



## REGULATIONS

Riga

6 July 2021

Nr. LAS-1-nts

### Regulations of mountaineering technique competitions

#### 1. General regulations

- 1.1. The regulations of mountaineering technique competitions (hereinafter - the Regulations) determine the procedure for organizing competitions in mountaineering technique in Latvia.
- 1.2. The competition rating system is determined by the organizers in the competition regulations.
- 1.3. All routes of the competition (except closed routes) are shown to representatives of the teams before the start. The time for the route introduction is set in the competition regulations. At the introduction of the routes the head of the route, the secretariat of the competition and representatives of the teams (the number of whom shall be determined by the head of the route) are present. After or during the show the representatives of the teams can ask questions that will be written down. The recorded questions with the answers of the head of the route form an appendix to the description of the route, and the organizer shall make it available to participants before the start of the first team.
- 1.4. The requirements of the routes are determined by the head of the route. The head of the route is responsible for the safety of the route and its proper preparation.
- 1.5. All disputes that rise during the competition will be resolved by the chief referee who will discuss the issue with the head of the route, a representative or the captain of the team and the person involved. If negotiations fail to resolve the dispute, the team representative or captain may file a written protest.

- 1.6. The written protest must be submitted to the competition secretariat no later than one hour after the publication of the results of the route or the competition. The protest shall be examined by a panel of referees with the participation of the team representatives.
- 1.7. The decision to disqualify or remove a team from the route is made by the head of the route and the chief referee.
- 1.8. After the decision of disqualification or removal is made, the participants stop their movement through the route and depart from it according to the referee's instructions.
- 1.9. The decision on the *disqualification* of the team (prohibition to continue participating in the competition for violating the competition rules or sports ethics by nullifying the result) is made in the following cases:
  - 1.9.1. the activities of the participant endanger safety of themselves and others;
  - 1.9.2. the participant has used doping;
  - 1.9.3. the participant is on the route while under the influence of alcohol or other intoxicating substances.
- 1.10. The decision on *removal* (removal of a team or a participant from the route and no result marked for the route while allowing to continue participating in the competition) is made in the following cases:
  - 1.10.1. the participant is being neither belayed nor self-belayed and is unable to secure it immediately;
  - 1.10.2. unsportsmanlike conduct;
  - 1.10.3. the participant is technically unprepared;
  - 1.10.4. exceeding the time limit, unless otherwise specified in the requirements of the route;
  - 1.10.5. non-compliance with the route requirements;
  - 1.10.6. loss of control weight or transporting the control weight with the injured;
  - 1.10.7. the participant removes or loses the helmet while on the route;
  - 1.10.8. the participant crosses the boundaries of the route, i.e. the participant cannot return to the route without violating the regulations.
- 1.11. The head of the route may set requirements or restrictions on the participants' clothing and footwear.
- 1.12. Team members, coaches and other participants are prohibited from:
  - 1.12.1. to cross route demarcation;
  - 1.12.2. interfere with the work of referees;
  - 1.12.3. disrupt and help the team on the route.

## **2. Belaying and belay technique**

- 2.1. While on the route all participants must be belayed or self-belayed, participants who do not need belaying will be noted in the route requirements.
- 2.2. Belaying must be present from the start of the route, including spotting till first point of protection.
- 2.3. Belaying and self-belaying shall be done only at belay stations provided by the referees or set up independently by the team in accordance with the route requirements. Belaying only through the protection points is prohibited. The belay station is a point where it is allowed to self-belay, belay team members and install technical elements for the route.
- 2.4. Belaying shall be done through a carabine hooked into the belay station, unless otherwise specified in the route requirements.
- 2.5. If a belaying device is not used, belaying shall be done with both hands and in gloves.
- 2.6. There can be an unlimited number of participants on fixed double ropes set by the referees, and only one participant on fixed single rope set by the referees.
- 2.7. The belay ropes must be attached to the harness at the place specified by the manufacturer. If a participant is leading the route, the belay rope is tied into harness with figure-eight knot or bowline knot.
- 2.8. When using a harness and a chest harness, they need to be connected with a single rope (with the exception of industrial harnesses where the manufacturer provides a carabiner connecting the top and bottom).
- 2.9. The route requirements specify the sections at which and for which participants referee-belay is necessary. Referee-belay rope is connected by a separate carabiner. Referee-belay may be removed or attached only with the permission of the referees. The participant shall ensure that the referee-belay is in correct position.
- 2.10. Only one participant may be on the route between two belay stations or on fixed ropes, except in cases where the injured must be transported with an escort, unless otherwise specified in the route requirements.
- 2.11. If the team or participants violate points 2.1. - 2.10 of these Regulations, the route may be continued after the violation has been remedied. If the team

refuses or is unable to correct the violation indicated by the referees, it will be removed from the route.

### **3. Equipment**

3.1. The equipment is checked by a referee before a team begins a route. The head of the route may not allow the team to start a route if the equipment is found to be of inadequate quality or damaged. The team can replace not accepted equipment to equipment that accords with safety requirements.

3.2. Requirements for team equipment:

3.2.1. only equipment intended by the manufacturer for mountaineering, rock climbing or rescue work, manufactured and certified in accordance with the relevant CE standard may be used in the competitions.

3.2.2. it is forbidden to use equipment with visible damage.

3.2.3. the use of equipment is allowed only in accordance with the manufacturer's instructions.

3.2.4. all belay elements must be made of single rope or be specially manufactured for belaying.

3.2.5. If double/half ropes or twin ropes with markings  $\frac{1}{2}$  and  $\text{Ⓢ}$  are used on the route, they must be used in pairs as specified by the manufacturer.

3.2.6. while on the route the helmet must be attached to the participants head in accordance with the manufacturer's instructions at all times.

3.2.7. all carabiners must have a locking sleeve, except for quickdraw carabiners (including ladders etc.) or when transporting equipment.

3.2.8. the maximum length of self-belay, quickdraws and ladders cannot exceed 1.5 m.

3.2.9. the use of self-dismantling systems and self-untying knots is prohibited, unless otherwise specified in the route requirements. It is forbidden to cut and damage equipment of the team and referees.

3.3. When using equipment that does not comply with the safety requirements or if the participant has committed a violation in conjunction with the belay equipment, a warning is issued - to correct the violation. By refusing or failing to correct the violation, as well as if the corrections do not meet the safety requirements, the team is removed in accordance with point 1.10.5 of the Regulations.

3.4. It is forbidden to throw unattached equipment.

### **4. Technical elements of the route and requirements for performing them**

4.1. The team completes the route in sections equipped with belay stations, or where the team independently installs stations, according to the route

requirements.

- 4.2. On the route team members must install technical elements only at belay stations specified in the route requirements.
- 4.3. Participants can move between the belay stations according to the route requirements, using the following technical elements:
  - 4.3.1. **Climbing** - movement of a participant along the terrain with belay (while leading or top rope), according to route requirements.
  - 4.3.2. **Descending (rappelling)** - descending by a fixed rope using a descending knot or descending device. During the descent, the guiding hand must be on the rope under the descending knot or device.
  - 4.3.3. **Climbing vertical fixed ropes** - Climbing up a vertical rope using an appropriate device or prusik knot.
  - 4.3.4. **Movement on horizontal fixed ropes** - horizontal movement along the terrain, where both the fixed rope and the terrain are used as support points according to the route requirements. Self-belay must be on the fixed rope. Team belay must be organized through one of the belay stations.
  - 4.3.5. **Artificial Support Points (ASP)** - movement of a participant along a rocky terrain with belay (while leading or top rope) using only ASP. It is forbidden to climb using the terrain.
  - 4.3.6. **Dry tooling** - movement of a participant along the terrain with belay (while leading or top rope) with special tools as support points for hands.
  - 4.3.7. **Tyrolean traverse (horizontal or inclining)** - movement of a participant along a fixed rope that is secured at least at two belay stations. Participant's harness is connected to the rope by at least one sliding carabiner and self-belay. The entire terrain in the specific zone of the route is used as support points. When moving on a horizontal rope, the team belay must be organized through one of the belay stations, unless otherwise specified in the route requirements. When moving on an inclining rope, the team belay must be organized through the upper belay station, unless otherwise specified in the route requirements. On an inclining rope the movement down must be with feet first. The Tyrolean traverse must be made of double rope or of 2 ropes. Each of the ropes must perform its function if the other rope ruptures or is damaged. After tensioning, the ropes must be secured with a knot as close as possible to the tensioning system.
  - 4.3.8. **Pendulum** - the movement of a participant between two belay stations, using a team or referees' fixed rope attached to a station above. The movement must be without contact with the terrain and within the restrictions at the belay stations. The participant needs to be belayed through the upper belay station and have an accompanying (tow) rope.

- 4.3.9. **Speleo technique** - the movement of a participant between two belay stations by sequentially descending and climbing the same rope that has been fixed by the referees or the team.
- 4.3.10. **Crossing a river** - the movement of a participant from one riverbank to another. A participant crossing the river needs a belay rope upstream and an accompanying (tow) rope downstream.
- 4.3.11. **Transferring of control weight** - a control weight may be assigned to the team to be moved between points specified in the route requirements.
  - 4.3.11.1. weight of the control weight, type of transfer and distribution among the team members shall be indicated in the route requirements.
  - 4.3.11.2. control weight is issued to the team before the start of the specific route or stage.
  - 4.3.11.3. the control weight reaches a point on the route when the participant transferring it reaches the particular point, or when a participant who is on self-belay at a belay station touches the control weight.
  - 4.3.11.4. a team member who is injured at the particular stage of the route is prohibited from transporting the control weight.
- 4.3.12. **Rescue** - on a route there may be one or more injured persons who then are assisted by the team or are transported to the finish line or to the belay station where the wounded "recovers".
  - 4.3.12.1. the number of the injured and their location on the route is precisely determined in the route requirements.
  - 4.3.12.2. the injured will be provided with referee belay.
  - 4.3.12.3. the ropes for transportation of the injured (lifting or lowering) must be secured in the event if the participant transporting the injured loses the control of the rope.
  - 4.3.12.4. within the limitations of the specified injury, it is forbidden for the injured person to help the team members.
  - 4.3.12.5. depending on the specified injury, the injured person may be:
    - 4.3.12.5.1. *slightly injured* - can move independently within the limitations of the specified injury;
    - 4.3.12.5.2. *severely injured* - cannot move independently, a team member is required to accompany the injured (except on the Tyrolean traverse), both must be connected by self-belay. It is forbidden for the injured participant to touch the terrain between the belay stations.
  - 4.3.12.6. Transportation of a slightly injured person needs to be organized with a transportation rope and team belay unless otherwise specified in the route requirements. The team member doing the belaying is prohibited to work with the transportation ropes unless a rope blocking system is used.
  - 4.3.12.7. If a slightly injured person is moving on the route independently, a rope blocking system must be used.

- 4.3.12.8. When transporting a severely injured person either double transportation ropes must be used with a belay for the wounded or a single transportation rope must be used with belay for both the wounded and the accompanying person, unless otherwise specified in the route requirements. The team member doing the belaying is prohibited to work with the transportation ropes unless a rope blocking system is used.
- 4.3.12.9. If a severely injured person is being transported by Tyrolean traverse, he must be secured to the Tyrolean traverse by at least two carabiners with a locking sleeve on the harness and on the chest harness, ensuring a horizontal position throughout crossing.
- 4.3.12.10. Rope locking system - a device or system that ensures the fixation of the rope, if the participant loses control over it. Requirements or restrictions are set by the route requirements.
- 4.4. A participant's movement on the route starts as soon as self-belay is removed or the borders set by route requirements where team is allowed to be without self-belay are crossed.
- 4.5. A visit to the belay station is counted when the participant touches the referee's fixed ropes or carabiners at the particular station with the palm of their hand.
- 4.6. A missed belay station is fixed as penalty, if the participant has moved on to the next section of the route but the belay rope is not in the carabiner of the particular belay station.

## **5. Penalties**

Upon receiving a safety reprimand, the participant is allowed to continue the route only after the violation has been remedied.

- 5.1. *Fall of the leading participant while loading the referee belay rope* - removal from the route, unless otherwise specified in the requirements of the route. The penalty is imposed, if the participant loads the referee's rope. It doesn't matter if the breakdown was dynamic, moving up, static or loading the referee's handrail in the traverse.
- 5.2. *Complete loss of belay* - removal from the route. The penalty is imposed, if the participant has neither team belay nor self-belay and is unable to renewing it immediately.
- 5.3. *Crossing the route limits completely* - removal from the route.

The penalty is imposed, if the participant has fully crossed the limits of the route and is unable to return to the route without violating the requirements of the route.

5.4. *Loss of control weight* - removal from the route.

The penalty is imposed, if the control weight is dropped or lost by the team and cannot be recovered without violating the regulations and requirements of the route. Damage to the packaging of the control weight or loss of part of the control weight is also considered as penalty.

5.5. *The team is technically unprepared* - removal from the route.

The penalty shall be imposed, if the method required to perform a technical element is not accomplished. If the technique does not perform its function, the team is given the opportunity to fix it. If the team is unable to correct the error or refuses to do so, the team is removed from the route.

5.6. *Exceeding the time limit* - removal from the route.

The penalty is imposed, if the route is not completed within the time limit specified in the requirements of the route.

5.7. *Unaccomplished technical element* - removal from the route.

The penalty is imposed, if the participant does not carry out correctly the technical element specified in the requirements of the route.

5.8. *Failure to submit tactics* - ban to compete - removal from the route.

The penalty is imposed, if the team has not submitted its route tactics before the start of the first team.

5.9. *Penalty for the change of tactics* - 20 penalty points.

The penalty is imposed, if the team does not complete the route according to the submitted tactics.

5.10. *Interruption of belaying* - 10 penalty points.

The penalty is imposed, if a participant has lost team belay or self-belay and is able to renew it immediately:

- 5.10.1. the belayer has released the belay rope from both hands and the participant on the route does not have self-belay. No penalty shall be imposed, if the participant has secured the belay rope with a knot at the belay station;
- 5.10.2. A participant on the route disconnects the belay rope from their harness and is not on self-belay;
- 5.10.3. A participant on the route disconnects their self-belay and does not have team belay.



- 5.11. *Use of terrain outside the limits of the route* - 10 penalty points.  
The penalty is imposed, if the participant uses the terrain as a support point outside the restrictions of the specific route. A penalty is imposed for each contact with the terrain outside the restrictions.
- 5.12. *Use of referees' belay as a support point for movement* - 10 penalty points.  
The penalty is imposed each time the referees' rope is used for support or balance.
- 5.13. *Loss of a rope* - 10 penalty points.  
The penalty is imposed for losing a rope used for belaying or for the installation and performance of technical elements if:
- 5.13.1. the rope has remained on the route after the team finishes;
  - 5.13.2. the rope is thrown without securing it;
- 5.14. *Incorrect or inappropriate use of equipment* - 10 penalty points.  
The penalty is imposed, if the equipment is used not in accordance with the manufacturer's instructions or recommendations and poses a safety risk.
- 5.15. *Damaging referee's equipment* - 10 penalty points.
- 5.16. *Incorrect belaying* - 5 penalty points.  
Incorrect belaying does not ensure the safety of a participant in the event of a fall or may create a dangerous situation for the belayer or the participant on the route.  
A penalty is imposed for each dangerous episode / activity at any given stage of the route if:
- 5.16.1. Belaying is done with only one hand while the belayer is using other hand for activities not related to belaying. Penalty shall not be imposed, if the belay rope is secured with a knot or a blocking system;
  - 5.16.2. the participant is on the route, but the other end of the belay rope is not secured to another team member or at the belay station;
  - 5.16.3. the belayer touches the carabiner of the belay station with their hands;
  - 5.16.4. the angle of the rope in the carabiner at the belay station is greater than 90 degrees;
  - 5.16.5. belay is done without a belay device or through a carabiner at a belay station without gloves;
  - 5.16.6. the belayer is not on self-belay, unless otherwise specified in the route requirements;
  - 5.16.7. the top belay rope is below the knees of the participant on the route;
  - 5.16.8. a possible pendulum may occur in the event of a fall, and after the referees' warning, the participant does not take measures to reduce the pendulum;

- 5.16.9. belay station - the belay rope is not in a carabiner at the belay station where the belayer is located, unless otherwise specified in the route requirements. Belay station is recorded as skipped, if the participant has started a stage of the route but the belay rope is not in a carabiner at the belay station of the respective stage;
- 5.16.10. during two consecutive route stages, the belay rope is not in the carabiner of the belay station;
- 5.16.11. during the belaying, the belay rope rubs against any rope, self-belay or referee belay;
- 5.16.12. incorrectly tied knot on the belay rope;
- 5.16.13. incorrect position of the belayer in relation to the participant on the route;
- 5.16.14. belay rope incorrectly clipped in a quickdraw.

5.17. *Skipped protection point* - 5 penalty points.

The penalty is imposed, if:

- 5.17.1. belay rope is not clipped in a protection point or has unclipped from it;
- 5.17.2. the participant's knees are higher than the protection point with belay rope not clipped in it;
- 5.17.3. while participant is leading a protection point is pulled out and it is not possible to restore it without violating the regulations;
- 5.17.4. the distance between protection points is exceeded, if such conditions are stipulated in the requirements of the route.

5.18. *Overloading* - 5 penalty points.

The penalty is imposed, if more than one participant is located between two belay stations or is located on or attached to a fixed rope between stations, except when escorting an injured person.

5.19. *Incorrect execution of a technical element* - 5 penalty points.

The penalty is imposed, if:

- 5.19.1. the transportation ropes are not loaded or evenly loaded when lowering or lifting an injured person;
- 5.19.2. there is no rope blocking system on transportation ropes;
- 5.19.3. the injured is under the accompanying person during transportation;
- 5.19.4. during transportation of injured the transportation system is attached only to the chest harness of injured or accompanying person;
- 5.19.5. ropes of Tyrolean traverse are not evenly tensioned;
- 5.19.6. after rope blocking system or tensioning system there is no knot on the ropes;
- 5.19.7. participant has not visited a belay station, unless otherwise specified in the requirements of the route;
- 5.19.8. there is no pendulum tow rope or it is not secured at the belay station and to the participant carrying out the jump.

5.20. *Incorrect descending (rappelling)* - 3 penalty points.

The penalty is imposed, if:

- 5.20.1. while descending the participant loses balance and as a result touches the terrain uncontrollably;
- 5.20.2. while descending the guiding arm under the descending device is released. No penalty shall be imposed, if the participant has secured the descending rope or is using rope locking system;
- 5.20.3. figure-eight knot is not tied at the end of descending rope, unless otherwise specified in the requirements of the route;
- 5.20.4. the lower end of the descending rope is not secured at a belay station or to a participant, except for the leading participant.

5.21. *Improper actions by the team when lowering or lifting injured person* - 3 penalty points.

The penalty is imposed, if:

- 5.21.1. lowering or lifting is performed with jerks;
- 5.21.2. the accompanying person loses balance which results in the injured touching the terrain.

5.22. *Injured person helps the team members* - 3 penalty points.

The penalty is imposed for each action the injured takes to help the team execute the requirements of the route without following the specified limits of the injury.

5.23. *Loss of equipment* - 1 penalty point.

The penalty is imposed for each piece of equipment (the manufacturer's intended use of the inventory is recognized as 1 item (e.g., a quickdraw)), except for ropes, which:

- 5.23.1. has been left on the route after the team finishes;
- 5.23.2. is thrown without securing it.

5.24. *Open carabiner* - 1 penalty point.

The penalty is imposed, if the carabiners used for belaying, self-belaying, transportation ropes or for installation of a technical element can be opened by pressing on the locking sleeve. It does not matter if the carabiner was not closed by a participant or opened during movement on the route.

5.25. *Change of the time limit indicated in the tactics* - the penalty is imposed according to the requirements of the route.

5.26. If a violation is not stipulated in the competition regulations or requirements of the route, the referees must follow the general safety regulations. In the event of significant breaches of safety technique, an appropriate penalty shall be imposed for the violation.

## **6. Tactics**

- 6.1. The purpose of submitting the tactics before start of the routes is to give the teams equal conditions regardless of the starting position.
- 6.2. Depending on the route requirements, a submission of tactics may be required.
- 6.3. The team fills in two tactical application forms before the start of the first team. One copy, signed by the team captain, shall be submitted in accordance with the route requirements, other copy shall remain with the team. In case tactics are not submitted, the team will not be allowed to compete or will receive a penalty according to the route requirements.
- 6.4. Inaccuracies and points skipped in the tactic's application form are penalized as tactical violations.
- 6.5. It may be required to indicate the time the team intends to finish the route in the tactic's application form.
- 6.6. Penalty points for changing the tactics are decided by the head of the route.

## **7. Concluding remarks**

- 7.1. All additions to the Regulations that do not contradict the Regulations must be published by a competition organizer no later than seven days before the competition on the Latvian Alpinist Association website with the competition calendar - <http://www.climbing.lv/sacensibu-kalendars-1/>
- 7.2. The Latvian Alpinist Association Regulations of mountaineering technique competitions of 26 April 2019 are hereby declared void.

President of the Latvian Alpinist Association

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