



Name

Age

Emergency Contact

Right, that's Level Two out of the way – Get training for Level Three.



Level Three is a bit tougher and the instructors testing you will be a bit stricter too. You will have to climb some problems demonstrating that you clearly understand the three different options for using your feet. The instructor will get you to demonstrate some climbs using the three options, you will be free to choose the routes you attempt and can spend as long as you wish practicing, but when you are ready for the test you must FLASH (succeed 1st attempt) them! – Good Luck

- **AF = Any Feet** (Climbers feet can use any footholds)
- **F4F = Features For Feet** (Features are the lumps and bumps on the wall not the coloured bolt on holds, and climbers feet must only use these)
- **FF = Feet Follow** (Climbers feet must use ONLY the same coloured holds as the climbers hands)



LEVEL THREE TEST

PART ONE

Flash 2 grade 3 – **AF** routes

Pass Instructor Initial

PART TWO

Flash 2 grade 3 – **F4F** routes

Pass Instructor Initial

PART THREE

Flash 2 grade 2 – **FF** routes

Pass Instructor Initial

Date Passed / /

Instructor

Homework



PROBLEM 1

Any feet

Sit Start

Indoor bouldering is often done as a competitive sport. Evolutions younger climbers have always done well in competitions and this is how they are scored. If you do a problem on the first attempt (**FLASH**) without breaking any rules you score 10 points. If you succeed on the second attempt you score 7 points whilst success on the third try gets you 3 points – if you keep trying and eventually succeed you get 1 point. Start holds for problems are marked with a **S** for each hand and finish holds are marked with a **F** for each hand

More info on www.sibl.co.uk

Learn about competition scoring and rules for Grade 4