

B.A.A. PLAYING REGULATIONS CROSS COUNTRY MOUNTAIN BIKING (COED)

Purpose :

The intent of this league is to promote , in a safe and educational manner , the life - long sport of cross - country mountainbike racing as a viable co - curricular activity for students of the Bluewater Athletic Association .

Location / Scheduling

The site(s) and schedule for the B.A.A. competition will be arranged by the convenor .

Eligibility / Entry :

a) Students must meet the criteria of the eligibility rules as set out in the current B.A.A. By-Laws.

b) Eligibility as to age classifications for midget , junior , and senior will conform with the B.A.A. Constitution and By-Laws .

c) Each member school may enter participants in any or every age classification . A school may enter as many racers as it wishes

***A competitor may choose to race in a category up from his / her age category , but must race in that same category in all league races .

e) Eligibility forms for competitors from each school must be submitted according to existing B.A.A. regulations .

Rules of Competition :

I) EQUIPMENT :

a) Each competitor shall ensure that his / her equipment [bicycle with accessories and other devices fitted , headgear , and apparel] does not , by virtue of its quality , design materials , or condition , constitute a danger to him/herself or to others .

b) All bicycles used in competition must be powered by human power alone .

c) It is forbidden to use metal screws or spikes in the tires of the bicycle .

d) Bikes must use a front and back wheel that is no larger than 29 inches [73.66 cm] in diameter.

e) The bicycle must have two brakes in good working order .

f) The bicycle's handlebars may be straight , low rise , or drop handles and the bar ends and stem must be plastic or rubber plugged .

g) The competitor's bicycle may be checked by the race officials or league convenor at any time before or during a race .

h) In the event that the official deems the bicycle to be unsafe , the official must inform the competitor that he / she is forbidden to start or continue to race with the bicycle in question .

II) THE COURSE :

a) The course must be 100 % rideable regardless of the terrain and weather conditions . Brief and unavoidable dismounts may be approved by the coaches in charge of course construction .

b) Course should be constructed to provide the following optimum winning times :

1. Midget - 30 to 45 minutes
2. Junior - 45 to 60 minutes
3. Senior - 60 to 75 minutes

c) Unnatural obstacles such as logs and wooden planks may not be added to courses unless they are used to go over a normally unrideable or very difficult obstacle .

d) Extended single track sections must also have periodic passing sections .

e) Ideally , courses should have a wide double track for the first kilometer .

f) Courses must be clearly marked to indicate the route to be followed showing changes of course , intersections , all potentially dangerous situations , and to conform to the racer that he / she is following the correct course .

g) Caution tape may be used to clearly indicate potential course route uncertainties or potential hazards to the side of the course .

III) SECURITY :

a) At least two coaches or officials attending the race must be First Aid and CPR certified .

b) When available , radios will be used by race officials in remote areas of the race course .

c) All First Aid and CPR certified personnel must be positioned so that they may react within a reasonable time frame to an incident .

d) An accident report must be completed within twenty- four [24] hours by the coach(es) of any student(s) involved in an accident requiring First Aid treatment or further emergency medical assistance .

e) At least two [2] phones must be made available at the race site in the event of an emergency .

f) Riders must be wearing a secured helmet while cycling at the race site .

g) Teachers / coaches or parents may act as marshals at the discretion of the race organizers .

IV) COMPETITION PROCEDURES :

a) Coaches are responsible for checking the course to ensure that it is adequately marked as and safe prior to the commencement of pre - riding .

b) Coaches are responsible for ensuring that racers are appropriately listed in the race categories prior to the start of racing .

c) Any last minute changes to the course must be made known to the riders at the start line before the start of their race .

d) Riders must be made aware of start times and staging procedures at least fifteen [15] minutes prior to the start of each race .

e) The Start and Finish lines must be made clear to all riders prior to each race.

f) For mass starts , start announcements should be made at two minutes , one minute , thirty seconds , then fifteen seconds before the start .

g) Riders must complete the entire distance of the race .

h) The racer is responsible for following the official course and completing the correct number of laps .

i) A rider is not permitted to take any shortcuts or omit parts of the course to gain an advantage over other competitors .

j) If a rider exits the course at any point , he / she must return to the course at the same point .

k) Racers should not seek or receive any technical assistance along the course .

- l) A rider must not use offensive or abusive language , act in an unsportsmanlike manner , be disrespectful to officials or other coaches or ignore the rules .
- m) A rider must permit any faster rider to overtake at the earliest safe point without obstructing .
- n) At the start line , racers must be reminded by the start officials of the proper procedures for overtaking other riders on the course .
- o) Riders must respect the race site and avoid polluting the area with waste or litter .
- p) No glass containers of any kind are permitted on or near the race course .

V) PENALTIES :

- a) Any maneuver or obstruction by a competitor that intentionally results in disadvantaging another , will result in a disqualification .
- b) Any conduct during a race event that contravenes the Bluewater District School Code of Conduct may result in a suspension from further competition and is subject to the discretion of the league convenor , athletic eligibility committee and school administration .

VENUES / SCHEDULING :

- a) Races shall take place within the boundaries of the Bluewater District School Board .
- b) Races shall begin no earlier than 2:00 p.m. and no later than 3:30 p.m.
- c) A toilet must be available at the race site for the use of the competitors .
- d) Permission from the owner(s) or administrator(s) of the race site must be obtained in writing prior to the commencement of the race .
- e) Races shall be scheduled no earlier than the third week of April and no later than the second week of June .
- f) The cost of race site facilities or trail fees shall be covered by a per racer fee .

SCORING :

- a) One point shall be awarded to every racer completing the course .
- b) Points in each category in each race shall be awarded to the racers with the five [5] lowest times in the following order :
1st - 10 points ; 2nd - 7 points ; 3rd - 5 points ; 4th - 3 points ; 5th - 2 points
- c) Individual racer points obtained at each race shall be added towards overall series awards in each race category .
- d) Points obtained by all school team participants will be added together to determine a school team winner .

AWARDS :

- a) The individual in each of the six categories [Midget , Junior , Senior - Boys and Girls] who accumulates the most points from all scheduled races will receive the B.A.A. medallion .
- b) The school team winner will receive the B.A.A. plaque .