



# Handbook

2021 Rules & Guidelines



Idaho League Edition

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BUILDING STRONG MIND • BODY • CHARACTER  
THROUGH INTERSCHOLASTIC CYCLING



2021

## Rules & Guidelines

BUILDING STRONG

MIND • BODY • CHARACTER

THROUGH INTERSCHOLASTIC CYCLING

NATIONAL INTERSCHOLASTIC CYCLING ASSOCIATION





## 2021 Rules & Guidelines

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## TABLE OF CONTENTS

Effective Date	1
Chapter	
1 Consequences	2
2 General Student-Athlete	3
3 Category Placement	13
4 Equipment	19
5 Racecourse Information	23
6 Individual Racing	26
7 Teams	35
8 Team & Individual Scoring	45
9 Pre-Rides	48
10 Pit Zone & Feed Zone	50
11 Race Officials	54
12 Procedures and Protests	59
13 Coaches Code of Conduct	62
14 Parent Code of Conduct	64
15 Race Processes	67
16 Contact Information	64
Appendix A — Individual Point Scale	67
Appendix B — Team Training Limits	69
Appendix C — Director Requirements	72



## EFFECTIVE DATE

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This edition of the NICA Rules and Guidelines is made effective July 15, 2021 (the “Effective Date”), for the 2021 Fall Season for the Idaho Interscholastic Cycling Leagues. All prior rules and regulations are superseded as of the Effective Date.

## Chapter 1: CONSEQUENCES

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### CONSEQUENCE LEVELS

Some rule violations will result in consequences at one of the three following levels: Yellow, Orange, Red. However, the consequences can also be applied in other situations at a league official's discretion. Not all rules have consequences that fall within these three levels. Chief Referees and the League's Rules Committee are responsible for enforcing consequences and may also sanction other penalties that are not specified in the rulebook but are deemed appropriate. Further, some of the rules addressing specific behavior and circumstances provides for consequences in addition to those contemplated by this rule and shall apply as described therein.

See Rule 12 for more information.

#### YELLOW LEVEL CONSEQUENCES

**First offense:** Warning.

**Subsequent offenses:** 5-minute penalty.

#### ORANGE LEVEL CONSEQUENCES

**First Offense:** 5-minute penalty.

**Second offense:** 10-minute penalty.

**Third offense:** Disqualification from a race.

#### RED LEVEL CONSEQUENCES

**First offense:** Disqualification from the race of infraction, or the next race if the infraction occurs between races.

## Chapter 2: GENERAL STUDENT-ATHLETE RULES

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### APPLICABILITY

Throughout these rules, students registered with the League are referred to alternatively as students, student-athletes, racers, riders, or registrants.

As student-athletes, these rules apply to you during all practices, races, individual training rides, and at all other times while riding your bike during the fall and spring season, (see Appendix B for the dates defining the fall and spring seasons). While the penalties described in Rule 1, imposed for rule violations, are primarily tied to League events, coaches and parents are encouraged to enforce similar policies of safety, etiquette, and trail use during any off-season rides.

The League has discretion to suspend family members of a student-athlete based on red-level violations of the rulebook by that student or that student's family members, occurring at any time. Such discretion must be exercised by the League Rules Committee and its decision provided in writing, providing the basis for a period of such suspension. The period of suspension may extend up to the point where the student is no longer eligible to participate as provided under Chapter 6. Decisions by the League Rules Committee may be subject to review by the President of NICA and the National Rules Committee.

### 2.1 WEARING HELMETS STRICTLY ENFORCED

Student-athletes must wear approved helmets at all times. Under no circumstances may a student be on a bicycle without a properly worn and securely fastened helmet, even when riding a very short distance. Helmets must also be worn when walking or running on the course with a bike due to a mechanical problem. See Rule 4 for additional requirements and details regarding helmets and for a list of approved helmet standards.

ORANGE LEVEL CONSEQUENCES

## 2.2 CONCUSSION RETURN-TO-PLAY POLICY

NICA has approved the return-to-play policies and procedures for student-athletes who have suffered concussions advocated by the US Department of Health and Human Services Center for Disease Control and Prevention, and the American Academy of Pediatrics.

Each league must comply with its applicable state laws and its applicable state interscholastic federation or association return-to-play management protocols and procedures for a student-athlete who has sustained a concussion or head injury.

In the event there are no such applicable laws or procedures, the League must comply with the following rules and protocols:

An athlete who is suspected of sustaining a concussion or head injury in a league activity shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to the activity until he or she is evaluated by a licensed health care provider. The athlete shall not be permitted to return to the activity until he or she receives written clearance to return to the activity from a licensed health care provider.

Idaho Law ([Section 33-1625, Idaho code](#)) requires school districts at the beginning of each sports season, before a youth athlete may participate, to provide the youths parent or guardian the guidelines and information identifying the signs and symptoms of a concussion and head injury and the nature and risk of these injuries, youth athletes are required to be removed from play immediately when a concussion is suspected, and a student athlete cannot return to play or participation before obtaining approval from a medical practitioner.

While NICA recognizes that every student who has suffered a concussion must follow an individualized course of recovery overseen by a licensed medical professional and that time alone is not a determining factor in every recovery, studies have shown that although a majority of athletes will become asymptomatic within a week, longer periods of recovery of 7-10 days have demonstrated benefits in recovery of full cognitive function in younger athletes (see citations 104–108 in the *Clinical Report — Sports-Related*



*Concussion in Children and Adolescents* in “Pediatrics” [Volume 126, #3, September 2010] published by the American Academy of Pediatrics).

## 2.3 PRACTICE CONTROLLED RIDING

Student-athletes must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control or with excessive speed is not tolerated. Having a reckless attitude or taking dangerous risks is not tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one’s ability to control the bike or puts someone else in danger (see Rule 6.10).

### YELLOW LEVEL CONSEQUENCES

## 2.4 AVOID RIDING ALONE

Student-athletes are encouraged to ride with at least one other person whenever possible. If a student plans to ride alone, that student should alert someone to the general location of the ride, the planned route, and the approximate length of the ride and anticipated time of return.

## 2.5 LEGAL MOUNTAIN BIKING TRAILS ONLY

As representatives of NICA, the League, and our sport, student-athletes must ride only on authorized trails. Students found riding on illegal trails at ANY time, whether on team rides or on their own, will face consequences. It is the student’s responsibility to know which trails are legal for bikes. Building unauthorized trails or adding unauthorized features, such as berms or jumps, is also unacceptable and carries the same consequences.

### RED LEVEL CONSEQUENCES

## 2.6 OBEY TRAFFIC LAWS

Student-athletes are required to obey all traffic laws. Always ride to the right side of the road and in bike lanes when available; stop at all stop signs and red lights; signal your turns; use required lights and reflectors at dusk/night; and do not ride on sidewalks. Specific laws

that pertain to bicyclists in your state can be found at The League of American Bicyclists: <http://www.bikeleague.org>

## 2.7 RESPECT DRIVERS, PEDESTRIANS & OTHER TRAIL USERS

Be respectful and courteous by staying as far to the right as practical and by 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; do not startle others. 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. You are riding slow enough when you can say 'hello' and the trail user can say 'hello' back.

## 2.8 PASSING HORSEBACK RIDERS

When approaching equestrians, 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.

## 2.9 REPRESENT YOUR NICA LEAGUE & MOUNTAIN BIKING

Recognize that, as a NICA student-athlete, you represent NICA, your League, and high school mountain bike racing and cycling in general. This is true at all times, not just at races, and particularly when you are at a bike shop, out on the trail, and regardless of whether you are wearing your team uniform, a NICA or League jersey, or any other cycling gear.

## 2.10 POSITIVE SPORTING ATTITUDE

Student-athletes are expected to display an excellent sporting attitude during all NICA and League events and should treat all other students, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all students, coaches, and parents. Profanity in any situation is not acceptable.

ORANGE LEVEL CONSEQUENCES

## 2.11 LEAVE NO TRACE

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, do not slide or skid. Ride through mud puddles, not around them widening the trail. Stay on existing trails and do not create new ones. Do not cut switchbacks. Never build a new trail, jumps, or other riding features. Be sure to pack out at least as much as you pack in.

Littering is not permitted at any NICA or League event. Student-athletes caught littering.

ORANGE LEVEL CONSEQUENCES

## 2.12 PLAN AHEAD

Know your equipment, your ability, and the area in which you are riding, and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary gear for changes in the weather, the onset of darkness, or other inclement conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet (see Rule 2.1) and appropriate safety gear.

## 2.13 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.

ORANGE LEVEL CONSEQUENCES

## 2.14 CELL PHONES

Student-athletes may not answer a cell phone or make cell phone calls while riding a bike. Students must safely come to a complete stop, have both feet on the ground, and be clear of traffic flow in order to use their cell phones.

ORANGE LEVEL CONSEQUENCES

## 2.15 RISK ACCEPTANCE

All student-athletes who participate in any of the events associated with NICA and the League including, without limitation, races, training rides, clinics, camps, and practice skill sessions, do so at their own risk. Whether or not riders are registered with the League, no liability shall be attached to NICA, the League or any of its officials, coaches, parents, and participants with respect to any loss or injury sustained or caused by anyone participating in these events.

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

If a student-athlete suffers a concussion, he or she may not participate in team training or league competition before providing written clearance to return to such activities from a licensed health care provider.

## 2.16 RELEASE FORMS

All student-athletes must submit the League's registration forms, which include a General Release Form, Code of Conduct agreement, a Medical Form, and a Media Form. The forms must be signed by a legal guardian, except in the case of students who are at least 18 years old or older. Parents or legal guardians who permit a minor to participate in League races or camps, acknowledge understanding and acceptance of the regulations covering the event and agreement to the terms of the League's Release forms and those terms shall be binding even when no proper entry form for a student has been signed and submitted.

## 2.17 USADA BANNED SUBSTANCES

Student-athletes are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping. The use of performance enhancing substances, as listed by USADA, will result in the immediate disqualification from one full season or the equivalent number of races spanning two seasons. A list of banned substances is available



at the U.S. Anti-Doping Agency website — click on the Substances link at [www.usada.org](http://www.usada.org) to find the current Prohibited List.

## 2.18 SUBSTANCE USE

### A. *Deference and Discretion:*

NICA and the Leagues place a high priority on early recognition and treatment of alcohol and drug problems.

(1) Deference to Other Parties: NICA and the Leagues reserve the right, in their sole discretion, to defer to and support the decision of the coach, the school, or the school district in responding to any instance of substance use.

(2) NICA Unlimited Discretion: NICA retains unlimited discretion to modify the penalty/penalties prescribed by these rules, including, but not limited to applying a more or less severe penalty depending on the circumstances.

(3) Voluntary Referral: Any student who requests help, or is referred voluntarily, prior to a violation will not be suspended from participation if he or she successfully completes the appropriate in-school educational program or community treatment program.

### B. *Tobacco Use:*

Students who choose to use tobacco products will remain eligible for participation only if they provide evidence that they have enrolled in a stop-smoking (or chewing) class to begin immediately. They must participate, provide proof to their coach when they have completed the class, and refrain from use in the future. Continued use will result in the consequences laid out below for Alcohol and Drug Use.

### C. *Alcohol and Drug Use:*

#### 1. First violation:

- a) After confirmation of the first violation, the student will lose eligibility for three races.

- b) If the student wishes to continue participation, he or she must continue to attend and participate in regular practice with his/her team.
  - c) In addition to the above conditions, the student will be required to attend a minimum of six educational group sessions regarding alcohol and drug abuse.
- 2. Second violation:

On the confirmation of the second violation, the student will lose eligibility for an additional three races. Sections 1.b and 1.c above must also be honored if the student chooses to continue participation.
- 3. Third and subsequent violations:
  - a) On the confirmation of the third or subsequent violations, the student will lose eligibility for participation for an additional six races.
  - b) On the third or subsequent violations, if the student becomes a participant in an alcohol and/or drug treatment program on his or her own volition, the student may be eligible for participation after a minimum of six weeks.

## 2.19 LIST OF OTHER BANNED SUBSTANCES (B-LIST)

Caffeine is an addictive substance that enhances performance. The League deems caffeinated products as inappropriate for young student-athletes. Caffeinated sport products such as bars, gels, and sport drinks, are banned from League races, practices, and other activities. The consumption of soda and coffee products containing caffeine by student-athletes at NICA and League races and camps is banned.

Creatine, Guaraná Root, and Taurine are also substances banned from consumption at NICA and League races and camps.

Students need to be very careful as many energy drinks contain these substances. Students are responsible for knowing the

ingredients of the products they consume. Pleading ignorance will not constitute a defensible position.

#### ORANGE LEVEL CONSEQUENCES

### 2.20 ABUSIVE BEHAVIOR NOT TOLERATED

No student-athlete may abuse, assault, or do battery to any other student-athlete, official, spectator, or anyone connected with or attending any NICA or League 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.

#### RED LEVEL CONSEQUENCES

### 2.21 SEXUAL HARASSMENT POLICY

The League strictly prohibit 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 sex or based on gender. Sexual harassment includes: unwanted sexual advances or visual conduct such as leering, making sexual gestures, displaying of 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.

Any student who believes he or she has been sexually harassed by an employee, agent, or another student should promptly report the facts of the alleged incident(s) and the name of the individual involved to any adult school staff member or League representative with whom they feel comfortable. That person must report the incident to the school site administrator or, if the administrator is the alleged harasser, to the Superintendent. The initiation of an allegation of sexual harassment by a student will not adversely affect

matters pertaining to his or her status in any League program or activity.

If any student, coach, parent, volunteer, or employee feels they have been sexually harassed at a NICA or League event, they should report the incident immediately to their League director or NICA director. If any student, coach, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery at a League event, they should report the incident immediately to their League director or NICA director. All reports will be handled in a confidential manner.

#### RED LEVEL CONSEQUENCES



## Chapter 3: CATEGORY PLACEMENT

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### CATEGORY PLACEMENT

Category placement and division rules are designed to facilitate and promote fair, safe, and challenging competition. Placement of student-athletes should be based primarily on their ability and personal goals..

#### 3.1 LEAGUE TIERS

The number of individual categories is based on the number of registered student-athletes in the League. A league that can accommodate all registrants with no more than a single category for each grade level is a Tier 1 league. A league that must run multiple events for a single grade level to fairly accommodate all students is a Tier 2 league. The guidelines for the League's tier are as follows:

Tier 1: Up to 249 registered student-athletes

Tier 2: 250 or more registered student-athletes

The League director shall make the final Tier 1 or Tier 2 status determination.

Idaho is currently a Tier 2 league.

#### 3.2 TIER CATEGORIES

The Idaho League has the following race categories:

<u>Male Categories</u>	<u>Female Categories</u>
6th Grade (A, B, C as needed)	6th Grade (A, B, C as needed)
7th Grade (A, B, C as needed)	7 <sup>th</sup> Grade (A, B, C as needed)
8th Grade (A, B, C as needed)	8 <sup>th</sup> Grade (A, B, C as needed)
Freshman	Freshman
Junior Varsity 2	Junior Varsity 2
Junior Varsity 1	Junior Varsity 1
Varsity	Varsity

If a category is split into staggered starts but all student-athletes from the same category are on the same course at concurrent times,

then this is considered one category and separate results and awards will not be calculated.

### 3.3 TIER 2 DIVISIONS

Tier 2 leagues will have teams assigned to a division based primarily on team size so that all teams compete against other teams of similar size. Other factors, e.g., geographical limitations, may also be considered.

### 3.4 TRANSGENDER STUDENT-ATHLETES

NICA recognizes the value of participation in NICA and League events for all student-athletes. NICA and its leagues are committed to providing all students with the opportunity to participate in these events in a manner consistent with their gender identity.

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

A student wishing to compete in a category consistent with his or her gender identity may so notify the League director.

The student's school will be requested to determine the student's eligibility to participate in the category consistent with his or her gender identity.

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

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

All discussions and documentation regarding a student's gender identity shall be kept confidential to the extent permitted by applicable state law, unless the student and his or her family make a specific request in writing.

### 3.5 CATEGORY PLACEMENT RULES

#### A. *Summary*

- Idaho does not permit middle school student-athletes to participate in high school categories.
- Teams will determine category placement for high school student-athletes into JV2, JV1 and Varsity categories
- Category placement is based on a combination of ability and grade level. A student-athletes prior performance should be factored into placement.
- Students should discuss their racing categories with their coaches well in advance of the racing season to determine the most appropriate race category based on their ability and personal goals.
- There are no limitations to how many times a student-athlete may switch between categories throughout the season as long as league officials are notified in advance according to the guidelines above.
- For the state championship race, a racer must race in a minimum of 2 regular season races in the desired category. If a

racer fails to qualify for JV1 or Varsity they will be defaulted as follows:

- 9<sup>th</sup> Grader's default to Freshman
- 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grader's default to JV2

## B. *Placement Criteria*

Placement criteria, excluding petitions, are as follows:

### **Middle School Categories:**

- 6<sup>th</sup> Grade A, B, C:** 6<sup>th</sup> graders only and based on grade level and first race time trial results.
- 7<sup>th</sup> Grade A, B, C:** 7<sup>th</sup> graders only and based on grade level and first race time trial results.
- 8<sup>th</sup> Grade A, B, C:** 8<sup>th</sup> graders only and based on grade level and first race time trial results.

All middle-school category placement will be based on grade level and first race time-trial results. Prior to the first race, all middle school students will be placed in their grade-based category and will compete together in the time trial as one category. Results from the time trial will be used to determine category placement into A, B, C categories for the remainder of the season.

The number of categories within each grade will be determined by the total number of registered student-athletes in that grade as follows:

- <50 = One Category – A
- 51-100 = Two Categories – A, B
- 101-150 = Three Categories – A, B, C
- 151-200 = Four Categories – A, B, C, D

### **High School Categories:**

- Freshman:** 9<sup>th</sup> graders only based on grade level
- Junior Varsity 2:** 10<sup>th</sup> – 12<sup>th</sup> graders placed by team.
- Junior Varsity 1:** 9<sup>th</sup> – 12<sup>th</sup> graders placed by team.
- Varsity:** 9<sup>th</sup> – 12<sup>th</sup> graders placed by team

Teams will be allotted a limited number of varsity spots based on D1 or D2 classification:

- Division 1 Teams – 4 Varsity Male and 4 Varsity Female
- Division 2 Teams – 3 Varsity Male and 3 Varsity Female

Racers who are not in either Freshman or Varsity will need to be split evenly between JV1 and JV2 keeping in mind that 9<sup>th</sup> graders are not eligible to race in JV2.

It is up to each team to submit a roster of rider category placements on the Monday, 12-days prior to the first race and any changes mid-season the Monday, 5 days prior to each race.

It is not mandatory that each team must fill all available varsity spots if not enough student-athletes desire or have the ability to race at the varsity level.

### **RULE 3.6. PETITIONING FOR A PLACEMENT CRITERIA EXCEPTION**

A. In general, exceptions to the category placement process are discouraged and should be granted only under extraordinary circumstances.

B. It is League policy that student-athletes compete in appropriate competitive peer groups. To prevent strategic gamesmanship in category placement, petitions for an exception will only be granted upon a showing that:

- The requested exception is in the best interest of the student-athlete; and
- Does not result in an unfair competitive advantage for any particular team.

C. Successful petitions are subject to revocation at any time at the Rules Committee's sole discretion, in which event the student shall be placed in the appropriate category according to the Placement Criteria. Individual and team penalties may be assessed at the Rules Committee's discretion, for any change in categories for a

rider that is subsequently revoked on grounds that the change was contrary to NICA and League policies.

D. To petition for such an exception, head coaches or team directors must complete and submit the petition form found at the League's website according to the instructions provided on the form.

E. The petition requires a coach's comments and signature. If there is no coach, the student must contact the League director and a coach advisor will be appointed. A parent may be approved as the advisor. The League director or the League's Rules Committee shall consider the petition and render a decision in a timely manner.

F. Petitions must be submitted with sufficient time for consideration. Late petitions will not be considered. Pending the outcome of the petition, the petitioning student must compete in the category determined by the Placement Criteria.

### 3.7. RACING THE WRONG CATEGORY

Student-athletes are responsible for knowing, understanding, and following the category placement rules and the Placement Criteria. Any questions should be directed to the League director, the League's board of directors, or to NICA at [rules@nationalmtb.org](mailto:rules@nationalmtb.org).

Students who race in the wrong category shall be disqualified from that race and in addition, at the League director's discretion, will be disqualified from participation in the next event.

**RED LEVEL CONSEQUENCES**

### 4.0 WEARING HELMETS STRICTLY ENFORCED

A. Student-athletes must wear an approved helmet at all times. See below for the list of approved helmet standards. Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Students must also keep their helmet on when walking or running on the course with a mechanical (see Rule 2.1). In addition:

- 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.
- Full-face helmets are not allowed without written permission from the Rules Committee.
- The helmet rules are not applicable to riders warming up on bikes that are securely mounted to stationary trainers.

#### ORANGE LEVEL CONSEQUENCES

- B. Approved Helmets meet one of the following standards:
- a. U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
  - b. Snell Memorial Foundation Standard "B" or "N" series.
  - c. American Society for Testing and Materials (ASTM) standard F-1447.
  - d. European Committee for Standardization (CE EN1078) standard for bicycle helmets.

#### 4.1 MOUNTAIN BIKES ONLY

Student-athletes must compete using mountain bikes that have 26- to 29-inch wheels with tires not narrower than 1.75 inches. In addition:

- Tires must have knobbies – no slick tires are permitted.
- No road bikes or mountain bikes equipped with drop bars.
- No cyclocross bikes.

If a student-athlete is unable to ride a mountain bike with 26- to 29-inch wheels due to his or her height, competing on a mountain bike with smaller wheels is permitted.

#### 4.2 NO SINGLE-SPEED BIKES

Pushing big gears has been shown to be detrimental to the joints (specifically the knees) of young student-athletes. Bikes must have multiple gears including at least five cogs in the rear.

#### 4.3 FRONT AND REAR BRAKES

Bicycles must have fully operational front and rear brakes. Brakes must be adjusted to provide significant stopping power. Brake pads must not be worn below recommended limits. It is recommended that bicycles be inspected by a mechanic before every race.

#### 4.4 HANDS ON BARS; NO BAR ENDS

All riders must race with their hands holding the bars within reach of the brake levers. For safety reasons, no bar ends (forward pointing handle grip extensions) may be used.

#### 4.5 HANDLEBAR END PLUGS AND STEM CAPS REQUIRED

For safety reasons, handlebar end plugs and stem caps are required.

#### 4.6 PENALTY FOR OUTSIDE ASSISTANCE

Student-athletes must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc. If outside assistance, parts, or tools, are provided, a 5-minute penalty will be assessed. The student must report such an occurrence of outside assistance



before the end of the protest period that precedes the award ceremony. The student must report to a Scoring Official, Course Marshal, or other Race Official. If a student does not self-report the penalty may be doubled.

No penalty will be assessed for any prescription medical item or device (e.g., inhalers, EpiPens, etc.) given to a rider along the course or in the feed zone for safety or medical reasons.

#### **4.7 REPAIR BIKES OFF THE TRAIL**

In the case of a broken bicycle, or a dropped chain, or other mishap, students must clear the way and not block the trail for other riders.

#### **4.8 SWITCHING BIKES**

Student-athletes must complete the entire race on the same bicycle upon which the race was begun. A 10-minute penalty applies for switching bicycles in a race.

#### **4.9 BRING THE BIKE**

Student-athletes must not progress on the racecourse unaccompanied by a bike. In the case of an inoperable bike, students 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.

#### **4.10 FOOTWEAR**

Student-athletes must wear appropriate footwear. Footwear must be fully enclosed and fastened with either straps, buckles, or laces.

#### **4.11 EYE PROTECTION**

Eye protection is strongly recommended. Unless wet, foggy, and/or muddy lenses impair vision, students should ride and race with protective eyewear.

#### **4.12 NUMBER PLATES**

Student-athletes must affix an official League number plate to their bikes at League races. The number plate should be attached with at

least three fasteners and must be on the bike at all times before and after competing, including the pre-ride, and should also remain on the bike at any time the student is riding at the event.

## Chapter 5: RACECOURSE INFORMATION

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### 5.0 CROSS-COUNTRY (XC) RACE DEFINITION

A cross-country mountain bike race is a mass start competition held on a circuit course comprised of forest roads, forest or field trails, and unpaved dirt or gravel roads.

### 5.1 COURSE LENGTH AND DIFFICULTY

The ideal NICA cross-country race course has a circuit short enough to require multiple laps for a race and includes terrain that can be completed by beginner riders. The number of laps should be determined according to the riders' ability to complete the race within a specific time. The event times should be:

- 45 minutes or less for Middle School boys and girls;
- 45 to 90 minutes, Freshman and JV2 boys and girls, and JV 1 girls;
- 60 to 100 minutes, JV 1 boys and Varsity girls; and
- 90 to 120 minutes, Varsity boys.

### 5.2 SAFETY GUIDELINES FOR COURSES

NICA cross-country courses must be designed for maximal safety. Course guidelines are:

- Uphill starts or some climbing in first half-mile;
- 33-inch wide start lanes;
- Uphill finishes;
- Uphill feed zones;
- Inspection and addressing of:
  - off-camber turns and ruts;
  - large or loose rocks;
  - sharp turns on fast sections;
  - water crossings;
  - areas where excessive speeds can be achieved; and
  - other obvious injury vectors.

### 5.3 COURSE SIGNAGE AND MARKINGS

Arrows signs, other signs, and ribbons should mark the directions along the entire length of the official racecourse. The signs and

ribbons indicate the course to follow, curves, intersections, and warn of situations that are potentially dangerous for the racers. Signs are posted along the course at least every kilometer to let the riders know that they are on course.

#### **5.4 STANDARD TURN ARROW LOCATIONS**

An arrow sign is to be placed 30 meters before each intersection to indicate an upcoming turn and a second arrow sign is placed at the intersection. The direction of travel through the intersection is then confirmed by a third arrow sign located 10 meters farther along the racecourse in the new direction. Wrong way signs are used to mark all potential wrong turns.

#### **5.5 CUTTING THE COURSE NOT PERMITTED**

In the event a rider goes off course, whether intentionally, inadvertently, or to switch or repair a bike, he or she is not permitted to gain advantage from leaving the course and must make best efforts to re-enter the course at the same location he or she went off-course.

In the event a rider re-enters the course at a different location, if the Chief Official determines that an advantage was gained as a result, without considering the time taken for a bike switch or bike repair, a time penalty shall be assessed against the rider.

#### **5.6 RACE NOTIFICATION SIGNS**

In the case of wrong turns that lead away from the course, the back of the wrong way sign shall be used to notify riders and passersby that a race is in progress. If the direction along a wrong way leads to the interior of the course, a notification on the back of the sign so indicating is optional.

#### **5.7 HAZARD SIGNS**

For all hazardous situations along a racecourse circuit, caution signs or two or three arrow signs placed upside down must be located 30 meters preceding the hazard. A hazard on the circuit may be due to an obstacle, the quality of the surface, the angle of the track, or any

other condition not specifically addressed that presents additional risk to riders.

## 5.8 STANDARD HEIGHT OF SIGNS

Course signage should, whenever possible, be placed on the right side of the course and raised so the bottom of the sign is 1.5 to 3 feet from the ground.

## 5.9 USE OF RIBBON

Ribbon may also be used to mark turns, wrong ways, and other hazards. Ribbon should always be arranged parallel to the ground.

## 5.10 LIST OF SIGNS

Directional and warning signs for mountain bike circuits are:

- Arrows indicating course direction (Rule 5.3) turns (Rule 5.4) and hazards (Rule 5.7);
- Caution;
- Wrong Way (Rule 5.4 and Rule 5.5);
- EMS Course Access Point;
- Alternate route on course; and
- Dismount required (off bike).



### 6.0 ELIGIBLE STUDENTS

Each league's race series is open to all students who attend public or private school or who are homeschooled for high school (grades 9–12) and middle school (grades 6–8), within the league's region, defined as follows:

**NorCal High School Cycling League** (*inaugural season 2001*)

North of the east-west line across the state of California comprised of the northern boundaries of San Luis Obispo, Kern, and San Bernardino counties (Fresno is in NorCal and San Luis Obispo is in SoCal).

**SoCal High School Cycling League** (*inaugural season 2009*)

South of the east-west line across the state of California comprised of the northern boundaries of San Luis Obispo, Kern, and San Bernardino counties (Fresno is in NorCal and San Luis Obispo is in SoCal).

**Minnesota High School Cycling League** (*inaugural season 2012*)

The entire state of Minnesota.

**Texas Interscholastic Cycling League** (*inaugural season 2012*)

The entire state of Texas.

**Utah High School Cycling League** (*inaugural season 2012*)

The entire state of Utah.

**Arizona Interscholastic Cycling League** (*inaugural season 2013*)

The entire state of Arizona.

**New York Interscholastic Cycling League** (*inaugural season 2013*)

The entire state of New York.

**Tennessee Interscholastic Cycling League** (*inaugural season 2013*)

The entire state of Tennessee.

**Alabama Interscholastic Cycling League** (*inaugural season 2014*)

The entire state of Alabama.

**Virginia Interscholastic Cycling League** (*inaugural season 2014*)

The entire state of Virginia.

**Wisconsin Interscholastic Cycling League** (*inaugural season 2014*)

The entire state of Wisconsin.

**Idaho Interscholastic Cycling League** (*inaugural season 2015*)

The entire state of Idaho.

**Nevada Interscholastic Cycling League** (*inaugural season 2016*)

The entire state of Nevada.

**Arkansas Interscholastic Cycling League** (*inaugural season 2016*)

The entire state of Arkansas.

**Pennsylvania Interscholastic Cycling League** (*inaugural season 2016*)

The entire state of Pennsylvania.

**New Jersey Interscholastic Cycling League** (*inaugural season 2016*)

The entire state of New Jersey.

**N. Carolina Interscholastic Cycling League** (*inaugural season 2016*)

The entire state of North Carolina.

**Maryland Interscholastic Cycling League** (*inaugural season 2018*)

The entire state of Maryland.

**Oregon Interscholastic Cycling League** (*inaugural Season 2018*) The entire state of Oregon.

**W. Virginia Interscholastic Cycling League** (*inaugural Season 2018*)

The entire state of West Virginia.

**Montana Interscholastic Cycling League** (*inaugural Season 2019*)

The entire state of Montana.

**Indiana Interscholastic Cycling League** (*inaugural Season 2019*) The entire state of Indiana.

**Florida Interscholastic Cycling League** (*Inaugural Season 2020*) The entire state of Florida.

**6.1 INTER-LEAGUE PARTICIPATION AND  
OUT-OF-REGION STUDENTS**

A. At the League director's discretion, student-athletes and teams located outside of the League's region and in a state where there is no NICA league, may be allowed to participate in League events and races.

B. Student-athletes and teams located in a state that has a NICA league may only participate in another NICA league's events and races upon agreement between the leagues' directors. Such agreements must be reviewed and approved annually by the

directors. In reaching such an agreement, the league directors must consider (a) which league's race series is closest to the students and teams seeking to participate in the other league, (b) policies of inclusivity for all students, and (c) policies of league development such that all students and teams can reasonably participate in events and races within the leagues in which they are located. Such an inter-league agreement must include, at a minimum, that the students and teams:

- (1) Declare that they are committed to participating and scoring exclusively in the other league's race series.
- (2) Be scored and registered in the league in which they have declared their participation; and
- (3) Participate in only one season, either spring or fall, per academic year and are subject to the Team Training Limits and race season limitations under Rule 7.15 and as provided in Appendix B, as applicable to the league in which they have declared their participation.

## 6.2 STUDENT AGE AND GRADE

To be eligible to compete in either a spring or fall school-year season, a student-athlete must:

- Be enrolled in middle school (grades 6-8), or the homeschool equivalent, and be no younger than 10 and no older than 15 years of age at any time during the entire school year;
- Be in high school (grades 9-12), or the homeschool equivalent, and be no younger than 13 and no older than 19 years of age at any time during the entire school year; and
- Not have a high school diploma, general education diploma (GED), or otherwise be graduated from high school.

Student-athletes who have skipped or been held back:

- A single grade are placed into categories according to their current grade levels as provided under the Category Placement Rules (Chapter 3); or



- More than one grade must consult with the League Director regarding placement into the appropriate categories.

### 6.3 PLACEMENT FOR HOMESCHOOLED STUDENTS

Homeschooled student-athletes shall be placed in categories that correspond to the grade level they would otherwise be enrolled in for public middle school (where applicable), or public high school based on their ages. The League director must consider such age-based placement in the event homeschooled student-athletes seek alternative placement under the Category Placement Rules (Chapter 3).

### 6.4 COLLEGE CLASS ENROLLMENT

Student-athletes enrolled or otherwise taking classes in a college remain eligible to compete so long as they are enrolled or taking classes at the college as middle or high school students and not as college students.

### 6.5 REGISTERED NICA STUDENT-ATHLETES ONLY ON RACECOURSES

Only student-athletes officially registered with the League may practice or compete on the designated racecourse.

### 6.6 REQUIREMENTS FOR STUDENT-ATHLETE REGISTRATION

Student-athletes must register with the League. Registration requirements include:

- Online Registration Forms
- Registration Fee
- Signed Release of Liability
- Signed Medical Form
- Signed Media Form
- Signed Code of Conduct Form

Student-athletes must be registered for each race they enter.

## 6.7 RACE REGISTRATION

Student-athletes must register and pay for each League race, prior to the race. Pre-registration is available via the League website. On-site registration is not available. Penalties apply if racers compete without registering or payment.

### ORANGE LEVEL CONSEQUENCES

## 6.8 LEADER'S JERSEY

The student-athlete in each high school category with the highest point average after factoring in a dropped race will be awarded the leader's jersey. Each points leader is expected to wear the jersey at all League races, so long as they remain the top points holder in the category being raced. In the case of a tie, both student-athletes wear leader's jerseys.

There is no leader jersey for middle school categories.

## 6.9 EASY LEADER RECOGNITION

Only the current leader may wear the leader's jersey. To avoid confusion, generic and similar looking jerseys may not be worn at a League race by competing student-athletes.

## 6.10 WALK THE BIKE THROUGH CROWDED AREAS

All racers must walk their bikes in crowded areas such as the pit zone or spectator areas. Student-athletes who demonstrate reckless behavior or create a risk of harm to other students or spectators will be penalized (see Rule 2.3).

### YELLOW LEVEL CONSEQUENCES

## 6.11 STAGING FOR RACE STARTS

Racers must adhere to the following guidelines when lining up at the start line for the start of a race:

- Racers must not stage or loiter around the start line until 15 minutes before the first start time of the corresponding race wave (e.g., all girl's categories can begin staging at 9:45 if the

varsity girls start at 10:00 AM). Racers who line up at or near the staging area too early may be required to return their team's pit area (or a time penalty of 1 minute may be applied).

- Racers must position themselves in designated start lanes without overlapping the wheels of the rider in front of them.
- Racers must enter the staging area at the designated entrance for their category. Racers cutting into the side or front of the group will be required to start in the last row.

#### YELLOW LEVEL CONSEQUENCES

- If a coach assists a racer in cutting into the side or front of the group, a team point penalty of 200 points will be applied. Coaches are expected to support the staging rules. If a rider in clear view of his or her coach is breaking the staging rules without intervention, the 200-point penalty shall be applied to that rider's team.

### 6.12 LISTEN TO PRE-RACE ANNOUNCEMENTS

Student-athletes must be present and attentive during pre-race announcements. Students that miss the pre-race announcements may be required to stay after the start to hear the announcements. Students that are being disruptive and/or talking over the announcements may be relegated to the back of the group.

### 6.13 START LINE CALL-UPS

Start line call-ups for top placed riders takes place at all races. At the first race of the season the call-ups are based on staging order as determined by the staging process (see chapter 15). At all subsequent races, the call-ups are based on the overall placing in that category in the current season.

### 6.14 PASSING SLOWER STUDENT-ATHLETES

When overtaking a rider on the racecourse, the passing rider should do so respectfully and must:

- Pass only when safe to do so and without rider contact;

- Call out “On your left” or “On your right” or use other similar language to indicate whether the pass will be on the other rider’s left or right side.

Passing in a manner that compromises the safety of other riders will not be tolerated.

#### ORANGE LEVEL CONSEQUENCES

### 6.15 BIKE PUSHERS MUST YIELD

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing must stay on the *least rideable* portion of the trail when being passed. Racers pushing or carrying bicycles may overtake racers riding their bicycles provided pushing racers do not impede the progress of the riding racers.

#### ORANGE LEVEL CONSEQUENCES

### 6.16 LAPPED STUDENT-ATHLETES MUST YIELD

Lapped racers must yield to racers overtaking them. Lapped racers being passed must move over as quickly, efficiently, and as safely as possible.

### 6.17 LEADER OWNS THE TRAIL BUT CANNOT BLOCK

In the event two racers are vying for position, the leading racer does not have to yield to the challenging racer. However, a racer may not bodily interfere with the intent to impede another racer’s progress. Traditional rules of racing apply: the leading racer “owns the trail.”

### 6.18 STUDENT-ATHLETES MAY BE PULLED

Lapped racers and racers outside the time limit may be pulled from the race at the finish line. At the League director’s or a race official’s discretion, a racer may be pulled from a race at any location on the course due to circumstances that make it unsafe for the racer to proceed. Racers that are pulled out of the race must not continue and will be placed according to their position at the time they are pulled.

## 6.19 TIME LIMITS MAY BE IMPOSED

Racers may be asked to withdraw at the finish line after time limits have been reached. Race officials reserve the right to determine these time limits at 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 without advance notice.

If a racer makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason, they will be considered to have been pulled at the time they crossed the finish line on the last lap completed.

Race Officials may also, when appropriate, opt to pull a racer who appears to be overheated, hypothermic, overly exhausted, or in any way injured, overstressed, or at risk of injury.

## 6.20 CUTTING THE COURSE

A. Except in the case of injury, racers are not allowed to cut the course, ride off course, or engage in any other behavior that would indicate an intention of unfair play.

### RED LEVEL CONSEQUENCES

B. Racers must not deviate from the edge of the trails (as defined either by ribbons or an obvious change in surface or foliage characteristics) by more than 3 feet.

### ORANGE LEVEL CONSEQUENCES

C. When the trail is clearly on one side of a pole, tree, or other obstacle, the racer must pass that feature on the trail side of the feature.

### ORANGE LEVEL CONSEQUENCES

D. A racer may not leave the prescribed course unless ordered or permitted to do so by public authorities or a race official. In the case of mechanical problems, racers shall walk along the course to

the finish line. In the case of medical emergencies, racers shall remain still and wait for a course marshal or medical help.

#### **6.21 OUTSIDE ASSISTANCE**

Refer to Rule 4.6 through Rule 4.9 and Rule 5.5 regarding outside assistance, repairing and switching bikes, and finishing with the bike.

#### **6.22 FIELD SIZE LIMITS**

Categories that exceed the maximum size that allows for a safe race will be split into multiple start fields. The results for these start fields will be combined to determine race results based on elapsed time from the applicable field start time to the student-athletes finish.

#### **6.23 RACECOURSE BLOCKED BY VEHICLE OR EMERGENCY**

In the event a racecourse is blocked by a vehicle or an emergency situation, all racers should stop in a single file row without changing position. Racers should remain in those positions until instructed to recommence racing.

### 7.0 LEAGUE DIVISIONS AND SUBREGIONS

#### A. *Tier 2 Divisions*

Tier 2 leagues are divided into Division I, consisting of larger teams, and Division II, consisting of smaller teams. Divisions are scored independently. If a league Division grows too large such that it can no longer reasonably accommodate all the students who wish to compete, the League may, at the League director's discretion, divide either the Division or the League itself into separate, independently scored geographical subregions.

- (1) Idaho teams are divided into Division I and Division II as follows:
  - a. Division I consists of teams (including composite teams) with sixteen (16) or more registered racing high school student-athletes.
  - b. Division II consists of teams (including composite teams) with fifteen (15) or fewer registered racing high school student-athletes.
  - c. Composite teams of thirty-five (35) or more student-athletes, excluding any middle school riders must be subdivided into separate, independently scoring teams of thirty-five (35) or fewer riders each.
  - d. Teams that grow during the race season beyond the limits of Division II will be moved into Division I. All points from Division II competition will be forfeited.
- (2) Teams that are short of the minimum required for Division I by two or fewer racing student-athletes may petition for placement in Division I. Teams that are over the minimum required for Division I by four or fewer racing student-athletes may petition for placement into Division II. To be considered, such petitions must be timely submitted no later than the 14th day prior to the

first race of the season. Untimely petitions will not be considered.

C. *Geographical Subregions*

- (1) The League may, at the League director's discretion, create separate subregions that must be established based upon specified geographical areas within the League's defined region (see Rule 6).
- (2) The League director must maintain a written description specifying the geographical area for each subregion that is made available to all League teams and riders through the league's website.
- (3) For Tier 2 leagues: the division into subregions must be made according to the following rules, prior to team and rider assignment under subparagraph (4) below:
  - a. Applicable only to Division II, so that only Division II teams and riders are to be scored separately according to subregion; or
  - b. Applicable to both Division I and II teams and riders, so that both Divisions are to be scored separately according to subregions; or
  - c. Each subregion can be run as though it were a Tier 1 league so that teams and riders are scored solely according to subregion with no regard to Division and team size.
- (4) Teams and riders are assigned to a subregion as follows:
  - a. For Single-School-Based Teams, the team is located in the subregion where the school is located;
  - b. For County-Based Homeschool Teams, the team is located in the subregion where the students, or a majority of the students primarily reside;
  - c. For Composite Teams, the team is located in the subregion where the majority of its students go to school or, if the majority of the students are



homeschooled, then where the majority of all of the students on the team primarily reside; and

- d. Independent riders are located in the subregion where they primarily reside.
- e. Teams and riders may petition to the League director for reassignment to a different subregion than the one dictated by the foregoing rules.

## 7.1 TEAM COMPOSITION

### A. *Team Types:*

- (1) **Single School-Based Teams:** Must be comprised of full-time students from the same school, public or private.

A student who is not a public-school student may participate as a member of the Idaho League team for a public school if the student fulfills the following requirements: (a) the student is entitled to dual enroll in the public school under Idaho Code Section 33-203; (b) the student is dual enrolled in the public school; (c) the student satisfies the academic eligibility or proficiency requirements of Idaho Code Section 33-203 to participate on the public school's Idaho League team.

- (2) **Composite Teams:** Composite Teams: Must be comprised of full-time students from more than one school and must include "composite" in the team name. Homeschool students may also join Composite Teams according to the location of the school they would attend if not homeschooled. A Composite Team must be approved by the League director based upon a written proposal timely submitted to the League prior to team registration for the season in which the Composite Team wishes to compete. The proposal may include relevant information the organizers wish the League director to consider, but must include the following:

- a. The proposed geographical region for its student-athletes;
  - b. The names of the schools the student-athletes attend and whether any of the student-athletes are homeschooled; and
  - c. The names of the team organizer and coach. No two or more Composite Teams may overlap in geographical region nor may they draw student-athletes from the same schools.
- (3) **County-Based Homeschool Teams:** Homeschoolers may organize teams of students (homeschoolers only) who live within the same county or other geographic proximity.

Independent Study students must petition the League with the facts and circumstances of their situation to determine on what type of team they are eligible to compete.

#### B. *Composite Team Limitations*

Composite Teams are intended to be temporary solutions when school-based teams do not serve the geographic area. In furtherance of this policy, the following limitations apply to Composite Teams:

- (1) The League director shall annually review and approve each Composite Team's eligibility. The League shall maintain approval forms on file for each Composite Team to include, at a minimum, the following:
  - a. A description of the team's geographical region;
  - b. A list of the names of all student-athletes indicating the schools they attend or whether they are homeschooled;
  - c. The name of the Composite Team; and
  - d. The signature of the team organizer and the approval signature of the League director.
- (2) Composite Teams must comply, subject to the League's local state laws, with the following scoring restrictions:

- a. Teams will compete in the division corresponding to the team size based on the number of racing high school student athletes. The same rules applying to school-based teams will apply to composite teams.
  - b. Teams are limited to a maximum of thirty-five registered riders, excluding middle school riders. However, in certain regions and rural areas, these policies may not be served and the team-size limitation may contravene policies to expand League ridership and to be inclusive to all riders. In the event the League's Rules Committee determines that NICA policies are not served and are contravened by the limitation, the League in its discretion may choose not to apply it and must also determine whether it is appropriate to score such larger teams in a separate category.
  - c. A single Composite Team may be comprised of subdivided teams according to subsection (3) below.
  - d. Each subdivided team shall be scored independently.
- (3) Composite Team subdivision rules:
- a. The League director must approve the subdivided teams that comprise a single Composite Team.
  - b. If five or more student-athletes are from the same school, they may be subdivided into a separate team and scored as representatives of that school. These same-school student-athletes may submit a joint petition, approved by each of them, to the League director for an exception to this rule.
  - c. Teams of thirty-five or more student-athletes, excluding any middle school riders must be subdivided into separate, independently scoring teams of thirty-five or fewer riders each. Upon subdivision, student-athletes shall be placed on teams based on the following:

- i. First — Student-athletes attending the same school must be on the same subdivided team; and
  - ii. Second — Student-athletes shall be placed on subdivided teams according to the proximity of their homes.
- d. Teams may not be subdivided based on the experience and ability of the student-athletes. Doing so frustrates the policies that permit Composite Teams and creates an unfair advantage by avoiding the geographical limitations that apply to other teams.

#### C. *Same-Sex School Team Associations*

A school-based team from a school whose attendance is made up of students of the same sex (“all boys” or “all girls”) may petition to be scored with a school-based team from an opposite sex school. A school-based team from a same-sex school may also petition to be scored with a group of independent riders who attend the same opposite sex school. This same-sex school association is for scoring purposes only and does not result in a composite club. The associated teams, regardless of the size or division of the component parts, shall compete in the same division they would compete in were they a single school club. The association exists on a season-by-season basis and permission must be secured from the League Director ahead of the season. Once the season begins, the association shall remain in place until the season ends.

### 7.2 TEAM RECRUITING AND MID-SEASON TRANSFERS

Team efforts to recruit riders from other teams are strongly discouraged. Such conduct is contrary to NICA policies, interferes with team integrity for each school within the League, and undermines the competitive camaraderie between teams.

A student-athlete who transfers teams must meet all requirements to compete as a member of the new team.

A student-athlete who transfers teams mid-season shall retain all points earned that season prior to the transfer to be calculated with points earned after the transfer for determining individual standings to be used for Leader Jersey determination and staging.

### **7.3 PROOF OF ATTENDANCE**

Proof of school attendance may be requested for a student-athlete at any time. This proof may be in the form of a school ID, a report card, or some other form of proof.

### **7.4 HOMESCHOOL AND COMPOSITE TEAM APPROVAL**

Homeschool and Composite teams must state and gain approval of their geographic scope. Homeschool teams are scored in the same manner as Composite teams.

Large Homeschool and Composite teams (35+ riders) may be divided into smaller teams. Composite teams are considered short-term solution for student-athletes without access to school-based teams pending the establishment of teams at their schools. Combining existing school-based teams is not allowed, however, teams can combine resources and training activities — but will be scored separately, wear separate jerseys, etc. Team and club founders must contact the League director for approval before registering.

### **7.5 INDEPENDENT RACERS**

Student-athletes who do not have a club or team at the school that they attend or a composite team within close proximity may compete individually as “independent” racers.

### **7.6 STUDENT-ATHLETES MUST JOIN SCHOOL TEAMS**

Student-athletes who are enrolled at a school that has a club or team in good standing with the League must join and compete as a member of that club or team. Such student-athletes may not compete as members of another team, nor may they compete as independent riders.

## 7.7 ONE SCHOOL, ONE TEAM

Only one team may represent a school.

## 7.8 ACTIVE TEAMS MUST REGISTER

All teams must register annually with the League. Teams must not conduct any practices without registering and obtaining insurance through the League.

## 7.9 TEAM REGISTRATION DEADLINE

The deadline for online annual Team Registration is two weeks before the opening race. A late fee applies to teams that register after the deadline.

## 7.10 TEAM REGISTRATION FEE

The deadline for teams to pay the annual team registration fee is within ten days from the registration deadline. A late fee applies if the fee is received after the ten-day deadline.

## 7.11 ALL STUDENT-ATHLETES AND COACHES, MUST REGISTER

All student-athletes, and all coaches (all levels) must register with the League. Students and coaches (all levels) who are not registered are not insured. Registration must include the following:

- The student-athletes' NICA and league registration fees must be paid.
- The student-athlete must be registered in the NICA Pit Zone and have their liability waiver signed.
- Coaches (all levels) must register in the NICA Pit Zone and have their liability waiver signed.
- Coaches (all levels) must complete their annual background check and, at a minimum, concussion and Risk Management 1 training.
- All registration is conducted online through the NICA Pit Zone.

## 7.12 OFFICIAL SCHOOL STATUS NOT NEEDED

School-based teams are not required to be officially or otherwise formally affiliated as a sports team with the school in which its members are enrolled.

Teams are responsible for obtaining permission from schools related to the team's use of school names, colors, mascots, logos, and other identifying school-related imagery or graphics.

## 7.13 MATCHING JERSEYS REQUIRED

Teams must have matching jerseys for their student-athletes and all team members must race wearing their team jerseys during races. Teams may use custom matching jerseys, but they may also choose some other appropriate jersey — such as a matching solid color shirt.

### YELLOW LEVEL CONSEQUENCES

## 7.14 INDEPENDENT JERSEYS

Independent student-athletes must choose a distinct individual jersey and race wearing the same jersey design throughout a season.

## 7.15 TEAM TRAINING LIMITS

League teams are limited to the number of weeks they can have practice. Teams are not insured for activities outside of these limits. Details and specific dates can be found in Appendix B.

- During the pre-season, teams are allowed to have up to 8 scheduled pre-season activities (bike checks, mechanical work shops, “fun rides,” or skills clinics).
- During the regular season, teams may conduct up to 4 practices per week.
- Teams may not conduct any organizational activity aimed towards competing at races during their off-season.
- Any coach working with student-athletes during their off-season that is not sanctioned/insured under another non-

scholastic organization may risk the eligibility of the coach, rider, and team to compete in NICA races.

## 7.16 NICA COACH LICENSES AND BACKGROUND CHECKS

All adults participating in team rides must have a NICA coach's license and undergone an annual background check. Adults who switch leagues will need to repeat the background check before participation in the new league.

## 7.17 TEAM DIRECTOR REQUIREMENTS (LEVEL 3 LICENSING)

All teams must have a Team Director or Head coach that complies with the "Team Director Requirements or Head Coach Requirements." *License Level Requirements are detailed in Appendix C of this rulebook.* Team registration discounts may apply for coaches with a higher license level. Teams that do not have a Team Director or Head Coach that meets the minimal requirements are ineligible and may not register or compete as a team. Team Directors and Head Coaches are encouraged to discuss their professional development plan with the League director.

## 7.18 LEVEL 3 LICENSING

Requirements for Level 3 Licensing are detailed in Appendix C of this rulebook. All adults riding with a high school team must be 18+ years old and at least have a Level 1 License.

## 7.19 LEVEL 2 LICENSING

Requirements for Level 2 Licensing are detailed in Appendix C of this rulebook. All adults riding with a high school team must be 18+ years old and at least have a Level 1 License.

## 7.20 LEVEL 1 LICENSE

All adults riding with a high school team must be 18+ years old and at least have a Level 1 License.



### 8.0 INDIVIDUAL SCORING

Student-athletes compete against other racers in the same category. Individual scoring is not divided into Divisions I and II. See categories under Rule 3.

All Races are individual races including the State Championship race. There are no series points maintained other than for staging purposes and assignment of the high school categories leader jersey.

The calculation of results for each race is based on elapsed time from each individual's assigned race starting time until the student-athlete has crossed the finish line after completing the designated number of laps for their category.

#### 8.1 OVERALL INDIVIDUAL SERIES SCORING (USED FOR STAGING AND LEADER'S JERSEY ONLY)

Idaho follows a 'round robin' process for race scheduling. Although there may be more than five league races during a season each team is limited to the five races they were assigned to during the pre-season. The races they were not assigned to become a bye week for the team. No member of any team may race during their team's bye week.

All individual scoring for season-based calculations will use 'drop one average' methodology. This methodology calculates the score for each student-athlete's season results by dropping the single lowest score before creating the average. A scheduled race that was not attended is treated as a zero in the averaging process and is eligible to be dropped from the calculation as the lowest score. A race that is a bye week is not included in the averaging calculation.

A missed race would be the lowest score dropped. In the case of a race cancellation in a five-race series, the lowest score is still dropped (best 3 of 4). If there are fewer than four races in the series, no score will be dropped.

## 8.2 POINT SYSTEM

Points are awarded to all finishers. There is a 40-point bonus for JV1 racers and a 75-point bonus for Varsity racers. Racers that do not finish a lap in a multiple lap race (DNF) will not be awarded any points for that race.

See Appendix A for the Individual Point Scale.

In the event of a successful petition to change categories or a coach led change to the roster, individual points earned in one category will transfer to the new category.

## 8.3 STATE CHAMPIONSHIP TEAM SCORING MATRIX

Team awards will only be awarded at the state championship race and will be calculated as follows:

For Division I scoring is based on the top eight point-earners, with a maximum of six of those point-earners scoring in either the boys' or girls' categories.

Division II scoring is based on the top four point-earners, with a maximum of three of those point-earners scoring in either the boys' or girls' categories.

League directors, with approval of their Rules Committee, may make modifications to these scoring rules.

The team's score is the highest score possible out the following boy-girl combinations:

### Division I Teams

BBBBBBGG  
BBBBBGGG  
BBBBGGGG  
BBBGGGGG  
BBGGGGGG

### Division II Teams

BBBG  
BBGG  
BGGG

## 8.4 AWARDS AT EACH RACE

Individual medals are awarded five places deep at each race, including the State Championships.

Team awards are only awarded at the state championship race. Any team penalties assessed at any point during the season will be applied to the team score at the state championship race.

## Chapter 9: PRE-RIDE RULES

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### 9.0 PRE-RIDE PROVIDED WHEN POSSIBLE

Student-athletes will be given the opportunity to walk the course and participate in a practice ride whenever possible.

A Pre-Ride is a regularly scheduled practice ride on the racecourse that takes place on the same weekend as the race. For practice rides on racecourses at other times, the Pre-Ride Rules do not apply.

### 9.1 RACERS AND COACHES ONLY ON THE COURSE

Only registered student-athletes and their team coaches may ride the racecourse at designated pre-ride times as defined in the race flyer.

Outside of the designated pre-ride times, the racecourse is closed to all non-racers unless otherwise communicated by race officials.

Team penalties may be applied for noncompliance.

### 9.2 NUMBER PLATES ARE MANDATORY

Once number plates are distributed, students must have them properly affixed to their bicycles at all times they are on the course during pre-rides and races.

### 9.3 PRE-RIDE DURING DESIGNATED TIMES ONLY

Pre-rides on race day must be confined to the time designated by the League. Pre-rides that are conducted prior to race day must comply with the rules and regulations regarding trail use, at the race venue. Student-athletes who are caught in the act of pre-riding outside of the designated time will be penalized. Students must begin their pre-ride of the course at least 30-minutes prior to the first race-start of the day. After the 30-minute cutoff, no more pre-riding is allowed that day.

**ORANGE LEVEL CONSEQUENCES**

## 9.4 DO NOT MODIFY THE COURSE

Intentionally adding obstacles or removing obstacles deemed by Officials to be part of the racecourse is prohibited. Report hazards to a Course Marshal or other race official.

ORANGE LEVEL CONSEQUENCES

## 9.5 DO NOT RIDE THE COURSE BACKWARDS

Pre-riders must ride in the designated direction of the race during the pre-ride — no backtracking is allowed. If student-athletes must backtrack, they must walk with their bikes.

ORANGE LEVEL CONSEQUENCES

## 9.6 PRE-RIDE WITH A COACH & PERSONAL IDENTIFICATION

Student-athletes must pre-ride with at least one other rider and with a coach whenever possible. There is no guarantee that a course will be fully marked or that course signage will be fully set up for the pre-ride. Students understand that courses may not be fully marked and that if they pre-ride the course, they do so at their own risk.

### 10.0 DESIGNATED PIT ZONE AREAS

Teams are assigned predetermined areas in the race pit zone. Division I pit areas are larger than Division II pit areas to accommodate the larger teams. Large teams (30+) may request extra space ahead of time. All team equipment, including cars and trailers, must be set up within the assigned areas. Teams may not erect tents, tables, bike stands, or mechanical stations outside of their areas in the pit zone.

Any state or land rules regarding BBQ grills and Stoves must be followed throughout the venue.

No open fires, stoves, grills of BBQs are allowed in the pit zone. When possible, a designated "Cooking Zone" will be established near the pit zone where stoves, grills and BBQs may be used.

Penalties will be applied for teams cooking inside the pit zone.

### 10.1 BIKE PARKING

Coaches and student-athletes must park their bikes out of the through ways to avoid obstructing cars, pedestrians, and other riders.

### 10.2 AUTOS IN THE PIT ZONE

To minimize congestion, the League reserves all rights to manage the flow of automobile traffic in and out of the pit zone. Parents, coaches, and student-athletes are encouraged to limit driving into the pit zone by pooling their efforts and cooperating with other parents, coaches, and student-athletes to transfer equipment.

Accommodations will be made for large and heavy items, though teams are encouraged to have their pit areas set up one hour before the start of the first race.

Gas powered generators (built in or external) are not permitted in the pit zone.

### 10.3 FEED ZONE REQUIRED

A designated feed zone must be present and easily accessible at races. The feed zone shall have a well-marked start and end.

### 10.4 FEEDERS MUST USE THE ZONE

Coaches, parents, or other volunteers may only hand riders food and drinks in the feed zone. Riders will be penalized for accepting food or drink outside of the feed zone boundaries.

#### YELLOW LEVEL CONSEQUENCES

### 10.5 NO INTERFERENCE WITH OTHER STUDENT-ATHLETES

Feeding one student-athlete must not cause other riders to slow down or veer off course.

### 10.6 FOOD AND DRINK ONLY

Student-athletes may not accept items (such as tools, gear, or parts) within the feed zone boundaries during races, or the outside assistance penalty will apply (Rule 4.6).

### 10.7 CLOTHING EXCEPTION

In the event of cold or inclement weather, clothing may be handed to racers in the feed zone only. Clothing may not be handed over anywhere else on the racecourse.

### 10.8 NO PHYSICAL CONTACT

All hand-offs must be conducted hand-to-hand only — from the hand of the feeder to the hand of the rider. No other physical contact between riders and feeders is allowed. Such other contact will be considered outside assistance (Rule 4.6) and a penalty will apply.

It is not permitted for a feeder to place water bottles onto the bike or hydration packs onto riders nor may items be put into the rider's mouth or the pockets on the rider's jersey.

## 10.9 NO RUNNING IN THE FEED ZONE

Running in the feed zone is not permitted under any circumstances. Running increases the risk of collisions and interference with riders and other feeders.

## 10.10 FEED ON RIGHT HAND SIDE

Feeding racers traditionally happens on the right side of the course. This allows those student-athletes not wanting a stop to pass through the feed zone unimpeded. After feeding a rider, the feeder must move clear of the feeding zone to allow plenty of room for other feeders.

## 10.11 VISIBLE TEAM IDENTITY IN THE FEED ZONE

Feeders must wear a shirt, jacket, hat, vest, jersey, or adhesive nametag that identifies the team of the riders they are feeding.

## 10.12 LIMITED FEEDERS PER TEAM

Each team is allowed a limited number of feeders in the feed zone as indicated below. The number is based on the number of racers that are competing in the current wave.

# Racers	# Feeders
5 or less	2
6-10	3
11-20	4
21 or more	5

## 10.13 NEUTRAL FEED ZONE

If conditions such as high temperatures exist, a neutral feed zone may be provided near the halfway point of the course. The neutral feed zone will be for all student-athletes and handouts will be provided by designated race staff and/or volunteers only.

## 10.14 FEED ZONE IS CAFFEINE FREE

As caffeine is a banned substance (Rule 2.19), feeders must not hand off any caffeinated products to riders. Riders will be penalized for



accepting caffeinated products. Race officials may request to inspect feed zone supplies at any time.

#### **10.15 NO THROWING WATER ON RIDERS IN FEED ZONE**

Throwing water on riders in the feed zone or the area immediately preceding the feed zone is not permitted.

## Chapter 11: RACE OFFICIALS

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### 11.0 APPROVED NICA OFFICIALS

The duties of the chief officials shall be performed by NICA-approved officials.

### 11.1 IMPARTIALITY

All officials shall endeavor to uphold and enforce the NICA Rules and Guidelines and shall do so in an impartial manner.

### 11.2 RACE OFFICIAL POSITIONS

The general conduct, safety, scoring and enforcement of rules is managed at races by the following officials:

- Chief Referee
- Start/Finish Line Official
- Chief Scoring Official
- Number Plate Spotters
- Number Plate Recorder
- Chief Course Marshal
- Course Marshals
- Course Sweeper
- Rules and Appeals Committee Members

### 11.3 OFFICIALS UNIFORMS

Race Officials must wear provided uniforms.

### 11.4 CHIEF REFEREE

Chief Referees supervise the general conduct of each race and ensure that the event is run under the NICA Rules and Guidelines. Chief Referees have the authority to interpret and enforce these rules and the discretion to make rulings on any point that is not specifically covered herein. A decision by the Chief Referee can be appealed to the League's Rule Committee.

## 11.5 ADDITIONAL POWERS OF CHIEF REFEREE

Chief Referees may neutralize, shorten, suspend, or cancel any race if dangerous conditions exist, or hazardous weather arises.

Chief Referees have the authority to penalize or recommend suspension of any student-athlete, parent, coach, co-coach, or volunteer who refuses to follow instructions of officials or who commits other offenses. The Chief Referee shall consider the observations of course marshals, considering their vantage points relative to the incident and experience levels.

## 11.6 DUTIES AND POWERS OF OTHER OFFICIALS

Chief Referees may assign duties and delegate authority to the other officials for each event.

## 11.7 START/FINISH LINE REFEREE

Start/Finish Line referees are responsible for managing the start and finish of each race. Start line duties include setting up and managing start waves, drawing start lines, keeping track of time, ensuring proper seeding, and assisting or managing pre-race announcements. Finish line duties include assisting the scoring crews by resolving close finish disputes, creating an independent backup document of finish order, sampling lap times, estimating the time of last finisher, managing finish shoots, and enforcing cutoff times.

Penalties, cutoff times, and last finisher time estimates must be communicated to the Chief Referee. In the event of close finishes, Spotters shall focus on the numbers whereas the Start/Finish Line Referee shall focus on the order of finish as determined by the front wheels. All penalties assessed shall be reported to the Chief Referee.

## 11.8 CHIEF SCORING OFFICIAL

Chief Scoring Officials supervise the scoring crew comprised of Number Plate Spotters and Number Plate Recorders. Chief Scoring Officials are responsible for running the scoring program, investigating and troubleshooting discrepancies, posting preliminary results, fielding protests regarding preliminary results and scoring, and providing final results for the award ceremony. They also have

the authority to interpret and enforce the rules pertaining to scoring. All penalties assessed shall be reported to the Chief Referee.

### 11.9 NUMBER PLATE SPOTTER

Number Plate Spotters report, in a loud clear voice, race plate numbers in order as they cross the line. Only one Number Plate Spotter will call numbers at a time. They shall rotate every hour to ensure quality reporting. In the event of close finishes, Spotters shall focus on the numbers whereas the Start/Finish Line Referee shall focus on the order of finish as determined by the front wheels.

### 11.10 NUMBER PLATE RECORDER

Number Plate Recorders enter the numbers called out by the Number Plate Spotter. Number Plate Recorders shall rotate every two hours to ensure quality reporting.

### 11.11 CHIEF COURSE MARSHAL

Chief Course Marshals manage the operations of Course Marshals, which includes providing radios, vests, maps, whistles and flags, conducting Course Marshal meetings, assigning locations, and taking reports. Chief Course Marshals have the authority to interpret and enforce these rules pertaining to infractions that occur on the racecourse. All penalties assessed shall be reported to the Chief Referee.

### 11.12 COURSE MARSHALS

Course Marshals are deputized race officials whose duties are primarily to increase safety on the course and increase communications, and secondarily to report incidents of student-athletes breaking these rules.

Course Marshals must:

- Carry a radio, a notepad and pen, and a course map;
- Wear a designated Course Marshal Vest;

- Carry a flag and whistle; the flag can be used to direct or slow down student-athletes; the whistle can be used to warn students who are riding in the wrong direction; and
- Report incidents by radio to the Chief Course Marshal at the time of the infraction. Course marshals must also report all incidents in writing when they return from duty.

### 11.13 COURSE SWEEPER

Course Sweepers communicate with the Chief Course Marshal and the Start/Finish Line Referee. The Sweeper's responsibilities are to be aware of and ride behind the last rider on the racecourse at a distance, and report to the Chief Course Marshal and Start/Finish Line Referee the last rider's location, when the last rider finishes, and when the race course is clear. The Chief Course Marshal may also deputize the Sweeper to relieve Course Marshals from duty, carry first aid, or act as a rolling Course Marshal.

### 11.14 LEAGUE RULES COMMITTEE

The League Rules Committee (LRC) is responsible for the interpretation of the rulebook and the resolution of any disputes regarding the application and enforcement of the rules. Student-athletes may appeal any rule decision or penalty assessed by an official to the LRC.

A decision by the LRC may be appealed to the NICA Rules Committee (NRC). Such appeals to the NRC are submitted either by the League Director or the chairperson of the LRC.

The League must form its own LRC. Pending the formation of the LRC, the League Director assumes all LRC responsibilities under these rules. LRC members are selected by the League's board of directors or, if a board is not yet formed, by the League Director. The LRC shall designate a member to participate as a member of the NRC.

### 11.15 PETITION FORMS & INCIDENT REPORTS

Petition forms are to be presented to the Chief Referee to raise rule violations and scoring issues. After each race and before the final

results are posted, the Chief Referee must rule on and then submit all petition forms to the League Director.

#### 11.16 ON-SITE PROTESTS

The Chief Referee will handle any protests arising at the event. The Chief Referee may call a meeting of all available LRC members at an event to rule on any protests. If no members are available, the Chief Referee may defer a protest ruling until after the event and such a meeting under Rule 12.2 can be convened. Such a deferred meeting must occur within five days after the race. If a meeting cannot be convened within five days, the Chief Referee shall act in its place to render a timely decision.

### 12.0 PRELIMINARY AND OFFICIAL RESULTS (MANDATORY)

*Preliminary results.* Preliminary race results and penalty assessments are posted at the race venue, at the results tent, as soon as possible after each event. An announcement will be made over the PA system when results are posted for each race and indicate that the designated protest period has begun and ended.

*Protest period deadline on race day.* Protests to the preliminary results and opposition to penalties must be submitted, using the forms provided, to a race official at the scoring tent within 15 minutes of the posting time.

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

*Deferred rulings.* At the discretion of the League Director or Chief Referee, the decision and ruling on a protest or opposition to a penalty may be deferred until after race day (Rule 11.16). If such a deferred decision affects the podium results for an event, medals may be awarded at a later date following resolution of the dispute.

### 12.1 EXTENDED PROTEST PERIOD (DISCRETIONARY)

*Results posted online.* At the League Director's discretion, an extended protest period may be permitted after the results are posted online on the League's website, during which student-athletes may protest the results or oppose the assessment of penalties.

*Extended protest period announcement.* Such an extended protest period must be announced along with the official results on race day or must be announced simultaneously with the posting of the official results on the League's website. The online posting date of the

results and the protest submission deadline shall be indicated on the website.

*Extended protest period deadline.* In the event the announcement does not indicate the deadline by which protests are to be submitted, they must be submitted by no later than 5:00 pm on the second day after the results are posted on the website. Protests must be submitted to the League director, Chief Referee, or other League official designated by the League director to receive such protests.

## 12.2 PROTEST DECISIONS AFTER RACE DAY

*League officials.* Protests made on race day but deferred for later decision and protests submitted during an extended protest period shall be heard by the League Director, or Chief Referee, or members of the League Rules Committee, or any one or combination thereof.

*Additional information.* League officials shall provide their best efforts to make reasonable inquiries and provide a timely decision and ruling. Student-athletes and coaches who are involved on either side of the dispute may submit statements within the applicable protest period under Rule 12 or Rule 12.1. Submitting such statements after the protest period is permissible only if done at the request of League officials.

*Hearing and vote.* In the event the protest or opposition is deemed significant by a League official, the student-athlete or coach shall be notified and three or more League officials shall be designated to rule on the matter by majority vote. The designated officials may, by majority vote, choose to conduct a telephonic hearing to occur within two weeks of the incident. League officials shall provide notice of the date and the specific procedures relative to the hearing to the affected student-athletes and other individuals, as they deem appropriate.

## 12.3 JUDGMENT CALLS

League officials must decide and rule upon protests despite often having little direct, firsthand information available regarding the underlying incident. This is inherent to the sport of mountain biking



due to the fact that most of the racing takes place on the racecourse out of the sight of race officials. Nevertheless, every effort is made to reach the fairest and most informed decisions possible under the circumstances for each and every protest that is submitted.

Student-athletes and their families and coaches are expected to understand these limitations and the challenges inherent to resolving disputes of this nature, and the difficult decisions League officials are required to make. It is further expected of students, family members, and coaches that they be willing to accept what they may consider to be an unfair result. Unfair results are part of every sport no matter the efforts to avoid them and accepting them when they go the other way is considered a sign of good sportsmanship and a strong character trait.

Accordingly, threatening or bullying officials, other riders, spectators, or anyone involved with the League or an event regarding protests may result in restrictions imposed on a student-athlete's participation in the League.

## Chapter 13: COACHES CODE OF CONDUCT

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### 13.0 COACHES' HELMETS

All coaches and team assistants must comply with all helmet rules at all team practices, team events, and League races. In the event a coach is seen riding without a helmet, a 25-point penalty will be applied to his or her team's score.

### 13.1 DUTY OF CARE

Coaches have a duty of care to their student-athletes at every event. This duty of care begins at the time designated by the team for the students to arrive and it ends at the conclusion of the event. The Head Coach, or someone acting as interim head coach, must remain at the venue until the last student-athlete from his or her team has departed, except in the case that any remaining student is in the care of a parent or legal guardian.

### 13.2 RACE ATTENDANCE

A Head Coach must attend each race. If the Head Coach cannot attend a race, an interim Head Coach shall be appointed, and the League Director must be notified as to who is serving as interim Head Coach.

### 13.3 POSITIVE SPORTING BEHAVIOR; LEAGUE DIRECTOR COMPLETE DISCRETION

League officials have complete and total discretion for the implementation/enforcement of the rules, enforcement of the Coaches Code of Conduct and enforcement of the Parent's Code of Conduct. It is required that all coaches will demonstrate respect for and deference to the person and the decisions of the League officials as it relates to sporting behavior of student-athletes, parents, other coaches, and other League officials.

Failure to do so may result in restrictions imposed on a coach's or a student's participation in the League.

Coaches will also display mature and positive behavior during every event and in all interactions at all times with student-athletes,

parents, other coaches, and League officials. Coaches must serve as role models to student-athletes, thereby demonstrating fair and calm response in the event of protests, complaints, conflicts, or emergencies. Coaches are expected to be focused not just on winning, but on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

## Chapter 14: PARENT CODE OF CONDUCT

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### 14.0 PARENTS' HELMETS

Parents shall comply with all helmet rules at all races. Parents riding bicycles without helmets will receive two warnings. After a third infraction, the parent's student-athlete will be penalized 25 points at the race where the infraction occurred. Parents must wear helmets for the following reasons:

- To set an example for the student-athletes;
- As a part of risk management due to limited emergency resources on site;
- It is often difficult for race officials to visually differentiate between parents and coaches; and
- NICA is concerned about the safety of all our participants and spectators.

### 14.1 HANDLING PROTESTS

Parents must handle protests, complaints, and/or conflicts with a positive and respectful attitude (see Rule 12.3). Parents should keep in mind that League officials have complete and total discretion for the implementation of these rules. It is required that parents will demonstrate respect for and deference to the person of and the decisions of the League officials and failure to do so may result in restrictions imposed on a student's participation in the League.

### 14.2 PARENTS RIDING AND PROVIDING SUPPORT ON THE COURSE

For purposes of safety and fairness to the participants, the following rules must be observed by all parents, coaches and all other persons in attendance, other than racers during their race:

- No riding on the course.
- No running or riding alongside the course or alongside a student while they are racing.

- No providing food, water, or support outside of the feed zones.

A violation of this rule will result in an orange level penalty against the team that the League Director determines to be the intended beneficiary of such action.

#### ORANGE LEVEL CONSEQUENCES

**First Offense:** 25-point penalty deducted from team score on race day

**Second offense:** 50-point penalty deducted from team score on race day

**Third offense:** 100-point penalty deducted from team score on race day

### 14.3 POSITIVE SPORTING BEHAVIOR

It is expected that all parents will conduct themselves with a mature and positive sporting attitude during every event.

What parents can do to encourage positive sporting behavior:

- Keep your comments positive. Don't bad-mouth coaches, student-athletes, or officials. If you have a concern you need to express, discuss it privately with your child's coach or a League official.
- Commend good effort and performance, no matter whom it comes from. This is especially true when it concerns student-athletes from a "rival" team.
- Remember that you are the parent. Shout encouragement, not directions, from the sidelines.
- Be courteous towards other parents, coaches, and student-athletes from other teams. Understand that your behavior sets an example not just for your family, but for everyone else at the event.
- Look for examples of good sporting behavior in professional student-athletes and point them out to your child. Talk about the bad examples too and explain why they upset you.

- Emphasize values like teamwork, responsibility, and discipline. Winning comes and goes, but these values persist and are foundational to the physical and educational benefits of youth sport.

### 15.1 ROUND ROBIN

To manage the number of participants attending each race, the league will be hosting six races during the season, however each team will be assigned to five of these races with one bye week race. All teams will attend the first race and the state championship race. The other three races will be selected from four possible venues and dates.

Selection of the assigned races will be made during the pre-season with each team being allowed to provide input for their team's priority for each race.

Each team will be able to select one home race for which they will be guaranteed attendance. The home race does not need to be the race closest to the team's practice location.

Based on a random draw, each team's priority will be applied against the capacity of each venue to determine the final schedule for each team. The first pass for selection will be from highest draw to lowest. For the second pass the order will be reversed.

For capacity purposes each team's size will be assumed to be the team's average race attendance from the prior season for both high school and middle school student athletes. New teams, that were not just a renaming or reorganization from the prior season, will be assumed to consist of 10 racing student-athletes. Deviations from the size determination can be made based on approval from the league director.

Independent Racers and Teams that were registered after the venue assignment process is complete will be scheduled based on the league director's discretion.

No student-athlete may race during their team's scheduled bye week. A student-athlete who switches teams' mid-season that

would be otherwise scheduled to race in all races will drop the bye week race of the new team.

## 15.2 REGISTRATION

All student-athletes must be registered for each race prior to the deadline for that race. This is generally the Monday prior to the race. Registration must be completed online in the Pit Zone. There is no onsite race registration at the events.

## 15.3 PETITIONS

Petitions for category changes or rule exceptions must be submitted the Friday, one week prior. All petitions must be submitted using the online petition application which can be located at: <http://www.idahomtb.org/e-coaching/coach-resources/>.

The petition can only be submitted by the student-athletes head coach or team director. Petitions submitted by anyone else will not be considered.

## 15.4 SCORING CALCULATIONS

All individual scoring for season-based calculations (staging and high school category leader jersey) will use 'drop one average' methodology. This methodology calculates the score for each student-athlete's season results by dropping the single lowest score before creating the average. A scheduled race that was not attended is treated as a zero in the averaging process and is eligible to be dropped from the calculation as the lowest score. A race that is a bye week is not included in the averaging calculation.

There is no season-based team scoring



## 15.5 MIDDLE SCHOOL RACING

Middle school participation focuses on fun while developing skills, fitness and trail etiquette as the primary goals. Competition is a secondary goal.

All NICA rules, as published in the current rulebook apply to the middle school races unless they are specifically addressed here.

- Middle School student-athletes are not eligible to upgrade to High School categories
- Middle School student-athletes will not earn points toward High School team totals.
- Middle School races are not a series. They are a set of individual races. The results from one race do not carry over to subsequent races except for the purpose of staging.

Middle school categories that exceed or are expected to exceed 50 participants will be divided at the beginning of the season into A and B (and C if necessary) sub-categories.

The initial placement of individual student-athletes into the A or B category group will be based on the results of a prologue which is held at the time of the first race as described below.

The fastest finishers in the prologue will be placed into the A category for subsequent races with the remainder being placed into the B or C categories. The league will consider expected growth and other circumstances when determining the exact division with the intent of balancing the field size.

Student-athletes who are unable to participate in the prologue will be assigned to the lowest category unless a petition has been submitted and approved.

Middle school student-athletes participating in grades that have been split into sub-categories will be allowed to petition for a category change (subject to the same rules and deadlines as high school students) from 'A' to 'B' or 'B' to 'A' only after the prologue and participating in at least one NICA race. A downgrade request will be considered only based on extenuating circumstances.

All petitions must be submitted by the Team Director to the League Director. A committee will review all petitions and either grant or deny the request based on the information provided.

### Middle School Prologue Time-Trial

A prologue time trial will be held during the first race of the season

Prologue starts are individual starts with an approximate interval of 5-10 seconds between each rider.

### Middle School Race Staging

Staging and start order for the prologue:

1. Student Athletes meeting the preregistration deadlines will be staged and started using random selection within each grade and gender categories
2. Any rider that misses their placement into the staging group/order will be placed at the end of the line for their category.

At race two middle school student-athletes will be staged within each category based on the following order:

1. Preregistered Student Athletes based on results in descending order from the Prologue.
2. Preregistered Student Athletes who did not race in the prologue based on random selection.

Staging for race three through six will be based on the cumulative results using the 'drop one average' points methodology.

Student Athletes will be staged within each category based on the following order:

1. Preregistered Student Athletes based in descending order from the current season results.
2. Preregistered Student Athletes who do not have current season results based on random order

## Middle School Awards and Podiums

For the first race prologue, podium depth will be five deep within each grade/gender category. Awards will be based on the fastest lap times as recorded by the league's timing system. If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.

For races two through five awards are based on that race only. In other words, there is no consideration of cumulative results when determining the middle school podium.

Any category that has been split into 'A' and 'B' sub-categories groups will have separate podiums. Podium depth will be five deep. Awards will be based on the fastest results as recorded by the league's timing system. If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.

## Automatic Upgrade

Any student-athlete who finishes on the "B" podium and has a lap time that is faster than the average lap time of the "A" category will be automatically upgraded for subsequent races.

## 15.6 HIGH SCHOOL RACING

High School racing adds to the middle school experience by including team competition at the state championship race as well as individual cumulative leader jersey recognition.

## Start Groups

Any high school category that exceeds or is expected to exceed 75 student-athletes based on that race's pit zone registration will be split into equal start groups (start A, start B, etc.) of equal to or less than 75 student athletes. These start groups will be out on the course simultaneously separated by a start time of approximately 3 minutes. Finish order for the category will be determined in descending order by each student athlete's elapsed time on the course.

Example: Eddie is assigned to Start Group A which starts at 10:00am. Jeff is assigned to Start Group B which starts at 10:03am. If Eddie finishes at 11:00am he will have an elapsed time of 60mins. If Jeff finishes at 11:01am he will have an elapsed time of 58mins and will have a higher finish result than Eddie.

Race officials reserve the right to split any category into separate start groups even if there are fewer than 75 registered student-athletes to provide a safe and fair result.

As race registration varies from race-to-race, the start group composition will be determined on an individual race basis. The same staging rules will apply to all start groups. There are no call ups for start group B, C, etc.

Example: A race has 85 registered student athletes. Two start groups would be formed with start group A consisting of the top 43 student athletes and group B consisting of the next 42 student athletes. If the subsequent race has 77 registered student athletes there will still be two start groups but start group A will consist of the top 39 student athletes. If the following race has 74 registered student athletes there may only be one start group consisting of all 74 student athletes.

### First Race Staging

A staging list will be published on the Thursday prior to the race. Staging for high school categories at the first race will be based on the following:

1. Each scoring team may submit a list of ranked riders per category. Riders from all teams within each category will then be grouped together and each ranking group will then be randomized and staged first by group and then by random assignment within each group. Independent riders are not eligible for this process. Submissions must be made

- by the pre-registration deadline and must be made from pre-registered student-athletes.
2. All other pre-registered student-athletes will be staged by random assignment at the back of the start group.

### Race Two through Six Staging

Staging for race two through six will be based on the cumulative results of all previous races using a 'drop one average' points methodology.

Student-Athletes who have changed categories during the current season are allowed to use points earned in any previous category for staging.

Any student-athlete missing their staging announcement will be staged as soon as possible after notifying the race official. They will be staged into the position that is currently being called. Under no circumstances will they be moved forward of the currently called position. If a student-athlete missed their entire group staging, they will be staged after all groups within the category have been staged.

## Chapter 16: CONTACT INFORMATION

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## Appendix A — Individual Point Scale

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PLACE	FRESHMAN & JV2 & MIDDLE SCHOOL C	JV1 & MIDDLE SCHOOL B	VARSITY & MIDDLE SCHOOL A
1	500	540	575
2	490	530	565
3	481	521	556
4	472	512	547
5	464	504	539
6	456	496	531
7	448	488	523
8	441	481	516
9	434	474	509
10	427	467	502
11	420	460	495
12	414	454	489
13	408	448	483
14	402	442	477
15	396	436	471
16	390	430	465
17	385	425	460
18	380	420	455
19	375	415	450
20	370	410	445
21	365	405	440
22	360	400	435
23	356	396	431
24	352	392	427
25	348	388	423
26	344	384	419
27	340	380	415
28	336	376	411
PLACE	FROSH-SOPH & MIDDLE SCHOOL	JV	VARSITY

## Appendix A — Individual Point Scale

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29	332	372	407
30	329	369	404
31	326	366	401
32	323	363	398
33	320	360	395
34	317	357	392
35	314	354	389
36	311	351	386
37	308	348	383
38	306	346	381
39	304	344	379
40	302	342	377
41	300	340	375
42	298	338	373
43	296	336	371
44	294	334	369
45	292	332	367
46	290	330	365
47	289	329	364
48	288	328	363
49	287	327	362
50	286	326	361
51	285	325	360
52	284	324	359
53	283	323	358
54	282	322	357
55	281	321	356
56	280	320	355

## TEAM TRAINING LIMITS

NICA has strict training limits for NICA League Teams and NICA Indie Clubs. These limits protect student-athletes and create a supportive environment, as well as reduce exposure to physical risk and burnout. While NICA is 100% committed to supporting its students and coaches who suffer injuries, insurance coverage applies only to the allowable activities described below.

League teams and clubs are limited to the number of weeks during which they can participate in, and conduct the allowable activities described below. Insurance coverage is not provided for any activities outside of these time limits.

Each year is divided into a pre-season, a regular season, and an off-season. Unless otherwise specified for a particular league, Fall Leagues are leagues with races in the fall, and Spring Leagues have races in the spring.

### PRESEASON

- **Start Date.** Teams and clubs can commence limited preseason team activities on April 1.
- **Allowable Activities.** The team, club, and coaches must be registered with NICA to participate in, and conduct activities. Only the following pre-season activities are permitted and must be pre-approved by the league director (approval form attached below):
  1. Bike checks, equipment inspections, and bike fit;
  2. Mechanical workshops;
  3. All-inclusive fun rides; and
  4. Skills clinics
- **Activities Limit.** The maximum number of pre-season activities is 8.
- Approval form is found under coach resources at [www.idahomtb.org](http://www.idahomtb.org)

### REGULAR SEASON

- **Start Date.** Regular training, to include up to four practices per week, may commence on July 1.

- **Racing Limits.** Teams and clubs may participate in races only during the regular season.
- **End of Season.** No team or club rides, or any other training activities, may take place following the 14th consecutive day after the final League race of the season. Special post-season activities and rides after this two-week period may be approved and allowed by the league director.

### OFF-SEASON

The off-season is defined as periods not within the applicable pre-season and regular season periods. Organized team rides and races are strictly prohibited during the off-season. The following activities during the off-season will jeopardize a team or club's eligibility:

1. A league team racing under the school name;
2. Using the school jersey at races as a team;
3. Having practices that meet on school grounds;
4. Having regular meetings at school that organize activity for off-season training and racing;
5. Using any league team property without a letter of permission from school administration; and
6. Using the same league team website as an outlet for organizing off-season practices or racing.

NICA respects off-season non-league related racing activities. However, all off-season coaching activity must be done under a separately organized, insured, and named team. Teams found to be racing as a high school team during the off-season will be ineligible to compete in League races the following season.

## TEAM DIRECTOR REQUIREMENTS

To be eligible, all *NICA Teams* (that are members of a NICA league) must have a Team Director who satisfies the requirements in the schedule below. NICA takes risk management very seriously and our Team Director license requirements also reflect our commitment to supporting student-athletes. A NICA League is a community where the action of one team may affect the entire league. It is essential that all Team Directors progress along a path to learning the best practices of coaching youth, managing rides, and building a sustainable program. The minimal license requirement increases over the team's first four years and there are discount incentives for surpassing those minimums. We strongly urge all Team Directors to obtain a Level 3 License by their team's second season. Grace periods and other exception may be applied based on your league director's discretion. The requirements for each license level are detailed at the NICA website.

	Minimum Requirement	Requirement for Discount
First-Year Team	Level 1 License is required for the team to register as a NICA team	Level 2 License or above qualifies for team registration discount
Second-Year Team	Level 2 License is required for the team to register as a NICA team	Level 3 License or above qualifies for team registration discount
Third-Year Team	Level 3 License is required for the team to register as a NICA team	Discount applies to third year team and beyond if Team Director maintains Level 3 License