

NORDIC CHAMPIONSHIPS



Agreement

Lead & Boulder 2020 forward

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1. Nordic agreement for Nordic Championships

The Nordic Countries host two Nordic Championships each year.

#1 Boulder Held each year in March (early April) – before start of the World Cup season

#2 Lead Held each year in November (early December) – after the World Cup season

Each country (except Iceland) take turns on hosting the competitions

Year	Boulder	Lead
2020	Denmark	Norway
2021	Sweden	Finland
2022	Norway	Denmark
2023	Finland	Sweden
2024	Denmark	Norway
2025	Sweden	Finland

2. Location

Nordic Championships should be placed in major cities with easy access. If a hosting country place the competition in a more difficult accessible area, the host have to supply easy transport from a main airport.

3. Classes and number of participants

The Nordic Championships have 4 classes and each class have separate classes for male and female

CLASSES	AGE	Aprox. # OF CLIMBERS PER COUNTRY	Aprox. # OF CLIMBERS IN COMPETITION
YOUTH B	the year climber turn 14 or 15	10	50
YOUTH A	the year climber turn 16 or 17	10	50
JUNIORS	the year climber turn 18 or 19	10	50
SENIORS	the year climber turn 20 or more	10	50
		40	200

Each country have a quota of approximately 10 participants per age group. The climbers can be divided freely between male/female.

4. Competition formats- Bouldering

Nordic championships follow the rules of the IFSC and EYC with minor Nordic adjustments.

YOUTH B & A USE THE EYC FORMAT

Qualifikation:

Totalboulder, limited time, flash, 8 problems, max. 5 attempts per problem, No observation.

Number of climbers	Climbing time
00 – 30	105 min.
31 – 35	115 min.
36 – 40	125 min.
41 – 45	135 min.

Final:

4 problems, On-sight, 5 min. Rotation
10 climbers in each class (Youth B & A, male & female)

Timetable for final: 90 min.

JUNIORS & SENIORS USE IFSC FORMAT

Juniors climb with the Seniors in one group and there will be only 6 climbers, both Male and Female in the final. After the competition, there will be a set of medals to the 3 best juniors, both Male & Female. Climbers in the Juniors class who reach the final

Qualification:

Rotation, On-sight, 5 min. 5 problems, No observation.

Times for qualification round depends on the number of climbers

24 climbers = 2 hours and 50 minutes

36 climbers = 3 hours and 50 minutes

48 climbers = 4 hours and 50 minutes

Final:

4 problems, On-sight, 4 min. – 1 problem at a time, 4 x 2 min. observation

- 6 climbers – Male

- 6 climbers – Female

Timetable: Variable between 80 – 120 min.

BOULDER FORMAT EXPLANATIONS

Totalboulder:

A set of boulderproblems which are numbered from 1 – 8

Climbers choose for themselves, in which order they want to climb the problems. The climbers can try a problem, move on to other problems and go back to the first problem again.

Flash:

Flash means that all climbers can see all problems and see other competitors climb the problems.

Rotation:

Before the competition a randomized start-list is generated. Each climber get an exact start time.

- Climber #1 is called in to problem #1 with exactly 5 minutes for the attempt.

- A clear sound signal stops the climber and climber #2 starts on problem #1.

- Climber #1 now get a 5 min. break with the back to problem #2.

- On the next 5 min. signal, climber #1 starts on problem #2.

- Climber #2 get a break with the back to problem #2

- Climber #3 starts on problem #1

- and so forth.

The rhythm continues until all climbers has climbed the round of problems.

When a climber has finished all problems, they are aloud see the rest of the qualification.

Signal

There is a sound buzz every 5 minutes meaning both start and stop.
There is a different sound buzz warning, one minute before start/stop

On-sight

On-sight means that the climber may not see other climbers climb the problem nor the problem itself.

Final.

Final consists of 4 problems.

The final is done, one problem at a time.

The problems are marked with class. Gender and the number of the problem – 1,2,3,4.

When all 6 climbers have climbed problem #1 they start problem #2 and so forth.

The climbers have 4 minutes for each problem and should leave the problem even if on the wall.

Order in final: qualification rank – 6,5,4,3,2,1

Observation of problems

Before the final, climbers get 2 minutes to study each problem from the ground.

Isolation

All finals + juniors/seniors qualification use isolation of the climbers.

In the isolation area, the climbers cannot see the problems. The climbers should have facilities to relax, warm up and access to toilet facilities. The isolation area, should be run by a group of officials who makes sure all isolation-rules are followed.

Climbers who have been on the wall may not speak to climbers about the climbs.

Phones, tablets, laptops and the likes, are not allowed in the isolation area

5. Competition format for Lead

Nordic championships follow the rules of the IFSC and EYC with minor Nordic adjustments.

YOUTH B & A USE THE EYC FORMAT

Qualification:

2 routes, flash, 6 minutes, route demonstration, randomized start list

Final:

10 climbers, 1 route, On-sight, time limit 6 minutes, observation (6 min.)

JUNIORS & SENIORS USE IFSC FORMAT

Qualification:

2 routes, flash, 6 minutes, route demonstration, randomized start list

Final:

8 climbers, 1 route, On-sight, time limit 6 minutes, observation (6 min.)

LEAD FORMAT EXPLANATIONS:

Start-list

A start list with the order of climbers is generated. As soon as a climber falls of a route, the next climber is tied in with a belayer and ready to climb. There is no times on the start-list.

Flash

Flash means that all climbers can see all routes and see other competitors climb the routes.

Route demonstration

Routes can be demonstrated in different ways:

- a climber demonstrates the route by climbing it.
- a videoscreen shows a climber who climbs the route
- a video link with a climber who climbs the route, is sent to all climbers who can watch on devices.

6. Routesetting

The routesetting for the Nordic Championships should be of high quality, and represent versatile modern standards, including risk, intensity and complexity. The routesetter team shall consist of minimum one International Chief routesetter.

If possible, it should be a current setter from the IFSC world cup circuit.

The Chief routesetter should be assisted by a team of 1-3 setters – either International or Nordic.

There should be a minimum of one Nordic setter who knows the general level in each class.

The routesetters should have a wide selection of modern volumes and holds plus all the necessary accessories for doing a professional job.

Routesetting - Boulder

Each Boulder problem should be marked with

- Class / Gender / #number (for relevant group)
- Starting holds and starting feet- Zone & Top and if necessary “Out of bounds”

YOUTH B & A

The complete competition for Youth B & A groups can be done with 16 + 9 problems = 25 problems

Qualification:

Each class shall have 8 problems – B Male / B Female / A Male / A Female

Problems can be used on more classes – here is an example with 16 problems spread on all 4 classes

Qualification-problems	Classes
# 1, 2, 3, 4, 5, 6, 7, 8	Youth B female
# 3, 4, 5, 6, 7, 8, 9, 10	Youth B male
# 7, 8, 9, 10, 11, 12, 13, 14	Youth A female
# 9, 10, 11, 12, 13, 14, 15, 16	Youth A male

Problem # 7 in the example above should be marked with 3 different markings.

#7 - Youth B - Female

#5 - Youth B - Male
#1 - Youth A - Female

The 8 problems in each class should be numbered 1 – 8 and represent the level of difficulty for the intended class.

#1 = easy
#2 - #5 = Medium difficulty
#6 - #8 = difficult

Final:

Each class have 4 problems which is climbed in rotation.
Each problem can be used on more classes – see example below.
The final is run 1 class at a time (10 climbers) or if possible both male / female at the same time.
4 x 10 climbers – The 4 problems should be placed close together so that the active problems are close together. This makes it easier for both judges, audience and media.

The A & B final can consists of 16 problems but it can easily be run with less. Below is an example of 10 problems covering 4 finals.

Example:

Final problems				Classes
#1	#2	#3	#4	Youth B Female
#2	#4	#5	#6	Youth B Male
#4	#5	#7	#8	Youth A Female
#6	#8	#9	#10	Youth A Male

SENIORS & JUNIORS

Male Juniors & Seniors and Female Juniors & Seniors share the same problems.
There will be a set of medals to the 3 best climbers in the Juniors age-group.

Qualification

5 problems for **Male** and 5 problems for **Female**
The qualification for Male and Female is done parallel and at the same time so they cannot share problems. Problems should be placed on the wall in the following order:
M1, F1 / M2, F2 / M3, F3 / M4, F4 / M5, F5.

Times for qualification round depends on the number of climbers
24 climbers = 2 hours and 50 minutes
36 climbers = 3 hours and 50 minutes
48 climbers = 4 hours and 50 minutes

Final

4 problems for both Male and Female
2 x 6 climbers – 2 climbers at a time (1 Male & 1 Female)
The problems should be placed in pairs and close to each other to make it easier for judges, audience and media.
M1, F1 / M2, F2 / M3, F3 / M4, F4

Routesetting - Lead

Each route should be marked with - Class / Gender / #number (for relevant group)

Each route should have a Topo with numbered holds for points.

YOUTH B, A, JUNIORS & SENIORS

Juniors climb as seniors but after the competition, there will be a set of medals to the 3 best climbers, both Male & Female in the Juniors age-group.

Qualification:

2 routes for each class. All climbers in a class climb one route at a time. This means that a route can be used for more classes.

Below is an example of a route set-up if all classes climb at the same time.

If the classes are spread in terms of program it can be even less routes.

Classes	Qualification route 1	Qualification route 2
Youth B Female	Route #1	Route #3
Youth B Male	Route #3	Route #5
Youth A Female	Route #2	Route #4
Youth A Male	Route #4	Route #7
Seniors & Juniors Female	Route #5	Route #6
Seniors & Juniors Male	Route #7	Route #8

Final

1 route for each class.

A route can be used on more classes as long as the relevant climbers are isolated.

Here is an example of a route set-up for all classes – climbing one class at a time

Classes	Final route
Youth B Female	Route #1
Youth B Male	Route #2
Youth A Female	Route #2
Youth A Male	Route #3
Seniors & Juniors Female	Route #3
Seniors & Juniors Male	Route #4

The above examples suggests a full Nordic Lead Championship with only 12 routes

7. Judges

Each Nordic country brings 1 National head judge.

The country who hosts the competition choose 2 of them as chief judges

- one for Youth B & A

- one for Juniors & Seniors.

Apart from the head judges there should be minimum 1 judge for each problem/route

8. Programs

The complete competition – can be done in different ways. Below are 3 different programs that can work out, depending on Lead/Boulder, the number of climbers, the size of the gym and the number of volunteers.

It is up to the hosting country to decide the program but the program should consider the traveling climbers to arrive and depart in reasonable time.

1 DAY PROGRAM (Lead) - (Saturday)

07.30 - 08.00 Registration Juniors/Seniors
08.30 – 12.30 Junior/Senior Qualification
14.00 – 16.30 Youth B & A Qualification
17.30 Finalists Isolation
18.30 – 19.45 Youth B & A Final
20.30 – 22.30 Juniors/Seniors Final

2 DAY PROGRAM (Boulder) - (FRIDAY – SATURDAY)

Friday

15.00 - 16.00 Registration Seniors & Juniors
16.15 – 16.30 Technical meeting
17.00 – 22.30 Qualification Seniors & Juniors – Male & Female

Saturday

07.30 – 08.30 Registration & Warm up Youth A
08.30 – 08.45 Technical meeting
09.00 – 11.30 Qualification Youth A – Male & Female
12.00 – 12.15 Technical meeting
12.30 – 15.00 Qualification Youth B – Male & Female
15.00 – 17.00 Preparation for finals
17.00 – 17.45 Presentation of climbers and demonstration of Final problems
17.30 – 19.00 Final Youth A & B – Male & Female
19.00 – 20.00 Preparation Final
20.00 – 20.30 Presentation of climbers and demonstration of Final problems
20.30 – 22.30 Final Seniors & Juniors – Male & Female
22.45 Winners ceremony

2 DAY PROGRAM (Lead / Boulder) - (SATURDAY – SUNDAY)

Saturday

09.00 – 10.00 Registration Youth B & A
11.00 – 12.30 Youth B qualification
13.00 – 14.30 Youth A qualification
15.30 – 16.00 Registration Juniors & Seniors
16.30 – 20.30 Qualification
20.30 - Preparation for finals

Sunday

08.30 – 10.00 Final Youth B

10.30 – 12.00 Final Youth A

12.30 – 14.30 Final Juniors & Senior

15.00 Winners ceremony

9. Registration

Each national federation gather the national group of climbers and officials and send a full list to the federation of the hosting country. The hosting country sends an invoice with the registration fee (35 Euro per. Climber)

10. Economy

National support

Each country have agreed to support the 2 annual Nordic Championships with 3.000 Euro. The host of a Nordic Championship sends an invoice to a non-host country that year – see scheme below.

Year	Host Boulder	Invoice	Host Lead	Invoice
2020	Denmark	Sweden	Norway	Finland
2021	Sweden	Denmark	Finland	Norway
2022	Norway	Finland	Denmark	Sweden
2023	Finland	Finland	Sweden	Denmark
2024	Denmark	Sweden	Norway	Finland
2025	Sweden	Denmark	Finland	Norway

Climbers registration fee

The hosting country sends an invoice for each country for the number of climbers participating in the competition.

Judge support

Each country have agreed to send a National Judge til each Nordic Championship.

Each country pays for travel expences and hotel but the Host supplies food and drink during the competition and meetings.

11. Media Event

The Nordic Championships is a great chance to show the sport of climbing to a broader audience. The social media should be full of pictures and videos showing the potential of our sport – both to the climbing community and to the public in general.

The 4 countries have agreed to live stream the finals of the competition in the best possible way within reach for the hosting country.

If it is possible the host should make efforts to make a good show with both climbers and outside audience. This could be supported with a team of event-speakers, DJ and lights.

12. Nordic co-work

The Nordic Championships are also a good chance to meet and work together on different subjects. This could include workshops on topics like judging, talent & elite co-work, routesetting, and many other subjects.