

GLOSSARY OF TERMS

Term	Explanation
Boulder & Lead	The discipline to be used at the Paris 2024 Olympic Games (along with Speed – see below)
Boulder	One of the three core disciplines of Sport Climbing. No ropes (no ‘belay’ – see below). Smaller wall (4 meters high). Aim is to solve problems
Lead	One of the three core disciplines of Sport Climbing. With ropes (‘belayer’ – see below) that you clip in to set points on a route. Taller wall than Boulder. Aim is to get as high as possible – mixture of speed and problem solving
Speed	One of the three core disciplines of Sport Climbing. 15m wall. Auto Belay (no ‘belayer’ – see below). Aim is simply to get to the top as quickly as possible on a route that never changes (usually around 6-7 seconds)
Holds, Macros and Volumes	Equipment attached to the climbing wall which make the routes
Belay	A rope to protect a climber from falling
Belayer	A person holding the rope. This is a trained, impartial person appointed by the competition organisers
Auto Belay	An automatic, mechanical, belay system i.e. no person holding a rope
Beta	Advice, tips, or general information on how to successfully complete a particular climbing route or boulder problem
Dyno	A jump or leap in which both feet leave the wall and return again once the target hold is caught
Isolation (Iso)	Area in which all competitors are held before going out to climb – usually to stop from seeing the route (see ‘on sight’). There are no transmitting devices i.e. mobile phones, allowed in this area so no information can be passed on about the routes from outside of Isolation
Observation	A time for climbers to study the wall and the problems/routes, after the isolation
Harness	A sewn nylon webbing device that is worn around the waist and thighs that is designed to allow a person to safely hang suspended in the air. Rope will be attached to this
Quickdraw	A piece of equipment to allow the climbing rope to run freely through protection such as a bolt anchors or other traditional gear. Used in Lead climbing.
Wall profile	A description of the wall that will be climbed – includes things like angles of the wall, height etc
Climbing shoes	Climbing specific shoes. Often very tight fitting (some climbers will go multiple sizes down from ‘normal’ shoe size) to support the foot and to use the feet more tactically on the wall. Have a sticky rubber sole. Shoes may also be specific to Lead, Boulder and Speed

Chalk	A substance used, often magnesium carbonate, in powder form, to reduce moisture and improve friction. Used on climber's hands and on holds (Too much chalk has opposite effect – reduces friction)
Liquid chalk	A liquid form of chalk. More commonly used as a 'base layer' to apply powdered chalk to
Brushes	Too much chalk can be detrimental, so brushes used to clean off excess chalk from holds to improve friction. Used by 'Brushers' (see below) or the climbers
Mats	Padded mats are used, mainly in Boulder, to cushion climber's landing when falling from or descending the wall
Brusher(s)	A person who brushes the holds for the climbers to remove excess chalk. Generally, a volunteer
Judge	Often seen sitting in front of the wall with their back to the spectators. They enforce the rules and the scoring and will have tasks like keeping time, counting attempts that climbers try Boulders and decide if holds are controlled in Lead to give a score
Sidepull	A hold where the athlete should turn their body weight away from the direction it faces
Crimp	A small hold where only fingertips can be used. A closed crimp is when the thumb is wrapped over the fingers, an open crimp is when the thumb is removed
Lockoff	The climber will keep one arm in at least a 90-degree position using tension to enable them to reach up to the next hold or make a clip during Lead
Toe hook	Climber uses the rubber on the toes of their climbing shoe, wrapped around a hold to keep them in a position, or prevent them from swinging backwards
Heel hook	Climber uses the rubber on the heels of their climbing shoe, wrapped around a hold to support bodyweight in order to more easily complete the next move
Flash	Used in Boulder competition. Completing the 'problem' (see below) on the first attempt
Problem	Sometimes used as another name for a Boulder
Foot/Hand swop	Not all moves are sequential. Sometimes a climber will change the left hand/foot to right hand/foot. This can be done in a variety of different ways
Timed out	Going over the time limit for a Boulder or Lead attempt. Boulder qualification the time limit is five (5) minutes, Boulder semi-finals and finals is four (4) minutes. Lead is six (6) minutes
Edging	Climber will use the side of their shoe (one of the stiffest parts) to stand on a very small hold
Appeal	If a coach and/or athlete disagrees with a judge's decision they can lodge a complaint about it. The appeal will either improve their own score or lower the score of a competitor
On sight	Seeing a route for the first time and having no prior knowledge of it before attempting