



Michigan Scholastic Cycling Association

REQUIREMENTS & RACING RULES

EVERYONE PLAYS EVERY MINUTE

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1 DEFINITIONS

League: Michigan Scholastic Cycling Association (MiSCA).

League Director: the Executive Director of MiSCA or the Race Director, as applicable.

Official: any person employed by MiSCA, a member of the MiSCA Board of Directors, or member of the race staff, or anyone communicating on behalf of these persons.

Participant: any person(s) at or around any events affiliated with or sanctioned by MiSCA, including coaches, volunteers, parents/legal guardians, and spectators.

Student-athlete: any person participating in events affiliated with or sanctioned by MiSCA and/or part of a MiSCA-recognized team meeting the eligibility definition in Section 2.4.

Coach: any person over the age of 18 providing oversight, instruction, and/or guidance to student-athletes on a MiSCA-recognized team – must register to be recognized as a coach.

Volunteer: any person providing oversight, instruction, and/or guidance to student-athletes in any event affiliated with or sanctioned by MiSCA.

Parent/Legal Guardian: any person(s) having legal responsibility for a student-athlete who is under the age of 18.

Spectator: any person(s) at or around any events affiliated with or sanctioned by MiSCA.

High School: comprised of grades 9 through 12.

Middle School: comprised of grades 6 through 8.

Elementary School: comprised of grades 5 and below, including pre-Kindergarten.

Pre-Kindergarten: comprised of any grade below kindergarten (K).

Category: a grouping of similar riders for racing based on grade level, gender, experience, skills, and fitness levels.

Field: all riders competing in a single category.

Division: a grouping of similar teams for racing based on grade level, team size, and rider composition.

2 GENERAL REQUIREMENTS

2.1 Effective Date

These requirements and rules are effective as of publishing date, noted on the bottom of each page. All prior rules and regulations are superseded. Officials may revise regulations as needed.

2.2 Applicability

General requirements 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/legal guardians are encouraged to enforce a policy of safety, etiquette, and proper trail use at all times. When applicable, these requirements extend to coaches, parents/legal guardians, volunteers, and other spectators.

2.3 Assumption of Risk

All student-athletes, coaches, parents/legal guardians, and volunteers 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, the board of directors, race officials, coaches, parents/legal guardians, volunteers, or 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/legal guardian who permits a minor to compete, 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.

2.4 Student-Athlete Eligibility

MISCA is open to all students in high school, middle school, elementary, and pre-kindergarten 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 who are at least 18 years of age are eligible to participate with their team until July 31 of their graduating year, provided they are registered with MiSCA. After this date, the individual must register as a coach/volunteer to continue participation within MiSCA.

For races, 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.

2.5 Participants Must Register

2.5.1 Student-Athletes

All student-athletes must have an active annual registration with MiSCA.

- Annual registration requires payment of a registration fee. Scholarships are available for those who need financial assistance – www.miscabike.org/scholarship.
- Student grace period: prior to an active annual registration, all students with a signed release on file with the team are insured at practices.
- Registration is conducted through an online system – www.miscabike.org/register.

Additionally, student-athletes must register for MiSCA events, such as races, clinics, camps. Registration processes may vary for each event. In general, annual registration is required to participate in MiSCA events unless otherwise stated.

All forms, online or otherwise, must be completed by a legal guardian except in the case of student-athletes who are at least 18 years of age at the time of registration.

2.5.2 Coaches and Volunteers

All coaches and volunteers must have an active annual registration with MiSCA, which includes a background check.

Registration is conducted through an online system (www.miscabike.org/register). Additionally, coaches must register for MiSCA events, coaches training, clinics, and camps. Registration processes may vary for each event. In general, annual registration is required to participate in MiSCA events unless otherwise stated due to the background check requirement.

At MiSCA's discretion, any offenses revealed in the background check, or otherwise disclosed to MiSCA, may result in an individual being unable to participate with MiSCA. Disqualifying violations may include but are not limited to offenses that indicate the safety and security of student-athletes, teams, or events may be compromised or offenses that indicate character contrary to the mission of MiSCA.

2.6 Student-Athletes Must Join Teams

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

2.7 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 their school related to the team's use of school name, color, mascot, 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-gender ("all Male or all Female") may petition to be scored with a Scholastic team from an opposite gender school. A Scholastic team from a same-gender school may also petition to be scored with a group of independent riders who attend the opposite same-gender school. This same-gender 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 homeschooled.
 - All Middle School and Elementary School teams will be considered Composite teams. Students eligible for a Scholastic team may form a Middle School or Elementary School team even if they attend different schools.
 - Composite riders must choose a team before starting their first race of the year.

2.8 Active Teams Must Register

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

2.9 Definition of the Season

The MiSCA season runs from March 1 of the current year until March 1 of the subsequent year. Teams may hold activities at any point during the MiSCA season.

2.10 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 team competition during races.

2.11 Anti-Discrimination Policy

The Michigan Scholastic Cycling Association is committed to creating an inclusive environment in every facet of our operations. We value diversity, collaboration, and respect for all people and ideas contributing to a healthy cycling community. We strive to promote equity through constructive dialogue, organizational reflection, and inclusive program offerings.

Cycling is truly a lifelong sport, and we strive to create a fun environment where everyone can experience the joys of the outdoors, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation.

MiSCA will ensure open access to all those who wish to participate in any aspect of our programming and that they are treated fairly. MiSCA regards discrimination, harassment, or victimization as serious misconduct. Any employee, volunteer, or member who unlawfully discriminates against, harasses, or victimizes any other person will be liable to appropriate disciplinary action.

2.12 Concussion Protocol

A student 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. See Section 8 for more information.

2.13 Banned Substances

Participants are prohibited from using performance-enhancing or otherwise illegal substances as detailed below:

- Student-athletes are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping. Use of performance-enhancing substances as defined at www.usada.org is strictly prohibited.
- Use of products prohibited for sale to minors (e.g., alcohol, marijuana, tobacco – including vaping or e-cigs) or products illegal in the state of Michigan by any means is not permitted. This applies to all participants, including student-athletes, coaches, parents/legal guardians, volunteers, and spectators while at or around any events affiliated with or sanctioned by MiSCA, including team activities.

Penalty: up to and including expulsion from MiSCA.

3 CODE OF CONDUCT

The Code of Conduct applies to all participants, including student-athletes, coaches, parents/legal guardians, volunteers, and spectators while at or around any events affiliated with or sanctioned by MiSCA, including team activities.

3.1 Represent MiSCA

As a student-athlete, you represent your mountain bike team, MiSCA, and cycling in general. This is always true, not just at races—particularly when student-athletes are at a bike shop, bike park, or out on the trail, and regardless of whether you are wearing your team jersey.

3.2 Practice Controlled Riding

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

3.3 Avoid Riding Alone

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

3.4 Mountain Bike Trails

As representatives of MiSCA and our sport of mountain biking, MiSCA participants are only permitted to ride on authorized trails. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also prohibited.

3.5 Obey Your Local Traffic Laws

Participants 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 are published by the League of Michigan Bicyclists at www.lmb.org.

3.6 Respect Other Trail Users

Be respectful and courteous by staying as far to the right as is practical and riding single file while riding on roads and trails. Let your fellow trail users know you are coming. A friendly greeting or bell is considerate and works well. Please do not 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.

3.7 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 do not 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 land managers' written permission.

3.8 Plan Ahead

Know your equipment, 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.

3.9 Abusive Behavior Not Tolerated

Please see the Safe Kids Policy in Section 6.

No participant may inappropriately or unwelcomingly touch another person, or cause physical harm to, or engage in any behavior that may be considered abuse, assault, or do battery to any other student-athlete, official, spectator, or anyone connected with or attending any MiSCA or team event. An assault is an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another. A battery is any willful and unlawful use of force or violence upon the person of another. Unsafe racing practices including swerving, suddenly stopping, willfully crashing into another rider, grabbing another student, or pushing another student may be abusive behavior or possibly assault and battery.

MiSCA 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 harassment of a person of the same gender or based on gender or gender identity. Sexual harassment includes, but is not limited to, unwanted sexual advances or visual conduct such as leering, making sexual gestures, displaying sexually suggestive objects or pictures; verbal conduct such as making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances, or propositions; and physical conduct such as touching or blocking movements.

4 RULES

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.

4.1 Student-Athletes

These rules apply to student-athletes while at or around any MiSCA event, including but not limited to the Race Series. Penalties are generally specific to the Race Series; however, the League may impose different penalties at non-race events at League officials' discretion.

4.1.1 Bicycles and Related Equipment

4.1.1.1 Bicycles

A trained mechanic should inspect bicycles before every ride.

All riders must use a mountain bike, as designated by the manufacture, designed for off-road biking. No tandem bikes. **Penalty: disqualification if not immediately corrected.**

4.1.1.2 Switching Bikes

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

4.1.1.3 Bicycle Propulsion

Bicycles must be propelled by the rider's legs only. No energy storage or propulsion mechanism is allowed. **Penalty: disqualification.**

4.1.1.4 Tires

No slick tires are permitted. Tires must be greater than or equal to 1.75 inches in width, as labeled by the tire manufacturer. Exception: Elementary riders may use a tire less than 1.75 inches in width. **Penalty: 10-minute penalty.**

4.1.1.5 Brakes

Bicycles with pedals shall have at least two brakes, one on each wheel, in good working condition. Elementary riders must have at least one brake in good working condition. **Penalty: disqualification if not immediately corrected.**

4.1.1.6 Handlebars

Handlebars must be mountain bike specific, no drop bars or aero bars. **Penalty: 10-minute penalty.**

Handlebar end plugs and stem caps are required. **Penalty: disqualification if not immediately corrected.**

4.1.1.7 Bicycle Additions and Accessories

Saddlebags, bicycle computers, and recording devices must be securely mounted. No kickstands, bike racks, baskets, or panniers allowed. League officials may deem other additions or accessories not listed here as not permitted if determined to be a hazard to the rider or others. **Penalty: disqualification if not immediately corrected.**

4.1.2 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 his or her chest.

4.1.3 Clothing Requirement

The selection of equipment and clothing is solely the responsibility of the rider. MiSCA assumes no responsibility for the 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 or continued progress of any rider using equipment or clothing deemed dangerous, inadequate, or inappropriate.

4.1.3.1 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 content for adult products (alcohol, tobacco, marijuana, etc.) or suggestive may be worn on any apparel during a race. Riders will be required to either cover the offending items or wear a different garment. **Penalty: 5-minute penalty if not corrected.**

4.1.3.2 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. **Penalty: disqualification if not immediately corrected.**

4.1.3.3 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.

4.1.3.4 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 winner of the series should wear the Leader's Jersey to the following season's first race, regardless of category.

4.1.4 Other Banned Equipment and Accessories

The selection of equipment is solely the responsibility of the rider. MiSCA assumes no responsibility for the safety or performance of any items selected by the rider. Each rider is responsible for the proper maintenance of their equipment.

For MiSCA races, race officials may disallow the start or continued progress of any rider using equipment or clothing deemed dangerous, inadequate, or inappropriate.

4.1.4.1 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. Riders will be required to remove the device. **Penalty: 15-minute penalty if immediately corrected, disqualification if not immediately corrected.**

4.1.4.2 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 to use their cell phones. **Penalty: 15-minute penalty if immediately corrected, disqualification if not immediately corrected.**

4.1.4.3 Helmet Mount Cameras

Due to rider safety, helmet-mounted cameras are not allowed at races or MISCA events. **Penalty: 15-minute penalty if immediately corrected, disqualification if not immediately corrected.**

4.1.5 Helmets

Student-athletes with a leg over a bicycle must wear a helmet at all times. Under no circumstances shall a student-athlete be on their bike without a helmet fastened to their head, even when riding a very short distance. Helmets must also be worn walking or running on the course with a bike due to a mechanical problem.

- Helmet straps must be adjusted to the extent that two fingers 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.
- Helmets should be the correct size with little to no side-to-side or front-to-back movement.

Helmets must 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.

Penalty before or after the race: 5-minute penalty if not immediately corrected.

If the offense occurs during the race: 20-minute penalty if immediately corrected, disqualification if not immediately corrected.

4.1.6 Riders on the Course

4.1.6.1 Allowed on Course

A student-athlete may not be on the course during a race for which they are not registered or if they have withdrawn or been directed to withdraw. This includes pre-riding the course or using sections of the course to access other trails while any racing is active. **Penalty: 10-minute penalty if immediately corrected.**

4.1.6.2 Number Plates

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 bike at the event (before and/or after competing, including the pre-ride). **Penalty: 10-minute penalty if immediately corrected.**

4.1.6.3 Staying on Course

It is the student athlete's responsibility to stay on the prescribed course. Unless ordered to do so by a race official, a rider may not leave the designated course, as defined by a change in surface or foliage characteristics by more than 3 feet, or by course marking tape, flags, and/or race directional signs. **Penalty: 10-minute penalty for each occurrence.**

4.1.6.4 Accompanied by Bike

Competitors may make no progress on the race course unaccompanied by their 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.**

4.1.6.5 Riding Course Backwards is Prohibited

Riders must ride in the direction of the trail designated by the land manager during all races and pre-rides; this may or may not be the same direction for pre-rides as the course on race day. Riding backward to pre-ride the course or to session a course section is prohibited. If student-athletes must backtrack, they must walk with their bike. **Penalty: 10-minute penalty (if the offense occurs outside of a race but is deemed by race officials to be related to the event, the penalty may be assessed at the next race).**

4.1.6.6 Obstructing the Race Course

A rider may not bodily interfere with the intent to impede another rider's progress. Actions that compromise the safety of other student-athletes will not be tolerated.

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

Penalty: 10-minute penalty.

4.1.6.7 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.

Racers riding a bicycle have the right of way over racers pushing a 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. Then passing on the race course, do so respectfully and only when it is possible to do so safely and without contact with another rider. **Penalty: 10-minute penalty.**

In the event two riders are vying for position, the leading rider does not have to yield their 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. **Penalty: 10-minute penalty.**

4.1.7 Outside Assistance

4.1.7.1 Mechanical Assistance for Varsity

Assistance includes sharing tools/supplies or physically aiding in repairs, including touching a rider's bike during a repair. Riders should be prepared to make common mechanical repairs by themselves. This includes carrying the necessary tools and supplies to be self-supported.

Riders actively engaged in racing may assist and receive assistance from others racing at the same time. Assistance received from anyone not actively racing will result in a penalty. **Penalty: 15-minute penalty.**

4.1.7.2 Mechanical Assistance for All Other Categories

Assistance in the form of sharing tools/supplies or physically aiding in repairs, including touching a rider's bike during a repair, is allowed from anyone. Riders should be prepared to make common mechanical repairs by themselves. This includes carrying the necessary tools and supplies to be self-supported.

No person is required or obligated to assist riders in need; riders should be prepared to be self-sufficient.

4.1.7.3 Feed Zones

Exchange of nutrition, hydration, and clothing shall only be done in the Feed Zone. The Feed Zone will be designated by race officials and denoted by signs and/or flags. Student-athletes must not interfere with other riders in Feed Zone. Tossing or throwing items is not permitted. **Penalty: 10-minute penalty.**

4.1.8 Littering

Littering is not permitted. All trash must be discarded in an appropriate receptacle, per the venue, or packed out. **Penalty: 10-minute penalty if on the race course.**

4.1.9 Student-Athletes May be Pulled

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.

4.1.10 Time Limits May Be Imposed

Student-athletes may be required to withdraw at lap completion 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.

If deemed appropriate, MiSCA officials may also pull an individual student-athlete from any location on the course, who appears to be overheated, hypothermic, overly exhausted, or in any way injured, over-stressed, or at risk of injuring themselves.

4.1.11 Staging for Race Starts

Riders must arrive at the start line for staging no later than the posted staging time of the race. Additional requirements may be posted depending on the race format, such as for a time trial. **At the discretion of race officials, riders who do not arrive by the published time and are unable to be staged appropriately may be allowed to start the race later or at the back of their category. For mass start races, rider start time is the category start time, not when they cross the start line.**

Riders must position themselves in their assigned start rows without overlapping the wheels of the rider in front of them. **Penalty: 5-minute penalty.**

No cutting is allowed into the side or front of the group. **Penalty: 5-minute penalty.**

Riders must have 1 foot on the ground when the race start is announced. Clipping into both pedals and/or using other riders for support is prohibited. **Penalty: 5-minute penalty.**

4.1.12 Rule Violations, Misconduct, and Consequences

Some rule violations pertaining to individuals' behavior will result in consequences up to and including disqualification from a race, the season, and/or races next season. MiSCA officials and coaches are responsible for enforcing consequences. If offenses are repeated or deemed to be a gross violation of positive sporting conduct, MiSCA officials may sanction other penalties that are not specified in this document but are deemed appropriate.

4.1.13 Positive Sporting Attitude

All participants are expected to display an excellent sporting attitude 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. League officials have complete and total discretion for implementing the rules, especially concerning sporting behavior. **Penalties are cumulative throughout the year. Penalty: up to and including expulsion from MiSCA events, determined by the severity of the incident(s). Penalty may be applied at a future race or season at League discretion.**

4.2 All Other Participants (Coaches, Parents/Legal Guardians, Volunteers, and Spectators)

These rules apply to coaches, parents/legal guardians, volunteers, and other spectators while at or around any MiSCA event, including but not limited to the Race Series. Penalties are generally specific to the Race Series; however, different penalties may be imposed at non-race events at League officials' discretion.

4.2.1 Application of Penalties

Coaches, parents/legal guardians, volunteers, and other spectators are expected to display positive behaviors and demonstrate fair and friendly competition. In youth sports, this behavior should serve as a model for student-athletes.

Coaches, parents/legal guardians, volunteers, and other spectators are accountable for their actions, but since they are not directly scored, they can only be held responsible through the student-athlete(s) they support.

In general, two types of penalties will be specified for violations:

- **Team Series Points Penalty:** points will be deducted from the team's series points accumulation. Generally, this will occur when the violation is by a coach or volunteer, especially if acting in a team capacity. The number of points deducted may be adjusted based on the severity of the violation and its impact.

- Individual Student-Athlete Penalty: a student-athlete's finish time will be incremented by an amount of time, or a student-athlete may be disqualified from competition. Generally, this will occur when the violation is by a parent/legal guardian or other spectator and not acting in a team capacity. This will also apply to those supporting independent student-athletes. The penalty will be applied to the student-athlete(s) associated with the violator; the penalty may be split across multiple student-athletes at the discretion of race officials.

The League may alter or adapt penalties and the application of such based on the circumstances of the violation.

4.2.2 Spectators on Course

Only student-athletes actively engaged in racing, race officials, first responders/medical personnel, and officially designated volunteers may be on the course while a race is in progress. All other participants must remain off the course, whether on a bicycle or otherwise, at all times. Crossing the course is permitted but must be done quickly and safely and not interfere in any manner with a student-athlete actively racing. Crossing should only occur in areas designated by race officials or at existing intersections of trails and paths with the race course.

Participants may, in general, spectate at any point along the course unless otherwise prohibited by the League and/or the land manager. Participants may not utilize the course while a race is in progress to access an area to spectate.

All participants must remain sufficiently far off the course while spectating to not interfere in any manner with student-athletes actively racing. Spectators must stay entirely behind any course marking tape or flags (including hands, arms, and legs), shall not block any race signage, and must remain at least 6 feet off the course in all other areas, as defined by a change in surface or foliage characteristics.

Penalty: 10-minute penalty or a deduction of 20 team series points for each occurrence.

Use of products prohibited for sale to minors (e.g., alcohol, marijuana, tobacco – including vaping or e-cigs) or products illegal in the state of Michigan by any means is not permitted, pursuant to Section 2.13. **Penalty: up to and including expulsion from MiSCA.**

4.2.3 Banned Equipment and Accessories

4.2.3.1 Music Players/Headphones

Participants are not allowed to ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer. Participants will be required to remove the device. **Penalty: 15-minute penalty if immediately corrected, disqualification if not immediately corrected, or a deduction of 30 team series points for each occurrence.**

4.2.3.2 Cell Phones

Participants may not answer a cell phone or make cell phone calls while riding their bike. Participants must safely come to a complete stop and have both feet on the ground to use their cell phones. **Penalty: 15-minute penalty if immediately corrected, disqualification if not immediately corrected, or a deduction of 30 team series points for each occurrence.**

4.2.4 Helmets

- Any participant with a leg over a bicycle must wear a helmet at all times. Under no circumstances shall a participant be on a bicycle without a helmet fastened to their head, even when riding a very short distance. Helmet straps must be adjusted to the extent that two fingers 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.
- Helmets should be the correct size with little to no side-to-side or front-to-back movement.

Helmets must 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.

Penalty: 5-minute penalty or a deduction of 10 team series points for each occurrence.

4.2.5 Outside Assistance

4.2.5.1 Feed Zones

Exchange of nutrition, hydration, and clothing to a student-athlete actively engaged in racing shall only be done in the Feed Zone. The Feed Zone will be designated by race officials and denoted by signs and/or flags. Participants acting as feeders must not interfere with other feeders or riders in Feed Zone. Tossing or throwing items is not permitted. **Penalty: 10-minute penalty applied to the student-athlete receiving aid, or a deduction of 20 team series points for each occurrence.**

4.2.5.2 Mechanical Assistance for Varsity

Assistance includes sharing tools/supplies or physically aiding in repairs, including touching a rider's bike during a repair. Riders should be prepared to make common mechanical repairs by themselves. This includes carrying the necessary tools and supplies to be self-supported.

Riders actively engaged in racing may assist and receive assistance from others racing at the same time. Assistance received from anyone not actively racing will result in a penalty. **Penalty: 15-minute penalty applied to the student-athlete receiving aid.**

4.2.5.3 Mechanical Assistance for All Other Categories

Assistance in the form of sharing tools/supplies or physically aiding in repairs, including touching a rider's bike during a repair, is allowed from anyone. Riders should be prepared to make common mechanical repairs by themselves. This includes carrying the necessary tools and supplies to be self-supported.

No person is required or obligated to assist riders in need; riders should be prepared to be self-sufficient.

4.2.6 Littering

Littering is not permitted. All trash must be discarded in an appropriate receptacle, per the venue, or packed out. **Penalty: 10-minute penalty if along the race course, or a deduction of 20 team series points for each occurrence.**

4.2.7 Rule Violations, Misconduct, and Consequences

Some rule violations pertaining to individuals' behavior will result in consequences up to and including disqualification from a race, the season, and/or races next season. MiSCA officials and coaches are responsible for enforcing consequences. If offenses are repeated or deemed to be a gross violation of positive sporting conduct, MiSCA officials may sanction other penalties that are not specified in this document but are deemed appropriate.

4.2.8 Positive Sporting Attitude

All participants are expected to display an excellent sporting attitude 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. League officials have complete and total discretion for implementing the rules, especially concerning sporting behavior. **Penalties are cumulative throughout the year. Penalty: up to and including expulsion from MiSCA events, determined by the severity of the incident(s). Penalty may be applied at a future race or season at League discretion.**

5 RACING SERIES SCORING AND POINTS

5.1 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.

Student-athletes shall first be placed based on their grade and gender at the time of the race, then based on experience, skills, and fitness. In general, student-athletes may not compete in a category designated for a lower grade level but may compete in a category for a higher grade level if a more competitive category does not exist at their grade level.

The skill-based category for racing shall be determined by team policy and communicated to MiSCA by the head coach or their designee. Parents/legal guardians of independent riders should determine the most appropriate race category and enter this information during the time of registration.

5.1.1 Elementary School Race Categories

5.1.1.1 Lower Elementary

- Rider understands the fundamentals of mountain biking and can ride without parental supervision.
- Race Time: approximately 20-40 minutes
- Beginner race course: 1-2 laps of a 3-5 mile loop
- Split into two (2) categories by gender.
 1. Lower Elementary Female: open to females grades 3 and below
 2. Lower Elementary Male: open to males grades 3 and below

5.1.1.2 Upper Elementary

- Rider understands the fundamentals of mountain biking and can ride without parental supervision.
- Race Time: approximately 30-60 minutes
- Beginner race course: 1-2 laps of a 3-5 mile loop
- Split into two (2) categories by gender.
 1. Upper Elementary Female: open to females grades 5 and below
 2. Upper Elementary Male: open to males grades 5 and below

5.1.1.3 Advanced Elementary

- Rider has some racing experience and possesses intermediate bike handling skills.
- Race Time: approximately 30-60 minutes
- Beginner or intermediate race course: 2-3 laps of a 3-6 mile loop
- Split into two (2) categories by gender.
 1. Advanced Elementary Female: open to females grades 5 and below
 2. Advanced Elementary Male: open to males grades 5 and below

5.1.2 Middle School Race Categories

5.1.2.1 Novice

- Rider possesses at least basic mountain bike skills and/or physical fitness.
- Race Time: approximately 45-60 minutes
- Beginner or intermediate race course: 2-3 laps of a 3-6 mile loop
- Split into four (4) categories by gender and grade.
 1. Novice Female 6-8th Grade: open to females grades 8 and below
 2. Novice Male 6th Grade: open to males grades 6 and below
 3. Novice Male 7th Grade: open to males grades 7 and below
 4. Novice Male 8th Grade: open to males grades 8 and below

5.1.2.2 Advanced Middle School

- Rider has some racing experience and possesses intermediate to advanced bike handling skills.
- Race Time: approximately 45-60 minutes
- Advanced race course: typically 2 laps of a 5-8 mile loop
- Split into two (2) categories by gender.
 1. Advanced Middle School Female: open to females grades 8 and below
 2. Advanced Middle School Male: open to males grades 8 and below

5.1.3 High School Race Categories

5.1.3.1 Novice

- Rider possesses at least basic mountain bike skills and/or physical fitness.
- Race Time: approximately 45-60 minutes
- Beginner or intermediate race course: 2-3 laps of a 3-6 mile loop
- Split into three (3) categories by gender and grade.
 1. Novice Female 9-12th Grade: open only to female grades 9-12
 2. Novice Male 9th Grade: open only to males in grade 9
 3. Novice Male 10-12th Grade, open only to males grades 9-12

5.1.3.2 Junior Varsity (J/V)

- Rider has a 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
- Advanced race course: typically 2 laps of a 5-8 mile loop
- Split into three (3) categories by gender and grade.
 1. Junior Varsity Female, open to all females
 2. Junior Varsity Male 9-10th Grade: open to males grades 10 and below
 3. Junior Varsity Male 11-12th Grade: open to all males

5.1.3.3 Varsity

- Rider has a 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
- Advanced race course: 2-3 laps of a 5-8 mile loop
- Split into two (2) categories by gender.
 1. Varsity Female: open to all females
 2. Varsity Male: open to all males

5.1.4 Category Placement for Transgender Student-Athletes

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

A student wishing to compete in a category consistent with their 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 their gender identity.

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

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

5.1.5 Category Changes

5.1.5.1 Upgrading

Student-athletes wishing to upgrade to a more competitive category than their current placement shall discuss opportunities with their coach. Upgrading may occur at any time during the season but will require approval by MiSCA if the change is requested after August 1 of the current season. Upgrade requests shall be submitted by the team's head coach or their designee; independent riders shall have their upgrade requests submitted by their parent/legal guardian. Points from the lower category are carried over.

5.1.5.2 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.

5.1.5.3 Mandatory Upgrades

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

Category upgrades shall not be mandatory for Elementary categories.

5.2 Combining Categories

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

5.3 Row Assignments and Start Line Call-Ups

Riders are assigned a staging time, start time, and start location before each race. The location may be a row number (for mass start/wave start and certain time trial races) or a start order (for certain time trial or alternative format races).

For mass start/wave races, six riders will be assigned to each row, unless League Officials determine race conditions require less. See Section 4.1.11 for further detail or staging requirements and penalties.

For the first race of the series, riders will be assigned a start location based on their highest scoring race of the previous race series, regardless of whether the points were earned in the same category as the current series or not. In the case of a tie, the tiebreaker will be overall series points earned in the previous series, based on Overall Individual Series Scoring as defined in the previous race series. If a tie remains, the order will be assigned randomly.

For the second race of the season, riders will be assigned a start location based the greater of their points earned in the first race or their highest scoring race of the previous race series, regardless of whether the points were earned in the same category as the current series or not. In the case of a tie, the tiebreaker will be points earned in the first race. If a tie remains, the order will be assigned randomly.

For the remainder of races in the season, riders will be assigned a start location based on their cumulative series points earned, with the lowest score dropped. A missed race would be the lowest score dropped. In the case of a tie, the tiebreaker will be points earned in the previous race. If a tie remains, the order will be assigned randomly.

League officials retain discretion in rider placement to ensure a safe and competitive event, regardless of the race format. For certain time trial and alternative race formats, the League may utilize current and prior series results, as well as coach input. In the event of a canceled race or other extenuating circumstances, the League may alter the method to determine rider start locations

5.4 Team Divisions

5.4.1 Elementary School Composite

The Elementary School Composite division is comprised of teams with at least one (1) student-athlete competing in any of the Elementary School categories defined in Section 5.1.1. Pursuant to Section 2.7, all Elementary School teams are composite teams, regardless of team composition.

5.4.2 Middle School Composite

The Middle School Composite division is comprised of teams with at least one (1) student-athlete competing in any of the Middle School categories defined in Section 5.1.2. Pursuant to Section 2.7, all Middle School teams are composite teams, regardless of team composition.

5.4.3 High School Composite

The High School Composite division is comprised of teams that meet the definition of a composite team, pursuant to Section 2.7, with at least one (1) student-athlete competing in any of the High School categories defined in Section 5.1.3.

5.4.4 High School Scholastic Division 1

The High School Scholastic Division 1 division is comprised of teams that meet the definition of a scholastic team, pursuant to Section 2.7, with at least ten (10) student-athletes competing in any of the High School categories defined in Section 5.1.3.

A student-athlete will be considered "competing" for this section's purposes if they start the race; student-athletes who do not finish the race for any reason or are disqualified for any reason will be considered as "competing." The team must have at least ten (10) student-athletes competing in each race in the race series to be eligible for Division 1. A team that is eligible for High School Scholastic Division 1 may not be eligible for any other division.

5.4.5 High School Scholastic Division 2

The High School Scholastic Division 2 division is comprised of teams that meet the definition of a scholastic team, pursuant to Section 2.7, with at least one (1) but not more than nine (9) student-athlete(s) competing in any of the High School categories defined in Section 5.1.3.

Any High School Scholastic team that is not eligible for Division 1, as defined in Section 5.4.4, will be considered a Division 2 team.

5.5 Scoring and Points

5.5.1 Individual Scoring and Points

All student-athletes racing on recognized teams earn both individual points and team points. Independent riders earn only individual points.

Individuals compete against student-athletes in their same category. See Section 5.1 for the definition of categories. Individual scoring is irrespective of team composition or division.

5.5.1.1 Points Table

See **APPENDIX A – POINTS TABLE**. Points are determined by category placement and based on race completion times, including any assessed penalties.

5.5.1.2 Individual Race Results

After each race, the top five places for that race in each category will be recognized. The top five places are determined by race completion times, including any assessed penalties.

5.5.1.3 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. If a race cannot be rescheduled, the overall scoring will be calculated by the total points earned in the series.

The League may, at its discretion based on circumstances, modify the series scoring eligibility and computation at any point during the season.

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

After each race, the overall individual series points leader for each category will be recognized and awarded a Leader's Jersey. See Section 4.1.3.4.

5.5.1.4 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."

5.5.2 Team Scoring and Points

5.5.2.1 Eligibility

A team must be officially recognized by MiSCA to score team points. Team qualification criteria are outlined in Section 2.7.

For the team competition, student-athletes are only eligible to score points for their assigned team. Independent riders do not qualify for team competition. All students on Scholastic teams must be enrolled in the school they play for or recognized as eligible by the school. See Section 2.7.

Teams only compete against other teams in their same division. See Section 5.4 for division definitions.

5.5.2.2 Team Race Results

The top team in each division is recognized at each race.

5.5.2.3 Overall Team Series Scoring

Division 1 Scholastic Teams: Team scoring based on the top six (6) individual point-earners (based on Points Table found in Appendix A) of each team for each race, with a maximum of five (5) of those point-earners scoring in either Female (F) or Male (M) categories. The team's score is the highest score possible out of the following gender combinations:

FMMMM FFMMM FFFMMM FFFFMM FFFFFM

All other divisions: Team scoring based on the top four (4) individual point-earners (based on Points Table found in Appendix A) of each team for each race, with a maximum of three (3) of those point-earners scoring in either Female (F) or Male (M) categories. The team's score is the highest score possible out of the following gender combinations:

FMMM FFMM FFFM

5.5.2.4 Team Awards for Overall Series

Team overall series trophies are awarded for the top team in each division. Overall series trophies are based upon cumulative team scores over the course of the series (including any penalties assessed against team series points) and are awarded to the top team. Series points will be tracked separately for each division. 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.

5.6 Acceptance of Scoring and Results

5.6.1 Judgment Calls

Race officials must assess penalties and rule upon protests despite often having little direct, firsthand information available regarding the underlying incident. This is inherent to mountain biking because most 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 every penalty assessed and protest 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 are willing to accept what they may consider 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 the assessment of penalties or protests will not be tolerated and will be subject to action under Sections [4.1.13](#) and [4.2.8](#).

5.6.2 Race Result Protest

Protests to the preliminary results and opposition to penalties must be submitted to a race official via a protest form, available from a designated race official, within 15 minutes of the announced posting time of the preliminary results. After this period, race results are considered official. Race officials will not review video or images taken from a camera in possession of a rider during the race.

Once submitted, protests may be reviewed by a panel of race officials. The resulting decision is considered final, and any further questioning or investigation by protesting parties will be regarded as harassment, subject to action under Sections [4.1.13](#) and [4.2.8](#).

Further grievances may be filed with the MiSCA Board of Directors for review at board@miscabike.org.

5.6.3 Eligibility Protests

It is assumed that teams are fielding eligible racers according to the school's eligibility criteria (see Section 2.7). 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 may 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.

5.7 Official Results

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

6 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 requirements.
- 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/legal guardians 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.

7 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.

7.1 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. See Section [2.5.2](#) for more information.

8 CONCUSSION POLICY

A student 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 about the nature and risk of concussion and head injuries, including continuing to play after a 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 consists of 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 students' parents/legal guardians about the possible concussion they may have suffered immediately following the practice before allowing them to go home. Information should be given to parents/legal guardians regarding the signs and symptoms of concussion, encouragement to see a health care professional, and follow-up with parents/legal guardians regarding the student's status. Parent/Athlete Concussion Information Sheet can be found at 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 evaluating and managing brain injuries.

APPENDIX A – POINTS TABLE

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

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

APPENDIX B – COACH CERTIFICATION REQUIREMENTS

DESCRIPTION	CERTIFICATION LEVEL		
	I	II	III
Certification Requirements			
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	✓	✓
Coaching on the Trail Training	✓	✓	✓
Essential Mountain Bike Skills Course **	NOT REQUIRED	NOT REQUIRED	✓
Intermediate Mountain Bike Skills Course	NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
Advanced Mountain Bike Skills Course	NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
Approved Activities			
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 SafeKids 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 for details.