



**2008/2009**

**RULES AND GUIDELINES**

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# 1. CONSEQUENCES

Some rule violations pertaining to individuals' behavior will result in consequences at one of the three following levels. These consequences can be seen following some of the rules enumerated in this document. However, the consequences can also be applied in other situations at League officials' discretion. Not all rules have consequences that fall within these three levels. The Chief Referee and the Rules and Appeals Committee are responsible for enforcing consequences, and may also sanction other penalties that are not specified in the rulebook, but are deemed appropriate.

See **Section 12, Procedures and Protests** for more information.

## **YELLOW LEVEL CONSEQUENCES**

**First offense:** Warning

**Subsequent offenses:** 5 Minute Penalty

## **ORANGE LEVEL CONSEQUENCES**

**First offense:** 5 Minute Penalty

**Second offense:** 10 Minute Penalty

**Third offense:** Disqualification from a race

## **RED LEVEL CONSEQUENCES**

**First offense:** Disqualification from the race of infraction, or the next race if the infraction occurs between races

**Second offense:** Disqualification from the race series

## **2. GENERAL ATHLETE RULES**

General athlete rules apply to practices, races, individual training rides, and athletes riding their bikes at all times during their tenure as high school students and participants in the NorCal High School Mountain Bike Racing League (League), including the off-season and summertime. While the League's enforcement of the rules is limited to the race season (January 1 until the State Championships), we encourage coaches and parents to enforce a similar policy of safety, etiquette and trail use during the off-season.

### **2.1 WEARING HELMETS STRICTLY ENFORCED**

League riders must wear an approved helmet at all times (see rule 4.1 for list of approved helmet standards). Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Athletes must also keep their helmet on when walking or running on the course with a mechanical. Athletes will lose all points for the race at which they were seen riding without a helmet. See rule 4.1 for additional details regarding helmets. **[ORANGE LEVEL CONSEQUENCES]**

### **2.2 PRACTICE CONTROLLED RIDING**

League athletes must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and/or with excessive speed will not be tolerated. Athletes that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.

### **2.3 AVOID RIDING ALONE**

If possible ride with at least one other person. If you plan to ride alone, alert someone to your general location and your approximate time of return.

### **2.4 LEGAL MOUNTAIN BIKING TRAILS ONLY**

As representatives of the League and our sport, League athletes must ride only on authorized trails. League riders found to be riding on illegal trails at ANY time, whether on team rides or on their own, will face consequences. It is the riders responsibility to know which trails are legal for bikes. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also unacceptable and carries the same consequences. **[RED LEVEL CONSEQUENCES]**

### **2.5 OBEY TRAFFIC LAWS**

Riders are required by law to obey all traffic laws. Always ride to the right side of the road and in bike lanes if available. Stop at stop signs and red lights. Signal turns. Use required lights and reflectors at dusk/night. Do not ride on sidewalks. Some specific laws that pertain to bicyclists can be viewed at: <http://www.bicyclesource.com/body/safety/laws/california-laws.shtml>

## **2.6 RESPECT DRIVERS, PEDESTRIANS AND OTHER TRAIL USERS**

Be respectful and courteous by staying as far to the right as practical and riding single file while riding on roads and trails. Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary, and pass safely. A rider is going slow enough when you can say 'hello' and the hiker can say 'hello' back.

## **2.7 PASSING HORSEBACK RIDERS**

When approaching equestrians, call out or sound a warning and stop, whether you are seen or not. Ask for instructions on how to pass safely.

## **2.8 REPRESENT THE LEAGUE AND MOUNTAIN BIKING**

Recognize that, as a League athlete, you represent the NorCal High School Mountain Bike Racing League, cross country mountain biking, and cycling in general. This is true at all times, not just at races—particularly when athletes are at a bike shop, out on the trail, and regardless of whether you are wearing your team, a League jersey, or any other cycling gear.

## **2.9 POSITIVE SPORTING ATTITUDE**

League athletes are expected to display an excellent sporting attitude during all League events and should treat all other riders, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all League athletes. Profanity in any situation is not acceptable. **[ORANGE LEVEL CONSEQUENCES]**

## **2.10 LEAVE NO TRACE**

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, don't slide or skid. Ride through mud puddles, not around them widening the trail. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the land managers.

## **2.11 PLAN AHEAD**

Know your equipment, your ability, and the area in which you are riding – and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

## **2.12 MUSIC PLAYERS/HEADPHONES**

League athletes are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer. **[ORANGE LEVEL CONSEQUENCES]**

### **2.13 CELL PHONES**

League athletes may not answer a cell phone or make cell phone calls while riding their bike. Riders must come to a complete stop in order to use their cell phones. **[ORANGE LEVEL CONSEQUENCES]**

### **2.14 RISK ACCEPTANCE**

All riders who participate in any of the events associated with the League, including but not limited to races, training rides, clinics, camps and practice skill sessions, do so at their own risk. Whether or not they are registered in the League, no liability shall be attached to the League or any of its officials, coaches, parents, and participants with respect to any loss or injury sustained or caused by anyone participating in these events.

By participating in a race or camp conducted by the League, a rider or a parent or legal guardian who permits a minor rider to compete, acknowledges understanding and acceptance of the regulations covering the event.

### **2.15 RELEASE FORMS**

All riders must submit the League's registration forms which include a General Release Form, a Medical Form and a Media Form. The forms must be signed by a legal guardian except in the case of athletes who are at least 18 years old. A parent or legal guardian who permits a minor to participate in League races or camps, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of the League's Release forms and those terms shall be binding even when no proper entry form has been signed and submitted for a rider.

### **2.16 USADA BANNED SUBSTANCES**

League athletes are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping (A list of banned substances is available at [http://www.usantidoping.org/files/active/what/usada\\_guide.pdf](http://www.usantidoping.org/files/active/what/usada_guide.pdf)). The use of performance enhancing substances (as listed by USADA) will result in the immediate disqualification from one-full season or 6 races (whichever is greater).

### **2.17 SUBSTANCE USE**

The League places a high priority on early recognition and treatment of alcohol and/or drug problems. Consequently, any student who requests help (or is referred by others voluntarily) prior to a violation will not be suspended from participation if he/she successfully completes the appropriate in-school educational program or community treatment program.

#### **Tobacco Use:**

Students who choose to use tobacco products will remain eligible for participation IF they provide evidence that they have entered a stop-smoking (or chewing) class immediately. They must participate satisfactorily, provide proof to their coach when they have completed the class, and refrain from use in the future. Continued use will result in the consequences laid out below for Alcohol and Drug Use.

## **Alcohol and Drug Use:**

- First violation:
  - a. After confirmation of the first violation, the student will lose eligibility for three races.
  - b. If the student wishes to continue participation, he/she must continue to attend and participate in regular practice with his/her team.
  - c. In addition to the above conditions, the student will be required to attend a minimum of six educational group sessions regarding alcohol and drug abuse.
  
- Second violation:

On the confirmation of the second violation, the student will lose eligibility for an additional three races. Sections 1b and 1c above must also be honored if the student chooses to continue participation.
  
- Third and subsequent violations:
  - a. On the confirmation of the third or subsequent violations, the student will lose eligibility for participation for an additional six races.
  - b. On the third or subsequent violations, if the student becomes a participant in an alcohol and/or drug treatment program on his/her own volition, the student may be eligible for participation after a minimum of six weeks.

Any decisions made by the Rules and Appeals Committee will supersede these consequences if their deliberations determine that more severe penalties are required. The committee may also decide to defer all disciplinary action to the administration of the rider's school.

## **2.18 LIST OF OTHER BANNED SUBSTANCES (B-LIST)**

Caffeine is an addictive substance enhances performance. The League deems caffeinated products as inappropriate for young athletes. Caffeinated sport products (bars, gels and sport drinks) are banned from League races and activities (including practices). Soda or coffee products containing caffeine are also banned from being consumed by League riders at League races and camps.

Creatine, Guaraná Root and Taurine are also substances banned from consumption at League races and camps.

Riders need to be very careful as many energy drinks contain these substances. Riders are responsible for knowing the ingredients of the products they consume. Pleading ignorance will not constitute a defensible position. **[ORANGE LEVEL CONSEQUENCES]**

## **2.19 ABUSIVE BEHAVIOR NOT TOLERATED**

No rider may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any event (including but not limited to riders, officials, spectators, public officials, etc.). Unsafe racing practices including swerving, suddenly stopping, willfully crashing into another rider, grabbing another rider, or pushing another rider may be deemed as abusive behavior, or even assault and battery. **[RED LEVEL CONSEQUENCES]**

## **2.20 SEXUAL HARRASSMENT POLICY**

The League strictly prohibits sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment is defined as unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behavior and includes gender-based harassment of a person of the same sex. Sexual harassment includes: unwanted sexual advances, visual conduct: leering, making sexual gestures, displaying of sexually suggestive objects or pictures, verbal conduct: making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances or propositions, and physical conduct: touching or blocking movements. If any student, coach, parent, volunteer, or employee feels they have been sexually harassed at a League event, they should report the incident immediately to the League. If any student, coach, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery at a League event, they should report the incident immediately to the League. All reports will be handled in a confidential manner **[RED LEVEL CONSEQUENCES]**

### 3. CATEGORY PLACEMENT

Category placement rules are designed to facilitate fair and challenging competition with placement based primarily on the previous year’s League results. Riders do not choose their category but are placed based on strict rules established by the Rules and Appeals Committee. There is, however, a petition process where the Rules and Appeals Committee may allow an exception when convincing evidence is presented. A driving principle when considering exceptions is a conservative “do no harm” approach. Consideration is made where rapid advancement is deemed as potentially harmful to the well being of an athlete. Having success in a lower category generally does not carry risks, such as becoming discouraged, or even leaving (or abandoning) the sport.

#### 3.1 LEAGUE CATEGORIES

Riders are broken into seven categories. In addition, the Freshman Boys, Sophomore Boys, and JV Boys categories will be split into two separate groups. The split will be conducted based on Division, but changes or adjustments may be made because of the large number of riders in order to facilitate a balanced split.

**Boys Categories**  
Freshman, Division I  
Freshman, Division II  
Sophomore, Division I  
Sophomore, Division II  
Junior Varsity, Division I  
Junior Varsity, Division II  
Varsity

**Girls Categories**  
Freshman\*  
Sophomore\*  
Junior Varsity  
Varsity

*\*combined if less than 55 combined registrants*

#### 3.2 CATEGORY PLACEMENT BASED ON LAST SEASON

All placements are based on the previous year’s League race results. The overall series ranking also counts as one of those placements. Those who did not compete in last year’s League races also follow the same placement rules and must petition for exceptions. All League results can be viewed at: <http://norcalmtb.org/race/results.htm>

#### 3.3 PETITIONING FOR A CATEGORY RULES EXCEPTION

The Rules and Appeals Committee can be petitioned for exceptions from League Category Placement Rules (up or down categories). To petition for an exception riders must complete and mail in the petition form found at <http://www.norcalmtb.org/petition.pdf>.

The petition requires a coaches comments and signature. If the rider does not have a coach they must contact the League office at (510) 653-2453 and a coach advisor will be determined. A parent may be approved as the advisor.

The Rules and Appeals Committee (comprised of League coaches) will consider the petition and a vote will take place. Send your registration/petition forms (no fax or email) to **NorCal HS MTB League, attn: Appeals Committee, 4412 Piedmont Ave. #1, Oakland CA 94611.**

#### 3.4 PETITION DEADLINE

Petitions must be submitted with due time for consideration, last minute petitions cannot be rushed – allow one week from the postmark date for approval/disapproval. Meanwhile, you must race in the category assigned by League Category Placement Rules (3.5).

### 3.5 LEAGUE CATEGORY PLACEMENT RULES

<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
<p><b>9th Graders:</b> Must compete in the FRESHMAN category.</p> <p><b>10th Graders:</b> Must compete in the SOPHOMORE category except all 10th graders who placed in the top-3 once or the top-5 more than once as 9th graders; these riders must compete in the JV category. <i>10th graders who raced in JV as 9th graders follow the 11th grade rule below.</i></p> <p><b>11th Graders:</b> Must compete in the JV category except all 11th graders who placed in the top-3 once or the top-5 more than once as 10th graders; these riders must compete in the VARSITY category. <i>11th graders who raced in JV last year follow 12th grade rule below. 11th graders who raced VARSITY last year stay VARSITY</i></p> <p><b>12th Graders:</b> Must compete in the JV category except all 12th graders who placed in the top-7 once or the top-10 more than once as 11th graders; these riders must compete in the VARSITY category. <i>12th graders who raced VARSITY last year stay VARSITY.</i></p>	<p><b>9th Graders:</b> Must compete in the FRESH/SOPH category.</p> <p><b>10th Graders:</b> Must compete in the FRESH/SOPH category except all 10th graders who placed in the top-5 once or the top-7 more than once as 9th graders; these riders must compete in the JV category. <i>10th graders who raced in JV as 9th graders follow the 11th grade rule below.</i></p> <p><b>11th Graders:</b> Must compete in the JV category except all 11th graders who placed in the top-6 once or the top-9 more than once as 10th graders; these riders must compete in the VARSITY category. <i>11th graders who raced in JV last year follow 12th grade rule below. 11th graders who raced VARSITY last year stay VARSITY.</i></p> <p><b>12th Graders:</b> Must compete in JV category except all 12th graders who placed in the top-6 once or the top-9 more than once as 11th graders; these riders must compete in the VARSITY category. <i>12th graders who raced VARSITY last year stay VARSITY.</i></p>
<p>Summary of Category Placement</p> <ul style="list-style-type: none"> <li>➤ Placement is based on results of the previous year's League races and/or individual placing for last year's Overall Series. All results are available at <a href="http://www.norcalmtb.org">www.norcalmtb.org</a>.</li> <li>➤ Athletes should discuss their racing categories with their coaches.</li> <li>➤ Those who did not compete in the last year's League races follow the above rules and must petition for exceptions.</li> <li>➤ The Rules and Appeals Committee can be petitioned for exceptions from The Rules for Choosing Category (up or down categories). To petition for an exception riders must complete and mail in the petition form found at <a href="http://www.norcalmtb.org/petition.pdf">http://www.norcalmtb.org/petition.pdf</a>.</li> </ul> <p>The committee (comprised of League coaches) will consider the petition and a vote will take place. Send your registration/petition forms to: NorCal HS MTB League, attn: Appeals Committee, 4412 Piedmont Ave. #1, Oakland CA 94611</p>	

## 4. EQUIPMENT RULES

### 4.1 WEARING HELMETS STRICTLY ENFORCED

League riders must wear an Approved Helmet at all times (see below for list of approved helmet standards). Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Athletes must also keep their helmet on when walking or running on the course with a mechanical. Athletes will lose all points for the race at which they were seen riding without a helmet. In addition:

- Helmet straps must be adjusted to the extent that two finger can be pushed under the strap, whereas three fingers would be difficult.
- Helmets should not have any cracks or dents from previous falls or mishandling of helmet
- Helmet should be the correct size with little to no side-to-side or front-to-back movement.
- Full-face helmets are not allowed without written permission from the Rules and Appeals Committee.

Approved Helmets meet one of the following standards:

- (1) *American National Standards Institute (ANSI) Standard Z90.4*
- (2) *Snell Memorial Foundation Standard "B" or "N" series*
- (3) *American Society for Testing and Materials (ASTM) standard F-1447*
- (4) *U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets*
- (5) *European Committee for Standardization (CE EN1078) standard for bicycle helmets*

### [ORANGE LEVEL CONSEQUENCES]

### 4.2 MOUNTAIN BIKES ONLY

League athletes must compete using mountain bikes that have 26 (or 29) inch wheels and the tires must not be narrower than 1.75 inches. In addition:

- Tires must have knobbies – no slick tires are permitted
- No road bikes (or mountain bikes with down-drop handle bars)
- No cyclocross bikes (or other 700c bikes)

### 4.3 NO SINGLE-SPEED BIKES

Pushing big gears has been proven to be detrimental to the joints (specifically the knees) of young riders. Bikes must have multiple gears including at least two chain-rings up front and at least five cogs in the rear.

### 4.4 LOWEST GEAR RULE

In order to prevent injuries to junior athletes, a roll-out rule will be enforced. All bikes must have an available gear combination yielding less than an eighty gear-inch roll-out. Roll-out is defined by the distance the bike rolls for one full revolution of the pedals. As with Rule 4.3, this rule is to help prevent riders from pushing gears that are too high, and potentially damaging their knees.

#### **4.5 FRONT AND REAR BRAKES**

Bicycles must have fully operational front and rear brakes. Brakes must be adjusted to provide significant stopping power. Brake pads must not be worn below recommended limits. It is recommended that bicycles be looked at by a mechanic before every race.

#### **4.6 NO BAR ENDS/HANDLEBAR END PLUGS**

For safety reasons no bar ends (forward pointing handle grip extensions) may be used. League riders must race with their hands holding the bars within reach of the brakes. Handlebar end plugs are required.

#### **4.7 PENALTY FOR OUTSIDE ASSISTANCE**

Flat tires and mechanical problems should be repaired by the racer, and the racer must carry their own tools, tubes, etc. If outside assistance is required, a five-minute penalty will be assessed. The rider must report an occurrence of outside assistance before the end of the Protest Period that precedes the award ceremony. The rider must report to a Scoring Official, Course Marshal or other Race Official. If a rider does not self-report the penalty may be doubled.

#### **4.8 REPAIR BIKES OFF THE TRAIL**

In the case of a broken bicycle, or a dropped chain, riders must clear the trail for other competitors.

#### **4.9 SWITCHING BIKES**

Racers shall complete the entire race on the same bicycle upon which the race was begun. A 30-minute penalty applies for switching bicycles.

#### **4.10 BRING THE BIKE**

Competitors may make no progress on the racecourse unaccompanied by a bike. In the case of an inoperable bike, riders may progress along the course with their bike to the finish line, however, they must stay on the course, and must not obstruct the progress of other racers.

#### **4.11 FOOTWEAR**

Footwear must be fully enclosed and fastened with either Velcro straps, buckles, or laces.

#### **4.12 EYE PROTECTION**

Eye Protection is strongly recommended. Unless wet, foggy, and/or muddy lenses impair vision, riders should ride and race with protective eyewear.

#### **4.13 NUMBER PLATES**

Riders must affix an official League number plate to their bikes at League races. The number plate should be attached with at least three fasteners and must be on the bike for the pre-ride and should also remain on the bike at anytime the rider is riding the bike at the event (before and/or after competing).

## **5. RACE COURSE INFORMATION**

### **5.1 CROSS COUNTRY (XC) RACE DEFINITION**

A mass start competition that is held on a circuit course comprising forest roads, forest or field trails, and unpaved dirt or gravel roads.

### **5.2 COURSE LENGTH AND DIFFICULTY**

The ideal high school team XC course should be short enough to require multiple loops and composed of terrain that can be completed by beginner riders. The length should be based on the ability of riders to complete the course within specific time frames. For High School riders, the time should be between:

- 45 and 90 minutes, Fresh/Soph boys and girls, JV girls
- 60 and 100 minutes, JV Boys and Varsity Girls
- 90 and 120 minutes, Varsity Boys

### **5.3 SAFETY GUIDELINES FOR COURSES**

High school cross country mountain bike courses should be designed for maximal safety, guidelines include:

- Uphill starts or some climbing in first half mile
- 33 inches per start lane
- Uphill finishes
- Uphill feed zones
- Inspection and addressing of:
  - off-camber turns
  - ruts
  - large or loose rocks
  - sharp turns on fast section
  - water crossings
  - areas where excessive speeds can be achieved
  - other obvious injury vectors

### **5.4 COURSE SIGNAGE AND MARKINGS**

Where needed, arrows and ribbons mark the directions along the entire length of the official course. The signs indicate the course to follow, curves, intersections and warn of situations that are potentially dangerous for the competitors. Signs are posted along the course at least every half-mile to indicate to competitors that they are on course.

### **5.5 STANDARD TURN ARROW LOCATIONS**

An arrow placed 30 meters before the intersection should mark each intersection. Another arrow is placed at the intersection. The direction of travel is then confirmed by another arrow located 10 meters further in the new direction. A wrong way sign is used to mark all potential wrong ways.

## 5.6 RACE NOTIFICATION SIGNS

In the case of wrong ways that lead away from the course, the back of the wrong way sign shall be used to notify passers by that a race is in progress. If a wrong way leads to the interior of the course, a notification to passers by is optional.

## 5.7 HAZARD SIGNS

In all hazardous situations, two or three arrows placed upside down must be located 30 meters before any obstacle on a circuit. A hazard on the circuit may be an obstacle, quality of the surface, or angle of the track, or any other condition not specifically addressed.

## 5.8 STANDARD HEIGHT OF SIGNS

Course signage should always be placed on the right and 1.5 to 3 feet from the ground.

## 5.9 DISTANCE SIGNS

The course can also be marked every ½ mile with signs indicating kilometers yet to be raced. There may be a sign indicating 1 mile to go.

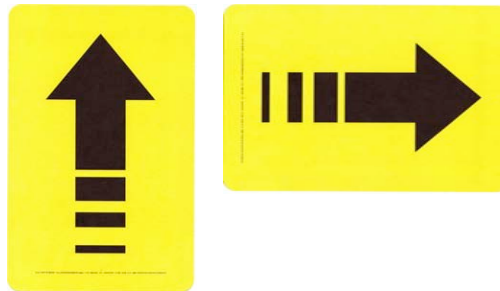
## 5.10 USE OF RIBBON

Ribbon may also be use to mark turns, wrong ways, and other hazards. Ribbon should always be arranged parallel to the ground.

## 5.11 LIST OF SIGNS

The signs that are to be used on a mountain bike circuit are:

- Plain arrows pointing straight ahead, left or right
- Straight ahead
- Slow, danger
- Slower, danger
- Slower, very dangerous
- Wrong way
- Bridge ahead
- Water crossing
- Dismount required



A plain downward pointing arrow also means slow down.

## **6. INDIVIDUAL RACING RULES**

### **6.1 HIGH SCHOOL STUDENTS ONLY**

The League race series is open to all students who attend public or private high school (grades 9-12) in Northern California. Home-schoolers are also welcome to compete. (Northern California is defined as north of and including San Luis Obispo and Fresno.)

### **6.2 AGE RESTRICTIONS**

League races are limited to ages 13-19 (In the case of 19 year olds, they must turn 19 on or after January 1 of that school year/season, in the case of 13 year olds, they must turn 13 on or before January 1 of that school year/season).

### **6.3 AGE VERSUS GRADE**

Students who have been held back or skipped ahead grades by one year only should race their grade category. Students who have been held back or skipped grades by more than one year must consult with the Rules and Appeals committee regarding the appropriate race category.

### **6.4 HOMESCHOOLERS CATEGORY BASED PRIMARILY ON AGE**

Home-schoolers should race in the category based on rules as the same-aged peers. Consult the Rules and Appeals Committee for clarification or exceptions.

### **6.5 REGISTERED LEAGUE RIDERS ONLY ON RACE COURSES**

Only riders officially registered in the League may practice or compete on the designated race course, and they must attach their number plates while pre-riding.

### **6.6 REQUIREMENTS FOR RIDER REGISTRATION**

Riders must be registered in the League. League registration requirements include:

- Online Registration Forms
- Registration Fee
- Signed Release of Liability
- Signed Medical Form
- Signed Media Form
- Signed Code of Conduct Form

**Riders must register for each race they enter. Race registration requires payment only.**

### **6.7 RACE REGISTRATION**

Riders must register and pay for each League race, prior to the race. There is pre-registration available via the League website. There is also on-site registration, but riders will have to pay a late fee in addition to the race registration fee. Penalties apply if racers compete without registering and paying. **[ORANGE LEVEL CONSEQUENCES]**

## 6.8 LEADER'S JERSEY

The top point earner at any time will be awarded the Leader's Jersey. The Leader is expected to wear the jersey at League races, so long as they remain the top point holder. In the case of a tie, both athletes wear the Leader's Jersey. The overall winner of the series should wear the Leader's Jersey to the first race of the next season.

## 6.9 EASY LEADER RECOGNITION

Only the current leader shall wear the leader's jersey. In addition, generic (and very similar looking) NorCal jerseys shall not be worn at a League race by competing athletes.

## 6.10 WALK THE BIKE THROUGH CROWDED AREAS

All racers should walk their bikes in the pit area, or spectator areas. Riders who demonstrate reckless behavior and/or risking other riders and spectators will be penalized a minimum of 50 points. **[YELLOW LEVEL CONSEQUENCES]**

## 6.11 LISTEN TO PRE-RACE ANNOUNCEMENTS

Riders must be present and attentive during pre-race announcements. Riders that miss the pre-race announcements may be required to stay after the start to hear the announcements. Riders that are being disruptive and/or talking over the announcements may be relegated to the back of the group.

## 6.12 PASSING SLOWER RIDERS

When passing on the race course, do so respectfully and only when it is safe as is possible. Actions that purposely compromise the safety of other athletes will not be tolerated. Call out when passing slower racers. "Tracking left" indicates you will be passing on their left, "tracking right" indicates you will be passing on their right. **[ORANGE LEVEL CONSEQUENCES]**

## 6.13 BIKE PUSHERS MUST YIELD

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the **least rideable** portion of the trail when being passed. A racer pushing or carrying his/her bicycle can overtake a racer riding their bicycle provided they do not interfere with the rider's progress. **[ORANGE LEVEL CONSEQUENCES]**

## 6.14 LAPPED RIDERS MUST YIELD

Lapped riders must yield to overtaking riders. Riders should voice the command "**Tracking left**" or "**Tracking right**" when overtaking another. *Riders being passed must move over as quickly, efficiently and as safely as possible.*

## 6.15 LEADER OWNS THE TRAIL BUT CANNOT BLOCK

In the event two riders are vying for position, the leading rider does not have to yield his/her position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the trail.

## **6.16 LAPPED RIDERS MAY BE PULLED**

Lapped riders may be asked to withdraw at the finish line. Riders that are pulled out of the race must not continue, and will be placed on their current position when they cross the line.

## **6.17 TIME LIMITS MAY BE IMPOSED**

Riders may be asked to withdraw at the finish line after time limits have been reached. Race officials reserve the right to determine these time limits at anytime. Time limits may be imposed for reasons that include, among others: Safety, heat, cold, rain, muddy conditions, clearing the course, and relieving course marshals. Course closures may be announced at anytime and do not need to be announced in advance.

If a rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason – it is considered a DNF.

Race Officials may also, if deemed appropriate, opt to pull an individual rider who appears to be overheated, hypothermic, overly exhausted, or in anyway injured, over-stressed, or at risk of injuring themselves.

## **6.18 CUTTING THE COURSE**

- Except in the case of injury, League athletes are not allowed to cut the course, ride off course, or engage in any other behavior that would indicate an intention of unfair play. **RED LEVEL CONSEQUENCES]**
- Riders must not deviate from the edge of the trails (as defined either by ribbons, or an obvious change in surface or foliage characteristics) by more than 3 feet. **[ORANGE LEVEL CONSEQUENCES]**
- When the trail is clearly on one side of a pole, tree, or other characteristic, then the rider is required to pass that feature, on the trails side of the feature. **[ORANGE LEVEL CONSEQUENCES]**
- A rider may not leave the prescribed course unless ordered or permitted to do so by public authorities or a race official. In the case of mechanical problems, riders should walk along the course to the finish line. In the case of medical emergencies, riders should remain still and wait for a course marshal or medical help.

## **6.19 OUTSIDE ASSISTANCE, ETC.**

Refer to rules 4.7 to 4.10 regarding outside assistance, repairing bikes, switching bikes and finishing with the bike.

## 7. TEAM RULES

### 7.1 TEAM COMPETITION HAS TWO DIVISIONS

Teams are divided into Division I and Division II. The division is based primarily on team size, although teams that have between 10 and 15 members may be given the option to petition into either division. Petitions will be considered by the Rules and Appeals Committee.

- **Division I:** Teams of 12 or more members.
- **Division II:** New teams\* or teams with 11 or less members.

*\*Brand new teams (in their first year of competition) with more than 12 members may also petition to race in Division I.*

### 7.2 TEAM COMPOSITION

Three types of teams are excepted:

- **School Based Teams:** Must be comprised of students from the same high school.
- **Composite Teams:** Can be comprised of members from more than one school with geographic proximity. These teams must include “Composite” in their team name.
- **County-Based Home-School Teams:** Home-schoolers may organize teams of members (home-schoolers only) who live within the same county (or other geographic proximity).

### 7.3 PROOF OF ATTENDANCE

Proof of school attendance (a report card) may be requested at any time. This proof may be asked in the form of a school ID, and/or a report card, and/or some other form of proof.

### 7.4 NO HOME-SCHOOLERS ON SCHOOL-BASED TEAMS

Home-schoolers will not be allowed on school-based teams beginning in 2009.

### 7.5 HOME-SCHOOL AND COMPOSITE TEAM APPROVAL

Home-school and Composite teams must state and gain approval of their geographic scope. Large Home-School or Composite teams (15+) may be required to compete broken down into smaller teams. Composite teams are considered short-term solution for helping teams form, whereas combining existing teams is not allowed. Teams can combine resources and training rides – but will be scored separately, wear separate jerseys, etc.

### 7.6 INDEPENDENT RACERS

A student who is enrolled at a school that does not have a club/team may compete as an “independent.”

### 7.7 RIDERS MUST JOIN SCHOOL TEAMS

Students who are enrolled at a school that does have an official club/team must be a member, in good standing, of that club/team. They cannot participate in a League races as an “independent.”

## **7.8 ONE SCHOOL, ONE TEAM**

Only one team may represent one school.

## **7.9 ACTIVE TEAMS MUST REGISTER**

All teams must register annually with the League. Teams must not conduct any practices without registering and obtaining insurance through the League.

## **7.10 REQUIREMENTS FOR TEAM REGISTRATION**

Online annual Team Registration must be completed by February 15<sup>th</sup>. A late fee applies to teams that register after February 15<sup>th</sup>.

## **7.11 TEAM REGISTRATION FEE**

Teams must also pay the annual team registration fee within ten days of registration.

- If teams change from Division II to I before the first race, they must pay the difference
- If teams change from Division I to II before the first race, they can receive a refund
- A late fee applies to payments received after ten days

## **7.12 TEAM REGISTRATION DEADLINE**

No new teams will be added to the series scoring after the 2nd race of the series.

## **7.13 ALL RIDERS, COACHES, ASSISTANT COACHES, AND RIDE LEADERS MUST REGISTER**

All team riders, coaches, assistant coaches, and ride leaders must register with the League. Riders, coaches, assistant coaches and ride leaders that are not registered are not fully insured.

- Riders must pay a registration fee, unless they are eligible for a scholarship.
- If a rider is not going to race, they still need to register in order to be fully insured.
- There is a grace period – all riders are automatically insured until the first race.
- Registration for Coaches, Assistant Coaches, and Ride Leaders carries a fee.
- There is no grace period for Coaches, Assistant Coaches, and Ride Leaders – they are not fully insured until they are registered.
- All registration is online at [www.norcalmtb.org](http://www.norcalmtb.org).

## **7.14 OFFICIAL SCHOOL STATUS NOT NEEDED**

Teams do not need to obtain an 'official status' at their school.

## **7.15 MATCHING JERSEYS REQUIRED**

Teams must have matching jerseys and all athletes must race wearing their team jersey. Teams may use custom jerseys, but they may also choose some other appropriate jersey – such as a solid color or a local shop jersey. **[YELLOW LEVEL CONSEQUENCES]**

### **7.16 INDEPENDENT JERSEYS**

Independent riders must choose a distinct jersey and race wearing the same jersey design throughout the season.

### **7.17 TEAM TRAINING LIMITS**

League teams are limited to the number of weeks they can have practice. In addition, teams are not fully insured for activities outside of these limits.

- Teams can commence limited “preseason” team activities on October 15<sup>th</sup>. Allowable preseason activities are bike checks, mechanical workshops, “fun rides,” or skills clinics.
- From October 15<sup>th</sup> until November 31<sup>st</sup> teams are allowed to have up to 6 scheduled preseason activities (bike checks, mechanical workshops, “fun rides,” or skills clinics).
- Regular training (3-4 practice per week) may commence on December 1<sup>st</sup>.
- All team rides or other training activities must end within 2 weeks of the final League race.

### **7.18 HEAD COACHES CERTIFICATION**

Starting in 2009 it will be required that head coaches possess a current League Head Coach license.

### **7.19 ASSISTANT COACHES CERTIFICATION**

Requirements for Assistant Coaches Certification is forthcoming.

### **7.20 RIDE LEADERS CERTIFICATION**

Requirements for Rider Leaders Certification is forthcoming.

## 8. TEAM AND INDIVIDUAL SCORING RULES

### 8.1 INDIVIDUAL SERIES SCORING

Individuals compete against racers in their same category. Individual scoring is not divided into Divisions (I and II), unless they are racing in separate categories (For example Freshman Boys Div. I and Freshman Boys Div. II are scored separately). See categories in Rule 2.1.

### 8.2 OVERALL INDIVIDUAL SERIES SCORING

Overall Series scoring for individuals is based on best 5 of 6 races in a six race series or based on the best 4 of 5 in a five race series. In other words, the lowest score is dropped. A missed race would be the lowest score dropped. In the case of races being canceled, the lowest score is still dropped (Best 4 of 5 or best 3 of 4) unless there are less than 4 races in which case no score will be dropped.

### 8.3 POINT SYSTEM

Points are awarded to all finishers. There is a 25-point bonus for JV racers. There is a 50-point bonus for Varsity racers. If you DNF (did not finish), you will not be awarded any points for that race. Points earned in one category do not transfer to another category. It is recommended that riders do not petition to change categories during the series. See Appendix A for full list of point values.

### 8.4 POINT BONUS AT STATE CHAMPS

**A point bonus is awarded to all finishers at the State Championship race. Bonus system is as follows:** 50 points for 1st, 49 pts for 2nd, 48 pts for 3rd, . . . 3 points for 48th, 2 points for 49th, 1 point for 50th, 1 point for 51st, 1 point for 52nd, etc.

### 8.5 POINT BONUS FOR COMPLETING ALL RACES

A 25-point bonus is awarded to riders that complete the entire series of races. This also applies in the case that races are canceled. Though a rider may not complete a race due to circumstances out of their control, this is a reward system where mechanicals, crashes, illnesses or other factors cannot be taken into consideration.

Bonus points are awarded to individuals following the summation of overall series points after the final race. Bonus points are not added to points scored in the final race nor are they added into the team score.

## **8.6 DIVISION I TEAM SCORING**

Division I scoring is based on the top 8 point earners, with a maximum of 6 of those point earners being the same gender.

The team's score is the highest score possible out the following boy/girl combinations:

**BBBBBBGG**  
**BBBBBGGG**  
**BBBBGGGG**  
**BBBGGGGG**  
**BBGGGGGG**

## **8.7 DIVISION II TEAM SCORING**

Division II scoring is based on the top 4 point earners, with a maximum of 3 of those point earners being the same gender.

The team's score is the highest score possible out the following boy/girl combinations:

**BBBG**  
**BBGG**  
**BGGG**

## **8.8 OVERALL TEAM SCORING**

A team's overall placement is based on point totals for whole six race series (lowest score is not dropped).

## **8.9 AWARDS AT EACH RACE**

Individual medals are five places deep at each race (including the State Championships), except in the case of field sizes smaller than 20 riders, in which case medals are three places deep.

Team trophies are three places deep in each division at each race (including the State Championships).

## **8.10 AWARDS FOR OVERALL SERIES**

Individual overall series medals are awarded 10% of field size (rounded up) plus two places deep.

Team overall series trophies are awarded five places deep in each division.

## **9. PRE-RIDE RULES**

### **9.1 PRE-RIDE PROVIDED WHEN POSSIBLE**

Riders will be given the opportunity to walk the course and participate in a practice ride whenever possible.

### **9.2 RIDERS AND COACHES ONLY ON THE COURSE**

Only riders officially entered in the event, or their coaches, may practice the designated race course, and they must affix their number plates while practicing. Parents and other non-members of the League who ride the course do so at their own risk.

### **9.3 PRE-RIDE DURING DESIGNATED TIMES ONLY**

Race-day pre-rides must be confined to the time designated by the League. Pre-rides that are conducted prior to race day must comply with the rules and regulations regarding trail use, which exist at the race venue. Riders who are caught in the act of pre-riding outside of the allowable time designated will be penalized. Riders must begin their pre-ride of the course at least 30-minutes prior to the first race-start of the day. After the 30-minute cut-off, no more pre-riding is allowed that day. **[ORANGE LEVEL CONSEQUENCES]**

### **9.4 DO NOT MODIFY THE COURSE**

Intentionally removing obstacles deemed by Officials to be part of the character of the race course is prohibited. Report hazards to a Course Marshal or other race official.

### **9.5 DO NOT RIDE THE COURSE BACKWARDS**

Pre-riders must ride in the designated direction of the race (no back tracking). If riders must back track, they must walk with their bikes. **[ORANGE LEVEL CONSEQUENCES]**

### **9.6 PRE-RIDE WITH A COURSE MAP**

Riders should pre-ride with a course map, if available, and understand that they do so at their own risk. There is no guarantee that the course is fully marked or modified to League standards before the official start of a race.

## **10. PIT ZONE AND FEED ZONE RULES**

### **10.1 DESIGNATED PIT ZONES ONLY**

Teams are assigned pre-determined pit areas in a random fashion. Division I pit areas will be larger than Division II pit areas. Extra large teams (30+) may appeal for extra space ahead of time. All team equipment (including cars and trailers) must be set up within the determined space assigned. Teams must not erect tents, tables, bike stands, or mechanical stations outside of their pit zone.

### **10.2 BIKE PARKING**

Coaches and riders must park their bikes out of the through ways so as not to obstruct cars, pedestrians and other riders.

### **10.3 AUTOS IN THE PIT ZONE**

To minimize congestion in the pit zone, the League reserves the rights to manage the flow of automobile traffic in and out of the pit zone. Whenever possible parents, coaches and riders are encouraged to limit driving into the pit zone and employ riders, parents or coaches to transfer equipment. Accommodations will be made for large and heavy items, though it is highly appreciated if teams set up their pit areas by one hour before the start of the first race. Thank you for cooperating with our volunteer Parking Attendants.

Recreational Vehicles (RVs) are not permitted in the Pit Zone. Pick up trucks with camper shells are permitted. Gas powered generators (built in or external) are also not permitted in the Pit Zone.

### **10.4 FEED ZONE REQUIRED**

A designated feed zone must be present and easily accessible at races. The feed zone should have a well-marked start and end.

### **10.5 FEEDERS MUST USE THE ZONE**

Coaches, parents, or other volunteers must use the feed zone to hand racers food and drinks. Riders will be penalized for accepting food or drink outside of the feed zone. **[YELLOW LEVEL CONSEQUENCES]**

### **10.6 NO INTERFERENCE OF OTHER RIDERS**

Feeding one rider must not cause other riders to slow down or veer off course.

### **10.7 FOOD AND DRINK ONLY**

Riders must not accept items (such as tools) inside the feed zone, or the outside assistance penalty will apply.

### **10.8 CLOTHING EXCEPTION**

In the event of rain or cold weather, clothing may be handed over in the feed zone only. Clothing may not be handed over anywhere else on the race course.

### **10.9 NO PHYSICAL CONTACT**

All hand offs must be conducted hand-to-hand only. No physical contact between riders and feeders is allowed. This will be considered as technical assistance.

It is also not permitted for a feeder to place water bottles on to the bike or hydration pack onto a rider. Food or other items must be handed to the rider. They may not be put into the riders mouth or the pockets on the riders shirt.

#### **10.10 NO RUNNING IN THE FEED ZONE**

Running in the feed zone is not permitted under any circumstances, so as to prevent collisions and interference with other feeders.

#### **10.11 FEED ON RIGHT HAND SIDE**

Feeding racers traditionally happens on the right side of the course. This allows those riders not wanting a stop to pass through the feed zone unimpeded. After feeding a rider, the feeder must move clear of the feeding zone, which allows plenty of room for other feeders.

#### **10.12 VISIBLE TEAM IDENTITY IN THE FEED ZONE**

Feeders must wear a shirt, jacket, hat, vest or jersey that identifies their team. Adhesive nametags are also accepted.

#### **10.13 LIMITED FEEDERS PER TEAM**

Each team is allowed a limited number of feeders in the feed zone. The number is based on the number of riders that are competing in the current wave.

- 5 riders or less: 2 feeders
- 6-10 riders: 3 feeders
- 10+ riders: 4 feeders
- 20+ riders: 5 feeders

#### **10.14 NEUTRAL FEED ZONE**

If conditions such as high temperatures exist, a neutral feed-zone may be provided near the halfway point of the course. The feed zone will be for all riders and hand-outs will be provided by designated race staff and/or volunteers only.

#### **10.15 FEED ZONE IS CAFFEINE FREE**

As caffeine is a banned substance feeders must not hand off any caffeinated products. Riders will be penalized for accepting caffeinated products. Race officials may request to inspect feed zone supplies at any time.

# **11. RACE OFFICIALS**

## **11.1 APPROVED LEAGUE OFFICIALS**

The duties of the chief officials shall be performed by NorCal High School Mountain Bike Racing League approved officials.

## **11.2 IMPARTIALITY**

All officials shall endeavor to uphold and enforce the rules of the NorCal High School Mountain Bike Racing League and shall do so in an impartial manner.

## **11.3 RACE OFFICIAL POSITIONS**

The general conduct, safety, scoring and enforcement of rules is managed at races by the following officials:

- Chief Referee
- Start/Finish Line Official
- Chief Scoring Official
- Number Plate Spotters
- Number Plate Recorder
- Chief Course Marshal
- Course Marshals
- Course Sweeper
- Rules and Appeals Committee Members

## **11.4 OFFICIALS UNIFORMS**

Race Officials shall wear uniforms as provided.

## **11.5 CHIEF REFEREE**

The Chief Referee supervises the general conduct of each race, and ensures that the event is run under NorCal High School Mountain Bike Racing League rules. The Chief Referee is empowered to interpret and enforce the rules and to make a ruling on any point that is not specifically covered in the rules. A decision of the Chief Referee can be appealed. These appeals are handled by the Rules and Appeals Committee.

## **11.6 ADDITIONAL POWERS OF CHIEF REFEREE**

The Chief Referee may neutralize, shorten, suspend, or cancel any race if dangerous conditions or hazardous weather arises.

The Chief Referee has the power to penalize or recommend suspension of any rider who refuses to obey instructions of officials or who commits other offenses. The Chief Referee shall take into consideration the observations of course marshals, taking into account their viewing positions and experience levels.

## **11.7 DUTIES AND POWERS OF OTHER OFFICIALS**

The Chief Referee will assign duties for each event to the other officials and may delegate authority to them.

### **11.8 START/FINISH LINE REFEREE**

The Start/Finish Line referee is responsible for managing the start of races, as well as managing the finish line. Start line duties include setting up and managing start waves, drawing start lines, keeping track of time, ensuring proper seeding, and assisting or managing pre-race announcements. Finish line duties include assisting the scoring crews work by scoring close finishes, creating an independent back-up document of finish order, sampling lap times, estimating time of last finisher, managing finish shoots, and enforcing cut-off times. Penalties, cut-off times, last finisher time-estimates must be communicated with the Chief Referee. In the event of close finishes, Spotters should focus on the numbers whereas the Start /Finish Line Referee will focus on the order of finish (by focusing on the front wheels). All penalties issued should be reported to the Chief Referee.

### **11.9 CHIEF SCORING OFFICIAL**

The Chief Scoring Official supervises the scoring crew comprised of Number Plate Spotter and Number Plate Recorders. The Chief Scoring Official is responsible for running the scoring program, investigating and trouble shooting discrepancies, posting preliminary results, fielding protests (regarding preliminary results & scoring), and providing final results for the award ceremony. The Chief Scoring Official is empowered to interpret and enforce the rules pertaining to scoring. All penalties issued should be reported to the Chief Referee.

### **11.10 NUMBER PLATE SPOTTER**

Number Plate Spotters report (in a loud clear voice) race plate numbers in the order that they cross the line. Only one Number Plate Spotter is calling out at any given time. Number Plate Spotters should rotate every hour to ensure quality reporting. In the event of close finishes, Spotters should focus on the numbers whereas the Start /Finish Line Referee will focus on the order of finish (by focusing on the front wheels).

### **11.11 NUMBER PLATE RECORDER**

Number Plate Recorders enter the numbers called out by the Number Spotter. Number Plate Recorders should rotate every 2 hours to ensure quality reporting.

### **11.12 CHIEF COURSE MARSHAL**

The Chief Course Marshal manages the operations of Course Marshals, which includes providing radios, vests, maps, whistles and flags, conducting a meeting, assigning locations, and taking reports. The Chief Course Marshal is empowered to interpret and enforce the rules pertaining to infractions that occur on the race course. All penalties issued should be reported to the Chief Referee.

### **11.13 COURSE MARSHALS**

Course Marshals are deputized race officials whose duties are primarily to increase safety on the course and increase communications, and secondarily to report incidents of riders breaking rules.

Course Marshals must:

- carry a radio, a notepad and pen, and a course map.
- wear a designated Course Marshal Vest.
- carry a flag and whistle; the flag can be used to direct and/or slow riders. The whistle can be used to warn riders that are riding in the wrong direction.
- report incidents by radio, at the time of the infraction to the Chief Course Marshal. Course marshals must also report the incident in writing when they return from duty.

### **11.14 COURSE SWEEPER**

The Course Sweeper communicates with the Chief Course Marshal and the Start/Finish Line Referee. The primary responsibility of the Sweeper is to be aware of the last rider on the course and ride behind that rider (200 meter minimum) and report to the Chief Course Marshal and Start/Finish Line Referee their location, and when they are finished (and the course is clear). The Chief Course Marshal may also deputize the Sweeper to relieve Course Marshals from duty, carry first aid, and/or act as a rolling Course Marshal.

### **11.15 RULES AND APPEALS COMMITTEE**

The Rules and Appeals Committee is comprised of a League appointed body of five League coaches. All riders have the right to appeal decisions and penalties to the Rules and Appeals Committee. The Chief Referee may call together any three members of the Rules and Appeals Committee to rule on a protest at races, or the protest ruling may be delayed until after the race.

### **11.16 INCIDENT REPORTS**

The Chief Referee must file any appropriate incident report with the NorCal High School Mountain Bike Racing League immediately following the race event and within five days. Incidents include rule violations, scoring issues, and injuries. All rule rule violations and penalties must also be reported to the Rules and Appeals Committee.

### **11.17 ON SITE PROTESTS**

The Chief Referee will handle any protests arising at the event, calling together a body of three members of the Rules and Appeals Committee to handle disputes. The Chief Referee, and/or the Rules and Appeals Committee may postpone any discussion or decision to a later date, but no later than five days after the race.

## **12. PROCEDURES AND PROTESTS**

### **12.1 PROTEST OF PRELIMINARY RESULTS POSTED AT RACE**

Results are posted at races primarily to ensure correct awarding of medals. Penalties issued shall also be posted with the results. Protests must be submitted within 15 minutes of the race results being posted. Riders must submit a protest form to the scoring tent.

### **12.2 PROTEST OF RESULTS POSTED ON WEBSITE**

A protest regarding the preliminary results must be made within 2 days of their announced posting on the League website. After results become, “official” the League reserves the right to not consider any new protests. All protests concerning the **order of finish** shall be examined and resolved by the Chief Scoring Official. Riders must submit a protest form to the Chief Scoring Official.

### **12.3 PROTEST WINDOW AT EVENTS**

A protest of any penalty or non-penalty taking place during the race must be made within 15 minutes after the protestor's finish time.

### **12.4 PROTEST DECISIONS**

Protests shall be heard and decided either by the Chief Referee or, in the case of a disputable situation, by a minimum of 3 representatives of the League Rules and Appeals Committee. All involved athletes and coaches should be given an opportunity to make a statement. Such a jury shall conduct its deliberations in secret and shall reach decisions by a majority vote. The Chief Referee, or the Rules and Appeals Committee, reserve the right to postpone discussion and ruling until after the day of the race.

### **12.5 HEARINGS**

In the event of an impasse over a ruling that has impact that is deemed significant, a hearing may be organized and conducted by telephone conference. The hearing should take place within two weeks of the incident. A hearing can be scheduled by the Chief Referee, or if the Rules and Appeals Committee deem it necessary by majority vote. The hearing may be facilitated by an individual appointed by the League.

### **12.6 JUDGMENT CALLS**

Due to the nature of race-courses being largely out of the sight of race officials it is the duty of the Chief Referee and/or the Rules and Appeals Committee to make judgment calls, even when scant evidence is available. Judgment calls are not a pronouncement of “guilt ” or “innocence”, so much as they are an informed decision of the Chief Referee and/or Rules and Appeals Committee. This decision is made as fairly as possible, based on the available evidence, and as deemed by the Chief Referee and/or Rules and Appeals Committee to be in the interest of preserving order and safety at League races. It is expected that riders and parents understand the challenging nature of these decisions and be willing to accept what they may consider to be a “bad call.” This action is considered an utmost sign of good sporting behavior. At the other extreme, threatening officials or extending the protest beyond the final hearing may lead to restrictions on a rider's participation in the League.

## **13. COACHES CODE OF CONDUCT**

### **13.1 COACHES' HELMETS**

League coaches and team assistants are expected to comply with the helmet rule (4.1) at all races. In the event a coach is seen riding without a helmet, 25-point penalty will be applied to his/her team's score for non-compliance.

### **13.2 DUTY OF CARE**

Coaches have a duty of care to their riders at every event. This duty of care begins at the time designated by the team for rider arrival. It ends at the very end of the event. The Head Coach, or someone acting as interim head coach, must remain at the venue until the last rider from his/her team has departed, except in the case that a rider's parent or legal guardian is present.

### **13.3 RACE ATTENDANCE**

A Head Coach must attend each race. If the Head Coach cannot attend a race, an interim Head Coach shall be appointed and the League must be notified as to who is serving as interim Head Coach.

### **13.4 COACHES RIDING ON THE COURSE**

During a race, coaches must not ride on the course in the proximity (within 200 meters) of any competitors. Coaches cannot run along the course with a rider for more than 50 meters.

### **13.5 POSITIVE SPORTING BEHAVIOR**

It is expected that all coaches will display mature and positive behavior during every event. Coaches must serve as role models to riders, thereby demonstrating fair and calm response in the event of protests, complaints, conflicts, or emergencies. Coaches are expected to be focused not only on winning, but on helping athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

# 14. PARENT CODE OF CONDUCT

## 14.1 PARENTS' HELMETS

Parents should comply with the helmet rule at all races (Rule 4.1).

## 14.2 HANDLING PROTESTS

Parents must handle protests, complaints, and/or conflicts with a positive and respectful attitude.

## 14.3 PARENTS RIDING ON THE COURSE

During a race, parents must not ride (or run) on the course in the proximity (within 200 meters) of any competitors. Parents cannot run along the course with a rider for more than 50 meters.

## 14.4 POSITIVE SPORTING BEHAVIOR

It is expected that all parents will display a mature and positive sporting attitude during every event.

### **What parents can do to encourage positive sporting behavior:**

- Keep your comments positive. Don't bad-mouth coaches, riders, or officials. If you have a serious concern, discuss it privately with your child's coach or a League official.
- Commend good effort and performance, no matter who it comes from—especially when it's riders from a "rival" team
- Remember that you are the parent, not the coach (unless you are both). Shout encouragement, not directions, from the sidelines
- Set a good example with your courteous behavior towards the parents, coaches, and riders from other teams
- Look for examples of good sporting behavior in professional athletes and point them out to your child. Talk about the bad examples, too, and why they upset you
- Emphasize values like teamwork, responsibility, and discipline. Winning comes and goes, but values should be ever-present

## 15. MODIFICATIONS

The NorCal High School Mountain Bike Racing League reserves the right to modify the rules/procedures/standards to accommodate changes and unforeseen problems; and also sanction penalties that are deemed appropriate.

### Modification History

#### **January 2009**

**3.5** The category placement rules were adjusted to account for splitting freshman and sophomore boys categories and also for larger girls fields.

#### **February 2009**

**3.1** Freshman and sophomore girls are given distinct categories unless the combine number of registrants is less than 55.

**4.4** Improved language concerning lowest gear (rule did not change)

**6.17** Added this clarification: If a rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason – it is considered a DNF.

**6.19** Added a reference to rules 4.7–4.10 since these are arguable race rules.

**7.2** Clarified home-school teams must be comprised only of home-schoolers.

**7.5** Added this clarification: Composite teams are considered short-term solution for helping teams form, whereas combining existing teams is not allowed. Teams can combine resources and training rides – but will be scored separately, wear separate jerseys, etc.

**8.2** Added language to clarify the series overall is based on best 4 of 5 races in a five race series.

**8.5** Added this clarification: Bonus points are awarded to individuals following the summation of overall series points after the final race. Bonus points are not added to points scored in the final race nor are they added into the team score.

**8.9 and 8.10** Added these rules to specify how many medals and trophies are awarded

**10.3** Added RV rule: Recreational Vehicles (RVs) are not permitted in the Pit Zone. Pick up trucks with camper shells are permitted. Gas powered generators (built in or external) are also not permitted in the Pit Zone.

#### **February 2009 Notes:**

Adding boxes to the Feedzone was voted down 5-0.

**Field Size More Than 20**

Place	Frosh/Soph	JV	Varsity
1	500	525	550
2	490	515	540
3	481	506	531
4	472	497	522
5	464	489	514
6	456	481	506
7	448	473	498
8	441	466	491
9	434	459	484
10	427	452	477
11	420	445	470
12	414	439	464
13	408	433	458
14	402	427	452
15	396	421	446
16	390	415	440
17	385	410	435
18	380	405	430
19	375	400	425
20	370	395	420
21	365	390	415
22	360	385	410
23	356	381	406
24	352	377	402
25	348	373	398
26	344	369	394
27	340	365	390
28	336	361	386
29	332	357	382
30	329	354	379
31	326	351	376
32	323	348	373
33	320	345	370
34	317	342	367
35	314	339	364
36	311	336	361
37	308	333	358
38	306	331	356
39	304	329	354
40	302	327	352
41	300	325	350
42	298	323	348
43	296	321	346
44	294	319	344
45	292	317	342
46	290	315	340
47	289	314	339
48	288	313	338
49	287	312	337
50	286	311	336
51	285	310	335
52	284	309	334
53	283	308	333
54	282	307	332
55	281	306	331
56	280	305	330

**Field Size 20 or Less**

Frosh/Soph	JV	Varsity
500	525	550
485	510	535
471	496	521
457	482	507
444	469	494
431	456	481
418	443	468
406	431	456
394	419	444
382	407	432
370	395	420
359	384	409
348	373	398
337	362	387
326	351	376
315	340	365
305	330	355
295	320	345
285	310	335
275	300	325