SIMCOE COUNTY COED CROSS COUNTRY MOUNTAIN BIKING PLAYING REGULATIONS

1) ELIGIBILITY:

1. Students must meet the criteria of the eligibility rules as set out in the current SCAA Bylaws.
2. Competitors from each school intending to participate in the league races must submit eligibility lists using the OFSSA AELS system. These must be received by the eligibility officer of the SCAA and the league convener at least one week prior to the first race.
3. A school may enter as many racers as it wishes.
4. Each race in the series will be considered an “Invitational” race allowing schools from other secondary districts to participate. These schools are excluded from overall points and SCAA championship awards.

2) EQUIPMENT:

1. Each competitor, under the advice of his or her coach, shall ensure that his or her equipment (bicycle with accessories and other devices fitted, headgear, and apparel,) does not, by virtue of its quality, design materials, or condition, constitute a danger to himself or to others.
2. **An ASTM and ANSI approved helmet must be worn during all training rides and competition.**
3. All bicycles used in competition must be powered by human power alone.
4. It is forbidden to use metal screws or spikes in the tires of the bicycle.
5. Bikes must use a front and back wheel that is no larger than 29 inches.
6. **The bicycle must have two brakes in good working order and inflated tires at start of the race.**
7. The bicycle’s handlebars may be straight, low rise, or drop handles and the bar ends and stem must be plastic or rubber plugged.
8. The race officials or league convener may check the competitor’s bicycle at any time before or during a race.
9. In the event that the official judges the bicycle unsafe, the official must inform the competitor that it is forbidden to start or continue to race with the bicycle in question.

3) CATEGORIES:

1. Senior (Grade 11/12 Returners who are 18 or younger at the start of the school year) - The individual’s birth certificate indicates that he/she has not yet reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.
2. Junior (Grade 10 – 14 or younger at the start of the current school year)- The individual’s birth certificate indicates that he/she has not yet reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
3. Midget (Grade 9 – 13) or younger at the start of the current school year the individual’s birth certificate indicates that he/she has not yet reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.”
4. A competitor may choose to race in a category up from his or her age category, but must race in the same category in all further league races. Series points will be awarded the highest category raced only.

4) THE COURSE:

1. The course must be 100% rideable regardless of the terrain and weather conditions. Brief and unavoidable dismounts may be approved by the coaches in charge of course construction (i.e. large downed tree).
2. Course should be constructed to provide the following optimum average times:
	* + 1. Midget category – 25 - 35 minutes
			2. Junior Boys and Girls and Senior Girls category – 30 - 40 minutes
			3. Senior Boys category – 40 - 50 minutes
3. Unnatural obstacles such as logs and wooden planks may not be added to courses unless they are used to go over a normally unrideable or very difficult obstacle.
4. Extended singletrack sections must also have periodic passing sections.
5. Ideally, courses should have a wide double track for the first kilometer.
6. Courses must be clearly marked to indicate the route to be followed, changes of course, intersections, all potentially dangerous situations, and to confirm to the racer that he or she is following the correct course.
7. Caution tape and or signage should be used to clearly indicate potential course route uncertainties or potential hazards to the side of the course.

5) SECURITY:

1. At least two coaches or officials attending the race should be First Aid and CPR certified.
2. All First Aid and CPR certified personnel should be positioned so that they may react within a reasonable time frame to an incident.
3. When available, radios will be used by race officials in remote areas of the race course.
4. An accident report must be filled in within twenty-four hours by the coach(es) of any student(s) involved in an accident requiring First Aid treatment or further emergency medical assistance in accordance with school policy.
5. At least two phones should be made available at the race site in the event of an emergency.
6. Riders must be wearing a secured helmet while cycling at the race site.
7. Teachers/coaches or parents may act as marshals at the discretion of the race organizers.

6) THE COMPETITION PROCEDURES:

1. Coaches are responsible for checking the course to ensure it is adequately marked and safe prior to the commencement of pre-riding.
2. Coaches are responsible for ensuring racers are appropriately listed by race organizers in the race categories according to their eligibility prior to the start of racing.
3. Any last minute changes to the course must be made known to the riders at the start line before the start of their race.
4. Riders must be made aware of start times and staging procedures at least fifteen minutes prior to the start of each race.
5. The Start and Finish lines must be made clear to all riders prior to each race.
6. For mass starts, start announcements should be made at two minutes, one minute, thirty, then fifteen seconds before the start.
7. Riders must complete the entire distance of the race, unless they do not meet a preset lap cutoff completion time.
8. The racer is responsible for following the official course and completing the correct number of laps.
9. A rider is not permitted to take any shortcuts or omit parts of the course to gain an advantage over other competitors.
10. If a rider exits the course at any point, he or she must return to the course at the same point.
11. Racers should not seek or receive any technical assistance along the course.
12. A rider must not use offensive or abusive language, act in an anti-sporting manner, be disrespectful to officials or other coaches or ignore the rules.
13. A rider must permit any faster rider to overtake at the earliest safe point without obstructing.
14. At the start line, racers must be reminded by the start officials of the proper procedures for overtaking other riders on the course.
15. Riders must respect the race site and avoid polluting the area with waste or litter.
16. No glass containers of any kind are permitted on or near the race course.

7) PENALTIES:

1. Any maneuver or obstruction by a competitor that intentionally results in disadvantaging another, will result in a disqualification.
2. Any conduct during a race event deemed inappropriate according to the SCAA athletic guidelines shall be referred to the SCAA Executive through the league convener.
3. A jury consisting of the league convener or designate and two other coaches determined by the convener or designate shall make a ruling after hearing any appeals or protests at the competition.
4. Appeals or protests must be made within 15 minutes after results are posted.

8) VENUES:

1. Races shall take place within the boundaries of the Simcoe County District School Board.
2. The hosting of races shall be determined in a fair and equitable manner by the convener upon consultation with coaches of schools intending to participate.
3. Competition shall begin no earlier than 2:00 pm.
4. A toilet should be available at the race site for the use of competitors.
5. Permission from the owner(s) or administrator(s) of the race site must be obtained in writing prior to the commencement of the race.
6. Races shall be scheduled no earlier than the third week in April and no later than the first week of June.
7. The cost of race site facilities or trail fees shall be covered by a per racer fee.

9) SCORING:

1. The Simcoe MTB Series Champion award will be given on the day of the GB invitational event to the school named the overall series champion. The school champion will be determined by points awarded in each race of the race series combined with the GB race.

The top 15 Racers in each race will receive the following points

25, 23, 21, 19, 17, 15, 13, 11, 9, 7, 5, 4, 3, 2, 1

1 Point will be given for participation in a race, 1 Point is given for a DNF

Only the top 4 riders from each school in each race age / gender category will be added together throughout the series to determine a SCAA school team winner.

The series winning school team hold the series award for a period of 1 year. It is the winning team’s responsibility to have that award engraved during that 1 year period.

1. ~~Individual racer points obtained at each race shall be added towards an overall SCAA series winner award in each age/gender category.~~

Individual awards/ribbons or prizes will be given out to the top three finishers in each category on the day of each race series.

1. ~~Series Medals will be given to the top 3 overall male and female riders in each category.~~ **~~Only the top 4 of 5 race results will count for each racer this includes the results from the GB championship.~~**
2. On the GB Invitational day individual awards/ribbons or prizes will be given out to the top three finishers in each category promptly after all racers have returned.

1. On the GB championship day separate awards will be given to the top team (of 4) results for that day in each age and gender category, students may change categories to race in a higher category for the GB championship day for team purposes.

Example: A junior girl races as a senior to make a team of four on the day of GBs, that girl now counts as senior girl for that day and can earn points for her team of 4 as well as for her school in the overall series award.