

**Beta  
BREAK**

TM

**PRINT  
AND  
PLAY**

**Edition**



@betabreakgame



@betabreakgame.com



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## **What You'll Need**

- A printer
- Scissors or a paper cutter
- (Optional) Card sleeves, cardstock, or glue for backing

## **How to Set It Up**

1. Print the card pages (you'll spot 'em below). Cardstock is ideal, but regular paper works fine too.
2. Cut out the cards. The backs are optional—but let's be honest, they look awesome.
3. Sleeve 'em up if you're feeling fancy. Or just start playing!



## INSTRUCTIONS



*Warning: Bouldering is inherently dangerous. If playing this card game puts you in an unsafe position or distracts you from climbing safely, do not play. Always prioritize your safety on the wall.*

## HOW IT WORKS

Climbers compete to be the last player standing by sending an indoor boulder problem. But there's a twist: BETA BREAK™ cards introduce unique challenges that push climbers to their limits. Each card adds a new stipulation, making each attempt more difficult—and more fun.

Will you be the last climber to successfully break the beta?

Familiarity with bouldering terms (send, dyno, problem, etc.) is helpful.

**NUMBER OF PLAYERS:** 2-5 players is ideal, though solo play works too.



## READING IS NICE, BUT...

...video is a better way to learn a card game.

If these written instructions don't work for you, watch the video version:

[BETABREAKGAME.COM/VIDEO](http://BETABREAKGAME.COM/VIDEO)

## WHAT YOU NEED

- A deck of BETA BREAK™ cards.
- An indoor boulder problem. BETA BREAK™ is designed to be played at an indoor bouldering gym.

No mats, dice, or tokens—just the cards!

## CARD TYPES

BETA BREAK™ includes 3 card types:

- **Beta cards:** Dictates how to climb the problem.
- **Break cards:** Augments the Beta, generally by requiring a specific move or hold be used during the attempt.
- **Eliminate cards:** Restricts which holds can be used on the problem.

*Note: Start positions (hand/foot holds) and finish holds are immune to card effects unless otherwise specified by the card description.*

## RECOMMENDED SETUP

**Beta cards:** 4 per player (with a maximum of 20).

**Break cards:** 4 per player (with a maximum of 20).

**Eliminate cards:** Subtract 4 from the number of handholds on the problem.

This is the recommended deck setup. Experiment with your own setup, and have fun!

## HOW TO PLAY

### **Setup**

1. Choose a boulder problem (suggested difficulty: V0-V3). All players will use this same boulder problem for the duration of the game.
2. Randomly choose a Beta card and a Break card to be the first active cards. Place these cards side-by-side, faceup, with the Beta card on the left and the Break card on the right (image below).
3. Shuffle the deck and place it face-down. This is the Draw pile.



*In this example, the starting Beta card is Hand Besties, and the starting Break card is Heel Hook.*

## Turn Structure

1. The player with the most amount of climbing experience goes first. They draw a card, becoming the Climber.
2. The Climber follows the cards' effects. If the drawn card is a **Beta** or **Break** card, that becomes the active card of its type. Place the drawn card over the existing card of its type. All send attempts must honor this effect until a new Beta or Break card is drawn to replace the active card of its type. If the drawn card is an **Eliminate** card, the Climber chooses a hold to eliminate from all attempts for all players.
3. The Climber attempts to send the problem while honoring the rules of the active Beta and Break cards (and honoring any eliminated holds).
4. The next player takes their turn.

## Failing a Send

If a player fails their send attempt, they become a Ghost Player. Any Beta, Break, or Eliminate cards remain in effect.

## Impossible Pairings

If a Beta card and a Break card conflict (e.g., “no heels” vs. “heel hook”), the Break card takes priority for the required move.

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Questions or Comments? Visit betabreakgame.com for contact details

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Card design and art by Madison Turner

### Disclaimer of Liability

By playing Beta Break, you acknowledge and agree that climbing is an inherently risky activity that requires personal responsibility and good judgment. The creators, manufacturers, distributors, and any affiliated parties of Beta Break are not responsible for any injuries, accidents, or damages resulting from the use of this game. Participants should always follow proper climbing safety practices, adhere to gym rules, and assess their own abilities before attempting any climb. Play at your own risk.

When the deck is exhausted, reshuffle all cards except the active Beta and Break cards. Continue playing with the newly-shuffled deck.

## WINNING THE GAME

The game ends when all but one Climber is a Ghost Player.

## HOST PLAYERS

Ghost players can, during their turns, elect to send the problem while ignoring Beta and Break card effects (but still honoring Eliminated holds). Should a Ghost player succeed the send, they may move an Eliminate status to a different hold.

## GLOSSARY

**Player:** A game participant

**Ghost Player:** A player who has failed a send

**Climber:** The player attempting the send

**Problem:** The boulder route

**Round:** A full cycle of the deck

**Send Attempt:** An attempt to climb the problem

## SAFETY RULE

If the Climber feels unsafe, they can attempt the send without adhering to active Beta or Break cards.



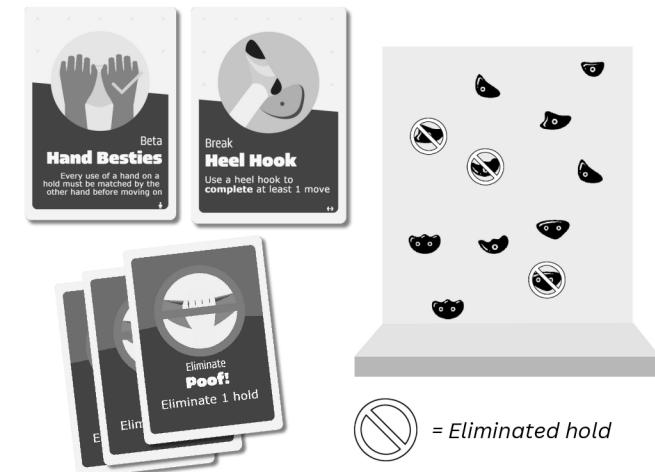
## NOT ENOUGH FOR YOU?

Do you want to try some alternate play modes? Do you have a question that isn't answered here? Go to the most up-to-date rules page for answers:

[BETABREAKGAME.COM/RULES](http://BETABREAKGAME.COM/RULES)

## EXAMPLE TURN

The current game state is this: There are an active Beta card and an active Break card. Three Eliminate cards have been drawn so far, meaning three holds are not available for use during any send attempt.



It's your turn. You draw a card from the Draw Pile. You draw a Beta card, T-rex. You place this card over the top of the current Beta card, making your Beta card and the existing Break card the two active cards.



You successfully send the problem while honoring the existing Eliminate cards, the existing Break card, and your newly drawn Beta card. You've survived your turn. The next player draws a card.



Beta  
**Toes Only**

Only use your toes when using your feet (no heels. no arches.)



Beta  
**No Adjusting**

Once you grab a hold or place a foot, you cannot adjust or reposition your hand or foot



Beta  
**Silent Climb**

No speaking or making any sounds while climbing



Beta  
**Tripod**

Max 3 points of contact at any time



Beta  
**No Hips**

Keep your hips square to the wall at all times (no side-on body positioning)



Beta  
**Invisible Chair**

No straight legs during the climb



Beta  
BREAK

Beta  
BREAK

Beta  
BREAK

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Beta

## Flag Every Move

You must flag (extend 1 leg out to the side or behind for balance) to complete every hand move



Beta

## No Edges

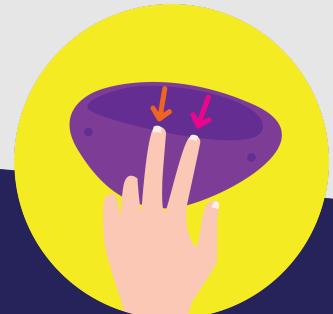
No using any outside edge/rand of your shoes (including the toe edge and heel edge) against the wall for balance



Beta

## No Soles

No pressing the soles of your feet against the wall for friction



Beta

## Peace!

Only 2 fingers on each hand can be in contact with any hold at a given time



Beta

## Hand-emies

No hand-matching any holds



Beta

## Foot-emies

No foot-matching any holds



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## Beta **Poisonous Foot**

Once a foot touches a hold, it cannot be used again by a foot



## Beta **Poisonous Hand**

Once a hand touches a hold, it cannot be used again by a hand



## Beta **Hand Besties**

Every use of a hand on a hold must be matched by the other hand before moving on



## Beta **Foot Besties**

Every use of a foot on a hold must be matched by the other foot before moving on



## Beta **Crosses Only**

Use only crossover or crossunder hand movements (left over/under right, right over/under left) for hand moves



## Beta **Disposable Thumbs**

No pinches... that means no using your thumb for grip





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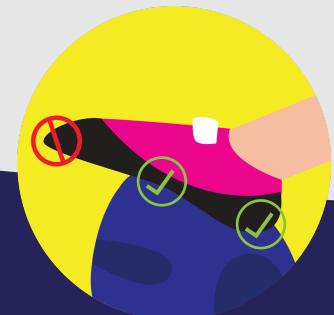
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Beta  
**Newb**

No using your toes...  
that means use just  
heels and arches



Beta  
**T-rex**

No straight elbows  
during the climb



Break  
**High Step**

**Complete** at least 1  
move by placing a  
foot above waist height



Break  
**Dyno Required**

**Complete** at  
least 1 jump move



Break  
**Gaston Required**

Use a gaston (grab a hold with your  
thumb toward the ground, pulling  
outward) to **complete** at least 1 move



Break  
**Heel Hook**

Use a heel hook to  
**complete** at least 1 move



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Break  
**Legs Crossed**

**Complete** at least 1 move by crossing a leg over the other leg



Break  
**Toe Hook**

Use a toe hook to **complete** at least 1 move



Break  
**Drop Knee**

Use a Drop Knee to **complete** at least 1 move



Break  
**Downclimb**

No jumping to the ground

*Beta and Break cards can be ignored during the downclimb*



Break  
**Palm Press**

Use a palm press (use the palm of your hand to press against a hold or surface for stability) to **complete** at least 1 move



Break  
**Straight Arms**

**Complete** at least 1 move with both arms straight



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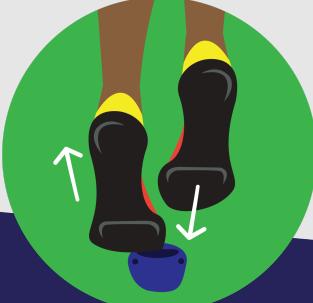
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Break  
**Deadpoint**

**Complete** at least 1 move with a quick, dynamic reach to the next hold, without pausing, while keeping one foot planted



Break  
**Footswap**

Swap a foot with the other foot on the same hold without removing both feet from the wall



Break  
**Bicycle**

Use a bicycle (pinch a hold between the top of one foot and the bottom of the other foot) to **complete** at least 1 move



Break  
**Rockover**

**Complete** at least 1 move by shifting your weight over a high foot



Break  
**Pogo**

**Complete** at least 1 move by dynamically swinging one leg to generate upward momentum



Break  
**Double Smear**

**Complete** at least 1 move by pressing the soles of both feet against the wall for friction



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Break

## Straight Right Arm

**Complete** at least 1 hand move without bending your right elbow



Break

## Straight Left Arm

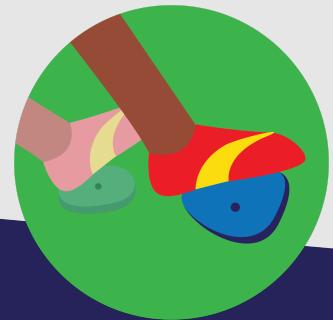
**Complete** at least 1 hand move without bending your left elbow



Break

## Hand Bump

**Complete** at least 1 hand move by bumping a hand placement from a temporary hold to its optimal hold



Break

## Foot Bump

**Complete** at least 1 foot move by bumping a foot placement from a temporary hold to its optimal hold



Eliminate

## It's Too Easy!

Eliminate 1 hold



Eliminate

## V-Gone in my Gym!

Eliminate 1 hold



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Eliminate  
**What Hold?**  
Eliminate 1 hold



Eliminate  
**Hold my Hold!**  
Eliminate 1 hold



Eliminate  
**Just a Paper Weight!**  
Eliminate 1 hold



Eliminate  
**Who Needs It!**  
Eliminate 1 hold



Eliminate  
**Pop that Zit!**  
Eliminate 1 hold



Eliminate  
**Remove the Rot!**  
Eliminate 1 hold



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Eliminate  
**Boooo that Hold!**  
Eliminate 1 hold



Eliminate  
**Sloper? Noper!**  
Eliminate 1 hold



Eliminate  
**V-TNT!**  
Eliminate 1 hold



Eliminate  
**Poof!**  
Eliminate 1 hold



Eliminate  
**Radioactive!**  
Eliminate 1 hold



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