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US TEAM ATHLETE UPDATE

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Where Olympic Journeys Begin

ZOOM RECORDING

Recording: LINKED HERE

Password: x6n=UjCs

Team Selection Procedures

INTRO

USA Climbing's priority for 2024 is the Olympics and qualification of the remaining Olympic quota.

Significant Changes from 20230831 Version

The National Team Eligibility Policy (initially released 2023/09/26 and found on the USA Climbing Rules and Policy page) introduced the following athlete classifications:

- ICE (International Competition Eligible)
- NTE (National Team Eligible applicable only to the Youth Series)
- NTI (National Team Ineligible).

Throughout this document, references to "US citizen" in the Team Selection Procedures document are changed to be "US citizen (ICE)". A definition of "US citizen (ICE)" is added to the Glossary.

Elite National Team:

- Removed the 2023 Elite National Team criteria.
- Updated 2.2.1(e) to clarify that there is no 2024 Boulder & Lead National Team. Note: the 2024 Elite National Team criteria for the individual Disciplines are not changed.
- Added 2.2.1(f) with the 2025 Elite National Team criteria.



Significant Changes from 20230831 Version

Elite Speed Benchmarks:

- Updated 2.3.2 with exceptions to the Speed Competition Start Benchmark requirement.
- Updated 2.4.1 with text that outlines the Speed benchmarks.
- Removed parts of 2.4.2 that have moved to the separate Elite Speed Benchmark times document found on the National Team page of the www.usaclimbing.org website.

NCH Eligibility & Format:

- Updated NCH eligibility table in 3.2.3 to specify that Olympic team members as well as those who
 competed at the 2023 COQE or 2024 OQS are eligible for the 2024 NCH.
- The prior version of this document changed the Lead and Boulder cross-eligibility to top-25 for 2024 NCH and after. The note regarding the top-100 Lead and Boulder cross-eligibility at 2023 NCH has been removed.
- Updated 3.3.1 to restore Start Order authority to the USA Climbing Rulebook.



Significant Changes from 20230831 Version

Youth & Collegiate Series:

- Updated 5.1.1 and 5.2.1 (Team Selection for the Youth Series) to accommodate the new NTE classification in in the National Team Eligibility Policy, including increasing the Youth National Team size if one or more NTE athletes qualify for the team.
- Updated 6.2.1 to increase the size of the Collegiate National Team to five (5).

Misc:

Unused definitions (e.g. "Recent Olympic Team") have been removed from the Glossary.



NCH & NTT

EVENTS & FORMATS

- National Championships
 Single-discipline Format
- National Team Trials
 Single-discipline Format



Team Selection Discretion

Reminder: Team Selection Discretion proposals may be submitted by the USA Climbing AAC (as well as the USA Climbing High Performance staff as before).



Speed Considerations

Reminder: For the Elite series Speed Discipline, and if USA Climbing quota remains after all National Team and National Development Team athletes are given the opportunity for a competition start, US Citizen athletes who have achieved the Competition Start minimum benchmark time may be awarded a Competition Start.

Speed Benchmark times for the National Team, Competition Starts and NTT eligibility have been updated.



Speed Considerations

2.4 Elite: Speed Benchmarks

- 2.4.1 USA Climbing Team Selection Speed Benchmark times are established at the conclusion of the calendar year, using the times achieved that year in the Speed Qualification rounds of IFSC World Cups and, if held that year, the IFSC World Championship.
- 2.4.2 The Speed Benchmark times to be established as follows:
 - a) The National Team Benchmark (NT Benchmark) is determined at the conclusion of the calendar year by:
 - for each World Cup (and where relevant, the World Championship) in that calendar year:
 - A) for each competitor with a valid Qualification round time (without a False Start), determining that competitor's fastest valid Qualification round time; and
 - B) determining the competition median value of those fastest Qualification round times in the competition; and then
 - ii) determining the median value among those competition median values.
 - The Competition Start Benchmark (CS Benchmark) is determined by multiplying the National Team Benchmark by 1.07 (an increase of 7%).
 - The NTT Eligibility Benchmark (NTT Benchmark) is determined by multiplying the National Team Benchmark by 1.40 (an increase of 40%).
 - d) Each Speed Benchmark calculation (median of Qualification times, NT benchmark, CS benchmark, NTT benchmark) is rounded up to two (2) decimal digits (1/100th of a second) before being presented or used further. (e.g., 8.251 rounds up to 8.26)
 - For the avoidance of doubt, an athlete must achieve benchmark times using their timingsystem-displayed time without rounding. (e.g., a race time of 6.201 does not meet a 6.20 benchmark time.)



Speed Considerations

	Benchmark	2024	2023
Women	NT Benchmark	8.00s	(11.00s)
vvoilleli	CS Benchmark	8.56s	9.00s
	NTT Benchmark	11.20s	11.00s
	Benchmark	2024	2023
Man	NT Benchmark	5.68s	(8.00s)
Men	CS Benchmark	6.08s	6.20s
	NTT Benchmark	7.96s	8.00s



National Team Ranking Points

HOW THEY WORK

National Team Ranking Points

Le	Lead National Team Ranking points							
	Lead National Championship Ranking points	Rule 3.4	using table in 2.1.4					
+	Lead National Team Trials Ranking points	Rule 4.4	using table in 2.1.4					
+	Bonus points	Rule 2.1.5						
=	TOTAL points							

Table 2-1 National Team Ranking Points – Lead

В	Boulder National Team Ranking points						
	Boulder National Championship Ranking points	Rule 3.4	using table in 2.1.4				
+	Boulder National Team Trials Ranking Points	Rule 4.4	using table in 2.1.4				
+	Bonus points	Rule 2.1.5					
=	TOTAL points						

Table 2-2 National Team Ranking Points – Boulder

Sp	Speed National Team Ranking points						
	Speed National Championship Ranking points	Rule 3.4	using table in 2.1.4 or 2.1.3				
+	Speed National Team Trials Ranking points	Rule 4.4	using table in 2.1.4 or 2.1.3				
+	Bonus points	Rule 2.1.5					
=	TOTAL points						





Elite: National Team Ranking Points

2.1.4	The following i	table is used	I to determine	National '	Team Ranking	points.
	-					

	National Team Ranking Points										
Rank	NCH	NTT	Rank	NCH	NTT	Rank	NCH	NTT	Rank	NCH	NTT
1	1000	1200	21	145	174	41	14	16	61	4	4
2	805	966	22	130	156	42	13	15	62	4	4
3	690	828	23	120	144	43	12	14	63	4	4
4	610	732	24	105	126	44	11	13	64	3	3
5	545	654	25	95	114	45	11	13	65	3	3
6	495	594	26	84	100	46	10	12	66	3	3
7	455	546	27	73	87	47	9	10	67	3	3
8	415	498	28	63	75	48	9	10	68	3	3
9	380	456	29	56	67	49	8	9	69	2	2
10	350	420	30	48	57	50	8	9	70	2	2
11	325	390	31	42	50	51	7	8	71	2	2
12	300	360	32	37	44	52	7	8	72	2	2
13	280	336	33	33	39	53	7	8	73	2	2
14	260	312	34	30	36	54	6	7	74	2	2
15	240	288	35	27	32	55	6	7	75	1	1
16	220	264	36	24	28	56	6	7	76	1	1
17	205	246	37	21	25	57	5	6	77	1	1
18	185	222	38	19	22	58	5	6	78	1	1
19	170	204	39	17	20	59	5	6	79	1	1
20	155	186	40	15	18	60	4	4	80	1	1

Table 2-5 National Team Ranking Points - Rank Points



Elite: National Team Ranking Points (Speed Time Rank)

2.1.3 For the Speed Discipline, National Team Time Rank points, as set forth in 1.4.4, are:

National Team Time Rank Points							
Resolved Time Rank	NCH	NTT	Note: where these points fall as compared to the table in Rule 2.1.4				
1 st	820	990	(between 1st and 2nd in competition rank)				
2 nd	810	980	(between 1st and 2nd in competition rank)				
3rd	700	850	(between 2 nd and 3 rd in competition rank)				
4th or lower	0	0					

Table 2-4 National Team Ranking Points – Time Rank Points



National Team Ranking Points



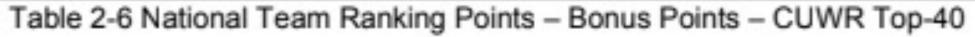


CUWR Bonus Points

Same as before.

- 2.1.5 National Team Ranking Bonus points are as follows:
 - a) At the conclusion of the National Championship, IFSC CUWR Top-40 National Team Ranking Bonus points are awarded in each of the Lead, Boulder, and Speed Disciplines, where their points are determined from their CUWR top-40 rank in the Discipline using the table below:

National Team Ranking Bonus - CUWR Top-40							
CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts
1	1000	11	392	21	230	31	137
2	824	12	370	22	217	32	133
3	721	13	352	23	208	33	129
4	649	14	334	24	194	34	127
5	590	15	316	25	185	35	124
6	545	16	298	26	175	36	121
7	509	17	284	27	165	37	118
8	473	18	266	28	156	38	117
9	442	19	253	29	150	39	115
10	415	20	239	30	143	40	113





Reminder: Elite Competition Starts are subject to having the first allocated competition start for each event being subject to Team Selection Discretion. This can result in an athlete who is not on the relevant National Team receiving a competition start ahead of an athlete who is on the National Team.

For the 2024 World Cup season, Competition Start allocation will prioritize Olympic Team members, both before and after the Olympics. Athletes who have qualified for the Olympic Qualification Series (OQS) will have priority until the end of the OQS.



This is accomplished by naming all OQS competitors to the National Team until the end of the OQS. At that time, those otherwise qualified for the National Team will remain on the National Team, but other OQS competitors will move from the National Team to the National Development Team. All athletes on the National Development Team are subject to Competition Start priority/order based on Team Selection Discretion based on a proposal from USA Climbing High Performance staff or AAC.



2.2 Elite: National Team & National Development Team Selection

Notes: Because the IFSC quota allocated to the US may be fewer than the number of National Team members, not all National Team members are guaranteed a Competition Start.

The National Team may include Preselected plus the top "N" from National Team Rankings (NTR).

c) 2024: In each of the Lead and Boulder Disciplines:

	Type	Criterion
	Preselected	Athletes that are IFSC Name-Eligible (i.e., have a "bye" by being CUWR top-10) in the Discipline.
		Olympic Team members in Boulder & Lead
National Team	OQS- selected	Prior to the conclusion of the OQS: those qualified and eligible for the OQS in Boulder & Lead
	NTR Selected	The top two (2) ranked athletes in the Discipline National Team Ranking, among those not Preselected at the time that the OQS eligibility is finalized.
National Development Team	OQS- selected	After the conclusion of the OQS: those who were qualified and eligible for the OQS in Boulder & Lead and no longer meeting the requirements of National Team.
	NTR Selected	Athletes ranked third (3 rd) through tenth (10 th) in the Discipline National Team Ranking and not on the National Team.





d) 2024: In the Speed Discipline:

	Туре	Criterion
	Preselected	Athletes that are IFSC Name-Eligible (i.e., have a "bye" by being CUWR top-10) in the Speed Discipline.
		Olympic Team members in Speed
National Team	OQS- selected	Prior to the conclusion of the OQS: those qualified and eligible for the OQS in Speed
	NTR Selected	The top two (2) ranked athletes in the Speed National Team Ranking who have achieved the NT Benchmark time (see Rule 2.4), among those not Preselected at the time that the OQS eligibility is finalized.
National Development Team	OQS- selected	After the conclusion of the OQS: those who were qualified and eligible for the OQS in Speed and no longer meeting the requirements of National Team.
	NTR Selected	Athletes ranked third (3 rd) through tenth (10 th) in the Speed National Team Ranking and not on the National Team.

Table 2-11 2024 National Team and National Development Team – Speed



f) 2025: In eac	2025: In each of the Lead, Boulder, and Speed Disciplines:					
	<u>Type</u>	<u>Criterion</u>				
	<u>Preselected</u>	2024 Olympic Team members in the Discipline. (Boulder & Lead Olympic Team members are Preselected in both Lead and Boulder.)				
National		Athletes in the top ten (10) rank of the CUWR in the Discipline at the conclusion of the prior year.				
Team	NTR Selected	Athletes ranked in the top two (2) in the Discipline National Team Ranking, among those not Preselected.				
		Athletes ranked in the top five (5) in the Discipline National Team Ranking, among those not Preselected, ordered by NTR and limited so that these athletes do not expand the number of National Team athletes to be more than five (5).				
<u>National</u>						
<u>Development</u> <u>Team</u>	NTR Selected	Athletes not on the National Team and ranked in the top ten (10) in the Discipline National Team Ranking.				



US Projected IFSC Quota for 2024 as determined by the IFSC policy:

- Boulder Men (5) Lead Men (5) Speed Men (5)

- Boulder Women (3) Lead Women (5) Speed Women (4)



Registration of Interest

Registration of interest for international competition starts will take place through a google form this season. This google form will be shared soon.



Athlete Agreement

Summary of Changes

SUMMARY OF CHANGES / ADDITIONS

- 3.k. Update to EAHI
- 3.I. Addition of Athlete Support
- 3.m. Update to Removal of Event Support
- 4.g. Amendment to RED-S and Further Health Screening for Underweight Athletes
- 4.o. Update to Travel
- Updates to Addendum A Funding Distribution



EAHI

- k. EAHI Eligibility and Criteria Approved for this Term. Eligibility Period: January 1, 2024 - December 31, 2024.
 - Athletes who finished Top 8 at 2023 Worlds (or), are 2024 Olympic Qualifiers (or), Athletes who achieved a year end 2023 IFSC Climbing Top-10 Ranking in World Rankings.
 - Athletes may be discretionarily selected, by the USA Climbing VP of Sport and in consultation with the <u>USOPC</u> Sport Performance Team, for EAHI if they achieve a Top-10 IFSC Ranking in the current calendar year of 2024 or have qualified for the Olympic Qualification Series (OQS).
 - Once the Final Olympic Qualification takes place, July 31st, 2024, any athlete
 who was EAHI Qualified on the basis of the Olympic Qualification Series alone
 but has not made the 2024 Olympic Team will be removed from EAHI.



Addition of Athlete Support

I. Athlete Support.

- Athlete Support Stipend. 2024 Olympic Qualified Athletes are eligible for one payment of \$8,000 paid in January 2024 or the first month of 2024 they have earned their by-name quota. Any remaining stipend funds will be distributed to qualified athletes after the Olympic qualifying period has concluded.
- Operation Gold. Operation Gold Event (2024 Olympic Games, July 26 August 11, 2024 in Paris, France). In an Olympic Games year, teams and
 individuals must place in the top-three at the Olympic Games to qualify for an
 Operation Gold Event Award; multiple Operation Gold Event Awards can be
 received if an athlete has multiple top-three finishes at the Olympic Games.



Removal of Event Support

m. Removal of Event Support.

- USA Climbing may opt not to support any event based on current government travel advisories and/or guidance received from relevant authorities. This guidance may be taken from; government entities, consulates, Olympic Committees, Public Health officials, etc. Removal of event support may include but is not limited to; registration of athletes, funding, and staffing.
- USA Climbing may opt not to support any event based on unforeseen and unplanned budget overrun situations including but not limited to; increased expenses associated with planned travel, reduced resources, etc.



Health Screenings and Resources - Zack DiCristino

Health Screenings

Pre-Participation Physical Examinations (PPEs)

- Mandatory for all National and Development Team Athletes
- Complete your PPEs after Team Trails:
 - Use USAC PPE and questionnaire forms (to be provided).
 - Ensure heart rate, blood pressure and BMI are measured.
 - Email all completed forms to Dr. Julia Rawlings at Julia.rawlings@hsc.Utah.edu and zack@usaclimbing.org.
- PPEs with USAC Team Physician at USAC Training Center on March 28, 2024 – 2:00pm-4:00pm.



Health Screening for RED-S

IFSC Relative Energy Deficiency in Sport (RED-S) Health Certification

All athletes requesting an IFSC International Athlete License must complete a health screening to be considered eligible to receive their license. This screening includes:

- 1. Heart rate, blood pressure, BMI measurements.
- 2. Two assigned questionnaires screening for Low Energy Availability.

KEY TAKEAWAYS:

Step 1: Complete PPE (include heart rate, blood pressure, BMI) and questionnaires.

Step 2: Email all forms to Dr. Julia Rawlings and Zack DiCristino per emails above.

Step 3: USAC Medical Staff will submit this information to the IFSC.

*If any of these are found to be outside the normal ranges, the athlete will need to undergo further testing.

The IFSC will conduct random health screenings (BMI, heart rate, blood pressure) at competitions the morning of the competition. If any of these are outside of the normal range, the case will be reviewed by an independent committee and a decision will be provided on the same day.

Anti-Doping

Anti-Doping Testing:

Who is subject to testing?

2024 National Team, OQS and Olympic-qualified athletes.

Education Resources: USADA, IFSC, ITA: webinars, online tutorials:

- International Testing Agency Webinars YouTube (link)
- USADA website: (link)
- "Olympians: specific education for Summer Games to be arranged in a group session in early/mid July

KEY TAKEAWAYS:

- 1. Check your medications on the WADA Prohibited List: (link)
- 2. Apply for any necessary TUEs at least 30 days before competition
- 3. Check the supplements you are using: Supplement Connect (link)
- 4. Filing Whereabouts: USADA Filing Whereabouts (link)



Healthcare Resources

Eligibility:

- 1. 2024 National Team
- 2. 2024 OQS and Olympic-qualified athletes

Select services through Medical Partner in Salt Lake City.

- Physicals
- Blood labs
- Diagnostic imaging (X Rays, MRIs, ultrasound)

Physical Therapy at USAC Training Center for National and Development Team

Discounted dexascans through Dexabody (SLC, San Diego an Atlanta locations)



USOPC Resources

USOPC Sports Performance Resources:

Eligibility: 2024 Elite National Team athletes

Resources:

- Sports Dietitian
- Psychological Services
- Physiologist
- Strength and Conditioning



USOPC Resources

USOPC Sports Medicine Resources:

Eligibility: 2024 Elite National Team athletes

Eligibility:

- 2024 Olympians
- Top 10 IFSC World Ranking 2023 season
- Top 8 at 2023 IFSC World Championships
- Discretion for athletes that achieve top 10 IFSC World Rank during the 2024 season.

Resources:

- Sports Medicine Clinics in Colorado Springs, CO and Chula Vista, CA
- Elite Athlete Health Insurance (EAHI) Included travel insurance
- National Medical Network



Travel

o. **Travel**.

- Team Travel
 - All athletes accepting IFSC competition starts to Elite level IFSC international events will agree to travel with the Team/staff and/or agree to meet the travel schedule and travel arrangements as set out by USA Climbing High Performance Staff.
 - Athlete shall have a current USA passport which is valid until 6 months after scheduled travel arrival dates
 - Athlete is financially responsible for any additional expenses resulting from changes made by Athlete to travel arrangements.
 - Funding is available to Athletes as defined in Addendum A.



Funding Distribution / Event Recourses

Funding Distribution

- Funding to designated funded international competitions will first be allocated to Olympic Team
 members, then to those qualified for the Olympic Qualification Series (until the end of that
 series) and then to National Team members of the Boulder, Lead and Speed National Teams.
 The Paris Olympic Games as well as both Olympic Qualifier Series events, are fully funded.
- For Boulder, Lead, and Speed disciplines, USA Climbing will allocate funding up to six (6) total competition starts per discipline to members of those National Teams in order of their rank within the respective team. Funding distribution will apply to designated funded international competitions according to competition start distribution as outlined in the Team Selection Procedures Document.
- Funding will be distributed with Olympic qualification as the highest priority.
- If funded starts are declined or additional funding becomes available, USA Climbing High Performance Staff may choose to distribute funded starts to National Development Team athletes based on current and/or past performance history in addition to meeting the goals of High Performance.
 - Note: athletes who decline competition starts or who miss an acceptance deadline will also be declining any funding offered for that competition start.

Event Resources

- Arrangement of accommodations during event dates
- Transportation (if applicable) between competition venue and accommodations for athletes staying at the team hotel or in the designated area.
- Designated Team meals
- USA Climbing event staff/coaching



Funding Distribution / Event Recourses

Funded Competition Starts

Flight

O High Performance Staff will provide a reimbursable amount specific to each funded event at a minimum of 30 days prior to said event. Once the athlete has purchased their flight, they must send the receipt to the designated High Performance Staff member at which point they will be reimbursed up to the allowable amount. Athletes will have the option to set up a Bill account with USA Climbing so that reimbursements may be processed more quickly than a secondary option of sending the athlete a check to the address they have on file. All reimbursements are considered 1099 income for the athlete. If an athlete is unable to purchase their own flight, they may request assistance from the High Performance Staff.

Accommodations

O High Performance Staff will designate a team hotel or designated area, where accommodations must be secured unless otherwise approved by the High Performance Staff. For funded starts, High Performance Staff will secure accommodations on behalf of those athletes or may assign a stipend specific to a funded event at a minimum of 30 days prior to said event. If the latter is utilized by the High Performance Staff, best efforts will be made to provide athlete stipends prior to the event within an athlete's Bill account or by check to their address on file.

Unfunded Competition Starts

- Athletes accepting unfunded competition starts will be required to align travel with the team and stay at the team hotel or designated area unless otherwise approved by the High Performance Staff.
- Athletes who accept unfunded competition starts may be responsible for a travel fee assigned to an event. If applicable, this travel fee must be paid prior to the event.
 - A travel fee may include but is not limited to; accommodation, designated team meals, transportation, coaching fees, etc.
 - The Travel fee will NOT include airfare, baggage fees and any other transportation outside of what is arranged/provided by USA Climbing
 - If assigned to an event, travel fees are estimated to range from \$500-\$1500 pending the location and what is included.



Funding Distribution / Event Recourses

Event Funding Designation:

Funded Competition Starts:

- Keqiao, JPN (B) April 8-10
- Wujiang, JPN (L,S) April 12-14
- SLC, USA (B,S) May 3-5
- OQS 1 Shanghai May 16-19 (fully funded)
- OQS 2 Budapest June 20-23 (fully funded)
- Innsbruck, AUT (B,L) June 26-30
- Chamonix, FRA (L,S) July 12-14
- Paris Olympic Games August 5-10 (fully funded)

Note: Funded Competition Starts are subject to change, however, USA Climbing will make best efforts to make any such decision no later than 30 days of proximity to a competition.

Unfunded Competition Starts:

- Briancon, FRA (L,S) July 17-19
- Koper, SLO (L) September 6-7
- Prague, CZE (B) September 20-22
- Seoul, KOR (B,L,S) October 2-6



Training Camps

- Josh Larson

US Elite National Team Kit

2024 USA Climbing Elite National Team Kit



WOMEN'S TEAM KIT



ACONCAGUA HOODIE



CANYONLANDS HOODIE



OR

ELEVATION BIKE SHORT



WANDER SHORT



CUSTOM JERSEY

2024 USA Climbing Elite National Team Kit



Where Olympic Journeys Begin

MEN'S TEAM KIT

LIMITLESS SHORT



CANYONLANDS HOODIE

ACONCAGUA HOODIE



2024 USA Climbing Elite National Team Kit





Where Olympic Journeys Begin

TEAM YETI BAG

OR



YETI CAMINO 35



YETI CAMINO 20

Team Apparel

Team Apparel

Black pants/leggings without display of conflicting sponsor logos may be worn by athletes for designated Team events and competitions.

Please note that additional items/equipment may be given to athletes during the season and USA Climbing may require use of items that do not conflict with the athletes' Personal Performance Gear during Team travel, events, and competitions.

Team Apparel:

U.S. National Team – Bouldering, Sport, and Speed

- Traveling U.S. National Team Members
 - Jacket
 - o Hoodie
 - o Shorts
 - Jersey
 - Yeti tote bag
- Non-Traveling U.S. National Team Members
 - Jacket
- US National Development Team athletes who receive an IFSC international competition start and elect to attend an IFSC international competition
 - Jersey
 - Black bottoms (not USA Climbing supplied) without display of conflicting sponsor logos must be worn by athletes for designated Team events and competitions.



Questions?

For more information, contact John Muse

john@usaclimbing.org