



REQUIREMENTS & RACING RULES

2023 www.MYCLbike.org

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1 DEFINITIONS

League: Midwest Youth Cycling League (MYCL).

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

Official: any person employed by MYCL, a member of the MYCL 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 MYCL, including coaches, volunteers, parents/legal guardians, and spectators.

Student-athlete: any person participating in events affiliated with or sanctioned by MYCL and/or part of a MYCL-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 MYCL-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 MYCL.

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 MYCL.

High School: composed of grades 9 through 12.

Middle School: composed of grades 6 through 8.

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

Pre-Kindergarten: composed 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 All prior rules and regulations are superseded.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 Midwest Youth Cycling League (MYCL). 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 MYCL, 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 MYCL, no liability shall be attached to MYCL 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 MYCL, 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 MYCL 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

MYCL 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 MYCL. After this date, the individual must register as a coach/volunteer to continue participation within MYCL.

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

- Registration is conducted through an online system – www.MYCLbike.org.

Student-athletes must register for MYCL events, such as races, clinics, camps. Registration processes may vary for each event.

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 Volunteers

At MYCL's discretion, any offenses revealed in the background check, or otherwise disclosed to MYCL, may result in an individual being unable to participate with MYCL. 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 MYCL.

2.9 Definition of the Season

The MYCL 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 MYCL 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 MYCL activities, including racing. An independent rider will score in individual competition but not in team competition during races.

2.11 Anti-Discrimination Policy

The Midwest Youth 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 create a fun environment where everyone can experience the joys of the outdoors, regardless of ability, age, cultural background, ethnicity, faith, gender, ideology, income, national origin, race, or sexual orientation. MYCL will ensure open access to all those who wish to participate in any aspect of our programming and that they are treated fairly. MYCL 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 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.

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 Wisconsin 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 MYCL, including team activities.

Penalty: up to and including expulsion from MYCL.

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 MYCL, including team activities.

3.1 Represent MYCL

As a student-athlete, you represent your mountain bike team, MYCL, 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 MYCL and our sport of mountain biking, MYCL 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.

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 MYCL 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.

MYCL 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

MYCL 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 team building.

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 MYCL 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 manufacturer, designed for off-road cycling. 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 MYCL 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. MYCL 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 MYCL 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. **MYCL 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 MYCL 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. (Not applicable for 2023, will apply into 2024 season.)

4.1.4 Other Banned Equipment and Accessories

The selection of equipment is solely the responsibility of the rider. MYCL 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 MYCL 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 MYCL 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 MYCL races. The number plate should be securely attached with enough fasteners to hold the number plate in place. The number plate must also 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 by 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. 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. **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 Open High School

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: 10-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 MYCL 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. MYCL 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, MYCL 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. MYCL officials and coaches are responsible for enforcing consequences. If offenses are repeated or deemed to be a gross violation of positive sporting conduct, MYCL 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 MYCL 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 MYCL 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 Wisconsin by any means is not permitted, pursuant to Section 2.13. **Penalty: up to and including expulsion from MYCL.**

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. If a feed zone is not designated in a specific location then feeding may take place on any part of the course but must be on the right side of the course. Participants acting as feeders must not interfere with other feeders or riders in the Feed Zone or race course if not in a designated feed zone. Tossing or throwing items is not permitted. **Penalty: 10-minute penalty applied to the student-athlete receiving aid**

4.2.5.2 Mechanical Assistance for Open High School

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. MYCL officials and coaches are responsible for enforcing consequences. If offenses are repeated or deemed to be a gross violation of positive sporting conduct, MYCL 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 MYCL 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 MYCL 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 K-2 Elementary

- Rider understands the fundamentals of mountain biking and can ride without parental supervision.
- Race Time: approximately 15-25 minutes
- Beginner race course: 3-6 laps of a sub-mile loop
- Split into two (2) categories by gender.
 1. K-2 Elementary Female: open to females grades 2 and below
 2. K-2 Elementary Male: open to males grades 2 and below

5.1.1.2 Grade 3-5 Elementary

- Rider understands the fundamentals of mountain biking and can ride without parental supervision.
- Race Time: approximately 20-30 minutes
- Beginner race course: 3-6 laps of a sub-mile loop
- Split into two (2) categories by gender.
 1. Grade 3-5 Elementary Female: open to females grades 3 - 5
 2. Grade 3-5 Elementary Male: open to males grades 3 - 5

5.1.1.3 Advanced Elementary

- Rider has some racing experience and possesses intermediate bike handling skills.
- Race Time: approximately 25-40 minutes
- Beginner or intermediate race course: 4-7 laps of a sub-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

5.2 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, no more than eight 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.

Staging will be based on a combination of date/time of registration and previous race results after the first race of the season.

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

5.5 Scoring and Points

5.5.1 Individual Scoring and Points

All student-athletes racing earn individual points.

Individuals compete against student-athletes in their same category. See Section 5.1 for the definition of categories.

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 three places for that race in each category will be recognized. The top three 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 2 of 3 individual scores in a three-race series. The individual's lowest score is dropped. A missed race would be the lowest score dropped. Racers must start at least two 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.

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 "MYCL Champion."

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 racecourse 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 MYCL 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.

5.6.3 Eligibility Protests

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 CONCUSSION POLICY

A student suspected of sustaining a concussion or head injury in a race shall be removed from competition at that time.

APPENDIX A – POINTS TABLE

PLACE	ADVANCED	Gr. 3-5	Gr. K-2					
1	70	60	60					
2	67	57	57					
3	64	54	54					
4	61	51	51					
5	58	48	48					
6	55	45	45					
7	53	43	43					
8	51	41	41					
9	49	39	39					
10	47	37	37					
11	45	35	35					
12	43	33	33					
13	41	31	31					
14	40	30	30					
15	39	29	29					
16	38	28	28					
17	37	27	27					
18	36	26	26					
19	35	25	25					
DNF	1	1	1					
DNS	0	0	0					
DQ	0	0	0					

continued **ELEMENTARY SCHOOL**

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.