

2025

競賽規則

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關於競賽規則 ABOUT THE RULES

The purpose of the competition rules is to ensure fairness – this is a crucial foundation and a vital feature of the ‘spirit’ of the sport.

競賽規則的目的在於確保比賽的公平性——這是本運動精神中至關重要的基礎與核心特色。

The competition rules are relatively simple, but as many situations are subjective and technical officials are human, some decisions will cause debate and discussion. Independent of individual views on these decisions, the technical officials' rulings should be respected. All those in authority, especially team officials, have a clear responsibility to sport to respect the technical officials and their decisions.

攀登競賽的規則本身相對簡單，但由於許多情況涉及主觀判斷，而技術裁判也是人，因此有些判決難免會引發爭議與討論。無論個人對這些判決有何看法，都應尊重技術裁判的裁定。所有身處權責位置的人員，尤其是隊伍的隨隊人員，有明確的責任以尊重技術裁判及其判決，展現對運動精神的支持。

The competition rules cannot deal with every possible situation, so where there is no direct provision in the rules and regulations, technical officials are expected to consider both the letter and purpose of the rules in making decisions. Guidance notes have been included to assist technical officials, which may be expanded and developed as needed.

競賽規則無法涵蓋所有可能發生的情境，因此在遇到規則與條文中未明確規範的情況時，技術裁判應根據規則的文字意涵與立法目的作出裁定。為協助技術裁判，規則中附有指導備註，並可依需要進一步擴充與更新。

All competitive sports involve some risk of accident and injury. Technical officials must pay particular attention to the rules where they concern the safety of the competition and participants, both on and off the Field of Play.

所有競技型運動皆伴隨一定程度的意外與受傷風險。技術裁判在涉及比賽或參賽者安全（無論在比賽場地內或場地外）相關規則時，必須特別謹慎注意。

關於規則的修訂 CHANGES TO THE RULES

The IFSC plans to publish the competition rules in stable form on a quadrennial basis. The regulations governing the sport, including those implementing these rules for individual competitions, may be amended more frequently as necessary to reflect the demands on and from the sport's participants and other stakeholders.

國際運動攀登總會（IFSC）計劃每四年定期發布一次穩定版本的競賽規則。至於規範本運動的其他條例，包括各場競賽具體實施細則，則可能根據運動參與者及其他利害關係人的需求而更頻繁地修訂，以確保與時俱進。

關於規則的說明 NOTES ON THE RULES

The IFSC publishes the competition rules in English.

IFSC 以英文發布正式的競賽規則。

National federations which produce a translated version of the rules are invited to send a copy to the IFSC, clearly stating on the front cover that it is their official translation, so it may be posted on the IFSC website for use by others. If there is any divergence in the wording/meaning in or between any translation of the rules, the English text is authoritative.

各國家級聯盟若翻譯了該規則，歡迎將翻譯版本提供給 IFSC，並於封面上明確標示該版本為該聯盟的官方翻譯。IFSC 將可於官方網站上提供這些翻譯版本供其他人參考使用。若各版本間在用詞或意義上有任何出入，則以英文原文為最終準則。

The competition rules should apply in every competition, independent of the level. National federations may vary the rules to suit local constraints unless such variations would run contrary to the spirit or letter of the rules.

競賽規則應適用於所有層級的比賽。各國家級聯盟可因應當地情況調整規則，但不得違背規則的精神或基本條文。

1 比賽區域和比賽場地 THE COMPETITION AREA AND FIELD OF PLAY

1.1 In keeping with the ethos for the sport, competitions held under these rules must take place on artificial climbing structures and not on natural rock formations or boulders.

為維護本運動的宗旨，依本規則舉行的比賽必須於人工攀岩結構上進行，不得在天然岩壁或石塊上進行。

比賽區域 Competition Area

1.2 The Competition Area encompasses the Field of Play together with any off-field holding areas (e.g. Call Zones) and transits, technical areas, competitor preparation areas (both for warm-up and warm-down activities), and any mixed areas used for immediate post-competition activities.

比賽區域包括比賽場地以及所有場外區(如預備區)和通道、技術區域、選手熱身區(用於熱身和伸展緩和活動)以及用於賽後活動的混合區。

1.3 The Competition Area must be delineated and physically separate from any part of the venue open to the public.

比賽區域必須有明確的界限，並與開放給觀眾的區域有明確區隔。

比賽場地 Field of Play

1.4 The Field of Play is the public facing area on which competitive activity takes place. The Field of Play may encompass multiple climbing surfaces, as required for the planned events.

比賽場地是面向公眾、進行實際比賽的區域。視賽事需求，場地內可包含多個攀岩牆面。

1.5 The dimensions of the Field of Play are determined by the number, configuration and size of the climbing surfaces required for the competition. The boundary of the Field of Play should extend beyond both any impact area and the projected ground area of the climbing surfaces to allow competitors and on-field officials to transit without entering the fall zone of another competitor.

比賽場地的尺寸依比賽所需的攀岩牆數量、配置和大小決定。場地邊界應超出任何可能撞擊區域與攀登牆的地面投影範圍，以便選手和場上裁判可通行而不進入另一選手的墜落風險區。

1.6 Entrances/exits to the Field of Play should allow unimpeded access for competitors and technical officials.

比賽場地的進出口應讓選手和技術裁判可順暢利進出。

設計 Design

1.7 Each route/boulder will be designed to limit the risk of injury to a climber or any 3rd party, to avoid obstruction to any other climber or route/boulder, and without moves which create a collision risk.

每條路線/抱石的設計應盡量降低選手或他人受傷的風險，避免阻礙任何其他攀爬者路線或行進，亦不得包含可能產生碰撞風險的動作。

1.8 The impact area around each route/boulder must be kept clear from obstructions/objects. The Head Route Setter will adjust the number and design of the boulders to the safety matting available.

每條路線/抱石周圍的墜落區必須淨空。主路線員應依可用的安全墊調整抱石路線的數量和設計。

1.9 Routes and boulders may, if allowed by the applicable competition regulations, be constructed with visually distinctive holds (e.g., in a specific colour). Any holds which do not share this visual distinction will be treated as out of bounds.

路線和抱石區塊，若依照適用的比賽規則允許，可以使用具有明顯視覺辨識度的岩點（例如特定顏色）來設置。任何未具有這種視覺特徵的岩點，將被視為出界。

1.10 The number of handholds on any boulder should not exceed 12 and the average number per boulder across a round should be between 4 and 8.

每條抱石路線上的手點數量不應超過 12 個，且整個賽程中每條抱石路線的手點平均數量應介於 4 至 8 個之間。

技術標記 Technical Markings

1.11 Each lead route must be clearly marked to show which anchor is the Top.

每條先鋒路線的完攀快扣必須清楚標記。

1.12 Each boulder must be clearly marked to show:

A) A Starting Position defined by holds/macros/volumes fixed to the climbing surface and marked for both hands and both feet. These markings must use a distinctive colour and should not indicate specific hand placements,

B) a Top, which will be either a finishing hold marked in the same colour as the starting holds or a standing position on top of the boulder,

C) any Zone hold(s) marked using a different colour to the starting holds

每條抱石路線的必須清楚標示以下項目：

A) 起攀位置，需以固定在攀登牆面的岩點、大型構件或立體構造(volume)來定義，並為雙手與雙腳分別標記。這些標記必須使用明顯的顏色，且不應特別指示手部擺放的位置。

B) 完攀點(Top)，可以是以與起攀點相同顏色標記的完攀點，或是站立在抱石結構頂部的位置。

C) 區域點(Zone)，需以與起攀點不同的顏色標記。

1.13 Any hold designated as a Safety Hold will be clearly marked with a blue cross, with a second blue cross positioned adjacent to the bolt hangar for the associated quickdraw. All Safety Holds must be marked on the relevant scoring topo and pointed out during any collective observation period.

任何被指定為安全點(Safety Hold)的岩點，必須清楚以藍色叉號標示，且在相關的快扣附近也需設置第二個藍色叉號。所有安全點必須在對應的計分圖(topo)上標記，並在集體觀察時間內向選手說明。

1.14 Holds or parts of the climbing surface that are out of bounds for a specific route/boulder must be clearly marked to show they cannot be used.

特定路線/抱石以外的攀岩點或攀岩表面部分必須有清楚的標記，以表示它們不能使用。

2 技術設備 TECHNICAL EQUIPMENT

2.1 The climbing structure, safety matting, holds (including any macros and volumes), fixed anchor points, and all technical equipment used in competition- whether provided by the event organiser, equipment partner or individual competitors or teams- must comply with the IFSC Equipment Code.

攀登結構、安全墊、岩點(包含大型構件與立體構造)、固定吊掛點，以及比賽中使用的所有技術裝備——無論是由主辦單位、器材合作夥伴，還是選手個人或隊伍提供——皆必須符合 IFSC(國際運動攀登總會)設備規範。

3 個人裝備 PERSONAL EQUIPMENT

3.1 Each competitor is entirely and solely responsible for the technical equipment and clothing they intend to use or wear during competition.

每位選手須對自己在比賽期間使用或穿戴的技術裝備與服裝負全責。

3.2 Competitors may not use or wear any device or equipment which could impair the ability of on-field officials to communicate with them while on the Field of Play, except as allowed by the applicable competition regulations.

選子在比賽場地上不得使用或穿戴任何可能妨礙場上裁判與其溝通的裝置或裝備，除非該裝置或裝備已被適用的比賽規則明確允許。

3.3 Competitors must wear climbing shoes and, where relevant, a climbing harness during their attempts. Competitors may also use:

- A) a chalk bag and commercially available dry or liquid climbing chalk for their hands.
- B) a climbing helmet.

選子在嘗試攀登時必須穿著攀岩鞋，並在需要時穿戴攀岩吊帶。選子亦可使用：

- A) 粉袋以及市面上販售的乾式或液態攀岩粉來保持手部乾燥。
- B) 攀岩頭盔。

3.4 Unless allowed by applicable competition regulations, competitors are prohibited from:

- A) using any substance or equipment that modifies the condition of holds or the climbing surface,
- B) wearing gloves or kneepads.

除非適用的比賽規則另有允許，否則選子禁止：

- A) 使用任何改變岩點或攀登表面狀態的物質或裝備，
- B) 穿戴手套或護膝。

4 技術裁判 TECHNICAL OFFICIALS

裁判長 Jury President

4.1 Each competition must be controlled by an official who has full authority to enforce the rules (the Jury President). The Jury President must maintain strict neutrality and independence. The Jury President must:

- A) be independent of the event organiser,
- B) have no family, professional, or close personal relationship with any competitor or team official,
- C) be free from any financial or other interests that could influence their decisions.

每場比賽必須由一位擁有全面執行規則權限的裁判負責(「裁判長」)。裁判長必須保持嚴格的中立與獨立性，且必須：

- A) 不得與主辦單位有任何從屬關係，
- B) 不得與任何選手或隊伍工作人員有家庭、職業或密切私人關係，
- C) 不得有任何可能影響其判決的財務或其他利益牽連。

4.2 The Jury President, in consultation with the Head Route Setter, has authority to make decisions about safety within the Competition Area. The Jury President may:

- A) delay, interrupt, postpone, or stop any part of a competition and/or require the replacement of any facilities/equipment where necessary for safety reasons,
- B) order any competitor to be stopped where continued progress or attempts would present undue risk to the safety of the competitor or any other person,
- C) dismiss or have removed any person whose actions present, or may present, a risk to the safety of any person.

裁判長在與主定線員(Head Route Setter)協商後，有權對比賽區域內的安全事項作出決策。裁判長可：

- A) 出於安全考量，延遲、中斷、延期或終止比賽的任何部分，並/或要求更換任何設施或設備；
- B) 命令停止任何選手的攀登行動，如持續進行將對選手本人或他人造成過高風險；
- C) 將任何可能危及他人安全的人員驅離或勒令離場。

4.3 Under no circumstances may the Jury President make special provisions for the benefit of an individual competitor.

在任何情況下，裁判長不得為了某位選手的利益而作出特別安排。

其他技術裁判 Other technical officials

4.4 Other technical officials (category judges, route/boulder judges, route setters) may be appointed as set out in the applicable competition regulations. The Jury President, category judges and route/boulder judges are, collectively, the on-field officials.

其他技術裁判(項目裁判、路線/抱石裁判、定線員)可依照適用的比賽規則進行任命。裁判長、項目裁判以及路線/抱石裁判統稱為「現場裁判」。

4.5 The on-field officials have the power to make decisions regarding the scoring of attempts on any

route/boulder, the classification of any incident as a Technical Incident, and infractions of the rules within the Competition Area. The applicable competition regulations must identify how such powers are delegated.

現場裁判有權對任何路線/抱石的嘗試成績、事件是否歸類為技術事件，以及比賽區域內的違規情況作出判定。適用的比賽規則必須明確規定這些權力的分配方式。

其他事項 Miscellaneous

4.6 The interpretation and implementation of the rules by the on-field officials may be contested only where the rules permit a protest or appeal (§12).

場上裁判對規則的詮釋與執行，僅能在規則允許提出抗議或申訴的情況下(參見第 12 章)被質疑。

4.7 The applicable competition regulations must identify who will replace a technical official if they are unable to start or continue.

適用的比賽規則必須明確規定，若有技術裁判無法開始或繼續執行職務時由誰負責替補。

5 嘗試的定義與類型 DEFINITION AND TYPES OF ATTEMPTS

一般規定 General

5.1 An individual effort made by a climber to complete a route or boulder is referred to as an attempt.

選手為完成一條路線或抱石而做出的個別努力稱為一次嘗試。

Once an attempt starts it is considered in-progress until ruled successful or unsuccessful, whichever comes first. These rules set out: 一旦嘗試開始，它將被視為正在進行中，直到判定成功或失敗(以先發生者為準)。本規則規定：

- limits on the number and duration of attempts (§6), 嘗試次數與時間的限制 (第 6 章) ,
- when an attempted starts (§7), 嘗試何時開始 (第 7 章) ,
- when an attempt ends, either successfully or unsuccessfully (§8), 嘗試何時結束(不論成功或失敗) (第 8 章)
- how attempts are judged and scored (§9) 嘗試如何被判定與計分 (第 9 章)

嘗試的類型與基本原則 Types and principles for attempts

5.2 Competitors and team officials must not: 選手及隊伍工作人員不得：

A) interfere in the preparation or attempts of other competitors, 干擾其他選手的準備或嘗試

B) change or attempt to change any holds or markings on a route/boulder or otherwise change the condition of a route/boulder for later starting competitors.

改變或試圖改變路線/抱石上的任何岩點或標記，或以其他方式改變路線/抱石的狀況影響後續選手。

5.3 Climbing is a problem-solving sport requiring creative movement, spatial awareness, and the ability to read and interpret complex three-dimensional challenges. These skills are most effectively tested where attempts are made on-sight. If a round is declared as on-sight:

攀岩是一項解題型運動，需要創意移動能力、空間感知能力，以及解讀與理解複雜立體挑戰的能力。當比賽以 on-sight 方式進行時，這些能力能夠被最有效地測試。如果某一輪比賽被宣布為 on-sight：

A) competitors must not seek or accept any information about the route/boulders beyond that which is officially provided or gained in any scheduled observation period (collective or individual). Observing other competitor's attempts, or the work of the route setters in creating the route, is prohibited.

選手不得尋求或接受任何超出官方提供資訊或在排定觀察時間（集體或個別觀察）中所獲得的關於路線 / 抱石的資訊。觀察其他選手的嘗試或觀察路線設定員工作的行為是被禁止的。

B) team officials and other individuals associated with competitors are prohibited from attempting to communicate any additional information about the routes/boulders to the competitors.

隊伍工作人員及與選手有關的人士也禁止向選手傳達任何額外的路線 / 抱石相關資訊。

C) any attempt to circumvent these rules, whether by competitors seeking information or by others trying to provide it, will be considered a serious breach of these rules.

任何試圖繞過上述規定的行為，無論是選手試圖獲取資訊，還是他人試圖提供資訊，都將被視為嚴重違規行為。

Although only a competitor's first attempt can be on-sight, these principles of fair play and problem-solving integrity apply to every attempt made by all competitors in a round, and these rules should be interpreted and applied with this in mind.

儘管只有選手的第一次嘗試可以被認定為 on-sight，但公平競賽與解題誠信的原則適用於一輪比賽中所有選手的每一次嘗試，這些規則的解釋與執行都必須以此為依據。

5.4 If a round is declared as on-sight: 如果一輪比賽被宣佈為 On-sight：

A) a collective observation period may be organised prior to the start of the round. During this period, competitors may observe the routes/boulders, and touch the starting holds, but must not practice any moves on the routes/boulders.

可在該輪比賽開始前安排一次集體觀察時間。選手在此期間可觀察路線 / 抱石，並可觸摸起攀點，但不得在路線/抱石上進行任何動作練習。

B) a competitor may share information gathered during the collective observation period with another competitor only where neither has attempted the route/boulder.

選手僅可在彼此尚未嘗試該路線/抱石之前，分享在集體觀察期間獲得的資訊。

C) team officials must not communicate any information about or relating to the routes/boulders with competitors until they have completed the round.

隊伍工作人員不得在選手完成該輪比賽前，向選手傳遞任何關於路線 / 抱石的資訊。

5.5 If a round is declared as flash: 如果一輪被宣佈為 flash：

A) a demonstration of the routes/boulders must also be made prior to the start of the round.

B) team officials may communicate information about or relating to the routes/boulders with competitors

before, during and after their attempts.

A) 必須在該輪比賽開始前進行路線 / 抱石的示範。

B) 隊伍工作人員可在選手嘗試前、嘗試中及嘗試後，向選手傳達與路線 / 抱石有關的資訊。

6 嘗試的次數與時間限制 NUMBER AND DURATION OF ATTEMPTS

先鋒 Lead

6.1 A climber may make a single scoring attempt on a route in any round of competition. If attempts are to be made after-work, climbers will be allowed a practice period before their scoring attempt.

選手在每一輪比賽中，每條路線僅可進行一次計分嘗試。若採用「預先試攀」的方式(after-work)，選手將在正式計分嘗試前獲得一段練習時間。

This practice period may be time- or attempt-limited.

此練習時間可以設定為時間限制或嘗試次數限制。

6.2 A climber may be allowed to restart an attempt if a Technical Incident has occurred.

若選手在攀登過程中遇到技術事件 (Technical Incident)，可獲准重新開始嘗試。

6.3 The allowed climbing time for each attempt will be set out in the applicable competition regulations and should not exceed 6 minutes.

每次嘗試允許的攀登時間將依適用的比賽規則規定，且通常不得超過 6 分鐘。

速度 Speed

6.4 A climber may make a single scoring attempt on a route in any scheduled heat. A practice period may be organised before the start of the first round of the competition. This practice period may be time- or attempt-limited but any attempts made will not count as a scoring attempts.

在排定的每一個組別賽(heat)中，選手在每條路線上僅可進行一次計分嘗試。比賽第一輪開始前，可安排一段練習時間，此練習時間可設有時間或嘗試次數的限制，但此期間內的任何嘗試均不列入計分。

6.5 A climber may be allowed to restart their attempt if a Technical Incident has occurred, or where a race was stopped following a False Start, or if required by the applicable competition regulations as a tie-break process.

若出現技術事件、偷跑(False Start)而導致賽事中斷，或根據適用比賽規則作為加賽(tie-break)需要時，選手可以被允許重新嘗試。。

6.6 A maximum climbing time for each attempt may be set out in the applicable competition regulations.

每次嘗試的最長攀登時間可由適用的比賽規則設定。

抱石 Boulder

6.7 A climber may be allowed a limited number of attempts on each boulder in a round of competition, given a time limit for their attempts on each or all boulders, or a combination of both. A practice period may be organised before the start of the first round of the competition. This practice period may be time- or

attempt-limited but any attempts made will not count as a scoring attempts.

在一輪比賽中，每條抱石可限制選手的嘗試次數，並設定每個抱石或全部抱石的總嘗試時間，或同時採用次數與時間限制。比賽第一輪開始前，也可安排一段練習時間，此練習時間可設有時間或嘗試次數的限制，但此期間的嘗試同樣不列入計分。

6.8 A climber may be allowed additional time or attempts if a Technical Incident has occurred which impeded the climber's attempt(s).

若因技術事件影響選手嘗試，選手可獲得額外的時間或額外的嘗試次數。

6.9 The allowed climbing time for attempts on any individual boulder, or for all boulders in a round, will be set out in the applicable competition regulations. The allowed climbing time may be measured from:

- A) the start of the round,
- B) from a defined starting signal for each boulder attempted, or
- C) the start of the climber's attempts on a boulder.

每條抱石的允許攀登時間，或一輪比賽中所有抱石的總攀登時間，將由適用的比賽規則規定。攀登時間的起算點可以是：

- A) 該輪比賽開始時，
- B) 每個抱石的指定起攀信號發出時，或者
- C) 選手開始嘗試該抱石時。

7 嘗試的開始 THE START OF AN ATTEMPT

先鋒 Lead

7.1 An attempt is considered to have started when a climber leaves the ground.

當選手離開地面時，即視為嘗試已開始。

速度 Speed

7.2 An attempt is considered to have started when the force on the starting pad falls below the threshold required to trigger the timer.

若選手站在起跑墊上，當墊子的壓力低於啟動計時器所需的門檻值時，也視為嘗試開始。。

7.3 A start will be judged invalid (i.e., a False Start) if a climber's recorded Reaction Time is less than 0.100s and less than that of any other climber in the same race.

如果選手的反應時間少於 0.100 秒，且低於同場比賽其他選手的反應時間，該起攀將被判定為無效(即偷跑，False Start)。

抱石 Boulder

7.4 An attempt is considered to have started when a climber leaves the ground.

當選手離開地面時，即視為嘗試已開始。

7.5 A climber must start each attempt by Controlling the marked starting holds to achieve a stable position with both hands and both feet in the Starting Position. A start will be invalid (i.e., a False Start) if the climber fails to achieve this or uses any other holds before doing so.

選手必須以雙手及雙腳分別控制標示的起攀點，並達成穩定姿勢，方可算作有效開始。如果選手未能達成穩定姿勢，或在未達成前使用了其他岩點，即判定為無效起攀（起攀失敗）。

8 嘗試的結束 THE END OF AN ATTEMPT

8.1 An attempt will be ruled unsuccessful if the climbing time has expired or prior to that, a climber either:

- A) makes a False Start,
- B) falls from the route/boulder,
- C) touches the ground,
- D) has gained an advantage by using any part of the climbing surface or any holds, macros, or volumes marked out of bounds in accordance with §1.9 and §1.14,
- E) has gained an advantage by using the climbing rope/lanyard or other safety equipment (including quickdraws or bolt hangars), any open edges to the climbing surface, any placards on the climbing surface, or (with the hands) any unused/unplugged T-Nut emplacements,
- F) has their attempt stopped by an on-field official.

若攀登時間已到，或在時間到達前，選手有下列情形之一，該次嘗試即被判定為失敗：

- A) 發生偷跑，
- B) 從路線或抱石區掉落，
- C) 接觸地面，
- D) 使用了被標示為出界的攀登牆面或岩點、大型構件、立體構造等而取得優勢(依§1.9 與§1.14 規定)，
- E) 借助攀登繩、吊帶或其他安全裝備（包含快扣或掛片）、攀登表面的開放邊緣、牆面上的標牌，或以手接觸未使用 / 未裝設的 T 型螺母孔來取得優勢，
- F) 被場上裁判要求停止嘗試。

先鋒 Lead

8.2 An attempt in lead will also be ruled unsuccessful if a climber:

- A) clips a quickdraw out of sequence,
- B) unclips any quickdraw other than to correct a z-clip,
- C) makes any climbing movement past the Last Safe Position on a route.

在先鋒賽中，若選手有以下情況，該次嘗試將被判定為失敗：

- A) 未依照順序掛快扣，
- B) 除修正 Z 扣之外的情況下解開任何快掛；
- C) 在超過最後安全位置後繼續攀登動作。

8.3 An attempt in lead will be ruled successful if a climber clips the final anchor on the route.

選手若成功扣掛完攀快扣，則該次嘗試被判定為成功。

速度 Speed

8.4 An attempt in speed will be ruled successful if a climber stops the timer by striking the finishing pad with a hand.

選手若以手擊打終點墊並停止計時器，該次嘗試被判定為成功。

抱石 Boulder

8.5 An attempt in boulder will be ruled successful if a climber:

- A) finishes standing on top of the boulder before the climbing time expires, or
- B) Controls/matches the marked finishing hold with both hands and having done so:
 - i) achieves a stable position before the climbing time expires, and
 - ii) either performs some action common to the sport or Controls the marked finishing hold long enough to do so.

選手若有以下情況，則該次嘗試被判定為成功：

- A) 在攀登時間結束前成功站立於抱石頂部，或
- B) 同時用雙手控制/碰觸標示的完攀點，且在完成後：
 - i) 在攀登時間內達成穩定姿勢，且
 - ii) 執行一項攀岩運動中常見的動作，或持續穩定控制完攀點達成上述動作。

9 判定嘗試結果 DETERMINING THE RESULT OF AN ATTEMPT

先鋒 Lead

9.1 The result of an unsuccessful attempt in lead will be last scoring hold Controlled with the hands to:

- A) complete an Establishing Movement, or
- B) make an Advancing Movement.

If a hold is Controlled to make an Advancing Movement, the result will be marked with the postfix “+”.

先鋒若嘗試失敗，成績將記錄為選手最後一次用手控制岩點，並完成下列任一動作的位置：

- A) 完成一個建立動作 (Establishing Movement)，或者

B) 進行一個推進動作 (Advancing Movement)。

若岩點是為了推進動作而被控制，成績後方將標註「+」。

9.2 No postfix “+” may be awarded where an attempt has ended unsuccessfully under §8.2.

若根據第 8.2 條所述情況導致嘗試失敗，則不得授予「+」的標註。

9.3 The result of a successful attempt in lead will be recorded as Top and, when required by the applicable competition regulations, the climbing time.

若成功完攀，成績將記錄為「Top」，且如適用的比賽規則要求，須一併記錄攀登時間。

速度 Speed

9.4 The result of an unsuccessful attempt in speed will be recorded as a Fall or a False Start, depending on the cause.

速度嘗試失敗，成績將視失敗原因記錄為「墜落 (Fall)」或「偷跑 (False Start)」。

9.5 The result of a successful attempt in speed will be recorded as the climbing time.

速度嘗試成功，成績則記錄為攀登時間。

抱石 Boulder

9.6 The result of a successful attempt in boulder will be recorded as Top together with the number of attempts required.

抱石嘗試成功，成績將記錄為「Top」，並標註完成所費的嘗試次數。

9.7 If the design and marking of a boulder includes any Zone holds, and the climber during an in- progress attempt Controlled the hold with their hands to:

A) complete an Establishing Movement, 25 or

B) complete an Advancing Movement to achieve a stable position on some hold further along a line of progression of the boulder, then the result of the attempt will include the relevant Zone(s).

若抱石路線設計與標記中包含「Zone 點」，且選手在嘗試過程中用手控制 Zone 岩點以：

A) 完成一個建立動作，或

B) 完成一個推進動作並於路線推進線上的某一點取得穩定姿勢，則該次嘗試的成績中將包括相應的 Zone 點。

10 嘗試的計時 TIMING ATTEMPTS

10.1 Only times recorded in scoring attempts may be considered for the purposes of records, results or rankings.

只有於計分嘗試中錄得的時間，方可作為紀錄、成績或排名用途。

11 運動及其他事件 SPORTING AND OTHER INCIDENTS

11.1 Any incident or unusual/unforeseen circumstance affecting a climber's attempt on a route or boulder will be evaluated under the principle that climbers are primarily responsible for their own actions and decisions, while acknowledging that external factors may impede or assist an attempt.

任何影響選手在路線或抱石區塊上嘗試的事件或異常/不可預見的情況，將依循以下原則評估：即認為選手應對自身行動與決策負主要責任，但同時承認外部因素可能影響或協助其嘗試。

技術事件 Technical Incidents

11.2 The on-field officials will determine whether any incident or unusual/unforeseen circumstance affecting a climber's attempt is classified as a Technical Incident. The on-field officials will consult with the Head Route Setter when necessary.

現場裁判將負責判定是否將某個影響選手嘗試的事件或異常/不可預見情況歸類為技術事件；必要時應與主定線員協商。

11.3 If a competitor elects to continue an attempt after a potential or confirmed Technical Incident that adversely effected their attempt, the incident will be considered waived and closed for that competitor. A competitor may not waive an incident that provided an advantage.

若選手選擇在潛在或已確認的技術事件發生後繼續攀登，即視為自動放棄該事件的申訴權，該事件也視為已結案。選手不得放棄任何為自己帶來優勢的事件。

11.4 If a Technical Incident is confirmed and cannot be waived or is not waived:

- A) the relevant attempt may be ruled unsuccessful at the point and time of the incident,
- B) the climber may be allowed to restart the route/boulder once the cause of the incident is rectified and, if necessary, the allowed climbing time will be reset or adjusted to account for any time lost.
- C) the result of the attempt will be the better of the progress made before the incident and after any restart.

若技術事件已確認且無法豁免或未被豁免：

- A) 相關嘗試可被判定為在該事件發生的時間點與位置結束，且成績作廢，
- B) 在排除技術事件原因後，選手可獲准重新開始該路線或抱石，且必要時允許重設或調整攀登時間以補償損失時間。
- C) 最終成績將取該選手在事件發生前的進展與重新開始後的進展中較佳者。

11.5 The process for managing Technical Incidents should be set out in the applicable competition regulations. 處理技術事件的程序應於適用的比賽規則中訂明。

血液傷口 Blood injuries

11.6 If a climber sustains a blood injury, any contaminated holds must be cleaned and the wound cleaned/dressed. Where the competition format allows the climber to make multiple attempts or involves multiple routes/boulders, the Jury President must be satisfied that the wound is adequately dressed and that the risk of blood transfer is minimal before allowing the climber to continue.

若選手出現血液傷口，必須清理及包紮選手的傷口，並清潔所有受污染的岩點。若比賽格式允許

選手進行多次嘗試或涉及多條路線/抱石，則在允許選手繼續比賽前，裁判長必須確認選手傷口已妥善包紮，且血液傳播的風險降至最低。

12 抗議和申訴 PROTESTS AND APPEALS

12.1 A competitor (or a team official acting on their behalf) may file an appeal if their result/ranking in an event is affected by:

- A) a judging error,
- B) an error in scorekeeping or timekeeping,
- C) some matter relating to the eligibility or conduct of a competitor or team official.

若選手(或代表其行事的隊伍工作人員)認為下列情況影響了其比賽成績/排名，可以提出申訴：

- A) 判定錯誤，
- B) 記分或計時錯誤，
- C) 有關選手或隊伍工作人員的資格或行為的問題。

12.2 To be admissible, an appeal must be submitted to in writing to the Appeal Jury:

- A) by the competitor affected or a team official with Appeal Eligibility under the applicable competition regulations (the appellant),
- B) inside the time limits specified in the applicable competition regulations, and
- C) must state the competitor affected, the substance of the appeal and the rule basis for the appeal.

If ruled inadmissible, the appeal form will be returned and marked as invalid. No appeal fee will be payable.

申訴必須以書面形式提交給申訴仲裁團，方可受理：

- A) 由受影響的選手本人或根據適用的比賽規則具有申訴資格的隊伍工作人員(申訴人)提出，
- B) 在適用競賽規程規定的時間限制內；
- C) 必須說明受影響的選手、申訴的內容以及申訴的規則依據。

如果申訴被判定為不受理，申訴表將被退回並標註為無效，且無需支付申訴費。

12.3 In examining an appeal, the Appeal Jury will have regard for and consider the spirit and intent of the rules and the need to uphold the integrity of the sport.

在審查申訴時，申訴仲裁團將考量規則的精神與意圖，以及維護運動公正性的必要性。

12.4 The Appeal Jury will consider the Admissible Evidence allowed under the applicable competition regulations. If this evidence:

- A) is conclusive and supports the appeal, the appeal will be marked as successful and the decision on the Field of Play will be amended or the error otherwise corrected.
- B) Is inconclusive or does not support the appeal, the appeal will be marked as unsuccessful and the decision on the Field of Play will stand.

All appeal decisions will be confirmed in writing and communicated to the appellant

申訴仲裁團將依據適用比賽規則中允許的「可受理證據」進行審查。若該證據：

A) 明確且支持申訴，則申訴將被判定為成立，並修改場上裁決或更正錯誤。

B) 不明確或不支持申訴，則申訴將被判定為不成立，場上裁決維持不變。

所有申訴結果將以書面形式確認並通知申訴人。

12.5 If the Admissible Evidence does not allow the matter under appeal to be reviewed, the decision made on the Field of Play will stand, and the appeal marked undetermined.

如果「可受理證據」不足以審查申訴事項，則場上裁決維持不變，並將該申訴標記為無法裁定。

12.6 An appeal fee may only be charged if an appeal is unsuccessful.

僅當申訴不成立時，方可收取申訴費。

12.7 A decision of the Appeal Jury will be considered as a Field of Play rule decision and is not subject to further review or appeal, other than as allowed under the IFSC Disciplinary Rules.

申訴仲裁團的決定將被視為場上裁決，除非依據 IFSC 紀律規則另有規定，否則不得再提出進一步的審查或申訴。

13 違規與不當行為 RULE INFRINGEMENTS AND MISCONDUCT

制裁措施 Sanctions

13.1 Sanctions may be imposed for infringement of these rules and/or for misconduct as follow:

對於違反本規則及 / 或不當行為，將可施以以下制裁措施：

警告 Caution	取消資格 Disqualification
Breach of these rules without actual or potential serious impact on the fairness or results of competition. 違反本規則而對比賽的公平性或結果沒有造成實際的或潛在的嚴重影響。	Breach of these rules with actual or potential serious impact on the fairness or results of competition. Observation or gathering information on any route/boulder intended to be attempted on-sight beyond that contemplated within these rules. 違反本規則，對比賽的公平性或結果造成實際或潛在的嚴重影響。 觀察或收集任何計劃嘗試的路線/抱石的信息，超出這些規則所設想的範圍。
Non-compliance with the instructions of an IFSC official. 不遵守 IFSC 官員的指示。	

Unsporting conduct of a minor nature. Use of obscene or abusive language or behaviour of a relatively mild nature. 輕微的違反體育道德的行為。 使用淫穢或辱罵性的語言或性質相對溫和的行為。	Unsporting conduct of a serious nature. Use of obscene or abusive language or behaviour of a serious nature. Receipt of two cautions in an event. 具有嚴重性質的違反體育道德的行為。 使用淫穢或辱罵性語言或性質嚴重的行為。 在一次事件中收到兩次警告。
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13.2 Sanctions may also be imposed as set out in any code given the status of a rule within any applicable competition regulations.

制裁措施也可根據任何被賦予規則效力的適用比賽規則中的其他準則實施。

13.3 The imposition of a sanction will be accompanied by showing a Yellow Card (for a caution) and/or a Red Card (for a disqualification):

施加制裁時，將透過出示黃牌(警告)和/或紅牌(取消資格)來表示：

結果 Consequences

13.4 A competitor in receipt of a caution may continue to participate in the event. A team official in receipt of a caution will not be allowed access to the Competition Area for the remainder of the event.

收到警告(黃牌)的選手可以繼續參與比賽。收到警告的隊伍工作人員將被禁止在剩餘比賽期間進入比賽區域。

13.5 A competitor who is disqualified will be ineligible to participate in any subsequent rounds and will be unranked.

被取消資格 (紅牌) 的選手將失去參與後續輪次的資格，且在比賽中不列名次。

13.6 A competitor disqualified for a serious offence in any event will be disqualified for all events in the competition.

若選手因嚴重違規而被取消某場比賽資格，則該選手將被取消該賽事中所有項目的資格。

其他人員 Other persons

13.7 The Jury President may order the removal of any person infringing these rules or disrupting the competition and, if necessary, suspend any competition activities whilst this takes place.

裁判長可命令任何違反規則或干擾比賽進行的人離場，並在必要時暫停比賽活動，直到相關處理完成。

詞彙表 GLOSSARY

1. The following terms will apply throughout these rules: 下列術語在本規則中具有以下意義：

Shall, and **must** mean a mandatory requirement. **Shall / must** 表示強制性的要求。

Shall not and **must not** mean a prohibition. **Shall not / must not** 表示明確禁止的事項。

Should and **should not** are recommendations, there may be reasons choose a different course of action, but the full implications must be understood, and the case carefully weighed before doing so.

Should / should not 為建議性用語，選擇不同做法可能有其原因，但在採取行動前必須充分了解可能產生的影響並仔細衡量。

May means a discretionary matter. **MAY** 表示有裁量空間的事項，酌情決定是否執行。

The terms **athlete**, **climber** and **competitor** are used interchangeably.

運動員、攀爬者和選手這三個詞在本規則中可互相通用，指的是同一類人員。

2. The following definitions will apply throughout these rules: 下列定義在本規則中具有以下意涵：

Admissible Evidence means the evidence allowed to be used in determining the results of any appeal, as set out in the applicable competition regulations.

可接受的證據：指根據相關賽事規則，在申訴過程中可用來判定結果的證據。

An **Advancing Movement** is a single or continuous series of climbing movements aimed at securing the next hold in a sequence, in which the climber attempts to reach or grip that hold with their hand(s) and advances or repositions their body to enable this.

推進動作：指為了抓取下一個岩點而進行的單一或連續攀爬動作，攀爬者透過手部伸展、抓握，以及調整身體位置以達成該目的。

After-Work means an attempt on a route/boulder made with first-hand knowledge of the intended climbing sequence. This knowledge comes from pre-practice of or prior attempts on the route/boulder.

預習攀登：指已對路線或抱石進行過事前練習、觀察或嘗試之後所進行的攀登。攀岩者已具備對攀登順序的直接認知。

Appeal Eligibility means an entitlement to make an appeal as set out in the applicable competition regulations.

申訴資格：指依據相關賽事規定提出申訴的權利。

Appeal Jury means the technical officials responsible for determining the results of any appeal, as set out in the applicable competition regulations.

申訴裁判團：根據賽事規則，負責審理與裁定申訴結果的技術裁判。

Competition Area means those parts of the venue set aside: **比賽區域**是指場地中劃定的部分：

- for use by technical officials, and/or on-venue results management teams. 供技術裁判和/或成績組使用的區域。

- for athletic warm-up/warm-down before and after climbing, and/or areas set aside specifically for recovery. 運動員比賽前熱身或比賽後放鬆，以及指定的恢復區域。
- as Call Zones and transits to/from these, the Field of Play and adjacent technical areas, including any areas set aside for team officials (e.g. any “coaches’ corridor”)作為預備區、進出場動線、比賽場地和鄰近技術區域以及供隊伍教練使用的區域(如「教練通道」)。

Control means the intentional management of a climber's position and movement by either:

控制：指攀爬者透過下列方式，有意識地管理自己的身體位置與動作：

- A) using the climbing surface/holds, or 使用岩板牆面/岩點，或
- B) shifting their centre of mass. 調整自身重心。

An **Establishing Movement** is a single or continuous series of climbing movements aimed at stabilising a climber's position on a hold, in which the climber uses the hold to adjust their position, re-grip, or shift weight to achieve balance and stability.

穩定動作：指為了在某個岩點上取得穩定姿勢所進行的單一或連續動作，攀爬者透過該岩點調整身體位置、重新抓握或轉移重心，以獲得平衡與穩定。

Event Seeding means the preliminary ordering or ranking of competitors for an event, based on their previous performances or other specified criteria.

賽事排序：指根據選手過去的成績或其他指定標準，對本場賽事參賽選手進行初步排序或排名的過程。

False Start has the meaning given in §7.3 and §7.5. **偷跑**：定義詳見第§7.3 與§7.5 條款。

Fixed Time means a specific time at which an event or activity is scheduled to take place.

指定時間：指某項賽事或活動預定進行的特定時間。

Flash means a ground-up attempt on a route/boulder made with some knowledge of the intended climbing sequence but without prior practice/attempts.

Flash：指選手在沒有事前練習或嘗試的情況下，對某一條路線或抱石進行首次從起點開始的嘗試，但在嘗試前擁有該路線的部分攀登順序資訊。

Invalid Result Mark or **IRM** means a mark or code indicating a non-scoring or invalid result. IRMs include failure to start (**DNS**), disqualification for technical infractions (**DSQ**), and disqualification for unsporting behaviour (**DQB**).

無效成績標記 或 **IRM** 表示某一成績無效或不計分的代碼或標記。常見的 **IRM** 包括：未出場 (**DNS**)、因技術違規而失格 (**DSQ**)、因違反運動道德而失格 (**DQB**)。

Last Clipping Position means the last hold from which the Head Routesetter has ruled it possible to clip some quickdraw, or from which a competitor has shown it is possible to clip.

最後掛快扣位置：指主定線員認定可進行掛快扣操作的最後一個可握點，或選手已證明可從該握點進行掛快扣的點位。

Last Safe Position means that a competitor has Control of, but not yet made any climbing movement to pass beyond:

最後安全位置指選手已控制、但尚未做出任何攀爬動作以超越以下任一情況的位置：

- A) a marked Safety Hold where the associated quickdraw has not been clipped, or 標記為「安全握點」且其對應快扣尚未掛上的點，或
- B) any other hold beyond which, in the reasonable opinion of the Jury President or category judge, further progress would be unsafe. 經裁判長或該組別裁判合理判斷，若繼續前進會構成安全疑慮的其他握點。

Not Earlier Than (NET) time means the earliest possible time for an event or activity.

不得早於時間 (NET) 指某項賽事或活動最早可開始的時間。

Official Results means the results published following the conclusion of any round of an event, marked as such and issued by an authorised official.

正式成績是指賽事某一輪次結束後，由授權裁判公布並標示為正式的比賽成績。

Official Start List means a list of all competitors scheduled to start a round in the order and/or at the time set out on the list. Each Official Start List will show:

正式出場名單是指按照既定順序與時間所排定，將參加該輪比賽的所有選手列出的名單。每份正式出場名單會載明：

- the event and round, 賽事名稱與該輪資訊，
- the starting order and, where competitors are scheduled to start at a fixed time, the starting times for each competitor 出場順序，若選手有固定出場時間則列出其時間
- the name and IOC country code of each competitor, 每位選手的姓名與國際奧會國碼
- the time at which warm-up area will be open and/or closed for entry, and for any collective observation, and the Start of Play, 熱身區開放與關閉時間，以及若有的集體觀察時間與比賽開始時間，
- the scheduling of any cleaning breaks 清潔路線時間安排

On Sight means a ground-up attempt on a route/boulder made without any prior knowledge of the intended climbing sequence and without any prior practice/attempts.

現場觀察 (On Sight) 指選手在完全沒有任何攀登順序資訊，也未曾進行任何練習或嘗試的情況下，從起點開始挑戰某一條路線或抱石。

Provisional Results means any results published whilst a round is underway and/or prior to the publication of the Official Results for the relevant round.

臨時成績是指在比賽進行中，或正式成績尚未公布前所公布的暫時性成績。

Reaction Time means the difference between the time at which an attempt is considered to have started and the initiation of the Starting Signal.

反應時間是指比賽開始訊號發出後至選手實際開始嘗試之間的時間差。

A **Safety Hold** is a designated hold on a route, placed in circumstances where progression past the hold without clipping an associated quickdraw would pose a significant safety risk. A Safety Hold and its associated

quickdraw must be clearly marked on the route.

安全手點是指在路線上特別標示的手點，在不掛上對應快扣的情況下繼續前進將造成明顯安全風險。安全手點及其對應快扣必須在路線上明確標示。

Starting Signal means a unique tone broadcast by an automated timing system to indicate the start of the climbing time.

開始訊號是指自動計時系統發出的獨特音調，用以提示攀登時間開始。

The **Start of Play** for any round of competition is the time when the first competitor taking part in the round enters the Field of Play to commence their attempt or any period of individual preparation/observation.任何

比賽開始時間：指某一輪比賽中，首位選手進入比賽區開始嘗試，或進行個別準備/觀察的時間。

Technical Incident means:

技術事件是指以下情況之一，且必須 (a) 對選手的嘗試造成實質不利或有利影響，且 (b) 並非由選手本身的行為或疏忽所導致。：

A) a broken or loose hold, 岩點斷裂或鬆動，

B) an improperly positioned quickdraw or karabiner, 快扣或安全扣安裝位置不當，

C) a tight rope caused by the action or inaction of the belayer, which either assists or hinders a competitor, 由確保員行為或疏忽導致繩索過緊，進而妨礙或協助選手，

D) a critical failure of an official timing system, or 正式計時系統發生重大故障，或

E) any unusual or unforeseen circumstance that places the competitor in a situation different from their peers, 其他導致選手處於與其他人不一致情況的異常或不可預見狀況，

and in each case (a) must result in a material disadvantage or advantage to a climber's attempt and (b) must not be the result of the climber's own action or inaction.

3. The following terms relating to starting orders will apply throughout these rules:

關於起跑順序的相關術語，適用於本規則中的各個階段：

Rank Ascending Order means the best seeded competitor will start first. The seeding for any round will be determined from the competitor's General Ranking (if applicable) followed by their Event Seeding. Unseeded competitors will start after all seeded competitors in random order. Competitors with identical seeding will be ordered randomly.

排名遞增順序：表示種子排名最高的選手最先出場。每輪比賽的排序將依據選手的「總排名」(若適用)優先，其次為「該場賽事的種子排序」。未被列為種子的選手，會在所有種子選手之後出場，出場順序為隨機排序。若有選手種子排序相同，則以隨機方式決定其出場順序。

Rank Descending Order means the best seeded competitor will start last. The seeding for any round will be determined from the competitor's General Ranking (if applicable) followed by their Event Seeding. Unseeded competitors will start before all seeded competitors in random order. Competitors with identical seeding will be ordered randomly.

排名遞減順序：表示種子排名最高的選手最後出場。每輪比賽的排序依據同上：先參考總排名，再參考該場賽事的種子排序。未被列為種子的選手，會在所有種子選手之前出場，出場順序為隨機排

序。若有選手種子排序相同，則以隨機方式決定其出場順序。

Tournament Bracket Order means the starting order for a single elimination tournament for 4, 8 or 16 competitors. The general principle for constructing the bracket order is that the best seeded competitors should, all other factors being equal, meet in the final heat of the round. Where two competitors have the same seed, their position in the first stage of the bracket will be decided by random selection.

淘汰賽對戰表順序：適用於 4 人、8 人或 16 人的單敗淘汰賽形式。排表的基本原則是讓排名較高的選手在所有條件相同的情況下，應在比賽的最後一場對決中相遇。若兩位選手擁有相同種子排序，則他們在初始對戰表中的位置將由隨機抽籤決定。

Random Order means each competitor's starting order is independent of rank or seeding, distributed at random.

隨機順序：每位選手的出場順序與排名或種子排序無關，純粹隨機分配。

Offset Order means the starting order for each course or route will be a cyclical shift from the starting order of the first course/route, proportional to the number of routes (e.g., half the number of competitors, rounded down, for 2 courses/routes).

位移順序：指每一條路線或賽道的出場順序會根據第一條路線 / 賽道的順序進行輪替偏移。例如：若為兩條路線，則後續路線的出場順序會依據總選手數的一半（無條件捨去）進行位移。

4. The following terms relating to rankings and results will apply throughout these rules:

關於排名與成績的相關術語，適用於本規則中的各個階段：

General Ranking means the overall standing of competitors who have participated in at least one round of an event (excluding any competitors disqualified during or following the event), calculated after each completed round. Where a round of competition was held with multiple starting groups, the General Ranking of competitors in that round:

總排名是指在某場賽事中至少參加過一輪比賽（不含因違規而在賽中或賽後遭到取消資格的選手）的選手整體排名，此排名會在每輪比賽結束後進行更新。若該輪比賽分為多個組進行，則該輪的總排名會依以下方式產生：

A) will be determined by merging the rankings from each group, treating competitors having equal rankings between the two groups as tied,

將各組的名次合併，若不同組別中選手名次相同則視為並列，

B) cannot be used for any countback purposes in a subsequent round of competition.

該總排名不可作為下一輪比賽中回溯使用的依據。

Ranking refers to the ordinal position of competitors determined using the standard competition ranking method unless another method has been specified.

排名是指依照標準比賽排名方式（除非另有規定）所計算出的選手名次。

5. The following terms relating the structure of competitions apply throughout these rules:

關於賽事結構的相關術語，適用於本規則中的各個階段：

An **event** is a specific competition defined by a unique combination of discipline, sport class, age group and category (i.e., gender grouping).

賽事指由特定「比賽類型」、「運動等級」、「年齡組別」與「分組（如性別）」所構成的單一比賽。

A **round** is a major subdivision of an event to which a set of competitors is qualified to participate, e.g., qualification, semi-final and final round.

輪次為賽事中的主要分段，由符合資格的選手參加，例如資格賽、準決賽、決賽等。

The term **phase** is used as a synonym for a **round** in the context of ranking calculations and medals/titles more generally. e.g., the **medal phase** of an event is normally the final round but may be an earlier round if the final round cannot take place

在此詞可視為輪次的同義詞，特別用於計算排名、頒發獎牌或頭銜時的上下文中。例如：「頒獎階段」通常指的是決賽輪，若決賽無法舉行，則可改為前一輪次。

A **stage** is a subdivision of a round. e.g., each round in a Boulder&Lead competition includes lead and boulder stages, the final round in a Speed competition will include (at least) final and semifinal stages.

小組 / 階段指輪次中的進一步劃分。例如：在「抱石與先鋒混合賽」(Boulder & Lead) 中，每一輪會包含抱石與先鋒兩個階段；速度賽 (Speed) 中的決賽輪則至少包含準決賽與決賽兩個階段。

A **heat** or **race** is a competitive unit within a stage or round typically involving multiple competitors. The terms are used interchangeably in Speed competitions.

場次 / 比賽組為階段或輪次中的一個競賽單位，通常包含多位選手同場競賽。在速度賽中，這兩個詞可交替使用。

A **course** is a set of boulders attempted by a set of competitors. A round or stage will typically include a single course but may include multiple courses, e.g., if the competitors have been split into two starting groups.

路線指由一組選手共同挑戰的一組抱石或攀登路線。一般情況下一輪或一個階段會使用一條路線，但若選手被分組出發，則可能設置多條路線。

An **attempt** is the smallest competitive unit, representing a single effort by an individual competitor on a single route/boulder.

嘗試為最小的競賽單位，表示選手對單一條路線或抱石所進行的一次攀登嘗試。

注意事項和指示 NOTES AND GUIDANCE

1 Moves include downward or sideways dynos where the climber may collide with the climbing surface or any holds (whether the move is completed or not) are not permitted.

選手進行向下或橫向動態跳躍 (Dyno) 時，若可能與攀登牆面或任何岩點產生碰撞 (無論動作是否完成)，則該動作不被允許。

2 If a climber uses any equipment to clean holds on a boulder, it is the climber's responsibility to place that equipment in a position where it presents minimal risk of harm to themselves or any climber close to them.

若選手使用任何器具清潔抱石路線上的岩點，選手有責任將該器具放置在不會對自己或鄰近選手造成風險的位置。

3 The type and colour of these markings should be the same throughout a competition. An example may be placed in the warm-up area.

所有標示的顏色與樣式在整場比賽中應保持一致，並可在熱身區展示一個示範範例供選手參考。

4 Each Starting Position must have 4 markings, regardless of the number of holds, macros or volumes used in its construction. These markings should be placed to clearly identify the holds forming part of the start.

每個起攀位置 (Starting Position) 都必須設置四個標記，不論該起攀點使用了多少個岩點、立體構件 (macros) 或體積構件 (volumes)。這些標記應明確指出構成起攀的岩點。

If Route Setters use additional holds to modify or limit the usable part of a starting hold, these **blocker holds** must not be designated as starting holds. Climbers cannot Control any **blocker holds** when starting the boulder.

若設計者使用額外岩點來限制起攀點的可用部分，這些「障礙點 (Blocker Holds)」不得被視為起攀岩點。選手在起攀時不得控制任何障礙點。

5 Boundary markings may be used to mark holds, macros, volumes or parts of the climbing surface that cannot be used during an attempt, including distinct features like arêtes or corners. Boundary markings may also be placed to prevent interference between adjacent routes/boulders.

邊界標記 (Boundary Markings) 可用於標示在嘗試過程中不得使用的岩點、立體構件、體積構件，或攀登牆面上的特定部分 (如稜線或牆角等顯著特徵)。邊界標記也可用來避免相鄰路線 / 抱石之間的干擾。

Any boundary markings must all use the same colour (black) for all routes/boulders in a round, and for all rounds of competition. If a boundary marking is used to delineate some part of the climbing surface, the marking should extend to each edge of the surface.

所有邊界標記必須使用相同顏色 (黑色)，且在同一輪比賽或整場賽事中皆需一致。若邊界標記用來界定某段牆面，則該標記應延伸至牆面每一側的邊緣。

If any holds or parts of the climbing surface are marked out of bounds by a boundary marking, climbers may touch or use the marking without being considered **out of bounds**.

若某些岩點或牆面部分被邊界標記劃為「不可使用區」，選手可觸碰或接觸該標記而不會被視為出界。

The judging of potential **out of bounds** infractions should apply the concepts of advantage and safety. Rulings

should avoid arbitrary distinctions and recognise the purpose of the relevant boundary marking. An **out of bounds** ruling should be made if an infraction is intentional or if it alters the intended difficulty or character of the climbing movement.

裁判在判斷是否出界時，應考量是否帶來優勢或影響安全性，避免作出任意判決，並應理解該邊界標記的設置目的。若選手的動作為蓄意或確實改變了攀登動作的原有難度與特性，則應判定為出界。

If an infraction is unintentional, determining that a climber is **out of bounds** should focus on effect:

若屬非蓄意的情況，則應依照其「效果」來判斷是否違規。

- incidental contact (e.g., a simply brushing or touching without weight transfer) can be allowed.

若只是無意的輕微接觸（如手臂輕刷、觸碰但未施力），可視為允許。

- any active or passive use (e.g., pulling on, stepping on, or stabilising with a feature or using it for progression) is not allowed.

若有主動或被動使用該區域（如拉扯、踩踏、借力穩定或進行動作推進），則視為不允許。

6 The transfer of chalk residue from the hands, which occurs naturally during climbing, is not considered a violation of this rule.

因攀爬過程中自然產生的手上粉末痕跡轉移或殘留，不構成違規行為。

7 Climbers may use elasticated compression bandages/wraps (for arms/legs); and/or kinesiology and similar tape where necessary for the prevention or management of injury.

選手可視需要使用彈性壓縮繃帶（用於手腳部位）、肌內效貼布或其他類似貼布，用以預防或處理傷勢。

8 No request should be granted (i) to allow a climber to descend to the ground using any equipment not permanently part of the route/boulder, e.g. a ladder, or (ii) to provide security measures different to those considered necessary for the route/boulder as whole, e.g. pre-clipping additional quickdraws, or providing additional safety matting.

不得接受以下申請（i）允許選手使用非路線／抱石永久裝設設備（如梯子）下攀，或（ii）提供與該路線／抱石原先設計不同的額外安全措施（例如預掛額外快扣、增加防護墊等）。

9 Attempts by a competitor to assist another competitor who is injured or in distress are not considered to be interference [Mawem, Meiringen 2021].

若選手試圖協助受傷或有困難的其他選手，不應視為干擾行為（案例參考：Mawem，2021 年 Meiringen 站）

~~10 The transfer of chalk residue from the hands, which occurs naturally during climbing, is not considered a violation of this rule.~~

~~——攀登過程中自然產生的手上粉末痕跡轉移或殘留，不構成違規行為。——~~

11 Enforcing strict on-sight regulations in climbing competitions presents challenges in outdoor venues. The integrity of individuals and teams, as well as their adherence to a shared ethos is fundamental to maintaining the spirit of fair play.

攀登比賽中嚴格執行 on-sight 規定，在戶外場地常常面臨挑戰。比賽選手及團隊的誠信，以及大家共同遵守的運動精神，是維護公平競賽精神的根本。

Where the competition venue is open to the public or overlooked by a public area, competitors may observe routes/boulders from these areas whilst they are open, however the following actions are prohibited:

若比賽場地是開放空間或可從公共區域觀看，選手可在場地開放期間從這些位置觀察路線 / 抱石路線，但禁止以下行為：

- watching, recording, or making use of any recordings of the work of the route setters.
觀看、錄製或利用任何設定路線時的工作紀錄。
- using drones or other devices to gain a closer or detailed view not generally available to the public.
使用無人機或其他裝置，取得一般觀眾無法輕易看到的近距離或細節畫面。

12 During a collective observation period, competitors may touch the climbing surface and:

在集體觀察時間內，選手可以觸摸岩板牆面，且：

- (a) on lead routes: any hold they can reach from the ground, and
在先鋒攀登路線上：可以觸摸站在地面能夠碰到的任何岩點，以及
- (b) on boulders: only the marked starting holds and any associated blocker holds.
在抱石路線上：只能觸摸標記為起攀點的岩點，以及與起攀點有關聯的障礙點。

Competitors may use binoculars to view routes/boulders and make hand-written notes or sketches of routes/boulders but may not take photographs or make recordings of routes/boulders.

選手可以使用望遠鏡觀察路線 / 抱石，並手寫筆記或簡單繪製路線示意，但禁止拍照或錄影。

A competitor may share information gathered during the collective observation period with another competitor if neither has attempted the route. A competitor may share information about a route with other competitors where they have each completed their attempts in a round. e.g., when in a “leader corner” or similar.

若選手尚未嘗試過某條路線，可以在集體觀察期間彼此分享觀察到的資訊。若選手們已完成某回合的嘗試，例如在「第二預備區 (Leader's Corner)」等區域，也可以彼此交流資訊。

13 The route judge has discretion to determine whether a climber’s movement is an adjustment prior to starting or the actual start of the attempt. 路線裁判有權判定選手的動作是起攀前的調整，還是已經正式開始嘗試。

14 A climber may jump to brush a hold- this action will not be counted as a scoring attempt provided they do not make use of the climbing surface or touch any other holds in the process.

若選手跳起來刷岩點，且在此過程中沒有利用攀登牆面或觸摸其他岩點，則此動作不算一次正式嘗試。

15 When validating a climber’s start, a boulder judge must assess whether:

在確認選手起攀時，抱石裁判必須判定：

- (a) the climber has demonstrated they have Control of the marked starting holds and successfully achieved the Starting Position, and 選手是否有控制標記為起攀的岩點，並正確達成起攀位置
- (b) the climber’s movement(s) to establish the Starting Position are separate and distinct from any movement initiated from that position for progress. 選手為建立起攀位置所做的動作，必須與起攀後為前進所做的動作明顯區隔。

16 In speed, a fall should be considered to have occurred where a climber either: 在速度賽中，若出現下列情況之一，應判定選手墜落：

- slips and is not able to recover by grabbing another hold or re-gaining their footing, 滑倒且無法靠抓取其他岩點或重新站穩來恢復，
- grabs or pulls on the auto-belay rope/lanyard to recover, 抓拉自動確保繩恢復平衡，
- acts with intention to repeatedly practice a section of the route. 有意反覆練習某一段路線。

17 If a quickdraw becomes unclipped during an attempt, the attempt should be ruled unsuccessful at the Last Clipping Position for that quickdraw unless there is compelling evidence that: 若選手在嘗試過程中有快扣脫出的情況，則該次嘗試應判定為失敗，並以最後一次成功掛快扣的位置為記錄，除非有明確證據顯示：

- (a) the quickdraw was properly clipped initially, and 起初快扣有正確掛好，並且
- (b) it became unclipped due to factors outside the competitor's control. 快扣脫出是由於非選手可控的因素造成。

18 A z-clipped quickdraw will be treated as unclipped, and scoring will stop when the competitor reaches the Last Clipping Position for that quickdraw. Scoring will restart from the same hold if the competitor corrects the z-clip.

若出現「Z 扣 (Z-Clip)」的情況，則視同快扣未掛，計分會在該快扣的最後掛扣位置停止。若選手修正了 Z 扣，則可從同一手點恢復計分。

A Z-Clip may be corrected by un-clipping and re-clipping either of the two relevant quickdraws. 選手可透過解除並重新掛上相關的任一快扣來修正 Z 扣。

If a competitor fails to correct a Z-Clip, §8.2(C) will govern when the attempt is ruled unsuccessful. 若選手未能修正 Z 扣，則依據第§8.2(C)條規定，該次嘗試將被判定為失敗。

19 The Last Safe Position is distinct from the Last Clipping Position:

「最後安全位置 (Last Safe Position)」與「最後掛扣位置 (Last Clipping Position)」是不同的概念：

- if a competitor reaches the Last Clipping Position for an unclipped quickdraw without clipping it, scoring will stop, but the attempt remains in progress (i.e. the competitor can still correct the situation).

如果選手到達未掛扣的最後掛快扣位置但尚未掛快扣，計分會暫停，但嘗試仍然持續進行 (也就是選手仍有機會修正情況)。

- the attempt becomes **unsuccessful** only if the competitor passes the Last Safe Position for that quickdraw without having clipped.

若選手在未掛扣情況下通過了最後安全位置，該次嘗試即判定為失敗。

- if the competitor clips the quickdraw before passing the Last Safe Position, scoring will resume from the hold designated as the Last Clipping Position.

如果選手在通過最後安全位置前完成掛快扣，計分將從最後掛快扣位置的手點繼續。

The Jury President must always act with due regard to their responsibility for the safety of the competition and must stop an attempt if it is safe to do so where further progress would be unsafe.

裁判長必須以比賽安全為最高考量，若認為繼續攀登會有安全疑慮，必須在安全的情況下即時中止選手的嘗試。

20 In the lead discipline, the climber's result will be marked as "TOP" regardless of the hold used to clip the final anchor. In the lead stage of the boulder&lead discipline, a result will be marked as "TOP" only where the competitor clips the final anchor from the marked finishing hold. 在先鋒攀登項目中，只要選手能夠掛上完攀快扣，不論是使用哪個手點，成績都記為「TOP」。但在抱石與先鋒混合賽中的先鋒階段，必須從標記為完攀點處掛上完攀快扣，才會記為「TOP」。

21 *Matching* requires both hands to have simultaneous contact with the marked finishing hold. A hold will not be considered matched where one hand is placed over another without contact on the hold itself.

Matching 的定義是：雙手同時接觸到標記為終點的手點。若僅將一手覆蓋在另一手上，且未直接接觸到該手點，則不算完成 Matching。

22 Actions common to the sport include: 攀岩運動中常見的動作包括：

- clipping: i.e. securing a rope into a quickdraw or anchor. 將繩索掛入快扣或固定點。
- shaking out: e.g. relaxing one arm while maintaining balance to manage fatigue. 在保持平衡的情況下，放鬆一隻手臂以減緩疲勞。
- celebrating: e.g. acknowledging a successful move or ascent. 完成動作或攀登成功後表達慶賀。
- chalking up: e.g. applying chalk to hands for improved grip. 在手上塗抹岩粉以增加摩擦力。
- changing foot position: adjusting foot placements for better balance and efficiency. 为了更好的平衡與效率，重新調整腳的位置。

23 See **Establishing Movement**. 請參見穩定動作

24 See **Advancing Movement**. In lead competitions, the next hold in a sequence will normally be the next sequentially numbered hold marked on the scoring topo. However, a higher-numbered hold (beyond the next sequentially numbered hold) may also be credited as the next hold in a sequence if another climber shows that it is possible to complete the movement to this hold. 請參見「推進動作」。在先鋒攀登比賽中，通常下一個手點指的是計分圖上標記的下一個順序編號手點。然而，如果其他選手證明可以直接完成至更高編號的手點，則該手點也可視為下一個有效的推進手點。

~~25 See **Establishing Movement**. 請參見穩定動作。~~

26 In certain circumstances, a climber may attempt to use a Zone hold en passant without attempting to stabilize on the Zone (e.g., making a 'paddle move'). If the climber use the Zone to change their direction of motion and advance their hand or body, their movement would be classed as an Advancing Movement. However, the Zone should only scored if the onward movement is successfully completed, and the climber achieves a stable position. For reference, see [Levier, Meiringen/2019] as a negative example.

在某些情況下，選手可能會試圖在經過 Zone 點時，沒有試著先穩定身體就直接使用，例如做出「拍

擊動作」。如果攀爬者使用 Zone 點來改變他們的運動方向並推進他們的手或身體，他們的動作將被歸類為推進動作。然而，只有成功完成推進動作並且攀爬者達到穩定位置時，才應對該 Zone 點進行評分。作為參考，請參閱[Levier, Meiringen/2019]作為反面範例。

- 27 A climber with a blood injury must remedy any bleeding prior to making or continuing their attempts. The on-field officials may stop an attempt where a climber has a blood injury. If the climber is unable to remedy any bleeding themselves, the Jury President may request either the event medical team or a team doctor to treat the wound.

若選手有出血傷口，必須在繼續或開始嘗試前止血。場上裁判可中止有出血情況選手的嘗試。若選手無法自行止血，裁判長可要求賽事醫療團隊或隊醫協助處理。

If a blood transfer to any climbing holds has occurred, the holds should be cleaned before any other climbers start their attempts. 如果血液沾染了攀登岩點，必須在其他選手開始嘗試前清潔乾淨。

A blood injury will not be treated as a Technical Incident and no additional time/attempts will be granted, unless the blood injury itself is the consequence of a Technical Incident. [Moroni, SLC/2022].

出血傷口本身不會被視為技術事件，不會因此補給額外時間或重試，除非該出血是因技術事件造成的（參考【Moroni，SLC/2022】）。

- 28 In determining any appeal, the Appeal Jury should balance the following principles:

在處理申訴時，裁判團應平衡以下原則：

- **consistency**: decisions should align with previous rulings.

一致性：判決應與過往案例保持一致。

- **correctness**: decisions should reflect an accurate application of the rules and their spirit.

正確性：判決應準確適用規則及其精神。

- **fairness**: rigid adherence to precedent should not override the need to reach a fair outcome.

公平性：不應僵化套用過往案例，而忽略達成公平結果的必要性。

- 29 A verbal warning may be given for a first offence for any matter where a Caution is discretionary.

若某事項屬於可裁量性警告範圍，首次違規時可給予口頭警告。

The Jury President has authority to determine whether some relevant matter warrants a Caution or Disqualification. 裁判長有權決定是否應給予警告或取消資格。

- 30 A disqualified competitor will be unranked in the General Ranking and in the last round in which they competed or were eligible to compete. The results of that round may be restated to allow this.

若選手被取消資格，將不列入總排名，並在其最後參賽或有資格參賽的回合中取消成績。必要時該回合的成績將重新公告。

- 31 A single or continuous series of climbing movements will not be considered an Advancing Movement if the climber's body is falling away from the next hold or the climbing surface.

若選手在攀登過程中身體是往下掉離下一個手點或攀登牆面，即使動作是連續的，也不會被視為一次有效推進動作。

Indicators of an Advancing Movement include: 推進動作的指標包括：

- the parallel or sequential movement of a climber's hips, shoulders and hand toward the next hold in a sequence. 選手的臀部、肩膀及手部朝著下一個手點平行或順序移動。

32 An Establishing Movement will be considered successful where a climber, has a clear grasp of a hold and is able to make a movement consolidating their position with that hold, e.g. transferring their weight onto that hold. 當選手明確的抓握某手點，並能透過該手點進行重心轉移、鞏固自身位置，即可視為成功完成穩定動作。

Indicators that a climber has completed an Establishing Movement include:穩定動作的指標包括：

- arresting their motion, e.g., 成功停止運動 (例如【Anraku · 巴黎/2024】) ·
- being able to release or reposition their trailing hand, 能釋放或重新擺放另一隻手，
- moving their centre of mass and repositioning one or both feet, e.g.,[Hamers, Graz/2022], [Sterrerr, Shanghai/2024, [Avezou, Paris/2024].

移動身體重心並重新擺放一腳或雙腳 (例如【Hamers · 格拉茲/2022】、【Sterrerr · 上海/2024】、【Avezou · 巴黎/2024】)

33 A failure of the timing system may be considered critical where the start/end of the climbing time cannot be measured. e.g., unless it impacted the start/stop signals, a temporary interruption of the timing signal during a boulder rotation would not **automatically** be classed as a Technical Incident.

當計時系統故障，導致無法測量攀登時間的開始或結束時，可被認定為重大問題。例如，若僅在抱石輪替期間短暫中斷計時訊號，但未影響開始 / 結束訊號，通常不會**自動**被判定為技術事件。

34 The terms **phase** and **round** are used to separate the organisation of a round (its format) from the calculation of rankings. For example, if the final round of a competition is cancelled, the semifinal round will become the medal phase, and in certain cases tie-breaks typically not applied in a semifinal may be used.

「階段 (Phase)」和「回合 (Round)」的術語用來區分比賽流程組織 (格式) 與排名計算。例如，若決賽回合被取消，則準決賽將成為頒獎階段 (Medal Phase)，且在某些情況下，通常不適用於準決賽的加賽規則 (Tie-breaks) 也可能被啟用。