



2019/20 ATHLETES' HANDBOOK

**FOR UIAA INTERNATIONAL ICE CLIMBING
COMPETITIONS**

ABBREVIATIONS

FOP – Field of Play

ICC – Ice Climbing Commission

IOC – International Olympic Committee

UIAA – International Climbing and Mountaineering Federation

1. WELCOME ICE CLIMBERS

1.1 WELCOME BY THE UIAA PRESIDENT – Frits Vrijlandt, ICE CLIMBING COMMISSION PRESIDENT - Carlos Teixeira

“Welcome athletes from around the world to the 2019/20 UIAA Ice Climbing season – it promises to be an exciting season with four World Cups, two Continental Championships, two World Youth Championships, and six Continental Cups including two in Asia! Promoting and developing competition ice climbing is one of the core missions of the UIAA, and we are now working closer than ever with all the stakeholders of our sport to achieve that goal.” – Carlos Teixeira

“This season we will continue along the strong development pathway the World Cup Tour is on and continue to push our sport, for you the most important part of the competition – the athletes! We thank our partner, Outdoor Research, for their support and also all the event organisers and volunteers for their dedication to producing incredibly exciting events. We will continue to improve our events and move forward towards achieving our full potential and realising the dream of joining the Olympic family in the near future!” – Frits Vrijlandt



Frits Vrijlandt



Carlos Teixeira

1.2 WELCOME BY UIAA ICC ATHLETE DELEGATES – Nikolay Primerov & Kendra Stritch

“Hi Guys! Welcome to another year of UIAA Ice Climbing Competitions! The UIAA ICC continues to implement changes and improvements based on feedback from athletes, organizers, and officials. At this time we are still shaping the future direction and sustainability of our sport, and together we aim to:

- *Improve the quality of the UIAA Ice Climbing Competitions*
- *Develop our sport to become part of the Olympic Games*

To achieve these goals we would like to ask all athletes to actively help grow ice climbing's reach globally. Share your experiences in training, traveling and competing at the UIAA competitions with the rest of the world using your wide reaching social media channels. Share your knowledge and experience with your countries young climbers via masterclasses, training courses, and other social events. It is very important and much appreciated to have your input, so please do not hesitate to contact us – your athlete representatives - at any point in the season with your feedback and ideas. We will all continue to grow this unique sport through the development of our teams and communities. We wish you the best of luck this season!” – Kendra & Nikolay



Nikolay Primerov competing in Rabenstein, ITA. Photo credit: Patrick Schwienbacher



Kendra Stritch at the technical course in Champagny, FRA. Photo credit: Liam Lonsdale

1.3 WELCOME FROM UIAA SPORT EVENTS COORDINATOR – Rob Adie, DIRECTOR OF OPERATIONS – Nils Glatthard & COMMUNICATIONS MANAGER – Peter Bourne

“The 2019/20 season is shaping up to be a classic with a great mix of venues and events, it’s exciting to see our continental cup series expanding into Asia with some exciting new venues in Iran & Mongolia as well as a new European Cup venue in the Czech Republic! We hope to see World Cups in these venues in the future. Our continued focus on the athletes of our sport and a renewed relationship with the IOC will help us continue to develop the sport on its pathway towards the Olympic Games! We all look forward to working with you again during this coming season and our door/inbox is always open for your comments, suggestions and feedback - so let’s strap on our crampons, grab our tools and climb on for the ride!” – Rob Adie, Nils Glatthard & Peter Bourne



UIAA Operations Director - Nils Glatthard, Communications Manager - Peter Bourne & Events Coordinator - Rob Adie

2. THE 2019/20 ICE CLIMBING SEASON AT A GLANCE

2.1 2019/20 UIAA ICE CLIMBING WORLD TOUR

UIAA Ice Climbing World Cup & World Youth Combined Championships (Lead & Speed)
Moscow, Russia
20-21 December 2019

UIAA Ice Climbing World Cup (Lead & Speed)
Changchun City, China
3-5 January 2020

UIAA Ice Climbing World Cup & Asian Championships (Lead & Speed)
Cheongsong, South Korea
10-12 January 2020

UIAA Ice Climbing World Cup Finals & European Championships (Lead & Speed)
Saas Fee, Switzerland
23-25 January 2020

2.2 2019/20 UIAA ICE CLIMBING WORLD YOUTH CHAMPIONSHIPS

UIAA Ice Climbing World Youth Ice Climbing Combined Championships (Lead & Speed)
Moscow, Russia
21-22 December 2019

UIAA World Youth Ice Climbing Championships (Lead & Speed – individual disciplines)
Kirov, Russia
6 - 8 March 2020

2.3 2019/20 ICE CLIMBING EUROPEAN CUP SERIES

European Cup (Lead)
Bern, Switzerland
23 November 2019

European Cup (Lead)
Brno, Czech Republic
30 November 2019

European Cup (Lead)
Žilina, Slovakia
7 December 2019

European Cup Finals (Lead)
Oulu, Finland
29 February 2020

2.4 2019/20 ICE CLIMBING ASIAN CUP SERIES

Asian Cup (Lead & Speed)
Tehran, Iran
8-9 February 2020

Asian Cup (Lead)
Ulaan Bataar, Mongolia
15 February 2020

3. HOW TO FOLLOW & PROMOTE ICE CLIMBING

The UIAA's commitment to ice climbing is total and designed to ensure coverage of the sport is year round. Communication naturally intensifies during the season itself, with the conversation continuing throughout the year – for athletes, coaches, federations, media, partners and fans alike. This section provides details on how to follow the 2019/20 UIAA Ice Climbing season.

3.1 UIAA COMMUNICATION TO ATHLETES

The most important information is communicated to athletes and federation by email in two ways.

1. Important email updates from the UIAA Ice Climbing team, iceclimbing@theuiaa.org
2. Specific news releases sent by the UIAA to a dedicated ice climbing mailing list.

Important updates will also be communicated on the UIAA Athletes Facebook group – so please join up to this - <https://www.facebook.com/groups/837078173169225/>

All athletes registered for the 2019 UIAA Ice Climbing season have been added to the ice climbing mailing list using the email provided when applying for last season's competition licence. Any athletes not receiving news releases or emails are invited to contact iceclimbing@theuiaa.org and they will be immediately added to the lists.

Important news articles and documents can be found on the dedicated UIAA ice climbing website page - <http://theuiaa.org/ice-climbing/> and on the UIAA's social media channels.

3.2 UIAA COMMUNICATION TO MEDIA

Throughout the season, the UIAA distributes press releases to its international media lists and its member federations. This includes the major season preview and individual event reports.

Media wishing to be added to the distribution list, or athletes wanting to add sponsor addresses or media from their own country, are invited to contact news@theuiaa.org

The dedicated media page on the UIAA website is: <http://theuiaa.org/media-centre/>

3.3 LIVESTREAMING AND VIDEO COVERAGE

For the 2019/20 season, the UIAA will be working with QTV as a distribution and production partner to ensure the sport is again covered in an innovative, comprehensive and professional manner with great live and non-live content. We also have media partners in the Extreme Channel, Olympic Channel and EpicTV, as well as a new Television distribution partner Boulder Creek who will help us gain some much needed coverage on terrestrial television.

Livestreaming will be available from the semi-finals and finals of competitions at all events and available immediately as a play-back. Furthermore, highlights of key competition moments such as medal climbs, decisive duels and spectacular moments will be cut as clips and shared on the UIAA social media channels. Additionally, collated highlight packages and short features were also available and both formed part of the livestream itself. Livestream presentation and commentary comes from Tarquin Cooper. The livestream will be fed into the UIAA Facebook, Twitter and YouTube channels and also embedded on the UIAA website. The feed from some events was also shared on partner channels such as the Extreme Channel, IOC's Olympic Channel and EpicTV. Media organisations, member federations or climbing channels wishing to share the livestream from UIAA ice climbing competitions are invited to contact iceclimbing@theuiaa.org

The 2019 season was a huge success, reaching over 7 million people comprising almost 4 million unique video views of the livestreams.

If you don't make semi-finals in any given event and would like to be involved in the livestream as a co-commentator commentating on the finals please contact the UIAA in advance or speak to the UIAA Event Coordinator – Rob Adie at the event itself – rob.adie@theuiaa.org

3.4 SOCIAL MEDIA

To help amplify coverage of the sport of ice climbing, the UIAA encourages athletes to share content from the events, either material produced by the UIAA or athlete-generated 'behind the scenes' content. Introducing the sport to new athletes, fans, media and sponsors is a shared goal for everyone involved. Please make sure you encourage all of your friends, family and fans to follow the following social media channels to ensure maximum exposure!

For the upcoming season, the UIAA will be active on the following channels:

[Facebook](#) – livestream, news articles, photo galleries, results, video highlights and clips

[Instagram](#) – @uiaamountains - photo stories, video clips

[YouTube](#) – youtube.com/c/uiaamountainschannel - livestream

[Twitter](#) – news updates, results, livestream, video clips

[Flickr](#) – hi-res images available to download from all events

The dedicated hashtags are: #uiaaiceclimbing #theuiaa

3.5 LIVE RESULTS

Live results will be available on a dedicated page of the UIAA website:

<http://results.theuiaa.org/>

The UIAA is working on a new results system with live digital updates and mobile friendly service for the upcoming season which will be updated instantly after each competitor –

further details of this will follow.

3.6 INTERVIEW REQUESTS

You the athletes are the heart of ice climbing. Your commitment, dedication, passion, skill and the camaraderie of the ice climbing community is what makes the sport so compelling especially as we move forwards with our bid for Olympic inclusion. The UIAA wishes to share your unique stories and backgrounds and both during the season and the off season greatly appreciates your support in producing content about ice climbing and you the ice climbers.

3.7 THE 'ICE BOX'

At all the 2020 World Ice climbing event finals we will again have an 'Ice Box' – which is where the current leader will sit after he/she has competed in the finals. So if you are out first in the final you will automatically be the leader, so you will go and sit on the seat in the designated area, and if the next competitor surpasses your high point you will need to vacate the seat and they will take your place, if not you stay there.

Sometimes there will be space for the other finalists to hang out with the current leader and discuss the final climbs etc. but this will depend on the venue and the space available. Obviously our event venues are outside and you maybe sat there for almost an hour so make sure you have some warm clothing with you – if you have left your gear in isolation or somewhere else please let one of the officials know and they will get your gear for you – please don't leave the 'Ice Box' until the final is over.

3.8 CURRENT WORLD CUP LEADER & WORLD CHAMPIONS

Again at all the 2019/20 World events we will have special bibs available for the current World Cup Leaders and the current World Champions to wear. The current World Cup Leader bib will be a different colour to the usual bibs and will pass from one competitor to the next if the lead changes during the season. The World Champion bibs can be worn by their holders for the entirety of their reign as World Champion. These will be distributed at each event and collected again at the end.

3.9 MEDAL CEREMONY, PODIUMS & PRIZE MONEY

In order for us to conform to the IOC medal ceremony protocol and make the medal ceremonies more succinct and flow better only the top 3 athletes will be invited to podium in each discipline. Finalists down to 6th place will receive prize money which can be collected from the organisers after the medal ceremony has finished. The UIAA event coordinator will give you a short briefing at each event as to the procedure to follow for the ceremony, so please ensure you follow this procedure and stay in the area of the podium before the ceremony takes place.

Podium athletes must wear their competition bibs or their national federation uniform/jacket on the podium (ideally competition bib) – casual clothing should not be worn on the podium. Athletes should be available for pictures in their competition bibs after the ceremony.

For 2020 the prize money has been increased for the speed categories, so that it is equal to that of the lead categories. The prize money for 2020 will now only go down as far as 6th place in all categories. Also the UIAA plans to introduce an annual increase in prize money from 2021 onwards which will be set at 10%.

4. REGISTRATION

4.1 APPLY FOR AN INTERNATIONAL ICE CLIMBING COMPETITION LICENCE

In order to apply for an International Ice Climbing Competition Licence, each athlete must contact the UIAA Member Federation he/she is affiliated to. It is the ice climbing focal point within the given UIAA Member Federation who files the official application for an international competition licence. A licence costs EUR 50 per season and athlete and must be paid either through the UIAA Member Federation or directly by the athlete to the UIAA, prior to the first competition.

Each athlete must show his/her valid International Ice Climbing Competition Licence during on-site registrations of a UIAA competition. A licence is only valid if signed and stamped by the affiliated UIAA Member Federation, signed by the competitor and his/her legal guardian in case of under age (not 18 years old).

Each UIAA Member Federation is given a login to the website and here it can file applications for all its athletes for the upcoming season: <http://results.theuiaa.org/admin>

The application period starts on 1 November and ends one week before the last competition of the respective season. Late registrations may be accepted, depending on the local organizer and may result in higher registration fees.

4.2 REGISTER FOR EVENTS

Registration to UIAA competitions also goes through the UIAA Member Federations, reason being quotas. Thus, each athlete wishing to compete in the UIAA Ice Climbing World Tour must contact the UIAA Member Federation he/she is affiliated to and indicate which competitions and categories he/she wishes to compete in. The website for UIAA Member Federations to proceed with the registration of athletes is the same as for the licences.

At registration at the actual event, each competitor must either pay their license fee or prove that their national federation has paid the license fee in advance. The Competitor Registration Fee for each World Cup or World Championships is EUR 50 / competitor and shall be paid to each Organizer directly by the competitors prior to the competition. The fee allows participation in all types of competitions of that specific event.

Note: The local organizer of the UIAA Ice Climbing World Cup in Cheongsong, South Korea wishes to know your exact arrival and departure details as well as special requests for accommodation. Therefore, the UIAA asks each athlete (and coach) to register to this specific event via the local organizer's website at <http://www.ice-climbing.kr/> in addition to registering via the UIAA Member Federation and the UIAA.

5. UIAA ICE CLIMBING WORLD TOUR - LOGISTICS

It's finally time to travel and compete. This chapter is dedicated to provide you, the athlete, with important information regarding each event and venue.

5.1 UIAA ICE CLIMBING WORLD CUP SERIES & CHAMPIONSHIPS

UIAA Ice Climbing World Cup & World Youth Combined Championships Moscow, Russia 19-22 December, 2019

Competition venue address

- Vorobiovy Gory - Moscow, Russia – on opposite side of river to Luzhniki stadium (site of 2018 event)

Accommodation, registration & transport for competitors

- Accommodation must be arranged individually
- Possible options can be found here: TBC
- Online registration deadline is 5 December 2019, and must be done via the UIAA system - any competitors registering after this deadline must pay a penalty
- On-site registration takes place on 19 December 2019 – time TBC
- On-site registration address: TBC

Nearest airport: Sheremetyevo International Airport, Moscow, Russia

- Distance to venue: 36 km
- Travel time to venue: 50 minutes by taxi / 2 hours by public transport

Alternative airport: Domodedovo International Airport, Moscow, Russia

- Distance to venue: 45 km
- Travel time: 1.5 hours by car

VISA applications

- For visa invitations – please complete the form here - TBC

Details of the Organizer

- Nadezhda Launits / launits@gmail.com /

Official Website – TBC

**UIAA Ice Climbing World Cup
Changchun City, China
3-5 January, 2020**

Competition venue address

- Changchun City - Lianhua Mountain Ecotourism Resort, Jilin province, China
- Shuttle buses will be arranged to take you from the airport to the venue.

Accommodation Registration

- **Accommodation:** Double Room, About 450RMB/day (Breakfast included) - 55 Euro
- **Meal:** about 200RMB/person/day (lunch and dinner included) - 30 Euro
- Please also list your preferred rooming combinations, and tell us your request.
- **International Credit Cards are available; but it would be easier to pay with cash.**
- **Register for accommodation via email to vivian-cma@qq.com by 1st December 2019.**

Registration

- Online registration deadline is 20 December 2019, and must be done via the UIAA system - any competitors registering after this deadline must pay a penalty
- On-site registration takes place on 3 January 2020 – time to be confirmed
- On-site registration address: Hotel Lobby
- Award ceremony takes place on 5 January 2020 – in the afternoon

Nearest airport: Changchun Longjia International Airport

- Distance to venue: 33kilometres
- Travel time to venue: 36 minutes by car

VISA applications

- For letters of invitation please contact Mrs. Zhu Xueyan, E-mail: vivian-cma@qq.com
- Please send your passport information – Full Name, DOB, Passport Number, Expiry, Flight details, and contact information to the email above along with a copy of your passport.
- Deadline for Visa Applying is 1st December 2019.

Details of the Organizer

Xueyan Zhu - Phone: +86 10-67123796, +86 18600037070, E-mail: vivian-cma@qq.com

**UIAA Ice Climbing World Cup
Cheongsong, South Korea
10-12 January, 2020**

Competition venue address

- Cheongsong-gun, Gyeongsangbuk-do, South Korea

Accommodation & registration for competitors.

Accommodation - Accommodation is arranged for the following nights: 10, 11, 12 January 2020 - hotel TBC in Cheongsong - total cost for the indicated nights is: **EUR 200 per person**. Any additional nights/requests must be communicated to Ms.Sanghee CHO - kockaf@chol.com - 3 weeks before the competition. Note that if you prefer arranging your own accommodation, kindly indicate this to Ms.Sanghee CHO at least 3 weeks before the competition.

- Online registrations of competitors must be done via UIAA registration system and also via the organizers' website <http://www.ice-climbing.kr> - online registration deadline is **24 December 2019**, any competitors registering after this deadline will be subject to a penalty.
- On-site registration takes place on 10 January 2020 at 13:00 local time
- On-site registration address: Hotel - TBC, Cheongsong-eup, Cheongsong, Gyeongangbuk-do, South Korea
- The Award ceremony takes place on 12 January 2020 – TBC

Nearest airport: Incheon International Airport

- Distance to Cheongsong: 330 kilometers
- Travel time to Cheongsong: 3 hours, 30 minutes by car / shuttle / public transport
- Shuttle services from and to the airport are offered as long as flight information is provided to Ms.Sanghee CHO kockaf@chol.com 3 weeks before the competition. Note that if you prefer arranging your own travels to Cheongsong, kindly indicate this to Ms.Sanghee CHO at kockaf@chol.com at least 3 weeks before the competition

VISA applications

- For letters of invitation please contact – Ms.Sanghee CHO at kockaf@chol.com
- Indicate exact travel dates and send a copy of your passport

Details of the Organizer

- Ms.Sanghee CHO / kockaf@chol.com / Tel: +82 10 3727 7835
- Official Website - <http://www.ice-climbing.kr>

UIAA Ice Climbing World Cup Finals & European Championships
Saas-Fee, Switzerland
23-25 January, 2020

Competition Venue Address

- Parkhaus, CH-3906 Saas-Fee, Switzerland

Accommodation & registration for competitors

- Accommodation must be arranged individually - Possible option can be found here: <http://www.saas-fee.ch/en/tourismusbuero/> or www.iceclimbingworldcup.ch
- Online registration deadline is 9 January 2020, and must be done via the UIAA system - any competitors registering after this deadline must pay a penalty
- On-site registration takes place on 23 January 2020 from 17:30 – 19:30 local time
- On-site registration address: Parkhaus, CH-3906 Saas-Fee, Switzerland

Nearest airport: Milan Malpensa, Italy

- Distance to Saas-Fee: 188 kilometers
- Travel time to Saas-Fee: 3 hours by car / 4 hours by public transport

Alternative airport: Geneva Cornavin, Switzerland

- Distance to Saas-Fee: 226 kilometers
- Travel time to Saas-Fee: 2 hours 45 minutes by car / 4 hours by public transport

Alternative airport: Zurich Kloten, Switzerland

- Distance to Saas-Fee: 244 kilometers
- Travel time to Saas-Fee: 4 hours by car / 3 hours 30 minutes by public transport

VISA applications

- For letters of invitation please contact Kurt Arnold at info@iceclimbingworldcup.ch
- Indicate passport number, name as on passport and exact travel dates

Details of the Organizer

- Kurt Arnold / kurt@allalin4027.ch / +41 79 433 15 64

Official Website www.iceclimbingworldcup.ch & www.iceandsound.chom

5.2 UIAA ICE CLIMBING WORLD YOUTH CHAMPIONSHIPS

UIAA Ice Climbing World Cup & World Youth Combined Championships
Moscow, Russia
20-22 December, 2019

See details above

UIAA Ice Climbing World Youth Championships
Kirov, Russia
6-8 March, 2020

Competition venue address

- Podgornaya str. 15, Kirov, Russia

Accommodation, registration & transport for competitors

- Accommodation must be arranged individually
- Recommend Hotel “SPUTNIK” – 5 minutes’ walk to the construction. Hotel Address: Sverdlova street 31, 610011 Kirov, Russia
- Online registration deadline is 07 February 2020, any competitors registering after this deadline must pay a penalty
- On-site registration takes place on 6 March 2020 at 08:00 – 10:45 local (Moscow) time
- On-site registration address: Sverdlova street 31, 610011 Kirov, Russia

Nearest airport: Kirov, Russia

- Distance to hotel: 30 kilometres
- Travel time to venue: 40 minutes by taxi / 3 hours by public transport

Alternative airport: Moscow, Russia

- Distance to Kirov: 1000 kilometres
- Travel time to Kirov: 12-16 hours by train

VISA applications

- Please request a visa invitation before Christmas – contact the event organiser – Pavel Shabalin - pavelshabalin@mail.ru with a copy of your passport, your travel dates and the city of the Russian consulate where you plan to apply for your visa.

Details of the Organizer

- Pavel Shabalin / pavelshabalin@mail.ru / Tel: +7 912 718 2440

Official Website - TBC

5.3 UIAA ICE CLIMBING EUROPEAN TOUR

Registration: For all the European Cup events please register your intention to compete here

<https://docs.google.com/forms/d/e/1FAIpQLSf361MjsbNla9ZL22Pug7TtSBxbwuWakV2-rGyDHPFFMZL-tw/viewform>

UIAA Ice Climbing European Cup (Lead Only)
Bern, Switzerland
23 November, 2019

Registration Deadline: 21 November, 2019

On-site Registration: 22 November, 2019, Competition 23 November, 2019

On-site Registration Address: O'Bloc Climbing Centre, Bern

Details of the Organizer: Tobias Suter / tobias@obloc.ch / +41 76 448 97 49

Official Website: www.obloc.ch

UIAA Ice Climbing European Cup (Lead Only)
Brno, Czech Republic
30 November, 2019

Registration Deadline: 27 November, 2019

On-site Registration: 30 November morning 8:00 - 10:00, Competition 30 November, 2019

On-site Registration Address:

<https://mapy.cz/zakladni?x=16.5215200&y=49.2332420&z=17&source=base&id=1897918>
details of parking and access to the wall on the webpage of event

Details of the Organizer: Climbing club Lokomotiva Brno and Czech Mountainering federation

Official Website: www.drytoolcup.eu (English version coming soon)

UIAA Ice Climbing European Cup (Lead Only)
Žilina, Slovakia
7 December, 2019

Registration Deadline: 5 December, 2019

On-site Registration: 7 December, 2019

On-site Registration Address: LA SKALA lezecké centrum, Centrálna 8919/2, 010 07 Žilina

Details of the Organizer: Adrian Zvara / adrian.zvara@gmail.com / Tel: +421 905 012 386
Official Website: TBC

UIAA Ice Climbing European Cup Finals (Lead Only)
Oulu, Finland
29 February, 2020

Registration Deadline: 26 February, 2020 at 18:00 CET

On-site Registration: 28 February - 18:00-20:00CET, online pre-registration strongly advised – <https://finice2020.eventbrite.com>

On-site Registration Address: Alakyläntie 1070, Haukipudas

Details of the Organizer: Juho Risku / info@finice2020.com / Tel: +358 40 557 4004

Official Website: <http://finice2020.com>

5.4 UIAA ICE CLIMBING ASIAN TOUR

Registration: For all the Asian Cup events please register your intention to compete here

<https://docs.google.com/forms/d/e/1FAIpQLSf361MjsbNla9ZL22Pug7TtSBxbwuWakV2-rGyDHPFFMZL-tw/viewform>

UIAA Ice Climbing Asian Cup (Lead & Speed)
Tehran, Iran
8-9 February, 2020

Registration Deadline: 3 February, 2020

On-site Registration: 8 February, 2020

On-site Registration Address: Meygun, Tehran <https://goo.gl/maps/zvqsQoQnS8t1R5RX9>

Details of the Organizer: Mohammad Havaledar/ Tel +989127931509 / havaledar@gmail.com

Official Website: msfi.ir/HomeEn?Lan=En

UIAA Ice Climbing Asian Cup (Lead Only)
Ulaan Baatar, Mongolia
15 February, 2020

Registration Deadline: 13 February 2020

On-site Registration: 15 February 2020

On-site Registration Address: #402, Olympic house, Khan-Uul district, 1st khoroo, Ulaanbaatar, Mongolia

Details of the Organizer: Mongolian National Climbing Federation

Official Website: www.mountain.mn

Further details on the UIAA European & Asian Cup events are available through a dedicated UIAA news release.

6. OFFICIAL UIAA REGULATIONS

6.1 WHERE TO FIND THE LATEST REGULATIONS

Official regulations for the 2020 UIAA Ice Climbing World Tour can be found on the UIAA Ice Climbing Website <http://theuiaa.org/ice-climbing/>

6.2 REGULATION CHANGES AT A GLANCE

Summary of major modifications* made to the 2020 Competition Regulations for International Ice Climbing Competitions as agreed by the UIAA Ice Climbing Commission.

*Minor modifications to format, grammar and wording have not been listed below.

PART 1 – GOVERNANCE	
1.2.3	Introduction of International Youth Championships Combined;
2.4.1	All late registrations shall be subject to a double registration fee.
3.8.3	Method of compiling starting lists – new wording
4.6.5	Athlete preparation time – new wording
5.2.2	Yellow cards – new reasons for issuance
PART 2 – TECHNICAL RULES	
8.1.3	There must be a minimum of 2 hours from the end of the previous round in any discipline before the closing of isolation (in the case of lead) or the start of the round (in the case of speed) for each category and/or gender.
8.2.2 a)	If the first round of a competition is held on one route or two routes of similar difficulty with no isolation, the competitors shall be allocated to these routes by random selection. If they climb two routes the random list will split in two groups with similar number of athletes, with the groups switching routes as soon as both groups have finished their first route
8.8.2 g)	Using any artificial aid which is defined in all 3 disciplines.
9.	The term Semi-final (first one) is replaced by term round of 16 throughout rules.
9.2.5	a) Authorised speed climbing Auto belays maybe used in the speed competitions provided they are protected against the elements and weather.
9.4.1 b)	Manual timing:The competitor's time (completing his/her attempt) shall be recorded by the Category Judge taking into account the middle of the stopwatches recording the time to 2 decimal places with no rounding, eliminating obvious spurious timing errors.
PART 3 – EVENT RULES	
11.7.1	Quotas changed
12.1.6	National team ranking calculation details added.
12.2	Quotas changed
13.	World Championship Combined – format and rules changed
13.2	Quotas changed
14.1.8	National team ranking calculation details added.
14.3	Quotas changed

16.2.1	a) If the organisers wish to alter the number of qualification routes, this must be done with prior agreement of the UIAA Event Coordinator.
16.4.5	Competitors who reside outside the continent the event is hosted on may compete in the Continental Cups; however if they reach the final rounds of the event, they will compete as extra quota in addition to the required quota of continental resident competitors.
16.4.6	Competitors who reside outside the continent the event is hosted on may compete in the Continental Cups; however they will not be awarded a Continental Cup Series overall ranking. The overall series ranking calculation details.

6.3 ANTI-DOPING/CLEAN CLIMBING

The UIAA promotes Clean Climbing by adopting and implementing the World Anti-Doping (WADA) Programme in its entirety. In parallel, the UIAA is responsible for ensuring that all of its member associations and you guys - the athletes respect and comply with all relevant International Standards and all the principles inherent to the World Anti-Doping Code, including the registered testing pool and the doping violation procedure. As part of the registration process for the annual UIAA Ice Climbing World Tour, all athletes are required to complete a mandatory anti-doping questionnaire and educational programme. **Also make sure you check the Therapeutic Use Exemptions Prohibited List before you take anything that might be on the list!** - <https://www.theuiaa.org/documents/sport/2016-09-29-wada-prohibited-list-2017-eng-final.pdf>

For more information on Clean Climbing please visit: <http://theuiaa.org/anti-doping>

7. UIAA WORLD CUP TOUR – ENVIRONMENTAL IMPACT

7.1 BACKGROUND

In response to the UIAA's signed commitment in early 2019 and participation under the United Nations Framework Convention on Climate Change (UNFCCC) [Sports for Climate Action](#), a report monitoring and calculating the 2018 carbon footprint is being issued later this year. As a participant in this initiative, the UIAA is required and expected to adhere to 5 principles (see [here](#)), these being:

Principle 1: Undertake systematic efforts to promote greater environmental responsibility;

Principle 2: Reduce overall climate impact;

Principle 3: Educate for climate action;

Principle 4: Promote sustainable and responsible consumption;

Principle 5: Advocate for climate action through communication.

Under Principle 2: Reduce overall climate impact, the UIAA is expected to "measure and understand" its carbon footprint in order to set targets to reduce overall climate impact. Knowing how to define these targets requires first measuring and understanding how our

travel and activities contribute to CO₂ emissions, requiring a 'baseline' to compare progress over time. The initial task is to establish and report on an indicative baseline and continue to gather data to monitor how our emissions trend over time. In parallel to this, the UIAA can also use this data to start seeing where and which activities create biggest impact and then suggest practical means to consider reducing this impact.

Many travel policies to reduce CO₂ impact promote the principle of "**avoid, reduce, compensate**" (in that order). The UIAA will seek to draft such a policy as a next step in its fulfilment of the 5 principles set out by the UNFCCC.

7.2 RESULTS

The UIAA used <https://www.carbonfootprint.com/calculator.aspx> for all calculations of carbon emissions.

In 2018 the travel for UIAA sports events, namely the UIAA Ice Climbing World Tour, generated a total of 153 tons of CO₂. The calculation included travel of athletes, executive board, office representatives, international judges and route-setters, commentator and results manager to respective World Cups, World Championships and the Youth World Championships. Excluded from the calculation was travel of national and local judges and route-setters, spectators and guests as well as of the livestreaming team.

While the final report has yet to be published, it is already clear that UIAA sports events by far exceed other carbon emissions of the UIAA. For this reason, we encourage all stakeholders, including athletes and member federations, to be aware of their carbon footprint and make wise choices in terms of **avoiding, reducing and compensating their emissions**.

7.3 WHAT YOU CAN DO!

As principle 1 of the UNFCCC highlights, it is important to “undertake systematic efforts to promote greater environmental responsibility”. For each and every athlete and federation, this means educating oneself about climate impacts, mitigating them – either by avoiding/reducing those that can be and compensating those that are unavoidable – and then, advocate for climate action by spreading the word.

Actions to mitigate your climate impacts would normally follow a hierarchal approach:

- Avoid – actions designed to eliminate Green House Gas (GHG) emissions occurring in the first place.
- Reduce – actions designed to lower the climate impact of your current activities. This may entail using resources in a more efficient way and thereby reducing the overall need, and associated costs, for such resources.
- Substitute/replace – actions designed to improve efficiency. This may be achieved by switching to more efficient and “cleaner” equipment, fuels, materials or processes.
- Compensate – actions designed to compensate for some or all of your remaining, unavoidable impacts, typically by investing in emission reductions in other projects through UNFCCC recognised mechanisms.

All UNFCCC recognised mechanisms for carbon/GHG emission compensation can be found here: <https://offset.climateneutralnow.org/howtooffset>