



MiSCA Racing Rules

Requirements for MiSCA race awards

- Riders must be on a team registered in the Association to receive MiSCA awards.
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Riders must register with the promoter for each race they enter.

Race Categories

Race categories for the MiSCA races are as follows:

Middle School Male (11-14)

Middle School Female (11-14)

JV Male (15-18) Equivalent to a Beginner racer

JV Female (15-18) Equivalent to a Beginner racer

Varsity Male (15-18) Equivalent to a Sport racer

Varsity Female (15-18) Equivalent to a Sport racer

- JV will be considered the equivalent of Beginner
- Varsity will be considered the equivalent of Sport
- Middle school students may race JV or Varsity
- Grades 9-12 may race JV or Varsity

BEGINNER: Racers with little or no experience in mountain bike racing. Most beginners will race in this class for their first year.

SPORT: Racers with one or more years experience in mountain bike racing, road racers with significant cycling experience, or those who have the skills and experience to race as a sport rider.

General Rules

- A. Ignorance of the rules is not an excuse. All racers are expected to understand and comply with these rules.
- B. All riders must submit MiSCA'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 or older. A parent or legal guardian, who permits a minor to participate in MiSCA races or camps, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of MiSCA's Release forms and those terms shall be binding even when no proper entry form has been signed and submitted for a rider. The forms may be submitted electronically or on hard copy.
- C. Race uniforms should be of similar color and graphics for all team members participating in club activities. Creating a uniform appearance helps to promote team spirit and identifies the individual as part of the team.
- D. Uniforms can not contain any logos or wording that would be considered offensive. Scholastic teams may not wear logos for products considered adult in nature including, but not limited to, alcohol and tobacco.
- E. Wearing of a helmet (buckled) is mandatory while warming-up for, racing in, or riding at any MISCA sanctioned event.
- F. Racers competing in a race that is conducted in a time trial format may not re-start the race and earn an award. They shall be considered as a DNF.
- G. Bicycles shall be in good repair with both front and back brakes in good working order.
- H. Racers may change any bicycle components during the race except the frame. They may accept assistance only from other racers actively competing during the same event.
- I. Food and water can be taken from anyone, anywhere on the course.
- J. Racers taking food or water must not impede the progress of other racers.
- K. Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing bikes should yield the most ride-able portion of the trail when being passed.
- L. A racer pushing or carrying his or her bicycle can overtake a racer riding his bicycle provided that it does not interfere with the riding racer.
- M. Riders should vocally alert those they are passing using announcements like "PASSING on your LEFT (RIGHT)!" or "TRACK LEFT (RIGHT)!" It is the responsibility of the passing rider to overtake safely.
- N. Use of headphones or musical devices is prohibited except when warming up on a stationary trainer.
- O. Riders should not shorten the course to pass another racer.
- P. Riders being lapped must yield at the first reasonable opportunity

- Q. When two riders are vying for position, the leading rider does not necessarily have to yield position to the challenging rider. However, a rider may not block the challenging rider's progress; this is considered to be highly unsportsmanlike behavior.
- R. Racers must yield to emergency medical personnel.
- S. Shortcutting the course by any racer may result in a disqualification.
- T. Use of profane or abusive language or other unsportsmanlike behavior will not be tolerated.

U. 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 five cogs in the rear.

2011 MiSCA Scholarship Eligibility Rules

1. Scholarships will be given to the winners of the Male and Female Varsity divisions.
2. Additional scholarships may be given to those who place behind the winners, dependent on funds available.
3. Only racers registered with MiSCA will be eligible to win a scholarship.
4. Only racers registered as part of a MiSCA recognized team will be eligible to win a scholarship.
5. To be eligible, students must have started in at least **two** races prior to the championship race.
6. The Varsity division is open to any racer currently of Middle School, Junior High, or High School age. Students that are home schooled and are of equivalent age are also eligible, provided they meet the MiSCA registration requirements.
7. Middle School and JV students may compete in the Varsity class. Elementary students may race in the Middle School class.