

# 6 Week Climbing League

## Top Rope and Bouldering League

### Overview

Climb Monday, Wednesday or Friday night or climb all 3 nights for fun.\*

League starts @ 7:00pm

League Starts Monday, February 9<sup>th</sup> , Wednesday, February 11<sup>th</sup> and Friday, February 13<sup>th</sup>

Make-Up Week Monday, March 23<sup>rd</sup> , Wednesday, March 25<sup>th</sup> and Friday, March 27<sup>th</sup>

League shirt is included with registration

League is specific to location all climbs must be completed at The Gravity Vault Westbury

\*League participants are welcome to come to all league nights but should only need to submit 1 scorecard per week.

### How it works

1. Sign-up for league online or at the front desk
2. Climb and submit a paper scorecard each week during league
3. Scoring is completed each week by management

### Pricing

Members \$30 | Non-Members \$35

### Prizes

1<sup>st</sup> Place 3 Month Membership

2<sup>nd</sup> Place 1 Month Membership

3<sup>rd</sup> Place 4 Day Passes

### Climbing Styles

Bouldering

Top Rope\*

\*Top rope competitors can submit lead climbs for bonus points. If competing in ropes you must BYOB (bring your own belayer)

### End of Season Celebration

During Week 6 March 16<sup>th</sup> ,18<sup>th</sup> and 20<sup>th</sup> there is an end of season pizza party following league each night MWF!

### Register Today

Register at the front desk, by phone (516) 508-9663 or scan here to sign-up online.



## Scoring

Each climber records 5 climbs / week on a scorecard that is collected at the end of each league night. A Handicap scoring system is used in the league so climbers of all levels can compete.

## Earning Points

- Designate your flash grade at the beginning of league - “flash grade” is the highest grade you can consistently climb from start to finish without falling. League staff can help determine your flash grade during the first week of league.
- Scoring is based on your flash grade points are awarded for completing climbs at or above your flash grade.
- If 2 of your weeks scores goes higher than your flash grade, your flash grade will get bumped up that week.
- Bonus Point Opportunities
  - +5 points submit a climb set within the last week (7 days)
  - +5 points submit a top rope climb completed on Lead
- If a climber climbs for all 6 weeks and the make up week the make up week score can be used to replace the lowest score submitted.

		Climbing Grade on Score Card									
		V0	V1	V2	V3	V4	V5	V6	V7	V8	V9+
Boulder Flash Grade	V0	10	15	20	25						
	V1	5	10	15	20	25					
	V2		5	10	15	20	25				
	V3			5	10	15	20	25			
	V4				5	10	15	20	25		
	V5					5	10	15	20	25	
	V6						5	10	15	20	25
	V7							5	10	15	20
	V8								5	10	15

		Climbing Grade on Score Card											
		PW	5.5	5.6	5.7	5.8	5.9	5.10	5.11	5.12	5.13		
Ropes Flash Grade	PW	10	15	20	25								
	5.5	5	10	15	20	25							
	5.6		5	10	15	20	25						
	5.7			5	10	15	20	25					
	5.8				5	10	15	20	25				
	5.9					5	10	15	20	25			
	5.10						5	10	15	20	25		
	5.11							5	10	15	20		
	5.12								5	10	15		
	5.13									5	10		

## Climbing Requirements

- Red Point Rules Apply
  - Control the start hold or holds with both hands
  - Control the top hold with one hand for 3 seconds
  - Climb without falling or resting on the rope
    - Belayers are required to maintain a small amount of slack in the rope to prevent resting during the climb.
  - If a climber falls or rests they must fully restart the climb in order to submit it for score
  - Only use the holds designated for the route
- League staff holds the final call for upholding climbing requirements.
- Training Board routes do not count towards scoring
- Only climbs completed during league count toward league scoring

## What to Expect

A Lead Gravity Vault Instructor will be out with the League to kick things off, be available for questions, help with scoring deliberations and to help create good community energy + they may even help with some beta questions :)