



WELSH CLIMBING CHAMPIONSHIPS 2019 RULES and REGULATIONS

These rules and regulations shall be read in conjunction with the International Rules and Regulations for Competition Climbing.

1. GENERAL

1.1 THE COMPETITION

- 1.1.1 The Welsh Climbing Championships (Welsh) is a National Competition that will be organised annually.
- 1.1.2 Welsh competitions will normally take place on Saturdays.
- 1.1.3 Each Welsh series must include categories for Senior Male, Senior Female, Youth A, B, C, D & E Male, Youth A, B, C, D & E Female.
- 1.1.4 Each category of the Welsh will include:
 - a) Qualifying round
 - b) Final
- 1.1.5 There shall be two qualification routes for each age category and one final route. Qualification routes will be 'flash' i.e. the routes are demonstrated. The finals will be on-sight.
- 1.1.6 Where specific timings have been previously published for any round of the Welsh, they must be adhered to, whenever possible.

1.2 ELIGIBILITY

IFSC youth age categories:

- 1.2.1 Youth E- must be born between 2011 and 2010
- 1.2.2 Youth D- must be born between 2009 and 2008
- 1.2.3 Youth C – must be born between 2007 and 2006.
- 1.2.4 Youth B – must be born between 2005 and 2004.
- 1.2.5 Youth A – must be born between 2003 and 2002.
- 1.2.6 Senior entrants must be born between 2001 and 1975
- 1.2.7 Veterans, those born in 1975 or earlier

- 1.2.8 Entry to the Welsh is open to competitors of all nationalities.
- 1.2.9 All categories must have at least 4 competitors registered in order for that categories event to go ahead. If a category does not make quota then the competitors will be informed when registration closes and will be offered a full refund of their entry fee.

2. ORGANISERS and OFFICIALS

2.1 JUDGES

- 2.1.1 The BMC will appoint a Jury President for the competition. The Jury President will have overall responsibility and control of the competition and the competition area.
- 2.1.2 The BMC will appoint Category and Route Judges for each category and route.
- 2.1.3 The Category Judges will provide, in consultation with and the approval of the Forerunner, a route map of each route of the competition, showing the height and position of each hold, in the case of a traverse, distance along the axis of a route, and protection points on the route. These route maps will be made available to the Jury President, the Category Judges and the Route Judges only.
- 2.1.4 It is the responsibility of the Judging team to provide accurate results for each round of the competition.

2.2 FORERUNNERS

- 2.2.1 The BMC will appoint a Forerunner for the competition. The Forerunner will have overall control of the route setting team.

2.3 BELAYERS

- 2.3.1 The organisers will provide a competent belaying team consisting of belayers trained to belay in a competition manner.
- 2.3.2 Each rope shall be controlled by a belayer.
- 2.3.3 All difficulty competitions shall be climbed on the lead with the competitor being belayed from below.
- 2.3.4 Before leaving the transit zone the Belayer will check that the rope is secured to the competitors harness with a **Figure of Eight** knot with a **Stopper** knot, and that their harness is correctly fastened.
- 2.3.5 Before leaving the transit zone the Belayer will ensure that the rope is coiled in such a manner that it is ready for immediate use.
- 2.3.6 The Category Judge, in consultation with the Forerunner, will decide whether a Belayer should have an assistant at the beginning of the route to provide additional security, i.e. to spot a competitor on the lower part of their attempt and/or whether the first quickdraw should be pre- clipped.

- 2.3.7 The Belayer must pay careful attention to the competitor's progress during their attempt on a route to ensure that:
- a) The competitor's movements are not hindered in any way by the rope being too tight.
 - b) When the competitor attempts to connect the rope to any protection point they are not hindered in doing so. If they fail to make the connection any excessive slack in the rope is immediately taken in.
 - c) All falls are stopped in a safe and dynamic manner.
 - d) No excessive falls should be experienced by the competitors.
 - e) Great care should be taken to ensure that when stopping a fall the competitor is not exposed to injury caused by swinging into the edge of an overlap, features on the wall or the wall itself.
- 2.3.8 On connecting the rope to the final protection point, or having fallen, the competitor will be lowered to the ground safely and under control. Care will be taken to ensure that the competitor does not come into contact with any ground-based equipment.
- 2.3.9 Whilst the competitor is untying the rope from their harness, the Belayer shall pull the rope down, being careful not to unduly disturb the quick draws. The Belayer may have to offer assistance to the competitor in untying their knot.
- 2.3.10 It is the responsibility of the Belayer to make sure that the competitor leaves the climbing zone as quickly as possible.
- 2.3.11 The Category Judge is authorised to instruct the organisers to replace any Belayer at any time during the competition. If a Belayer is replaced, they will take no further part in belaying duties in the competition.
- 2.3.12 Categories D and E will be Top-Roping Only.

2.4 VIDEO RECORDING

- 2.4.1 The BMC will appoint Video Operators for the competition.
- 2.4.2 Each competitor's attempt on a route will be recorded by video.
- 2.4.3 The Jury President in conjunction with the Forerunner and the Category Judge will determine the position of the video camera(s). Particular care will be taken to ensure that the Video Operators are not disturbed whilst carrying out their duties and that nobody is allowed to obscure the camera's view of each route.
- 2.4.4 A television monitor connected to the video camera or a video playback system will be provided, where possible, for use by the Judges.
- 2.4.5 Access to the videos is restricted to the Jury President, the Category Judge appointed to the route in question, the Forerunner and the BMC Delegate. Under no circumstances will anyone else be allowed to view or have access to the videos.
- 2.4.6 The BMC will retain all the videos at the end of each round of the competition.
- 2.4.7 No recordings will be made of the official WELSH videos.

- 2.4.8 All the WELSH videos are to be used solely for the purposes of judging the competition and for BMC training purposes. Under no circumstances will they be made available for any other purpose.

2.5 START LISTS

- 2.5.1 The start lists for the qualifying rounds will be compiled and announced as soon as is practicable after registration has closed. The start list for the finals will be compiled and announced as soon as is practicable after the last climber has finished their attempt in the previous round.
- 2.5.2 The starting order for the first of the two qualifying routes will be determined by random selection.
- 2.5.3 The starting order for the second qualifying route is the same as for the first but staggered halfway. E.g. If there are 20 competitors in the category, number 11 will climb first on the second qualifying route.
- 2.5.4 The starting order for the final rounds will be the reverse order of the ranking in the qualifying rounds; i.e. the first placed competitor in the qualifying round will climb last. In the case of tied competitors in the qualifying round, their starting order will be determined by random selection.

2.6 CLIMBING WALL

- 2.6.1 The entire surface of the climbing wall can be used for climbing.
- 2.6.2 The side edges and the top edge can not be used for climbing.
- 2.6.3 If there is a need to separate one route from another, it will be done by using a continuous and clearly identifiable marking.
- 2.6.4 The starting area for beginning an attempt on a route will be clearly marked.

2.7 WALL MAINTENANCE

- 2.7.1 The route setting team will be available throughout the competition in order to carry out any maintenance or repairs, ordered by the Category Judge, in a safe and efficient manner. Safety procedures will be strictly adhered to. The Jury President is authorised to demand the dismissal from the competition area of any person who fails to observe safety procedures.
- 2.7.2 In the event of a broken or damaged hold the Category Judge will inform the Chief Routesetter who will arrange for the repair work to be carried out. On completion of the repair, it will be inspected by the Forerunner, who will advise the Jury President whether the repair results in any unfair advantage or disadvantage to the following competitors. The decision of the Jury President to continue, or stop and restart, that round of the competition shall be final and no appeal will be accepted in respect of this decision.
- 2.7.3 Cleaning of holds, the frequency and method on the climbing wall will be decided by the Category Judge in consultation with the Forerunner prior to the start of each round of competition. This information should be announced

to the competitors during the technical meeting preceding the observation of the routes.

2.8 MEDICAL FACILITIES

- 2.8.1 The organisers shall arrange skilled and experienced medical support to be available throughout the competition, from when registration opens, until the last competitor has completed his/her attempt on the route. During every competitor's attempt on a route, at least one qualified, experienced and equipped member of the medical team should remain within, or in very close proximity to, the competition area in order to provide a rapid response following any injury or need for medical attention.

2.9 PHOTOGRAPHERS AND TELEVISION CAMERA CREWS

- 2.9.1. With the approval of the President of the Jury, photographers and television camera crews may be permitted to operate in the competition wall area. They shall be allowed to do so on the understanding that:
- a) They do not distract or interfere with a competitor during their preparation for, or their attempt on, a route.
 - b) They do not distract or interfere with the belayer and /or his assistant.
 - c) That any mechanical equipment used to support camera crews and equipment does not interfere with the competitors and/or belayers. Special care shall be taken to ensure that any fall does not result in a competitor coming into contact with any camera crew personnel, cameras or associated equipment.
 - d) That all camera crew personnel obey immediately any instruction given to them by a Category Judge and/or the President of the Jury.
 - e) Photographers and television camera crews may operate from the top of the wall subject to the approval of the President of the Jury. No use of excessive or changing lighting patterns, or any activities, which might interfere with a competitor during their attempt on a route, shall be permitted.
- 2.9.2 Access to the Isolation Zone. Television camera crews and photographers may only be allowed into the isolation zone with the specific permission of the President of the Jury. Whilst in the isolation zone, each camera crew and photographer must be accompanied and supervised by an official of the organisers to ensure that the security of the isolation zone is at all times maintained and that competitors do not suffer any unwanted interference or distraction.
- 2.10 **OBSERVATION PERIOD**
- 2.10.1 In accordance with these regulations, competitors (as a group) shall be permitted to observe the on-sight route which they are required to attempt. For the qualification round the competitors will observe both routes during the demonstration. It is the responsibility of the competitors to ensure that they have observed both routes.

2.12 COMPETITOR QUOTAS FOR THE FINAL ROUND OF THE COMPETITION

- 2.12.1 The fixed quotas for the final round of a competition shall be as follows;
- a) If there are 10 or fewer competitors in the category, 4 competitors

- b) If there are between 11 and 20 competitors inclusive, 6 competitors
- c) If there are 21 or more competitors in the category, 8 competitors

2.12.2 If the fixed quotas for the final round of the competition is exceeded as a result of tied places this higher number of competitors shall qualify for the final.

2.12.3 Under special circumstances (e.g. live TV broadcast requirements) a smaller quota may be applied for the final round in accordance with the following rule: if the fixed quota for the final is exceeded as a result of tied places, the number of competitors nearest to the fixed quota (when calculated from above and below) shall qualify for the final. If this number is the same when calculated from above and below, the number of competitors shall be the lower number, subject to the condition that the final round shall consist of not fewer than 3, 5 or 6 competitors respectively in cases a), b) and c) above.

2.13 AWARD CEREMONIES

2.13.1 The competitor's award ceremony at the end of the competition shall comply with the basic IOC protocol for such events. Unless specifically authorised by the President of the Jury, all finalists shall attend the award ceremony. Failure to observe this regulation shall make a competitor liable to a 'Yellow Card' sanction.

3. COMPETITORS

3.1 COMPETITORS CLIMBING EQUIPMENT AND CLOTHING

3.1.1 All equipment used by a competitor in a competition shall comply with CE standards unless otherwise specified by the IFSC or, under exceptional circumstances, by the President of the Jury. With the exception of the competition vest provided by the BMC, each competitor shall be free to use whatever CE marked make of harness – (NOTE : the wearing of a seat/hip or full-body harness is compulsory) climbing shoes, chalk bag, climbing helmet and clothing he/she prefers in accordance with the following regulations during his/her attempt on the route:

- a) Headwear : Only the manufacturer's name and/or logo
- b) Competition vest: As supplied by the organiser. This vest, which each competitor must wear, must not be cut or otherwise modified and must carry the official identifying number of the competitor on the back of the vest.
- c) Harness : The manufacturer's name and/or logo and sponsor's labels, no larger than 200 square centimetres in total
- d) Chalk bag : Only the manufacturer's name and/or logo and sponsor's labels no larger than 100 square centimetres
- e) Legs : Only the manufacturer's name and/or logo and sponsor's labels on each leg no larger than 300 square centimetres in total on each leg
- f) Arms: No logos are permitted on the arms
- g) Shoes and socks : Only the manufacturer's name and/or logo

3.1.2 Failure to comply with these regulations may result in disqualification from the competition.

3.2 REGISTRATION AND ISOLATION ZONE

- 3.2.1 The qualification rounds do not have isolation. The final round is on-sight with isolation.
- 3.2.2 All competitors eligible to compete in a round of a competition shall register no later than the time specified by the President of the Jury and published and announced by the competition organiser. It is the responsibility of each competitor to ensure that he/she is fully informed of all details appertaining to the competition.
- 3.2.3 Competitors eligible to compete in the final round must enter the isolation zone in accordance with the instructions published by the competition organiser.
- 3.2.4 Only those persons specified below shall be permitted to enter the isolation zone:
 - a) Judges
 - b) BMC delegate
 - c) Organisers officials
 - d) Competitors eligible to take part in the current round of the competition
 - e) Other persons specifically authorised by the Jury President.
- 3.2.5 Animals shall not be allowed in the isolation zone.
- 3.2.6 No electronic equipment, e.g. mobile phones, laptop computers or pagers shall be permitted in the isolation zone.

3.3 ROUTE DEMONSTRATION AND OBSERVATION QUALIFICATION ROUND

- 3.3.1 Video recordings of all Qualification routes should be continuously played back in the Warm-Up Area, starting from the opening of the Warm-Up Area for the round and in any event not less than 60 minutes before the scheduled start of the round.
- 3.3.2 If video recordings are not possible, a live demonstration of each Qualification route shall be made not less than 30 minutes before the attempt of the first competitor.
- 3.3.3 There will be no official observation period following the demonstration, there will be a minimum period of 10 minutes after the demonstration before climbing commences.

3.4 ROUTE OBSERVATION FINAL ROUND

- 3.4.1 Observation period: Competitors who are registered to take part in the final round of the competition shall be permitted an observation period before the start of the competition during which they shall be allowed to study the route. While in the observation area, all competitors shall consider themselves as being under the regulations governing the isolation zone.
- 3.4.2 The observation period shall be decided by the President of the jury in consultation with the Forerunner but should not exceed six (6) minutes for each route.

- 3.4.3 Competitors must remain within the designated observation zone during the observation period. They are not permitted to climb on the climbing wall or stand on any equipment or furniture. Competitors shall not communicate in any way with any person outside the observation area. They may only seek clarification from either the President of the Jury or from the Category Judge.
- 3.4.4 During the observation period, competitors may use binoculars to observe the route and make hand-drawn sketches and notes. No other observation or recording equipment shall be permitted. Competitors are allowed to touch the first holds, without leaving the ground with their feet.
- 3.4.5 Competitors shall have no knowledge of any route other than that obtained during the official observation period.
- 3.4.6 At the end of the observation period, competitors shall immediately return to the isolation zone. Any undue delay to do so may result in the immediate award of a 'Yellow Card'; any further delay shall result in immediate disqualification.

3.5 PREPARATION PRIOR TO CLIMBING

- 3.5.1 Finals only. On receiving an official instruction to leave the isolation zone to proceed to the transit zone, competitors shall not be accompanied by any person other than an authorised official.
- 3.5.2 On arrival in the transit zone, each competitor shall put on their climbing shoes, tie on to the rope with the approved knot, and make all final preparations for their attempt on the route.
- 3.5.3 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 to their attempt on their route.
- 3.5.4 The approved knot is the "figure of eight" knot with a stopper knot.
- 3.5.5 Each competitor shall be regarded as entirely and solely responsible for the equipment and clothing that he/she intends to wear during their attempt on a route.
- 3.5.6 Use of non-approved equipment, knots and/or clothing, or any other non-approved modification of the climbing vest, or any non-compliance of the advertising regulations, or any infringement of any part of the regulations shall make the competitor liable for immediate disqualification. Under no circumstances shall competitors be permitted to return to the isolation zone after leaving for the transit area.
- 3.5.7 Each competitor shall be ready to leave the transit zone and enter the arena when instructed to do so. Any undue delay may result in the immediate award of a 'Yellow Card'; any further delay shall result in immediate disqualification.

3.6 TECHNICAL INCIDENTS

- 3.6.1 A technical incident is defined as:

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- a) A tight rope which either assists or hinders a competitor.
- b) A broken or loose hold.
- c) An improperly positioned quickdraw or karabiner.
- d) Any other occurrence that results in a disadvantage or unfair advantage to a competitor which is not the result of an action on the part of the competitor.

3.6.2 The belayer must leave an appropriate amount of slack in the rope at all times. Any tension on the rope may be deemed as an artificial aid or hindrance to a competitor and a technical incident shall be declared by the Category Judge.

3.6.3 A technical incident shall be dealt with as follows:

- a) If a technical incident is indicated by the Category Judge :
 - i) If the competitor wishes, and is still in a legitimate position, he/she may choose to continue to climb or accept the technical incident. If the competitor chooses to continue to attempt the route, no further appeal connected with that technical incident shall be accepted.
 - ii) If the competitor is in a non-legitimate position due to the technical incident, the Category judge shall make an immediate decision on whether to declare a technical incident and thereby terminate the competitor's attempt on the route (and in accordance with the rules governing technical incidents, permit the competitor a subsequent attempt) or offer the competitor the opportunity to continue their attempt on the route. If a competitor is offered and accepts the opportunity to continue, no further appeal shall be accepted in respect to that technical incident.
- b) If a technical incident is indicated by a competitor :
 - i) While the competitor is climbing, the competitor must specify the nature of the technical incident and, with the agreement of the Category Judge, may continue or cease climbing. If the competitor is in a non-legitimate position due to the incident, the Category judge shall make an immediate decision and that decision shall be final. If the competitor elects to continue to climb, no subsequent appeal shall be accepted in respect to that technical incident.
 - ii) If a competitor falls and claims that a technical incident precipitated the fall, the competitor shall be immediately escorted to the secondary isolation zone to await the outcome of the investigation of the claimed technical incident. The Chief Routesetter shall immediately check (and where appropriate correct) the claimed technical incident and report to the Forerunner, Category Judge and the President of the Jury. The decision of the President of the Jury (having taken into account the technical incident and any misuse of a hold by a competitor) shall be final and no appeal shall be accepted in respect to this decision.

3.6.4 The competitor subject to a confirmed technical incident shall be allowed a recuperation period approximately equal to one (1) minute for each handhold used prior to the Technical Incident, subject to a maximum period of twenty

(20) minutes, in the secondary isolation zone and must not be permitted to come into contact with any other person other than the BMC or Organiser's officials.

- 3.6.5 On completion of a legitimate attempt on a route, a competitor shall be recorded as having achieved the best result of their permitted attempts on the route.
- 3.6.6 If the last competitor in any round of a competition claims a technical incident and the competitor has already been placed first in that round, then the competitor shall not be allowed a second attempt on the route. The competitor shall be declared first placed in the round.

3.7 CLIMBING PROCEDURE

- 3.7.1 The fixed length of the climbing period shall be 6 minutes for routes in the qualification round, and 6 minutes for routes in the other rounds.
- 3.7.2 At the point where the competitor enters the competition zone at the base of the climbing wall, he/she shall be permitted 40 seconds to commence his/her attempt on the route. This 40 second final observation period shall not be part of the fixed length of the climbing period for the route. If the competitor has not started his/her attempt at the end of this 40 second period he/she shall be instructed to start immediately. Any further delay shall make the competitor liable to disciplinary action in accordance with Section 4. The 40 second final observation period shall also be applied when the route is climbed flash.
- 3.7.3 Each competitor's attempt shall be deemed to have started when both feet have left the ground.
- 3.7.4 A competitor may ask at any time during his/her attempt on the route how much of the allotted route-time remains, and the Category Judge shall immediately inform, or give instruction to inform, the competitor of the remaining time. When the route-time has ended, the Category Judge shall instruct, or give instruction to instruct the competitor to stop climbing. A competitor who fails to obey the Category Judge's instruction to stop climbing shall be liable to disciplinary procedures.
- 3.7.5 During their attempt on a route :
 - a) A competitor shall always be in a legitimate position. This is the case if:
 - i) the competitor's entire body has not moved beyond the karabiner at the lower end of the next unclipped quickdraw or
 - ii) the competitor is able to touch the next unclipped quickdraw with a hand (without having to haul up the quickdraw with a foot).

There is one exception; a competitor shall not proceed beyond a hold that has been marked for clipping without clipping the marked quickdraw. Any violation of this rule shall result in the competitor's attempt on the route being terminated and a measurement taken. The refusal by a competitor to obey the instruction of a Category Judge to terminate their attempt on a route shall make the competitor liable to the disciplinary procedures.

Any movement of a competitor beyond the legitimate position to clip shall not result in a higher score.

- b) In special circumstances (e.g. in the interests of safety), the President of the Jury shall be authorised to amend Article 3.7.5.a above for a particular route; in this case the last legitimate position to clip is the last hold from which the competitor can clip without down climbing or back climbing, as determined by the Forerunner.
- c) A competitor may down climb at any point during their attempt on a route as long as he/she is not in violation of Article 3.7.5.a or returns to the ground.
- d) The competitor shall clip the quickdraws in sequence.
- e) Where a competitor clips the rope into a karabiner in accordance with Article 3.7.5.a. above, but where some technical error has occurred, the competitor shall be permitted to clip the next karabiner in sequence and then unclip and reclip (if necessary, by down climbing) the previous karabiner. At the end, all the protection points must be clipped in. The Category Judge may order that the attempt be terminated and the greatest height (or greatest distance) measured if he/she decides that to proceed further would contravene the safety regulations.

3.8 HEIGHT MEASUREMENT

3.8.1 For the purposes of scoring:

- a) Each hold shall be deemed as such either:
 - i) By the Chief Route-Setter before the start of a round of the competition; or
 - ii) Following positive use by a competitor, and shall be marked on the route sketch used by the Route Judge(s), numbered in sequential order along the line of the route, as defined by the Chief Route-Setter.
- b) Only holds used by the hands shall be considered.
- c) Only such parts of an object that are usable for climbing shall be considered.

Note: If a competitor touches a point where there are no holds (as determined by the Chief Route- Setter), then this point shall not be considered when determining the competitor's score.

3.8.2 Only holds used by the hand shall be counted for ranking purposes. As determined by the Category Judge,

- a) A hold shall be considered as "controlled" where a competitor has made use of the hold to achieve a stable or controlled position. The score of a competitor controlling a hold shall be the number assigned to that hold on the route sketch without any suffix;
- b) A hold from which a competitor has made a controlled climbing movement in the interest of progressing along the route shall be considered as "used". The score of a competitor using a hold shall be the number assigned to that hold on the route sketch with a plus (+) suffix. This score is better than the score for controlling the same hold.

Note: A controlled climbing movement may be either "static" or "dynamic" in nature and in general will evidenced by:

- i) A significant change in position of the competitor's centre of mass; and
- ii) The movement of at least one hand in order to reach either (a) the next hold along the line of the route; or (b) any hold that has been successfully controlled by another competitor from the hold from which the climbing movement has been made.

- 3.8.3 It is at the category Judge's discretion to set the limit between "controlled" and "used" for each hold in order to separate competitors with markedly different performance.
- 3.8.4 If a competitor touches a point devoid of holds (as specified by the Forerunner), this point shall not be included in any measurement of the maximum height (or, in the case of a traverse or roof section of the route, the greatest distance) achieved by the competitor.
- 3.8.5 If a competitor takes hold of the final quickdraw before the rope is safely clipped into the final karabiner this shall be considered as an artificial aid and the competitor's attempt on the route shall be terminated and measured accordingly.

3.9 TERMINATION OF AN ATTEMPT ON A ROUTE

- 3.9.1 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 3.7 above.
- 3.9.2 Unsuccessful Attempt on a Route : A competitor shall be deemed to have unsuccessfully completed an attempt on a route if he/she :
- a) Falls
 - 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) Fails to snap-link a quickdraw in accordance with regulations governing the competition
 - f) Once having left the ground with both feet, touches the ground with any part of the body
 - g) Uses any artificial aid

4. DISCIPLINARY PROCEDURES DURING COMPETITIONS

4.1 INTRODUCTION

- 4.1.1 The President of the Jury shall have overall authority for all activities and decisions affecting the competition within the competition zone; i.e. the competition registration area, the isolation and transit zones, the competition area immediately in front of the climbing wall and on the climbing wall.
- 4.1.2 These Disciplinary Regulations should be read in conjunction with the regulations governing the sport of International Competition Climbing.

4.2 COMPETITORS

- 4.2.1 The President of the Jury and the Category Judges shall be authorised to take the following actions, as specified below, in respect to infringements of the competition regulations and in regard to matters of indiscipline by any competitor whilst in the competition area :

- a) Informal, verbal warning
- b) An official warning accompanied by the showing of a 'Yellow Card'

The President of the Jury only shall be authorised to take the following sanction;

- c) Disqualification from the competition accompanied by the showing of a 'Red Card'.

- 4.2.2. A Yellow Card warning as in Article 4.2.1.b. above, may be issued for any of the following infringements of the regulations:

- a) Undue delay in returning to the isolation zone following the instruction of a Category Judge or the President of the Jury – further delay shall result in the issue of a Red Card.
- b) Failure to start in accordance with a Category Judge's instruction.
- c) Failure to obey the instruction of a Category Judge and/or the President of the Jury.
- d) Use of obscene or abusive language or behaviour of a relatively mild nature.
- e) Unsporting behaviour of a relatively mild nature.

Appeals against such decisions shall follow the procedure specified in Article 5 below. The issue of a third Yellow Card in one season shall determine the disqualification of the competitor from the following WELSH or BBC competition.

- 4.2.3 Disqualification Without Further Sanction. The following infringements of the regulations shall result in the issuing of a Red Card and the immediate disqualification of the competitor from the competition without further sanction:

- a) Observing the routes from outside the permitted observation zone.
- b) Failure to report properly equipped at the start of a route.
- c) The use of non-approved equipment.
- d) Unapproved modification of, and/or failure to wear, the competition vest and/or competitors number as provided by the competition organiser.
- e) Unauthorised use of any means of communication whilst in the isolation zone or in other restricted areas.
- f) Use of obscene or abusive language or behaviour of a relatively severe nature.
- g) Unsporting behaviour of a relatively severe nature.

Appeals against such decisions shall follow the procedure specified in Article 5 below.

- 4.2.4 Disqualification With Immediate Referral to the Discipline Commission: The following infringements of the regulations shall result in the issuing of a Red Card and the immediate disqualification of the competitor from the competition with referral to the Discipline Commission, following the related

procedure the further sanction of suspension from one successive WELSH competition:

- a) Infringements of the regulations committed in the competition area, isolation and transit zones:
 - i) Gathering information regarding a route which the competitor is to attempt, beyond that which is permitted by the regulations.
 - ii) Gathering and communicating information to other competitors beyond that which is permitted by the regulations.
 - iii) Distracting or interfering with any competitor who is preparing for, or in the process of attempting a route.
 - iv) Failure to comply with the instructions of the official judges and/or organiser's officials.
 - v) Non-participation in any official ceremony or any other designated official event.
 - vi) Refusal to conform with the advertising regulations governing competitor's clothing.
- b) Infringements committed either within the competition area and/or the public arena:
 - i) Unsporting behaviour or other serious disturbance to the competition.
 - ii) Unsporting behaviour or other serious disturbance, and/or abusive, insulting and/or violent words and/or behaviour to BMC officials, Organiser's officials and/or other competitors and/or members of the public.
- c) The decision of the President of the Jury in respect to Article 4.2.4.a) and 4.2.4.b) shall be final and no appeal against this decision shall be accepted.

4.2.5 At the earliest convenient time after issuing a 'Yellow Card' or 'Red Card', the President of the Jury (either on his/her own behalf or following consultation with the Category Judge responsible for issuing the official 'Yellow Card') shall:

- a) Submit a written statement to the competitor regarding the offence and whether the President of the Jury proposes to refer the matter for consideration in respect to further disciplinary action in accordance with the regulations.
- b) The President of the Jury shall submit a copy of this written statement together with a detailed report of the offence against the regulations, any evidence, and any recommendations regarding consideration of additional sanction to the BMC for referral to the BMC's disciplinary body.

4.3 OTHER PERSONS

4.3.1 The President of the Jury shall be authorised to demand the immediate dismissal from the competition area (including the isolation and transit zones) of any person in contravention of the regulations and, if necessary, suspend all competition activities until this demand has been complied with.

5. APPEALS AND DISCIPLINARY BODY

5.1 COMPETITION APPEALS JURY

5.1.1 In the event of an appeal, the President of the Jury shall convene a Competitions Appeals Jury comprising the President of the Jury, the BMC Delegate and the Category Judge not involved in the case. A decision shall be made as rapidly as circumstances allow. The decision of the Competition Appeal Jury shall be made in writing and handed by the President of the Jury to the competitor who officially lodged the appeal.

5.1.2 The decision of the Appeal Jury in respect of these regulations shall be final and not subject to further appeal.

5.2 APPEALS AGAINST A JUDGES DECISION CONCERNING A COMPETITOR'S ATTEMPT ON A ROUTE

5.2.1 In the case where a Category Judge deems it appropriate to examine the video recording of the attempt on a route by a competitor before making a decision, the Category Judge shall permit the competitor to complete their attempt in accordance with the rules of the competition. On completion of their attempt, the competitor shall be immediately informed by the Category Judge that their ranking in that round of the competition shall be subject to confirmation following an examination, at the end of the round, of the video recording.

5.2.2 Height Measurement: The official video recordings may be used by the Category Judge to confirm the 'touch/hold' rules in respect to height measurement and the ranking of competitors at the end of each round.

5.2.3 Video recordings for judging purposes:

- a) Only the official video recordings (and no other recordings) shall be used by the Category Judges and the President of the Jury for judging purposes.
- b) Video recordings shall only be used in respect to matters arising from Article 5.2.1 and 5.2.2 above.
- c) The viewing of the official video recording shall be restricted to the President of the Jury, the Category Judge, the Forerunner and the BMC delegate.

5.3 APPEALS FOLLOWING THE RESULTS OF EACH ROUND

5.3.1 An appeal against the ranking of a competitor after the completion of the competition, and after the official results have been published, must be made no later than 30 minutes after the publication of the results. The appeal must be made following the publication of the results at the end of each round of a competition. The appeal must be made in writing to the Jury President by the competitor.

5.4 APPEALS FEE

5.4.1 The appeals fee payable shall be £20 and should be paid with the submission of the appeal in writing.

5.4.2 If an appeal is upheld, the appeals fee shall be returned. If an appeal is rejected, the appeals fee shall not be returned.

5.5 APPEALS TO THE DISCIPLINARY BODY

- 5.5.1 In those cases where the President of the Jury assesses that an infringement of the regulations merits consideration by the BMC's disciplinary body, the matter shall be referred to the disciplinary body together with the President of the Jury's report, copies of written communication between the President of the Jury and the competitor concerned, and all relevant evidence.

5.6 DISCIPLINARY BODY

- 5.6.1 The composition and the procedures of the Disciplinary Body are defined in the BMC's referred documents.

6. I.O.C. MEDICAL CODE

6.1 REGULATIONS CONCERNING THE ADOPTION AND APPLICATION OF THE I.O.C. MEDICAL CODE

- 6.1.1 Adoption: The BMC being a National Federation for a sport recognised by the IOC herewith adopts the IOC Medical Code, the purpose of which is namely to fight and finally eliminate doping from sport. The adoption included the present Code as well as future changes that might be decided by the IOC Executive Board.
- 6.1.2 Application: The IOC Medical Code applies to all competitions that are organised under the authority of the BMC. Any person who enters, prepares for, or participates in any manner as athlete, coach, trainer, official, medical or para-medical personnel in such competitions, is presumed to have agreed to comply with the IOC Medical Code.
- 6.1.3 Competent organ: The BMC is the competent organ responsible for the application of the IOC Medical Code. The BMC can, however, delegate its competence to a permanent-working group formed of part of its members together with experts.
- 6.1.4 Prohibited classes of substances and prohibited methods: The list of prohibited classes of substances and prohibited methods contained in Chapter II of the IOC Medical Code as well as future amendments to said list are applicable without restriction.
- 6.1.5 Penalties for infractions: The penalties for infractions as outlined in Chapter IX of the IOC Medical Code are applicable without restriction.
- 6.1.6 Competent organs to impose sanctions and right of appeal: The Disciplinary Commission of the BMC is the exclusive organ competent to impose sanctions for infractions of the IOC Medical Code.
- 6.1.7 Any person affected by a decision rendered by the Disciplinary Commission in application of the IOC Medical Code, has the right of appeal to the Court of Arbitration for Sport, Switzerland, in accordance with the provisions applicable before that Court.
- 6.1.8 By participating in competitions organised under the authority of the BMC, the participant acknowledges the exclusive competence of the Court of Arbitration for Sport and undertakes to refrain from appealing to any other Court.