



Norges klatreforbund

REGLER FOR NASJONALE
KLATREKONKURRANSER

RULES FOR NORWEGIAN
CLIMBING COMPETITIONS

Ver 3.7 2026

Forord

Norges klatreforbunds regelverk for nasjonale klatrekonkurranser, slik de her foreligger, er utarbeidet i samsvar med de gjeldende regler for internasjonale konkurranser (WORLD CLIMBING Europe og WORLD CLIMBING Rules). Det er imidlertid gjort noen tilpasninger til norske forhold.

I likhet med de internasjonale konkurransene, er også klatrekonkurranser i Norge i stadig endring. Derfor er dette reglementet skrevet på engelsk og så langt det er mulig tilpasset WORLD CLIMBINGs reglement.

Dersom det skulle være uoverensstemmelse mellom dette dokumentet og European Cup, Youth Cup eller i WORLD CLIMBING-reglementet, skal dette dokumentet være bestemmende.

Styringsdelen (the governance part) av WORLD CLIMBING reglementet gjelder kun der dette anses som relevant av NKF og hoveddommer.

Norges klatreforbund
Pb 5000, 0840 Oslo
Email: klatring@klatring.no
www.klatring.no

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Norwegian Cups and Championships

1. Introduction

- 1) Norwegian Climbing Federation (NKF) has all rights and overall responsibility for the Norwegian Cup(s) and the Norwegian Championship(s).
- 2) All Norwegian Cup(s) and Norwegian Championship(s) shall be organized according to these rules and regulations.
- 3) All Norwegian Cup(s) and Norwegian Championship(s) must comply to Norwegian laws, Antidoping regulations, Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) rules and regulations.
- 4) Official result lists for competitions which have been published after the protest period has expired, cannot be changed afterwards, except by order from a higher judicial authority.

(Offisielle resultatlister på konkurranser, som er publisert etter at protesttiden er utløpt, kan ikke endres i etterkant, utenom etter pålegg fra høyere domsmyndighet.)

- 5) In the case of exceptional circumstances, such as injunctions from authorities, other unforeseeable circumstances, logistic or broadcasting issues that arise, NKF has the right to change the format or other measures in relation to these regulations to be able to carry through national competitions.
- 6) Appeal National competitions,
The Complaints and Sanctions Committee (klage og sanksjonsutvalget), deals with cases related to violations of the competition regulations during national competitions organized by NKF.

2. Competition organizers

- 1) NKF selects the organizer of Norwegian Cups, Norwegian Championships and Nordic Championships.
- 2) All competition organizers shall be an NKF affiliated club. In cases where this is not possible, the organizer of the competition shall be approved by the NKF board.
- 3) NKF reserve the right to enter and contract sponsor agreements in connection to competitions and can oblige the organizer to follow the obligations in the contract.

3. Competition Officials

- 4) NKF appoints the Head Judge (hoveddommer) and if necessary, a NKF representant for national competitions.
- 5) The Head Judge (hoveddommer) has the same responsibility as the Jury President at international Climbing Competitions.
- 6) The NKF representant should during competitions have a supportive observer role with possibility to back up the organizer and head judge when needed or asked. The NKF representant is also responsible for making a written evaluation after the competition including feedback from, NKF, organizer, Head judge, rout setters and selected coaches.
- 7) In addition to Head Judge, there shall be one assisting judge (appointed by the head judge) and an adequate number of assistant routes, boulder, and speed judges. At least one judge per route/boulder. These judges are appointed by the organizer. When a Para competition simultaneously is hold together with a lead competition there shall be an appointed judge by NKF for the Para part.

4. Norwegian Cup Lead and Para Lead

- 1) Competition Format according to the WORLD CLIMBING lead rules with the following amendments:
 - a. Competitions shall take place over two (2) rounds, qualification and final.
 - b. A qualification round of two (2) non-identical routes for each category.
 - c. In the qualification round one starting group will be used per category.
 - d. Minimum resting time between the qualification routes shall be 30 minutes.
- 2) The ranking of competitors shall be in ascending order of the Total Points awarded to each competitor (i.e., lower Total Points is better), calculated according to the following formula

$$QP = \sqrt{(P1 * P2)}$$

Where:

QP = Qualification Points, rounded to three (3) decimal places.

R1 = Ranking Points on first Qualification route

R2 = Ranking Points on second Qualification route

5. Norwegian Cup Boulder

- 1) The Contest Qualification format is a fixed period, unlimited attempts, “flash” format, conducted without demonstration.

Boulders can be set by colour code. On colour coded boulders, only holds of specific colour are allowed to be used.

Each boulder shall consist of one starting position, two (2) bonus holds and a top hold.

Unlimited attempts, one (1) point for reaching Bonus 1, two (2) additional points for reaching Bonus 2, seven (7) additional points for a top, two (2) additional bonus point if top is made on first attempt (flash).

To differentiate ties in qualification the order is a) number of tops, b) number of flash tops, c) number of bonus 2 d) number of Bonus 1

The total number of boulders set for the qualification round shall be twenty (20), which shall be numbered from 1-20. Each course should consist of 12 or 16 boulders accordingly to schedule below. (U15 & 17 have 16 boulders, U19 & Sr (including U21) have 12 boulders).

The Jury President (hoveddommer) may in case of unforeseen and upcoming circumstances change the number of boulders in a course. The number of boulders of each course must never fall below 12 and the total amount of boulders must never fall below 18.

Approximate order of difficulty, e.g.

Climbing Time:

Number of competitors per climbing group	Climbing Time
1 - 30	100 min (1h 40m)
31-40	120min (2h)
41-50	150min (2h 30m)
51-60	180min (3h)
60+	210min (3h 30m)

e.g. *Group 1 U17 45 contenders. Climbing time 2h 30m*

Group 2 U19 Fem & Sen. Fem. 28 contenders. Climbing time 1h 40m

Group 3 U19 Male & Sen. Male, 43 contenders. Climbing time 2h 30min

Qualification:

- Regarding the que system: The athlete lines up and climbs as it becomes his turn on the boulder. Every athlete has only one (1) try. If he fails and wants to continue the same boulder, he must line up last in the que for the respective boulder. (Same que system as for flash jam session)
- The start and end of the climbing time shall be announced by a loud signal.
- Contenders note themselves on their own scorecard plus digital tablet if such is available.
(Self-scoring).
- Except for the head judge, there shall be minimum 5 controllers plus route setters during the qualification to assist competitors, check safety, check climbing progression and prevent cheating in case of self-scoring.
- **If one judge per boulder problem is attended the judge handles the scoring.**
- **Best alternative is having one judge on each boulder.**
- If a technical incident occurs affecting any boulder, the head judge shall close the affected boulder until the incident is cured.
- If the restoration time is less than or equal to 10 minutes, the affected boulder shall be re-opened, and no additional time allocated. If the restoration time is more than 10 minutes, the relevant boulder shall be cancelled.

Finals:

- Finals will be held like in EYC & EC final format, which means an athlete will rotate through all boulders instead of all athletes trying one boulder after another. (See link European rules).
- The final quota consists of eight (8) contenders, and the competition mode is on sight, **4 boulders, each 4 min + a 15 sek** interval to clear the field of play. The final round shall be preceded by a collective observation period of eight (8) minutes for all boulders. It is up to the athletes to determine the observation time and order for each boulder.
- **The organizing venue must be able to conduct 8 finale boulders simultaneously.**
- The start and end of the climbing time shall be announced by a loud signal. The end of the round shall be preceded by a warning signal when one minute of time remains.
- Each final boulder shall consist of a starting position, one (1) bonus hold and a top hold. Each attempt is counted.

To differentiate ties in final the order is

- 1) Number of Tops,
- 2) Number of Bonus
- 3) Number of Top attempts,
- 4) Number of Attempts for Bonus
- 5) Countback to qualification.

- **It is mandatory that the final wall shall consist of at least 8 boulders for organizer to be able and run 2 classes simultaneously**

6. Norwegian Cup Speed

- 1) Competition Format according to European Youth Cup speed rules.

7. Norwegian Championship Lead/Para Lead

- 1) Competition Format according to the WORLD CLIMBING lead rules with the following amendments:
 - a. Competitions shall take place over two (2) rounds, qualification and final. A semi-final round could be organized after approval by NKF.
 - b. In the qualification round one starting group will be used per category. The Norwegian Championship in Para will be combined with an “Norwegian Para Invitational” competition. It’s allowed for international citizens to participate without having a membership in NKF affiliated climbing club. International participants will be able to win the competition but will not get a rank in the Norwegian Championship.

8. Norwegian Championship Boulder

- 1) Competition Format when the championship is combined for juniors and seniors According to European rules. EYC and WCS rules with the following modifications.

- a. Qualification:
- b. According to EYC rules.
- c. Competitions shall take place over two (2) rounds, qualification and final.
- d. In the qualification, a round in the flash mode consisting of two courses (A and B). There shall be three (3) boulders for each course and will be organized with one starting group.
- e. There shall be a minimum time gap of not less than 30 minutes between the completion of a competitor's final boulder on their first course (A or B) and commencing their second course (A or B).

f. Finals:

Junior classes (U15, U17 & U19): According to EYC rules with a fixed final quota of eight (**8**) competitors.

Seniors: According to WCS rules with a fixed final quota of eight (8) competitors.

2) Competition format with separate championships Junior & Senior:

- a. Junior: (U15, U17, U19 & U21). Competitions shall take place over two (2) rounds according to EYC rules.
- b. Senior: NM boulder championships shall be organized over three (3) rounds for each category and shall be organized in the format specified in the WORLD CLIMBING Rules for WCS competitions with following modifications and explanation (*explanation in italic style*):
 1. A Qualification round consisting of a single course of five (5) boulders for each Starting group with a respective fixed Semi-final quota of twelve (**12**) competitors
 2. A Semi-final and Final round in the mode of the WORLD CLIMBING-WCS Series. (*A semi-final mode consisting of a single course of four (4) boulders and 5 min climbing time, with a respective fixed Final quota of eight (8) competitors in the mode of the WCS/Olympic final format.*)
 3. If not more than 18 are registered, no semi-final will be held. There will only be a qualification and a final round. The registration deadline is relevant for the numbers of athletes per event.
 4. If the number of registered athletes (at the time of the Registration Deadline) is 12, or lower than the fixed semi-final quota – the qualification round shall be deleted.

9. Norwegian Championship Speed

- 1) Competition Format according to European Youth Cup speed rules

10. General amendments for NKF competitions

- 1) All participants and Norwegian citizens must be member of an NKF affiliated climbing club except, in case NKF organize an open Para Climbing Competition, membership of an NKF affiliated climbing club for non-Norwegian residents is not mandatory.
- 2) For Norwegian Championships: To participate and get ranked in a Norwegian championship participants must:
 - a. Possess a Norwegian citizenship.
 - b. Have lived with an official registered address in Norway the last twelve (12) months and have tax residency in Norway.
- 3) Criteria to be awarded a Norwegian championship medal:
Gold medal: There must be at least 2 competitors in the competition, age group or para class.
- 4) Kongepokal: Se retningslinjer for tildeling av kongepokal
- 5) For Norwegian Cups, other foreign citizens may participate if they are members of a Norwegian climbing club. If they reach the final, the number of finalists shall increase accordingly. If the number of finalists exceeds three (3) more than the nominal number, the Jury President may:
 - a. Reduce the number of foreign citizens in the final
 - b. Exclude the last tied competitors from the final
 - c. The above is not applicable for open para climbing competitions.
- 6) On Norwegian championships and Norwegian cups, the participant climbers represent their climbing club. These climbers shall therefor wear clothes showing their club representation. The climbing club is responsible for their climbers representing the club in the correct clothing. If not wearing a club clothing it shall render a yellow card from the head judge. In case of repeated use of not approved clothing the athlete shall retain a red card from the head judge.
- 7) NKF have the right to put a quota for the number of foreign participants outside the official competition.
- 8) At NC competitions, everyone must compete in the age group they belong to. At NM competitions, competitors from U19 are eligible to register in the senior category.
- 9) Age categories in the competitions are defined according to the following table:

Table 1: Age categories according to birth year

NM (Combined Jr. & Sr.)	U15	U17	U19		Senior
NM from 2025	Competitors who will be 13 or 14 in the year of the competition (2012 & 2011)	Competitors who will be 15 or 16 years in the year of the competition (2010 & 2009)	Competitors who will be either 17 or 18 years in the year of the competition (2008 & 2007)		Competitors who will be 19 years in the year of the competition (2006 & older) <i>(Theoretical rank and medals will be awarded within the U21 group)</i>
NM (Divided between Jr. & Sr.)	U15	U17	U19	U21	Senior
NM from 2025	Competitors who will be 13 or 14 in the year of the competition (2012 & 2011)	Competitors who will be 15 or 16 years in the year of the competition (2010 & 2009)	Competitors who will be either 17 or 18 years in the year of the competition (2008 & 2007)	Competitors who will be either 19 or 20 years in the year of the competition (2006 & 2005)	Competitors who will be 21 years in the year of the competition (2004 & older)
NC	U15	U17	U19		Senior
NC from 2025	Competitors who will be 13 or 14 in the year of the competition (2012 & 2011)	Competitors who will be 15 or 16 years in the year of the competition (2010 & 2009)	Competitors who will be either 17 or 18 years in the year of the competition (2008 & 2007)		Competitors who will be 19 years and older in the year of the competition (2006 & older)

At NC competitions, everyone must compete in the age group they belong to. At NM competitions, competitors from U19 are eligible to register in the senior category.

- 10) Randomize starting order for finalists with tied results from previous rounds.
- 11) Official video recording is not mandatory in qualification rounds.
- 12) The Norwegian Cup shall have a minimum of two (2) competitions during a competition year/season in each discipline boulder and lead.
 - a. The ranking in the overall Norwegian Cup (Norgescup sammenlagt) is calculated by adding WORLD CLIMBING ranking points.
 - b. An overall cup winner (Only the No.1 male and female in each age group) for the four (4) Norwegian cups in boulder and lead will be announced after the last cup competition included for the season. A competitor must have participated in a minimum of two (2) out of the four (4) Norwegian cup competitions in the same competition season and in both disciplines, to be ranked for the overall Norwegian Cup ranking. The three (3) best results count in the ranking according to WORLD CLIMBING ranking points shown below.

c. The best participating clubs at overall Norwegian cups will be awarded after the last Norwegian cup competition for the season. A challenge prize (vandrepokal) will rotate through the years for the No.1 winning club and medals will be awarded for the top 3 podium clubs every year after finished competition season. The top three (3) winning clubs will be calculated by adding WORLD CLIMBING ranking points for the best four (4) results from two (2) boulder cups and two (2) lead cups. The best three athlete performances in each of the 4 calculated competitions will be counted. If there is a tie within the top 3 (gold, silver, or bronze), individual performance (best rank position) shall determine the winner. Secondly, highest low rank position in one of the disciplines shall determine. If there still is a tie the clubs will share the spot.

IFSC ranking points

RANK	POINTS	RANK	POINTS	RANK	POINTS	RANK	POINTS
1	1000	16	220	31	42	46	10
2	805	17	205	32	37	47	9
3	690	18	185	33	33	48	9
4	610	19	170	34	30	49	8
5	545	20	155	35	27	50	8
6	495	21	145	36	24	51	7
7	455	22	130	37	21	52	7
8	415	23	120	38	19	53	7
9	380	24	105	39	17	54	6
10	350	25	95	40	15	55	6
11	325	26	84	41	14	56	6
12	300	27	73	42	13	57	5
13	280	28	63	43	12	58	5
14	260	29	56	44	11	59	5
15	240	30	48	45	11	60	4

13) The registration fee for each participant in a Norwegian Cup or Championship is:

- a. 400 NOK for one discipline (boulder, lead or para) in Norwegian Cups.
- b. 600 NOK for one discipline (boulder, lead or para) in Norwegian Championships.
- c. 300 NOK additional fee for addition of a discipline.
- d. 200 NOK for «etter anmeldings avgift». (Siste uke innen konkurransen).

14) The appeal fee is 250 NOK.

15) Classification Para:

- a. See below
- b. Open class for physical impairment (mental impairment is not included)

16) Participant rules for Norwegian Cups & Championships

Para:

- a. If less than 10 participants, the organizer may cancel the competition. (Deadline for registration counts)

- b. At competitions para climbers register with their classification. After registration deadline the start lists will be done according to WORLD CLIMBING classification categories and according to the WORLD CLIMBING merging system. Every registered para climber must however have a classification at the registration. In case there are registered para-athletes (minimum two) that do not pass the classification procedure for the competition, an open para category shall be created.
- c. If there are less than 2 participants in a category, classes will be merged according to the WORLD CLIMBING merging system (Registered athletes counts). Merging between genders inside same para category is allowed but should be avoided.

Able-bodied:

- d. If less than 70 participants, the organizer may cancel the competition. (Deadline for registration counts).

Sport classes physical impairment:

Amputees

- AU2: Moderate Upper Limb impairment - One upper limb has reduced function below the athlete's elbow and does not have a functional wrist joint.
- AU3: Hand impairment - One hand or multiple digits across both hands are absent or have reduced function.
- AL1: Bilateral Lower Limb impairment - Significantly reduced functional use for climbing or absence of bilateral lower limbs.
- AL2: Unilateral Lower Limb impairment or leg length difference - Impairment in a single lower limb.

Limited reach, power, or stability

- RP1: "Range, Power" severe impairment, inclusive of other impairment types - Impairment across all eligible impairment types with severe impairment to function affecting at least 2 limbs or a single upper limb is absent or has severely limited functional use.
- RP2: "Range, Power" moderate impairment, inclusive of other impairment types - Impairment across all eligible impairment types with moderate impairment to function affecting the trunk and/or limbs.

- RP3: “Range, Power” mild impairment, inclusive of other impairment types - Impairment across all eligible impairment types with mild impairment to function affecting the trunk and/or limbs.

Blind sport classes

- Sport Class B1
Visual acuity is poorer than LogMAR 2. 60.
- Sport Class B2
Visual vacuity ranges from LogMAR 1. 50 to 2. 60 (inclusive), and/or the visual field is constricted to a radius of less than 10 degrees diameter.
- Sport class B3 Visual acuity ranges from LogMAR 1. 40 to 1 (inclusive), and/or the visual field is constricted to a radius of less than 40 degrees diameter.

17) Medals for the different competitions

- a. For Norwegian Championships predesigned NM medals by NKF should be used for all disciplines and categories.
- b. For Norwegian Cups organizer or NKF may choose design of medals individually for each competition.
- c. For overall Cup winner (only No.1 male and female), a predesigned medal or plaque by NKF should be used.
- d. For overall Club cup winners there shall be a challenge prize (vandrepokal) for the No.1 club plus 3 predesigned medals or plaques for the top three clubs.

18) Other amendments

- a. Deadline for registration, 2 weeks before the competitions registration day.
- b. An additional registration fee of 200 NOK will be charged for participants that register between 2 weeks and 1 week before competition registration day.
- c. NKF is only responsible for streaming the finals at the NM, and Nordic Championships held in Norway. NKF will however work for the possibility that external streaming players are able to stream other national competitions.

Her kommer oppdatert lenke til WORLD CLIMBING og WORLD CLIMBING- EU reglement når de er offisielle:

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