

# NALS OUTDOORS INDIA PRIVATE LIMITED

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## NALS SUPER CLIMBING CHAMPIONSHIPS (NSCC)

### Rules and Guidelines for climbers / registrants

#### 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

- a. 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:
  - i. Comfortable top (sleeveless or full sleeve or half sleeve T-Shirt or Vest)
  - ii. Climbing shorts or tights (knee length) or full length track pants
  - iii. Shoes and socks. Climbing with slippers, sandals or barefoot is NOT allowed.
  - iv. Climbing shoes and chalk bags **are optional**.
  - v. Please bring your water bottle & hand towel.

#### 2. REPORTING FOR COMPETITION AND ORIENTATION

- a. Based on the Location chosen, the timings will vary. This information will be available on the bill / documents mailed to the registrant.
- b. All competitors who are eligible to compete in a round of a competition shall report at the date / time specified in your bill. It is the responsibility of each competitor to ensure that he/she is fully informed of all details pertaining to the competition.
- c. Competitors will have to carry an ID card with the Date of Birth for “on site” verification
- d. After the attendance is taken and ID card verified, the competitor will be seated in front of the wall. Here, they will wait their turn.
- e. A competitor may only carry their water bottle & climbing shoes at this point. Cell phones, cameras and other gadgets are not allowed inside the climbing area.
- f. Competitors must remain within the designated space 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

- a. Each competitor shall be given and guided to wear a harness and helmet. This will be checked by a belayer (safety provider) for correctness. A competitor will not remove or fidget with the safety equipment.
- b. Each competitor shall be called by their Pax ID (*available on your bill*) and he / she will move closer to the wall platform for route selection. Routes selected 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 Climber.
- c. Thereafter, competitors may put on their climbing shoes, if available. They will be called to the climbing platform and given about a minute to press and check the foot switches and check the LED light turning from red to amber

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- d. After this, the belayer will call them closer to the wall and shall attach the belay rope or auto-belay webbing to the competitor.
- e. 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.
- f. Each climber shall use one leg to press the start switch in his route. The leg that will be lifted first should press the switch.
- g. 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

- a. A competitor may release his foot switch and commence the climb.
- b. The attempt will be completed when the STOP switch is pressed at the top end of the climbing wall. At this point, the LED timer would have stopped
- c. 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 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::
  - i. The competitor has not crossed into another route.
  - ii. The competitor has not made contact with holds inside another route
  - iii. The competitor has not made contact with wall edges – both on the side or the top.
- d. A competitor may climb down or let go of the holds 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

- a. 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 4.2 & 4.3 above.
- b. Unsuccessful Attempt on a Route : A competitor shall be deemed to have unsuccessfully completed an attempt on a route if he / she:
  - i. Gives up before reaching the top
  - ii. Exceeds the permitted time for the route
  - iii. Touches any part of the wall surface beyond the marked boundaries of the route
  - iv. Uses the side-edges or top-edges of the wall
  - v. Uses any artificial aid

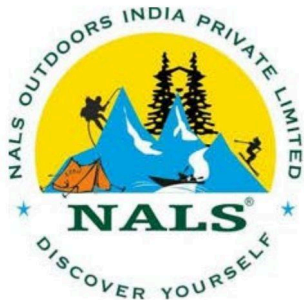
## 6. TECHNICAL INCIDENTS

- a. A technical incident is defined as:
  - i. A tight rope which either assists or hinders a competitor.
  - ii. A broken or loose hold.
  - iii. Errors in the wall timer circuit or hardware such as Start Switch or Stop sensor
  - iv. Any other occurrence that results in a disadvantage or an unfair advantage to a competitor beyond his action and control.

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- b. A technical incident shall be dealt with as follows:
  - i. 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.
  - ii. If the technical incident pertains to electronic circuitry or timer systems, the competition shall be put on hold until the repairs are done.
  - iii. 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 - INDIVIDUAL CHAMPIONSHIPS

- a. There could be three rounds of competitions as below:
  - i. Preliminary round - The competitor will attempt TWO routes and the “best of two” timings will be used for ranking. The top “x” rankers will become eligible to participate in the semi-final round. “x” - see Para 7.2 below
  - ii. Semifinal round - The competitor will attempt TWO routes and the results will be used to compile a list of lowest time scores. The top “x” rankers will become eligible to participate in the final round. “x” - see Para 7.2 below
  - iii. Final round - The competitor will attempt TWO 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
  - iv. Ranking: The best of TWO attempts will be taken and this will be used for calculating the ranks.
- b. The number of competitors (“x”) 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 or any higher round based on quorum or other factors.

## 8. CHAMPIONSHIP FORMAT AND COMPETITIONS - TEAM CHAMPIONSHIPS

- a. Teams of 2 or more members will climb to win. Some guidelines are as below:
  - i. All members of the team should make at least ONE attempt to qualify for the ranking.
  - ii. Members can climb on any day within the event dates
  - iii. Each climber will make TWO attempts and register their climb timings
- b. Ranking methodology
  - i. The “best of two” timing of each climber will be found
  - ii. The **average timing** of the entire team is calculated
  - iii. This time is used for ranking across other teams

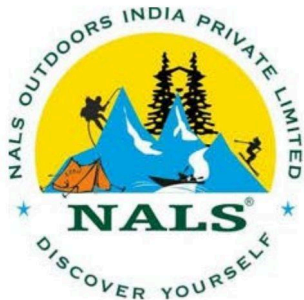
## 9. COMPETITION DATES AND COMMUNICATION

- a. 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:
  - i. Confirmation of registration after successful payment of fee
  - ii. Invoice / Bill for the payment received

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- iii. Instructions / guidelines for the championship
- iv. Date, time & place of competition for preliminary round
- v. Date, time & place of competition for semi-final round, if eligible
- vi. Date, time & place of competition for final round, if eligible

## 10. WALL CLIMBING TIMERS / RECORDING OF RESULTS

- a. NSCC has installed state of the art wall climbing electronic timers that will record the run-time of all the climbers on each route.
- b. The timing of each attempt is processed by our web based tools and ranks are assigned automatically
- c. 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.

## 11. CLASSIFICATION OF RESULTS

- a. Results are classified as below based on several parameters:
  - i. Attempt success / RANK ???
  - ii. Attempt NO RESULT / Reason - see para 5.2 above
  - iii. ABSENT / NO SHOW

## 12. DISCIPLINE AND CONDUCT

- a. All competitors shall conduct themselves with utmost discipline and adhere to rules and display utmost respect for all other competitors and guests.
- b. 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:
  - i. Use of unapproved equipment or clothing
  - ii. Failure to obey a Climbing Referee or his representative's instruction.
  - iii. Use of obscene or abusive language or inappropriate behaviour
  - iv. Being under the influence of alcohol or drugs
  - v. Wilful damage to or theft of NSCC equipment or infrastructure
  - vi. Harassment of other competitors and guests.
- c. 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.
- d. 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.

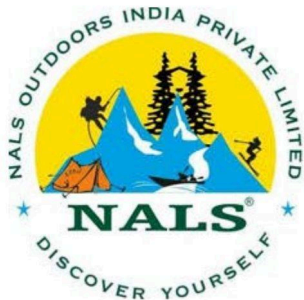
## 13. CERTIFICATE

- a. All competitors who qualify for the semi-final round will be issued with a participation certificate, digitally.

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## 14. HOW TO IMPROVE YOUR CHANCES OF WINNING?

- a. 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.
- b. NALS suggests the following for improving the chances of winning in a Wall Climbing event:
  - i. Enrol into a training program with NALS and learn wall climbing from the professionals
  - ii. Eat and sleep right
  - iii. Improve strength with cross training methods
  - iv. Improve mental strength and endurance through yoga, pranayama and meditation
- c. Prior to actual climbing
  - i. Warm up and stretch your body to improve performance and reduce injury
  - ii. Check dress and shoe laces for tightness
  - iii. Ensure nails are trimmed properly
  - iv. Drink water and relax

## 15. CANCELLATION OF CHAMPIONSHIP

- a. The championships in its entirety or partly may be cancelled due to any of the following reasons:
  - i. Adverse political situations, unrest, weather disturbances, and other events that are beyond our control.
  - ii. Lack of adequate quorum (number of contestants)
  - iii. Technical factors such as failure of electronic timers / safety devices / safety incidents etc
  - iv. Safety parameters that require large scale repairs / renovation in the interest of safety of contestants.
- b. In the event of cancellation, the following rules will apply for refund of registration fee:
  - i. In case cancellation is effected before preliminary round, full refund will be made by digital modes
  - ii. In case, cancellation is effected after the preliminary round, no refund is payable.

## 16. RISK DISCLOSURE

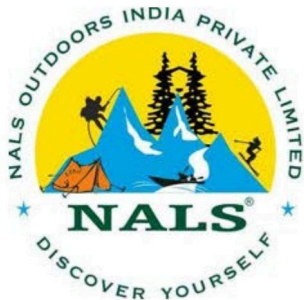
- a. Wall climbing is a high risk sport where a climber undergoes physical exertion as he climbs from ground to about 45 feet. There are several factors that contribute to risk of injury or even fatality. We request each registrant / climber to be aware of the following risks:
  - i. Poor physical fitness and health leading to heart failure or attack / injury to shoulder or any limb
  - ii. Climbing can put enormous pressure on the upper body, muscular and skeletal systems and one should take adequate precautions in strengthening these.
  - iii. Technical factors such as failure of safety devices, etc
  - iv. One can expect bumps and bruises if proper technique is not followed during climbing.
  - v. Sport Climbing requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits.

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vi. Dehydration / hypoglycemia can lead to fatigue, loss of consciousness or even coma

## 17. CONSULT YOUR PHYSICIAN

Some of the program activities will elevate the heart rate and demand physical strength and endurance. Persons with the following medical conditions are requested to consult their physician:

1. BMI over 30 / Thyroid malfunction / Osteoporosis / Arthritis / High BP / Diabetes
2. Physically weak / Severe back ache / Knee Problems / undergone surgery
3. Consume prescription drugs for acute ailments.
4. Persons who weigh above 100 kgs are not allowed to participate in Wall Climbing

## 18. TERMINOLOGY

- a. This document uses various terminologies that could be new to the registrant / climber such as
  - i. Sport Climbing This also means wall climbing
  - ii. He / Him This also means "She / Her"
  - iii. Belay(er) Safety Provider
  - iv. Registrant An adult who is either parent or guardian who registers on behalf of himself and/or his child who is a minor
  - v. Climber: The person who is registered to participate in the climbing event. He could either be an adult or minor

## 19. CHANGES / UPDATES IN THESE GUIDELINES

These guidelines will be updated from time to time without any prior notification. We request the registrant / climber to regularly appraise themselves by clicking the web link provided in the bill / mailers.

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**HAPPY CLIMBING**

Let us begin a

**FIT INDIA  
MOVEMENT**

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