



Michigan Scholastic Cycling Association

# **GUIDELINES & RACING RULES**

***EVERYONE PLAYS EVERY MINUTE***

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## 1 GENERAL GUIDELINES

General guidelines apply to practices, races, individual training rides, and student-athletes riding their bikes as participants of the Michigan Scholastic Cycling Association (MiSCA). Coaches and parents are encouraged to enforce a policy of safety, etiquette, and proper trail use at all times. When applicable, these guidelines extend to coaches, parents, volunteers, and other spectators.

All student-athletes who participate in any of the events associated with MiSCA, 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 MiSCA, no liability shall be attached to MiSCA or any of its staff, board of directors, race officials, coaches, parents, volunteers, and participants with respect to any loss or injury sustained or caused by anyone participating in these events.

By participating in a race or event conducted by MiSCA, a student-athlete, or a parent or legal guardian who permits a minor to compete, acknowledges understanding and acceptance of the regulations covering the event.

### 1.1 Effective Date

These guidelines and rules are effective as of the date of publishing, noted on the bottom of each page. All prior rules and regulations are superseded. Race officials may revise rules as needed and will communicate all changes to parents and coaches.

### 1.2 Student-Athlete Eligibility

MISCA is open to all students in high school (grades 9-12), middle school (grades 6-8), elementary and pre-K (grades 5 and under) attending public or private schools or who are homeschooled.

**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 participate with their team until July 31st of their graduating year, provided they are registered for the upcoming season.

Student riders who have skipped a single grade or repeated a single grade are placed into categories according to their grade levels. Any student-rider who has skipped more than one grade or repeated any grade more than once must consult with the League Director regarding placement into the appropriate categories.

### 1.3 Student-Athletes Must Register

All student-athletes must register with MiSCA. Students who are not registered are not fully insured.

- Student-athletes must pay a registration fee. Scholarships are available for those who require financial assistance – [www.miscabike.org/scholarship](http://www.miscabike.org/scholarship).
- Student grace period: all students are automatically insured at all practices until the first race, so long as a signed release is on file with the team coach.
- Online registration is conducted through the Sports Illustrated Play system. Limited registration is available the day of events and races.

## 1.4 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.

## 1.5 Team Composition

There are two types of teams:

- **Scholastic Teams:** Comprised of full-time students from the same school; public or private. Student eligibility to race on a scholastic 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 Scholastic team.
  - Teams may allow students from other schools to practice with them but they will not earn points for the scholastic team.
  - Scholastic teams are not required to be officially or otherwise formally affiliated as a sports team or club with the school in which its members are enrolled. Teams are responsible for obtaining permission from school related to the team's use of school name, color, mascot, and logo or other identifying school-related imagery or graphics.
  - A Scholastic team from a school whose attendance is made up of students of the same sex ("all boys or all girls") may petition to be scored with a Scholastic team from an opposite sex school. A Scholastic team from a same sex school may also petition to be scored with a group of independent riders who attend the opposite same sex school. This same-sex school association is for scoring purposes only and does not result in a composite team.
- **Composite Teams:** Comprised of students from more than one school, including students that are home-schooled. Most composite teams are formed by bike shops and youth organizations.
  - All Middle School teams will be considered Composite teams. Students eligible for a Scholastic team may form a Middle School team even if they attend different schools.

## 1.6 Active Teams Must Register

All teams must register annually with MiSCA. Teams must not conduct any practices without registering and obtaining recognition through MiSCA.

## 1.7 Independent Riders

Independent riders are students who do not have a club or team in their area. These students can participate in all MiSCA activities, including racing. An independent rider will score in individual competition but not in the team competition during races.

## 1.8 Represent MiSCA

As a student athlete you represent your mountain bike team, MiSCA, and cycling in general. This is true at all times, not just at races—particularly when student-athletes are

at a bike shop, out on the trail, bike park, and regardless of whether you are wearing your team jersey.

## 1.9 Positive Sporting Attitude

Student-athletes, coaches, spectators, and volunteers are expected to display an excellent sporting attitude during all MiSCA events and should treat all student-athletes, coaches, spectators, volunteers, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all student-athletes. Profanity in any situation is not acceptable. Penalties are cumulative throughout the year. **Penalty: 1st offense = warning, 2nd offense = disqualification and/or ejection from venue, 3rd offense = suspension and/or ejection for remainder of year**

## 1.10 Abusive Behavior Not Tolerated

Please see the Safe Kids Policy in [Section 4](#).

## 1.11 Student Rider Registration and Release Forms

All student-athletes must complete their online registration through MiSCA's online registration process. The online forms must be completed by a legal guardian except in the case of student-athletes who are at least 18 years old or older. A parent or legal guardian who permits a minor to participate in MiSCA races, clinics, or camps acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of their MiSCA Release forms and those terms shall be binding even when no proper entry form has been signed and submitted for a student-athlete.

## 1.12 Practice Controlled Riding

Student-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. Student-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.

## 1.13 Avoid Riding Alone

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

## 1.14 Mountain Bike Trails

As representatives of MiSCA and our sport of mountain biking, MiSCA student-athletes are encouraged to ride only on authorized trails. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also discouraged.

## 1.15 Obey Your Local Traffic Laws

Student-athletes 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. Specific laws that pertain to bicyclists in Michigan can be found on the League of Michigan Bicyclists website.

<https://www.lmb.org/bike-mi/what-every-michigan-bicyclist-must-know/>

## 1.16 Respect 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. Please don't startle other trail users with your greeting. 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 student-athlete is going slow enough when you can say 'hello' and the hiker can say 'hello' back and be heard. When approaching equestrians (people riding horses), call out or sound a warning and stop, whether you are seen or not. Ask for instructions from the equestrian on how to pass safely.

## 1.17 Leave No Trace

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction to limit your impact on the trail. Stay on existing trails and 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.

## 1.18 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 gear for changes in weather, darkness 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 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.\*\*\*

**\*\*\* Penalty pre or post-race: 1st offense = warning, subsequent offenses = 5 minute penalty; If offense occurs during the race = 20 minute penalty.**

### 2.1.2 Approved Helmets should meet one of the following standards:

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

## 2.2 Bicycles and Related Equipment

### 2.2.1 Bicycle

- It is recommended that a mechanic inspect bicycles before every ride.
- 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. **Penalty: 10 minute penalty**

#### 2.2.2.3 Brakes

Bicycles with pedals shall have at least two brakes, one on each wheel, that are in good working condition. Elementary riders are exempt from this rule due to possible equipment limitations. **Penalty: 10 minute penalty**

#### 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 Camera and Video Recording Devices

Student Athletes may use cameras during MiSCA events, provided that the camera is securely mounted to the rider's bicycle or to his or her chest. Helmet mounted cameras are not permissible pursuant to [Section 2.4.3](#).

## 2.2.4 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, bike racks, or panniers allowed.\*

\* **Penalty: 10 minute penalty**

## 2.3 Clothing Requirement

### 2.3.1 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.

### 2.3.2 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 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**

### 2.4.2 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**

### 2.4.3 Helmet Mount Cameras

Due to rider safety, helmet mounted cameras are not allowed at races or MiSCA events. **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 their clothing and equipment.

For MiSCA races, race officials 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.

### **3.2 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 Scholastic teams must be enrolled in the school they play for or recognized as eligible by the school.

### **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 only to students grades 3 and under
- Race Time: approximately 20-40 minutes
- Same course as Upper Elementary, but fewer laps
- Split by gender: girls and boys

### 3.3.1.2 Upper Elementary

- Open to students grades 5 and under
- Race Time: approximately 30-60 minutes
- Same course as the Middle School, but fewer laps.
- Split by gender: girls and boys

## 3.3.2 Middle School Race Categories

### 3.3.2.1 Middle School

- Racer possesses basic mountain bike skills and/or physical fitness
- Race Time: approximately 30-45 minutes
- Same course and laps as High School Novice
- Split into 3 categories
  1. Middle School Girls, open to all girls grades 8 and below
  2. Middle School 6-7 Boys, open to all boys grades 7 and below
  3. Middle School 8 Boys, open to all boys grades 8 and below

### 3.3.2.2 Middle School Advanced

- Open to all students grades 8 and under
- Racer has some racing experience and possesses intermediate to advanced bike handling skills
- Race Time: approximately 45-60 minutes
- Same course as Varsity, but fewer laps
- Split by gender: 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 Novice

- 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: approximately 45-60 minutes
- Split into 3 categories
  1. Novice Girls, open only to girls grades 9-12
  2. Novice 9 Boys, open only to 9th grade boys
  3. Novice 10-12 Boys, open only to boys grades 9-12

### 3.3.3.2 Junior Varsity (J/V)

- 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: approximately. 60-75 minutes
- Same course as Varsity, but fewer laps
- Split into 3 categories
  1. Junior Varsity Girls, open to all girls
  2. Junior Varsity 9-10 Boys, open to all boys grades 10 and below
  3. Junior Varsity 11-12 Boys, open to all boys

### 3.3.3.3 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: approximately 60-90 minutes
- Split by gender: girls and boys

## 3.3.4 Category Placement for Transgender Student-Athletes

MiSCA prohibits discrimination based on a student's actual or perceived sex and gender. Gender includes a person's actual or perceived sex as well as his or her gender identity and expression.

A student wishing to compete in a category consistent with his or her gender identity may so notify the League Director. The student's school will be requested to determine the student's eligibility to participate in the category consistent with his or her gender identity.

If the student's school declines to make a determination regarding such eligibility, then the League Director shall confirm the gender identity asserted by the student through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist, or other medical professional.

If a student has been deemed eligible to compete in a category consistent with his or her gender identity, that eligibility is granted for the duration of the student's participation in MiSCA.

## **3.4 Category Changes**

### **3.4.1 Upgrading**

Upgrading may occur at any time during the year. Upgrades may be requested by the racer or their coach. Points from lower category are carried over.

### **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 Middle School to Middle School Advanced, Novice to Junior Varsity (JV), or JV to Varsity will be mandated if the rider placed first in their final category 2 or more times in the prior year with a field size larger than five riders.

## **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 discretion of MiSCA officials, 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. MiSCA officials reserve the right to determine these time limits at any time. 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 any time 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.

MiSCA 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. **Penalty: head to the back of the line**
- Riders must have 1 foot on the ground when the race start is announced. Clipping into both pedals or using other riders for support is prohibited. **Penalty: 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 current season point totals.

The top 5-20 riders in each category will be called up individually (by name), according to field size. Race officials may assign start rows beyond the initial call-ups.

- Field size of 24 or less riders: Top 5 are called up
- Field size of 25-49 riders: Top 10 are called up
- Field size of 50-74 riders: Top 15 are called up
- Field size of 75+ riders: Top 20 are called up
- Fields of more than 100 will be split into 2 waves.

## 3.11 Racing

### 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 three fasteners and must be on the bike for the pre-ride and should also remain on the bike at any time the student-athlete is riding their MiSCA bike at the event (before and/or after competing, including the pre-ride).
- A student-athlete may not be on the course during a race for which they are not registered for or if they have withdrawn or 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 Repair Bike Off the Trail

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

### 3.11.5 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**

### 3.11.6 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 Outside Assistance

Riders actively engaged in racing may assist others racing at the same time. Assistance includes aiding in repairs and sharing tools or supplies. For example, Varsity, Junior Varsity, and Advanced Middle School riders who have yet to finish their races can all help each other during the race. Tools/supplies may be accepted from anyone; however, assistance from non-approved adults or inactive racers is not allowed. **Penalty: disqualification**

**Varsity:** Riders should be prepared to change flat tires and make mechanical repairs by themselves. This includes carrying the necessary tools and supplies. Tool/supply sharing from anyone not actively racing or any physical assistance from an approved adult will result in a time penalty. **Penalty: 15 minute penalty**

**All other categories:** Assistance is allowed from approved adults only. An approved adult is defined as anyone actively volunteering with the MiSCA race staff, including roaming and stationary course marshals active in the current wave, mountain bike patrol, neutral support, and other race staff or officials - this does not include coaches who do not meet one of the listed criteria.

### 3.11.8 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 their 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.

### 3.12 Leader's Jersey

The top points earner in each category at any time will be awarded a Leader Jersey. The Leader is expected to wear the jersey at MiSCA races, so long as they remain the top points holder. In the case of a tie, both riders wear the Leader's Jersey. The overall winner of the series should wear the Leader's Jersey to the first race of the following season

### 3.13 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).

#### 3.13.1 Individual Scoring and Points

Individuals compete against racers in their same category and class.

##### 3.13.1.1 Points Table

See [Appendix A](#) for the Points Table.

##### 3.13.1.2 Overall Individual Series Scoring

Overall series scoring for individuals is based on the best 4 of 5 individual scores in a five-race series or the best 5 of 6 individual scores in a six-race series. The individual's 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.

##### 3.13.1.3 Awards for Overall Series

Individual overall series trophies are awarded to the top three places in each category. The individual with the highest total in each category at the end of the series will be "State Champion".



### 3.13.2 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 1.5](#). High school teams compete against high school teams and middle school teams compete against middle school teams. The top Middle School and High School team will be recognized at each race.

Team scoring is based on the top 4 individual point-earners (based on Points Table found in [Appendix A](#)) of each team for each race, with a maximum of three of those point-earners scoring in either the boys or girls category/class. The team's score is the highest score possible out the following boy girl combinations:

**BBBG**

**BBGG**

**BGGG**

For High School teams, Novice, Junior Varsity, and Varsity categories are eligible for team points. For Middle School teams, Middle School and Middle School Advanced categories are eligible for team points.

#### 3.13.2.1 Team Awards for Overall Series

Team overall series trophies are awarded for the top Middle School, High School scholastic and High School composite teams. Overall series trophies are based upon cumulative team scores over the course of the series and are awarded to the top team. Series points will be tracked separately for Middle School teams, High School scholastic teams and High School composite teams. The team with the highest total at the end of the series will be "State Champions". In case of a tie the winner will be the team that placed the highest at the final race of the series.

## 3.14 Protests

### 3.14.1 Process

Protests to the preliminary results and opposition to penalties must be submitted to a race official within 15 minutes of the posting time. Race officials will not review video taken from a camera in possession of a rider during the race. While individual race official determinations are final, a protest may be reviewed by a panel of race officials if immediately requested. Any further questioning or investigation by protesting parties will be viewed as bullying and harassment and is not acceptable behavior (see [Section 3.14.2](#)). Concerns may be emailed to the MiSCA board of directors for review—[board@miscabike.org](mailto:board@miscabike.org).

### 3.14.2 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 the limitations and 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 MiSCA or an event regarding protests may result in penalties that are cumulative throughout the year. **Penalty: 1st offense = warning, 2nd offense = disqualification and/or ejection from venue, 3rd offense = suspension or ejection for remainder of year**

### 3.14.3 Eligibility Protests

It is assumed that teams are fielding eligible racers according to the school's own eligibility criteria (see [Section 1.2](#)). Teams may protest a racer's eligibility for participation on a team or in a category by submitting a protest to MiSCA up until two days after a race has been completed. MiSCA will request proof of eligibility from the team 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 most-recent race results will be recalculated to exclude the racer(s) results.

If a rider is determined ineligible for a category they already competed in, all individual series points will be revoked. Eligible riders remaining in the category will not have their series points recalculated; however, the ineligible rider will be removed from the series standings.

## 3.15 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. 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.

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## 4 SAFE KIDS PROGRAM

The following constitute the policies of MiSCA with regard to awareness and prevention of abuse within our organization and our teams.

- MISCA is committed to provide a safe environment and to prevent child abuse and sexual misconduct.
- MISCA will make every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will abide by the SafeKids guidelines.
- MISCA will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- MISCA will perform a criminal background check on every person in our organization.
- MISCA will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation.

The following represent the preventative measures of our organization with regard to abuse and all Team Managers, Head Coaches, Ride Leaders, Team Volunteers and General Volunteers are be made aware of the following policies:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- Inappropriate touching of any kind is forbidden.
- We agree to provide more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization.
- Employees/coaches/trainers should never ride alone with a child or participant in the car. Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.
- It is the intent of the owner and management to deny a position to anyone convicted of a crime of violence or a crime against another person.

## 5 COACH CERTIFICATION

All adults participating in team rides must have a MiSCA Coach Certification and have undergone a background check. All adults riding with a team must have at least a Level 1 Certification. There must be at least one Level 2 Coach present at every practice or team event. Each team is required to have at least one Level 3 Coach. All coaches must register with MiSCA. Requirements for each coaching level can be found in [Appendix B](#); details at [www.miscabike.org/coach](http://www.miscabike.org/coach).

### 5.1 All MiSCA Coaches and Ride Leaders Must Register

All coaches (of any level) must register with MiSCA. There is no grace period for coaches; they are not fully insured until they are registered, with a minimum of Level 1 Certification.

## 6 CONCUSSION POLICY

A student who is suspected of sustaining a concussion or head injury in a practice or race shall be removed from competition at that time. A student who has been removed from play may not return to play until the student is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

Coaches shall be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury. This education is available at no charge to coaches via the MiSCA registration system and includes a CDC Heads Up Quiz. A score of 80% is needed to pass the quiz.

Coaches shall educate their students on the signs and symptoms of concussion and encourage students to notify a coach if they or a teammate exhibits those signs or symptoms. Coaches shall immediately remove from participation/competition any student who is suspected of sustaining a concussion or head injury.

Coaches shall talk to student's parents about the possible concussion they may have suffered immediately following the practice before allowing the student to go home. Information should be given to parents regarding the signs and symptoms of concussion, encouragement to see a health care professional, and follow-up with parents regarding the status of the student. Parent/Athlete Concussion Information Sheet can be found at [www.miscabike.org/concussion](http://www.miscabike.org/concussion).

Coaches shall not allow a student who has been removed from play because of a suspected concussion/brain injury to return to play until the student has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

## APPENDIX A – POINTS TABLE

	<b>VARSITY</b>	<b>JUNIOR VARSITY</b>	<b>NOVICE</b>	<b>ADVANCED MIDDLE SCHOOL</b>	<b>MIDDLE SCHOOL</b>	<b>UPPER ELEMENTARY</b>	<b>LOWER ELEMENTARY</b>
<b>Place</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>
1	120	100	80	85	70	60	50
2	117	97	77	82	67	57	47
3	114	94	74	79	64	54	44
4	111	91	71	76	61	51	41
5	108	88	68	73	58	48	38
6	105	85	65	70	55	45	35
7	103	83	63	68	53	43	33
8	101	81	61	66	51	41	31
9	99	79	59	64	49	39	29
10	97	77	57	62	47	37	27
11	95	75	55	60	45	35	25
12	93	73	53	58	43	33	23
13	91	71	51	56	41	31	21
14	90	70	50	55	40	30	20
15	89	69	49	54	39	29	19
16	88	68	48	53	38	28	18
17	87	67	47	52	37	27	17
18	86	66	46	51	36	26	16
19	85	65	45	50	35	25	15
20	84	64	44	49	34	24	14
21	83	63	43	48	33	23	13
22	82	62	42	47	32	22	12
23	81	61	41	46	31	21	11
24	80	60	40	45	30	20	10
25	79	59	39	44	29	19	9
26	78	58	38	43	28	18	8
27	77	57	37	42	27	17	7
28	76	56	36	41	26	16	6
29	75	55	35	40	25	15	5
30	74	54	34	39	24	14	4
31	73	53	33	38	23	13	3
32	72	52	32	37	22	12	2
33	71	51	31	36	21	11	1
34	70	50	30	35	20	10	1
35	69	49	29	34	19	9	1
36	68	48	28	33	18	8	1
37	67	47	27	32	17	7	1
38	66	46	26	31	16	6	1

CONTINUED	VARSITY	JUNIOR VARSITY	NOVICE	ADVANCED MIDDLE SCHOOL	MIDDLE SCHOOL	UPPER ELEMENTARY	LOWER ELEMENTARY
Place	Points	Points	Points	Points	Points	Points	Points
39	65	45	25	30	15	5	1
40	64	44	24	29	14	4	1
41	63	43	23	28	13	3	1
42	62	42	22	27	12	2	1
43	61	41	21	26	11	1	1
44	60	40	20	25	10	1	1
45	59	39	19	24	9	1	1
46	58	38	18	23	8	1	1
47	57	37	17	22	7	1	1
48	56	36	16	21	6	1	1
49	55	35	15	20	5	1	1
50	54	34	14	19	4	1	1
51	53	33	13	18	3	1	1
52	52	32	12	17	2	1	1
53	51	31	11	16	1	1	1
54	50	30	10	15	1	1	1
55	49	29	9	14	1	1	1
56	48	28	8	13	1	1	1
57	47	27	7	12	1	1	1
58	46	26	6	11	1	1	1
59	45	25	5	10	1	1	1
60	44	24	4	9	1	1	1
61	43	23	3	8	1	1	1
62	42	22	2	7	1	1	1
63	41	21	1	6	1	1	1
64	40	20	1	5	1	1	1
65	39	19	1	4	1	1	1
DNF	1	1	1	1	1	1	1
DNS	0	0	0	0	0	0	0
DQ	0	0	0	0	0	0	0

*This table does not list every place possible to earn points. All finishers, beginning with 14th place will receive 1 less point than the previous finisher until only 1 point is awarded. Riders that start the race will receive at least 1 point, unless disqualified from competition.*

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

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

**DQ** Disqualification: Rider started, but received penalty for rule infraction

## APPENDIX B – COACH CERTIFICATION

DESCRIPTION	CERTIFICATION LEVEL		
	I	II	III
<b>Certification Requirements</b>			
Age	18 yrs.	21 yrs.	21 yrs.
Registration (annual, includes background check)	\$30	\$30	\$30
Background Check	✓	✓	✓
Concussion Training	✓	✓	✓
MiSCA Orientation for Coaches	✓	✓	✓
Field Hours	NOT REQUIRED	30 hrs.	60 hrs.
First Aid	NOT REQUIRED	✓	✓
CPR	NOT REQUIRED	✓	✓
Ride Leading Course **	NOT REQUIRED	✓	✓
Mountain Bike Skills Course **	NOT REQUIRED	NOT REQUIRED	✓
<b>Approved Activities</b>			
Serve as team communicator / Coordinator	✓	✓	✓
Help with team events such as fundraiser activities, social events, etc.	✓	✓	✓
Lead an indoor team practice	21 yrs. +	✓	✓
Assist with an indoor team practice	✓	✓	✓
Ride outside with team in a supporting role (sweep or middle)	✓	✓	✓
Ride outside with team in a leading role (ride leader)	X	✓	✓
Teach mountain bike handling skills	X	X	✓

A minimum of 2 certified coaches must be present at all times (see SafeKilds Policy) during all team activities. 1 Level III coach required per team. All team rides and outdoor practices must have a Level II coach present. On the bike coach to rider ratio 1:6 (one coach per 6 students); off bike coach to rider ratio: 1:8.

\*\* Certifications offered by other organizations such as BICP/IMBA, NICA, or PMBI will fulfill this requirement \*\*

visit [www.miscabike.org/coach](http://www.miscabike.org/coach) for details