

Rules – 2025-2026 Irish Bouldering League

1. Safety

- 1.1. Competitors are responsible for their own safety.
- 1.2. Parents and/or guardians of competitors under the age of 18 are responsible for their safety and must ensure that they are always adequately supervised while at the host venue.
- 1.3. Competitors must comply with the safety guidelines of the host venue.

2. Judging

- 2.1. Competitors must make themselves aware of and apply the rules of the competition.
- 2.2. If there is any doubt, it is assumed that the problem was not successfully completed.
- 2.3. If a competitor is found to have cheated. Their result(s) will be removed from the league and they will be barred for entering subsequent rounds of the 2025-2026 league.

3. Anti-doping

- 3.1. Mountaineering Ireland fully subscribes to the World Anti-Doping Agency (WADA) procedures and promotes a drug free sport.

4. Time

- 4.1. Each round will start at 11:00 on the first day of the round.
- 4.2. Each round will finish at 18:00 on the last day of the round.
- 4.3. The competition only takes place during the normal opening hours of the host venue.

5. Dates

- 5.1. The start and finish dates for each round are as follows:

Round	Host Venue	Start Date	Finish Date
1	Gravity Climbing Centre	Saturday 18th October	Sunday 02nd November
2	Awesome Walls Cork	Saturday 15th November	Sunday 30th November
3	Dublin Climbing Centre	Saturday 13th December	Wednesday 31st December
4	Suas Climbing Centre	Saturday 17th January	Sunday 01st February
5	Awesome Walls Dublin	Saturday 14th February	Sunday 01st March

- 5.1. Each round will typically run over the course of fifteen days.
- 5.2. Finish dates may be extended to provide additional time to compete should travel restrictions or public holidays (e.g. Christmas period) be an issue.

6. Categories

- 6.1. Competitors will be organised into the following competition categories:

Competition category	Age
Masters Male & Masters Female	Over 45 years of age
Senior Male & Senior Female	Over 18 years of age
Youth Male & Youth Female	Under 18 and over 14 years of age

- 6.2. Competitors must be 14 years of age and older on the day of the competition.
- 6.3. The entry and supervision policy of host venues must be adhered to.
- 6.4. Proof of age may be required.
- 6.5. Age is taken at the first round competed in.
- 6.6. Mountaineering Ireland supports and adheres to the BMC's / GB Climbing's 'Trans Inclusion Policy' in relation to Domestic competitions.

7. Format

- 7.1. The Irish Bouldering League is a flash format bouldering competition.
- 7.2. All competitors can attempt all thirty problems.
- 7.3. Competitors can make unlimited attempts on each boulder problem.
- 7.4. Dependent on the normal opening hours of the host venue, competitors can make attempts at any stage during the round.

8. Climbing

- 8.1. Starting handholds will be tagged.
- 8.2. Competitors must simultaneously hold both tagged starting handholds before progressing with their attempt.
- 8.3. An attempt shall be deemed to have started when every part of the competitor's body has left the ground.
- 8.4. Points for the *Top* hold are given when a competitor *Controls* the *Top* hold with both hands for a count of three seconds.
- 8.5. Points for the *Bonus* hold are given when a competitor *Holds* or *Uses* the marked *Bonus* hold.
- 8.6. An attempt on a boulder shall be considered unsuccessful if the competitor:
 - 8.6.1. Fails to start the boulder in accordance with the rules.
 - 8.6.2. Once having started touches the ground with any part of the body.
 - 8.6.3. Uses any part of the wall, holds or features demarcated using continuous and clearly identifiable tape.
 - 8.6.4. Uses the side edges or the top edges of the wall for climbing.
 - 8.6.5. Uses with their hands any holes provided for the placement of bolt-on holds.
- 8.7. If a competitor's attempt is hampered due to a loose hold the attempt is not recorded.

9. Scoring

- 9.1. On successful completion of the boulder problem the competitor is awarded points on the following basis:

Attempt	Points
Top on 1 st attempt	10
Top on 2 nd attempt	7
Top on 3 rd attempt	4
Top on 4 th or more attempt's	2
Bonus hold	1

- 9.2. The points from only one attempt are counted.
- 9.3. If a competitor *Holds* or *Uses* the *Bonus* hold they score one point. This one point is only counted if the *Top* hold is not *Controlled*.
- 9.4. The score must be clearly marked on the scorecard. If there is any ambiguity the lower score will be used by the event organiser when compiling the results.

9.5. Scorecards must be submitted by 19:00 on the last day of each round.

10. Results for individual rounds

10.1. At the end of each individual round results will be given in a per category format.

10.2. Results will be published on the Mountaineering Ireland website: www.mountaineering.ie

11. Results for the league

11.1. League points are awarded in the following manner:

Category rank per round	League points
1 st	100
2 nd	99
3 rd	98
X th	101 - X

11.2. The overall league score for individual competitors is the sum of their league points.

11.3. In the event of tie in the top three places of the overall league ranking. Ties will be broken as follows:

11.3.1. The competitor with the better result in the final round will rank ahead.

11.3.2. If the tie remains the competitor in the previous round will rank ahead.

11.3.3. If the tie cannot be broken through countback the tie remains.

11.4. The number of rounds to be counted is subject to the number of rounds in the league.

The number of rounds to count is calculated as follows:

Number of rounds in the league	Number of rounds to be counted
5	4
4	3
3	2
2	2
1	1

11.5. The number of rounds to be counted will reflect the number of rounds that a competition category could compete in.

12. Prizes

12.1. Prizes may be awarded to the top three competitors in each competition category based on overall league score.