



Michigan Scholastic Cycling Association

MiSCA Racing Rules

EVERYONE PLAYS EVERY MINUTE

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1 Team Guidelines

1.1 Eligibility

MISCA races are open to all students that meet the age criteria listed in the following sections.

1.2 Age Limit

High School Participant Age Maximum: 19 years old.

Riders competing in high school team racing shall not exceed 19 years of age at the time of competition. Graduating seniors are eligible to compete for their team until July 31st of their graduating year.

1.3 Student-Athletes Must Join Teams

Student-Athletes who are enrolled at a school that has a club or team must participate as a member of the club or team. Such student-athletes may not participate in MiSCA events as members of another team.

1.4 Team Composition

There are two types of teams:

- **School-Based Teams:** Comprised of full-time students from the same school; public or private. Student eligibility to race on a school based team will be determined by the school they are racing for. If a student is eligible for a school's JV or Varsity sport, they should be eligible for a MiSCA school team.
 - Teams may allow students from other schools to practice with them but they will not earn points for the team.
- **Composite Teams:** Comprised of students from more than one school. Most composite teams are formed by bike shops and youth organizations. Homeschooled students may join the composite teams.

1.5 Independent Riders

Independent riders are students who do not have a club/team in his/her area. Independent riders can participate in all MiSCA activities, including racing. If racing, an independent rider will score in individual competition but not in the team competition.

2 Equipment Guidelines

2.1 Helmets

2.1.1 Wearing Helmets Strictly Enforced

Student-athletes and participants (parents, volunteers, coaches, spectators, and staff) with a leg over a bicycle must wear a helmet at all times. Under no circumstances shall a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Student-athletes must also keep their helmet on when walking or running on the course with a mechanical problem. **Penalty: If pre or post-race: 1st offense is a warning, subsequent offenses = 5 minute penalty. If offense occurs during the race = 20 minute penalty.**

2.1.1.1 Approved Helmets should meet one of the following standards:

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

2.2 Bicycle, Bicycle Equipment and Accessories

2.2.1 Bicycle

- Mountain bikes only. All riders must use a mountain bike, as designated by the manufacture, designed for off-road biking.**
- No road bikes, cyclocross bikes, tandem bikes, or mountain bikes with drop-down handle bars.**

****Penalty: 15 minute penalty**

2.2.2 Bicycle Equipment

2.2.2.1 Bicycle Propulsion

Bicycles must be propelled by the rider's legs only. No stored propulsion mechanism is allowed.

Penalty: Disqualification

2.2.2.2 Tires

Tires must have knobs, no slick tires are permitted.

2.2.2.3 Brakes

- For all classes age 11 and up; bicycles with pedals shall have at least two brakes, one on each wheel, that are in good working condition. Riders age 10 and under are exempt from this rule due to possible equipment limitations. **Penalty: 10 minute penalty**
- It is recommended that bicycle be looked at by a mechanic before every ride.

2.2.2.4 Handlebars

- Handlebars must be mountain bike specific; no drop bars or aero bars.*
- Handlebar end plugs and stem caps are required.*

***Penalty: 10 minute penalty**

2.2.3 Bicycle Additions and Accessories

- Saddlebags and bicycle computers must be securely mounted.
- Nothing may be added to the basic bicycle to reduce air resistance.*
- No kickstands allowed.*
- No bike racks or panniers allowed.*

***Penalty: 10 minute penalty**

2.3 Clothing Requirement

2.3.1.1 Bike Attire

It is recommended that you wear clothing conducive to riding in practices and races. Keep in mind that baggy clothing could pose a safety risk with entanglements with moving parts of a bicycle especially when mountain biking. Baggy or loose clothing past the knees is highly discouraged to avoid this risk. MiSCA officials can require a rider to change if they deem the clothing to be a safety risk.

No logo or advertising is allowed to be worn that is for adult products (alcohol, tobacco, etc.) or suggestive in nature. Riders will be asked to either cover the offending items or wear a different garment.

2.3.1.2 Footwear

Footwear must be fully enclosed and fastened with either Velcro straps, buckles or laces. Laces can pose a safety hazard and should be used with caution.

2.4 Other Banned Equipment and Accessories

2.4.1.1 Music Players/Headphones

Student-athletes are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer. **Penalty: 15 minute penalty**

2.4.1.2 Cell Phones

Student athletes may not answer a cell phone or make cell phone calls while riding their bike. Student athletes must safely come to a complete stop and have both feet on the ground in order to use their cell phones. **Penalty: 15 minute penalty**

2.4.1.3 Helmet and Bike-Mount Cameras

Due to rider safety, helmet and other type of mounted cameras are not allowed at races or MISCA events. (Use may be permitted only in writing by the MiSCA Race Director). **Penalty: 15 minute penalty**

2.5 Responsibilities

Selection of equipment and clothing are solely the responsibility of the rider. MiSCA assumes no responsibility for safety or performance of any items selected by the rider. Each rider is responsible for proper maintenance of his/her clothing and equipment.

For MiSCA races, The Race Director may disallow the start of any rider using equipment or clothing deemed dangerous or inadequate.

3 Racing Rules

3.1 Overview

MiSCA views competition as a healthy opportunity for character building and mountain bike skills development. Race day is a day of cycling celebration, team-oriented, and an opportunity to work on sportsmanship and teambuilding.

Scholastic mountain bike racing is an individual sport with a team aspect. Riders compete in individual competition categories while earning points for their teams, based on their finish places.

3.1.1 Protest Period Deadline on Race Day

Protests to the preliminary results and opposition to penalties must be submitted to a race official at the scoring tent within 15 minutes of the posting time.

3.1.2 Official Results

After the timely protests and opposition to penalties are considered and ruled upon, the results on race day shall be official and posted at the scoring tent. Unless otherwise stated in a decision or ruling, such decisions and rulings made on race day regarding protests and penalties are conclusive. Medals will be awarded based on the official results on race day.

3.1.3 Judgment Calls

- Race officials must decide and rule upon protests despite often having little direct, firsthand information available regarding the underlying incident. This is inherent to the sport of mountain biking due to the fact that most of the racing takes place on the race course out of the sight of race officials. Every effort is made to reach the fairest and most informed decisions possible under the circumstances for each and every protest that is submitted.
- Racers and their families and coaches are expected to understand these limitations and the challenges inherent to resolving disputes of this nature, and the difficult decisions officials are required to make. It is further expected of students, family members, and coaches that they be willing to accept what they may consider to be an unfair result. Unfair results are part of every sport no matter the efforts to avoid them, and accepting them when they go the other way is considered a sign of good sportsmanship.
- Threatening or bullying officials, other riders, spectators, or anyone involved with the league or an event regarding protests may result in restrictions imposed on a racer's participation in future events.

3.2 Eligibility

MiSCA races are open to all students. For the team competition, student-athletes are only eligible to score points for their assigned team. Independent riders are not eligible for team competition. All students on school based teams must be enrolled in the school they play for.

3.3 Race Categories

Category placement rules are designed to provide our student-athletes the most rewarding, fun, and safe environment while facilitating fair and challenging competition.

MiSCA categories are based on experience, skills and fitness. Student-athletes are encouraged to consult with their parents and coach to best determine the most appropriate race category.

3.3.1 Elementary School Race Categories

3.3.1.1 Lower Elementary

- Open to grade 3 and below
- Race Time: (approx. 30-45 minutes)
- Racers will compete on the same course as the Middle School classes, but race fewer laps.
- Classes: one class, coed

3.3.1.2 Upper Elementary

- Open to grade 4-5
- Race Time: (approx. 30-45 minutes)
- Racers will compete on the same course as the Middle School classes, but race fewer laps.
- Classes: one class, coed

3.3.2 Middle School Race Categories

3.3.2.1 Middle School

- Open to grade 6-8
- Race Time: (approx. 30-45 minutes)
- Classes: two classes (girls and boys)

3.3.3 High School Race Categories

Riders in grades 9-12 must compete in High School Categories.

3.3.3.1 High School – Novice

- Open only to students grades 9-12
- For the novice rider, first-time or occasional racer
- Student possesses very basic mountain bike skills and/or physical fitness and limited endurance
- Race Time: (approx. 45-60 minutes)
- Classes: two classes (girls and boys)

3.3.3.2 High School – Junior Varsity (J/V)

- Open to all students
- Rider has a solid history of racing experience and possesses advanced bike handling skills
- Rider has the stamina to maintain a race pace for up to 90 minutes
- Race Time: (approx. 60-75 minutes)
- Classes: two classes (girls and boys)

3.3.3.3 High School – Varsity

- Open to all students
- Rider has a solid history of race experience with verifiable results and possesses advanced bike handling skills
- Rider has the stamina to maintain a race pace for up to 120 minutes
- Race Time: (approx. 60-90 minutes)
- Classes: two classes (girls and boys)

3.4 Category Changes

3.4.1 Upgrading

Upgrading may occur at any time during the year. Students will carry one half of their points value earned for series calculations. Upgrades may be requested by the racer or their coach.

3.4.2 Downgrading

Downgrading racing categories is highly discouraged. However, there are times when a downgrade is warranted. A downgraded racer may not move up again during the race season without approval from MiSCA. Racers moving down may not carry points to the lower division.

3.4.3 Mandatory Upgrades

A category upgrade from Beginner to JV, or from JV to Varsity will be mandated if in the prior year the rider placed first in their final category 2 or more times with a class size larger than five riders. Tracking will start in 2016 to make mandatory upgrades for 2017.

3.5 Combining Classes

If a category has a field size of 10 or less riders, that category may be combined with another class for racing purposes. Riders will still be scored separately in their respective class.

3.6 Lapped Student-Athletes May Be Pulled

Lapped student-athletes may be pulled from the race at the finish line. At the MiSCA Director's or a race official's discretion, a student-athlete may be pulled from a race at any location on the course due to circumstances that make it unsafe for the student-athlete to proceed. Student-athletes that are pulled out of the race must not continue and will be placed according to their position at the time they were pulled.

3.7 Time Limits May Be Imposed

Student-athletes 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 relieve course marshals. Course closures may be announced at anytime and do not need to be announced in advance.

If a student-athlete 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 student-athlete who appears to be overheated, hypothermic, overly exhausted, or in any way injured, over-stressed, or at risk of injuring themselves.

3.8 Rule Violations, Misconduct and Consequences

Some rule violations pertaining to individuals' behavior will result in consequences up to and including disqualification from a race and/or series. MiSCA Officials and coaches are responsible for enforcing consequences, and may also sanction other penalties that are not specified in the rulebook, but are deemed appropriate.

3.9 Team Jersey Rule

While not mandatory, teams are encouraged to have their student athletes wear matching jerseys. Teams may use custom jerseys, but they may also choose some other appropriate jersey such as a solid color.

3.10 Staging for Race Starts

3.10.1 General Start Line Guidelines:

- Riders must arrive to the start line staging area at the time posted on the race day schedule. Current schedule will be posted on MiSCA website.
- Riders must position themselves in designated start lanes without overlapping the wheels of the rider in front of them.
- No cutting is allowed into the side or front of the group. Head to the back of the line.

3.10.2 Start Line Call-Ups

Start line call-ups for top placed riders takes place at all races. At the first race of the season the call-ups are based on the overall points earned from the previous season, regardless of the category where the points were earned. At all subsequent races, the call-ups are based on the overall placing in that category.

The top 5 riders in every category will be called up based on the series standings.

3.11 Individual Racing Rules

3.11.1 Riders on the Course

- Student-athletes must affix an official number plate to their bikes at MISCA 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 student-athlete is riding their MiSCA bike at the event (before and/or after competing and including the pre- ride).
- A student-athlete may not be on the course during a race for which he/she is not registered for or if he/she has withdrawn or has been directed to withdraw. **Penalty: 10 minute penalty**
- It is the student-athlete's responsibility to stay on the prescribed course. A rider may not leave the designated course unless ordered to do so by a race official. In the case of an inoperable bike, the student-athlete should progress forward along the course with their bike to the finish line. They must stay on the course and may NOT obstruct the progress of other racers. **Penalty: 10 minute penalty**
- Cutting the course is not allowed and all riders must not deviate from the edge of the trails as defined by change in surface or foliage characteristics by more than 3 feet, or by course marking tape, flags, and/or race directional signs. **Penalty: Disqualification if found to have gained an advantage**
- Competitors may make no progress on the race course unaccompanied by their bike. **Penalty: 10 minute penalty**

3.11.2 Switching Bikes

Racers must complete the entire race on the same bicycle upon which the race was begun. **Penalty: 15 minute penalty**

3.11.3 Bring the Bike

Competitors may make no progress on the race course unaccompanied by a bike. In the case of an inoperable bike, student-athletes 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. **Penalty: 10 minute penalty**

3.11.4 Outside Assistance

Riders in the 10-and-under category may receive outside assistance without penalty. All other category riders should be prepared to change flat tires and make mechanical repairs by themselves. Riders actively engaged in racing may assist other racers also racing at the same time. Assistance from anyone not actively racing is not allowed. Penalty is disqualification. Riders age 11 and over must carry their own tools, tubes, etc. **Penalty: 15 minute penalty**

3.11.5 Repair Bikes off The Trail

In the case of a broken bicycle, or a dropped chain, student-athletes must clear the trail for

other competitors.

3.11.6 Passing Slower Student-Athletes

When passing on the race course, do so respectfully and only when it is possible to do so safely and without contact with another rider. Actions that compromise the safety of other student- athletes will not be tolerated. Call out when passing slower racers. "Passing left" indicates you will be passing on their left, "passing on your right" indicates you will be passing on their right.

It is the responsibility of passing riders to overtake safely. Riders should voice the command "passing" when overtaking another rider. Riders being passed must move over as quickly, efficiently, and as safely as possible.

In the event two riders are vying for position, the leading rider does not have to yield his 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 track.

3.11.7 Feed Zones

Hand ups and feeding shall normally only be given in the feed/technical assistance zones. Physical contact between the feeders may only take place in these zones. **Penalty: 10 minute penalty**

3.12 Yielding to Other Riders

Racers riding bicycle have the right of way over racers pushing bicycle. When practical, racers pushing shall stay on the least rideable portion of the trail when being passed. A racer pushing or carrying his/her bike can overtake a racer riding their bike, provided they do not interfere with the riding student-athlete's progress.

Lapped student-athletes must yield to overtaking student-athletes. Student-athletes shall voice the command "passing left" or "passing right" when overtaking another. Student- athletes being passed must move over as quickly, efficiently and as safely as possible.

3.14 Scoring and Points

All student-athletes racing on recognized teams earn both individual points and team points. At each race, the top five places for that race will be recognized in an awards ceremony as well as the top overall team point earners. At the end of the season, top three individual point earners as well as the top composite and scholastic teams will be recognized for the series (based on accumulated points).

3.14.1 Individual Scoring and Points

Individuals compete against racers in their same category and class.

3.14.2 Individual Points Table

See Individual Points Table – Appendix A

3.14.3 Overall Individual Series Overall Scoring

Overall series scoring for individuals is based on the best 4 race results in the series. If a racer competes in all five races, the lowest score is dropped. A missed race would be the lowest score dropped. Racers must start at least three races to be eligible for a series award.

In the event of a race being canceled every effort will be made to reschedule the race. In the event that a race cannot be rescheduled, the overall scoring will be calculated by the total points earned in the series.

In the case of a tie at the end of the series, the 1st tie breaker will be who the top rider was the most times in head to head competition among the tied riders. The 2nd tie breaker will be who the top rider was the last time the riders faced each other.

3.14.4 Awards for Overall Series

Individual overall series medals are awarded to the top three places in each category

3.14.5 Team Scoring and Points

A team must be officially recognized by MiSCA in order to score team points. Team qualification criteria are outlined in section 1.4.

Team scoring is based on the top 4 rider places of each team for each race. A team's overall placement is based on team point totals for the entire series. Only JV and Varsity categories are eligible for team points.

Each race will have one team award. Scholastic and composite teams will compete for the one award at each race. Series points will be tracked separately for scholastic and composite team awards.

Placing and points for the individual race team award is based on the position among all finishers in the category. Points are awarded equal to the position in which they cross the finish line (first place gets 1 point; second place gets 2 points, etc.) The points for these racers are summed, and the low score wins. In case of a tie the scoring will go back to the 5th best placing rider, then the 6th, etc. until a winner is declared.

3.14.6 Team Awards for Overall Series

Team overall series trophies are awarded for the top Scholastic and composite teams. Series points are awarded to a team based on their placing at each race using the table in appendix B. 1st place earns 100 points, 2nd place team earns 97 points, etc. The best four of the five races will count toward the team series award. The team with the highest total at the end of the series will be the division winner. In case of a tie the winner will be the team that placed the highest at the final race of the series.

3.14.7 Individual and Team Protests

3.14.7.1 Individual Protests

Protests to the preliminary results and opposition to penalties must be submitted to a race official at the scoring tent within 15 minutes of the posting time. After timely protests are considered and ruled upon, the race-day results shall be official.

MiSCA officials must decide and rule upon protests despite sometimes having limited information available regarding the underlying incident. This is inherent to the sport of mountain biking due to the fact that most of the racing takes place on the race course out of the sight of race officials. Every effort is made to reach the fairest decisions as possible under the circumstances for every protest that is submitted.

3.14.7.2 Team Protests

It is assumed that teams are fielding eligible racers according to the school's own eligibility criteria (see section 1.4). Teams may protest a racer's eligibility for participation on a team by submitting a protest to MiSCA up until two days after a race has been completed. MiSCA will notify the protested team to provide proof of eligibility within three days from notification that a protest has been filed. If after MiSCA review, a student has been found to be ineligible, the team's results will be recalculated to exclude the racer(s) results.

3.14.8 Team Points for Overall Series

See Individual Points Table – Appendix B

Appendix A – Individual Points Table

Individual Points Table

PLACE	POINTS
1	35
2	30
3	27
4	24
5	21
6	19
7	17
8	15
9	13
10	11
11	10
12	9
13	8
14	7
15	6
16	5
17	4
18	3
19	2
20+	1
DNF	1
DQ	0
DNS	0

DNF = Did Not Finish: Rider started, but did not complete the race

DQ = Disqualified: Rider was disqualified from the race

DNS = Did Not Start: Rider registered, but never started the race

Appendix B – Team Point Table

Team Points Table

PLACE	POINTS
1	100
2	97
3	94
4	91
5	88
6	85
7	83
8	81
9	79
10	77
11	75
12	73
13	71
14	70
15	69
16	68
17	67
18	66
19	65
20	64
21	63
22	62
23	61
24	60
25	59
26	58
27	57
28	56
29	55
30	54