) Wilful damage to or theft of NSCC equipment or infrastructure
- f) Harassment of other competitors and guests.
- 11.3 The decision of the Climbing referee is final in all matters relating to discipline and conduct during the entire process of a competitor reporting for the event till his or her departure from the premises.
- 11.4 In the event of any adverse experience not of one's making, a competitor may make an appeal to the Manager and the matter will be given due importance and investigated with evidence in hand. The climbing attempt may be recorded in video and used as a tool for this.
- 12 CERTIFICATE**
- 12.1 All competitors who qualify for the semi-final round will be issued with a participation certificate.
- 13 HOW TO IMPROVE YOUR CHANCES OF WINNING?**
- 13.1 Wall Climbing is a tough and challenging sport and we suggest you review your training methods and put in place a consistent and rigorous exercise regimen that will help you improve your chances of qualifying and moving up the rounds. Also, note that in addition to physical challenges, one must overcome the "fear of heights" in this sport. Hence, mental strength is also an important factor to consider.
- 13.2 NALS suggests the following for improving the chances of winning in a Wall Climbing event:
 - a) Enrol into a training program with NALS and learn wall climbing from the professionals
 - b) Eat and sleep right
 - c) Improve strength with cross training methods
 - d) Improve mental strength and endurance through yoga, pranayama and meditation
- 13.3 Prior to actual climbing
 - a) Warm up and stretch your body to improve performance and reduce injury
 - b) Check dress and shoe laces for tightness
 - c) Ensure nails are trimmed properly
 - d) Relax
- 14. CANCELLATION OF CHAMPIONSHIP**
- 14.1 The championships in its entirety or partly age category wise may be cancelled due to any of the following reasons:
 - a) Adverse political situation, unrest, weather disturbances, and other events that are beyond our control.
 - b) Lack of adequate quorum (number of contestants)
 - c) Safety parameters that require large scale repairs / renovation in the interest of safety of contestants.
- 14.2 In the event of cancellation, the following rules will apply for refund of registration fee:
 - a) In case cancellation is effected before preliminary round, full refund will be made by cheque
 - b) In case, cancellation is effected after preliminary round, no refund is payable.

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