**Rock Climbing terms & definitions 9/7/2023**

**Artificial Hold** means a manufactured climbing hold attached to the Climbing Surface by means of screws or bolts

**Attempt Period** means a period of time allowed for a competitor to make attempts on a route or boulder, which includes any period allowed for the competitor to prepare for their attempt(s) either in a Call Zone/Transit Zone or on the field of play, and any period of time allowed for their attempts

**Beta break :** In [sport climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#sport_climbing), a move on a climbing route other than the move originally intended by the route setter.

**Beta** is information about a climbing route, such as where the best or key holds are, or what sequence one must use them to successfully ascend. A belayer might offer beta to their climber by making suggestions for hand or foot placements, or a friend might offer beta about the approach to a crag, the best time to visit a climbing area, or what equipment best protects a given route.

**Blocker Hold**– a hold that is used to restrict access to another hold, can be touched

**Bolt** A point of [protection](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#protection) permanently installed in a hole drilled into the rock, to which a metal [bolt hanger](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#bolt_hanger) is attached, with a hole to attach a [carabiner](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#carabiner) or a [quickdraw](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#quickdraw); used in [sport climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#sport_climbing) and in [competition climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#competition_climbing).[[1]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-ClimbingDictionary-1)[[3]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-UKC-3)

**Back Clip** A hazardous mistake whereby the rope is clipped into a [quickdraw](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#quickdraw) such that the leader's end runs underneath the quickdraw as opposed to over the top of it. If the leader falls, the rope may fold directly over the gate, causing it to open and release the rope from the [carabiner](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#carabiner).[[1]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-ClimbingDictionary-1)[[9]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-Gripped-lead-mistakes-9)

**Call Zone** means any designated area to which competitors must report prior to commencing their attempt(s) any round of competition;

**Climbing Period** means the maximum period of time allowed for a competitor’s attempts on any route or boulder;

**Climbing Surface** means the usable surface of a climbing wall:

 a) including any permanent irregularity or textured feature on, or closed edge to the surface;

but b) excluding any Artificial Holds, volumes or other temporary Structures fixed onto the usable surface;

**Chimneying** is ascend a chimney by pushing on its opposite walls simultaneously. Chimney climbing is quite physical, requiring a climber to employ their hands, feet, back, knees, elbows and even their head as the negotiate varying chimney widths.

C**himney** is a natural gap between two opposing rock faces.

**Control** means, for the purposes of judging and scoring, that a competitor has made use of some object/structure to achieve or change a stable body position, and the terms  “Controls”,  “Controlled” and  “Controlling” should be interpreted in this context;

**Crimp** Also **crimper :** A hold which is only just big enough to be grasped with the tips of the fingers.

**Crack climb** is one which follows a single crack, or a system of cracks, to the top of the route. Crack climbing often requires various techniques of [jamming](https://www.youtube.com/watch?v=l4EzbCLfUkc) one’s fingers, hands or feet into the crack to make upward progress.

**CRUX** The most difficult portion of a climb; often the [grade](https://en.wikipedia.org/wiki/Grade_%28climbing%29) is defined by the difficulty of the crux

**Corner**

**Inside (open) Corner -** A **dihedral** is an inside corner, similar to the shape in the interior spine of an open book. A dihedral may be short, or it may continue for a long stretch - even the entire climb. A dihedral is the opposite of an *arête*.Any open-book formation. Also referred to as a “corner.” 

**ARETE** **Outside (closed) corner** - An acute edge formed by two intersecting planes of rock. Can be blunt and rounded or sharply defined. The corner of a brick building is a good example of an arete.s A vertical corner of rock pointing out, away from the main cliff mass. Also called an “outside corner.” The opposite of an arête is a *dihedral*. 

**Discipline** means a specific format for competition climbing which conforms to specific rules and standards;

**Dab -** A term in [bouldering](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#bouldering) for touching the ground, [crash pad](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#crash_pad), spotter, or hold from other [route](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#route)

**Deadpoint -** A controlled [dynamic motion](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#dynamic_motion) in which the hold is grabbed with one hand at the apex of upward motion of the body, while one or both feet and the other hand maintain contact with the rock

**Did Not Start or DNS** means:

 a) in respect of any specific boulder, route or race within any round or stage of a competition, that a competitor failed to attempt that boulder, route or race, recorded alternatively as Not Started;

 and b) in respect of any round or stage of a competition, that a competitor either:

 i) where that round of the competition is conducted under Isolation Conditions, failed to report to the Isolation Zone by, or was not present within the Isolation Zone at, the time set out on the Start List for that round; ii) failed to report to the Call Zone when called for that round or stage;

or (ii) was otherwise recorded with a Did Not Start IRM pursuant to the relevant provisions of Part 2 of these rules,

 and will be recorded as such on the relevant results. Competitors recorded as Did Not Start in any round or stage will not be eligible to compete any subsequent round or stage of the same competition;

**Disqualified or DSQ** means a disqualification from competition for breach of these rules;  6  Event Organiser means the body responsible for the organisation and preparation of any Calendar Event;

**Flagging -** A climbing technique where a leg is held in a position to maintain balance, rather than to support weight, often to prevent a [barn-door](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#barn-door).[[3]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-UKC-3) There are three types of flagging:[[11]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-ClimbingTechniques-11)[[10]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-REI-10)

**normal flag**

Flagging foot stays on the same side (e.g. flagging right foot to the right side of the body).[[11]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-ClimbingTechniques-11)[[10]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-REI-10)

**reverse inside-flag**

Flagging foot is crossed in front of the foot that is on a foothold.[[11]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-ClimbingTechniques-11)[[10]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-REI-10)

**reverse outside-flag**

Flagging foot is crossed behind the foot that is on a foothold

**Flash -** To ascend a route on the first attempt, but having obtained [beta](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#beta); with no beta, it is an [on-sight](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#on-sight)

F**ace climb** ascends a more-or-less vertical wall of rock, typically without major corners, cracks or large ledges. Face climbs are most similar to routes you might climb in a climbing gym, as they often feature familiar holds, such as pockets, ledges, ridges, and horns.

**Gaston -** A climbing grip using one hand with the thumb down and elbow out, like a reverse [side pull](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#side_pull). The grip maintains friction against a hold by pressing outward toward the elbow.

**Illegal Aid** means Controlling or Using any of the following:

 a) with the hands:

 i) any placements for  “T-Nuts” on the Climbing Surface or any Structure;

 b)  with any part of the body:

i) any part of the Climbing Surface or Structures/holds demarcated as out of bounds by the use of continuous black tape;

 ii) any advertising or informational placards fixed to the Climbing Surface;

iii) any open edges to the Climbing Surface;

 iv) any bolt hanger fixed to the Climbing Surface;

 or v) any Protection Point or the climbing rope

**Invalid Results Mark or IRM** means a non-scoring result, such as: Did Not Start, Disqualified or Disqualified for Behaviour. Competitors assigned an Invalid Results Mark applicable to:

 a)  any individual race, boulder or route within a stage/round (where the relevant stage/round comprises more than one race, boulder or route), will have no result on that race, boulder or route;

or b) any stage/round of completion, will be unranked within the applicable stage/round (and where relevant, the competition);

**Isolation**In [competition climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#competition_climbing), an area where competitiors are kept to prevent them getting [beta](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#beta) on the upcoming routes.[[](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-IFSCRules2023-47)

**Isolation Conditions** means that competitors within any given round of a competition are to make their attempts on any route/boulder in that round with knowledge of the relevant route/boulder limited to such information:

 a) as may be gathered by observation from outside the Competition Area prior to the closing of the Isolation Zone for the relevant Category

; b) obtained during any collective observation period for the relevant route/boulders, from the area designated for such collective observation, including such information as may be shared between competitors participating in that collective observation period (and only where such competitors have not yet made their attempts);

 or c) obtained during the competitor ’s attempt(s) on the relevant route/boulders;

**Isolation Zone** means a Warm-up Area for which access is controlled and limited to:

 a) competitors qualified for the relevant round of competition;

 b) accompanying Team Officials.

**Jamming** - Wedging a body part into a crack, including [finger jam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#finger_jam), [foot jam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#foot_jam), [hand jam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#hand_jam), and [chest jam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#chest_jam).[[3]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-UKC-3)

**Jib -** A very small foothold, large enough for the big toe, relying heavily on friction to support the weight.

**JUG -**  A large hold. Also referred to as a “bucket.

**Legitimate Position** means, for the purposes of Lead competitions, that a competitor in the course of their attempt on a route:

a) has not used any Illegal Aid;

b) has clipped each preceding Protection Point in sequence;

and c) where the next Protection Point has not yet been clipped, the competitor has not yet reached, or has not made any climbing movement to pass beyond any Safety Hold designated by the Chief Routesetter;

**Lock-off** - A climber holding a fixed position with one bent arm, usually while clipping or reaching for another hold with their other arm, or resting.

**Match –** 2 hands on a hold (can be 1 finger from 1 hand). Both hands touch the top hold or 1 hand on top of the other hand - both are ok.

***Mantel -*** Moving onto a shelf of rock by pressing down on it with the palms until the climber can stand on the "mantel" (e.g. the same action as leaving from the side of a pool)

**Official Results** means the results published by the IFSC at the conclusion of a competition (or any round of that competition) which must be marked as  “Official” and signed by the appropriate IFSC Official;

**On-sight -** To ascend a route on the first attempt, with no prior [beta](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#beta); with beta, it is a [flash](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#flash)

**Original Decision** In respect of any Valid Appeal concerning some non-compliance with these rules, or some decision in relation to a competition (the  “Original Decision”):

 A) if the Appeal concerns the Official Results, the IFSC Judge will:

1) mark the published results as ‘Protested’ or ‘Under Appeal’, noting which results are the subject of the Appeal;

2) have the Event Organiser broadcast an announcement to the public that the results are ‘Protested’ or ‘Under Appeal’.

B) the Appeal Jury shall determine the Appeal:

 1)  as soon as is practical with regard to the timetable of the competition;

 2) using all personnel and facilities at their disposal, provided that in determining the Appeal, the Appeal Jury shall not consider any video evidence other than:

 a) the Official Video Recordings;

and b) any official IFSC broadcast video recording.

 C) if: 1) the available evidence is inconclusive then the Appeal shall be “Undetermined”, the Original Decision will stand and no Appeal Fee will be invoiced.

 2) the available evidence is conclusive then the Appeal will be determined as either:

a) “Successful”, in which case no Appeal Fee will be invoiced and the Original Decision changed;

or b) “Unsuccessful”, in which case an Appeal Fee will be invoiced to the relevant Member Federation and the Original Decision will stand.

  D) the determination of the Appeal shall be made in writing and returned to the person who officially lodged the Appeal.

**Protection -** Protection Equipment for arresting [lead climber](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#lead_climber) falls, or to create [anchors](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#anchor) for [abseil](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#abseil)s or [belay](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#belay)s. Examples are [passive](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#passive_protection) ([bolt](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#bolt)s, [copperhead](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#copperhead)s, [hexcentric](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#hexcentric)s, [ice screw](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#ice_screw)s, [nut](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#nut)s, [quickdraw](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#quickdraw)s, and [skyhook](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#skyhook)s), and [active](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#active_protection) ([cam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cam)s, [friend](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#friend)s, [tricam](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#tricam)s

**Preparation Period** means a defined period of time during which a competitor may make final preparations ahead of starting their attempts on any route/boulder;

**PUMPED -** When a climber squeezes holds hard for a prolonged period of time, they get **pumped**. As a climber exhausts their grip strength while climbing, the body sends blood to the forearm muscles to supply more oxygen. This “blood flood” causes the forearms to feel tight, hard, stretched and weak, and often makes blood vessels appear more prominent.

**Provisional Results** (alternatively referred to as Unofficial Results) means any results published or circulated by the IFSC prior to the publication of the Official Results for any competition, or any route/round within that competition

**Protection Point** means an assembly comprising:

 a) A Quick-Link connector, connected to a bolt fixed to the load-bearing structure of the Climbing Surface;

 b) A Karabiner into which a competitor can clip the rope when climbing. The orientation of this karabiner shall minimise the possibility of cross loading;

and c) A single continuous machine-sewn sling of appropriate length (as determined by the Chief Routesetter) connecting (a) and (b).

**Rappelling** - A technique by which a climber descends via a [fixed rope](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#fixed_rope) that is firmly attached to a fixed [anchor](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#anchor) point, which is also known as an "abseil station"

**Roof** An [overhang](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#overhang) that is so steep, it becomes horizontal

**Red point** – free climbing a route by [leading](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#lead_climbing) it after having failed it or practiced it beforehand (e.g. by [hangdogging](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#hangdog), [headpoint](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#headpoint)ing, or [top roping](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#top_rope_climbing)). A route climbed on the first-ever attempt (and no practice), it is an [onsight](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#onsight) or a [flash](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#flash).

**Sloper -** A [hold](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#hold) where the surface slopes down toward the ground, with very little [positive](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#positive) surface or lip.  A hold that must be gripped with an open hand because of its sloping nature.

**Smearing** is a climbing footwork technique where you press as much of your sticky rubber sole as possible into the rock in an effort to gain friction, rather than stepping on an edge or hold.

**Safety Hold** The Jury President:  A) together with the IFSC Judge and the Chief Routesetter, shall inspect each route prior to the start of each round. The Chief Routesetter may rule that a Protection Point must for reasons of safety be clipped from a particular hold (a  “Safety Hold”) or earlier, in which case such hold(s) and the relevant Protection Point(s) shall be clearly marked with a blue cross and pointed out during the route observation.

**Slab -** A low-angle — significantly less than vertical — rock face that requires [slab climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#slab_climbing) techniques.[[3]](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#cite_note-UKC-3)

**Slab climbing -** A type of climbing on [slab](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#slab)s that usually emphasizes balance, footwork, and [smearing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#smearing). A **slab climb** is similar to a face climb, but on a significantly less-than-vertical wall. Difficult slab climbs often demand strong balance and offer few holds, requiring delicate movement and ample smearing to make upward progress. Slab climb are often favored by climber who aren’t physically strong, but have a good sense of balance.

**Structure** means any hollow or solid object providing either a single or multiple holds for either hands or feet and which is attached to the Climbing Surface for the duration of at least one round.

**Technical Incident** means any event or circumstance that results in a disadvantage or unfair advantage to a competitor and which is not the result of that competitor’s action(s).

**Top Hold** a “Top”, which shall be either:

 a) a marked finishing hold (the “Top Hold”);

 or  b) a standing position on top of the boulder

**Top-out -** To complete a [route](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#route) by ascending over the top of the climb to safety

**Topo** means a symbolic map of a route, marking the scoring value for each handhold on a route;

**Traversing** is climbing roughly horizontally across terrain. The term covers at all difficulties; climbers may traverse low angle, blocky terrain (such as when scrambling), across the top of a mountain ridge, or along a ledge system of a vertical rock climb.

**Use** means, for the purposes of judging and scoring, that a competitor has made use of an object/structure to make both

(i) a progressive movement of their centre of mass or hips;

and (ii) a movement of either or both hands toward:

a)  the next sequential handhold along the line of progression;

 or  b)  any other handhold further along the line of progression which has been successfully Controlled by another competitor from the same handhold;

 or and the terms  “Used”,  “Uses” and  “Using” will be interpreted in this context.

**Volume** is a type of hold. With a label, it can be a Starting or top  Hold, otherwise, it cannot be used for start /top. A large, hollow, bolted-on [hold](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#hold), for indoor [climbing wall](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#climbing_wall)s; it may itself contain individual holds

**Weighting -** Any time a rope sustains the weight of the climber, e.g. "weighting the rope". This can happen during a minor fall, a [whipper](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#whipper) (long fall), or simply by resting while hanging on the [belay](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#belay) rope. Also referred to in top rope / lead as weighting (the hold was used/ took the climbers weight) the wrong colour hold.

**Whipper -** A large fall by a [lead climber](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#lead_climber) as they were well beyond the last piece of [protection](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#protection).

**Z-Clip** means a situation where the climbing rope is connected through two Protection Points in reverse sequence;

While [lead climbing](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#lead_climbing), [clipping into](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#clipping_in) [protection](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#protection) with a segment of rope from *beneath* the previous piece of protection, resulting in [rope drag](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#rope_drag).

A clipping mistake where a climber pulls a length of rope up from below their last-placed placed piece of protection and then clips their next piece of gear.

**Zone hold** – Bouldering term - a hold roughly halfway up that counts towards scoring; formerly (up to 2017) "bonus hold". **T**he hold for scoring purposes, that has first chance to score points attached