



# OVERVIEW

**This edition of the Alabama Cycling Association (ACA) Rule Book is made effective January 1, 2024. All prior rules and regulations are superseded as of this Effective Date.**

The rules outlined in this document have been created by the ACA Rules Committee which consists of a group of five people. Candidates will be reviewed on a first come, first served basis as spots are open and must have a minimum of 2 years' experience as a head coach and/or team director to serve on the committee. The Executive Director and Board of Directors of ACA reserve the right to supersede a Rules Committee decision should doing so be deemed in the best interest of the organization.

Should you have a question regarding a rule or wish to seek clarification for the purpose of understanding, you should submit your question via email to [walt@alabamacycling.org](mailto:walt@alabamacycling.org).

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Throughout this rulebook, registered Students and Coaches are referred to in the singular as a "Rider" and in the plural as "Riders." These rules apply to all Riders during all practices, races, individual training rides, and at all other times while riding your bike during the ACA pre-season and regular season.

In addition to rules applicable to Riders, some rules contained herein (for example, Chapter 11) govern the behavior and conduct of other persons, such as parents and siblings of Riders and other event attendees. The ACA pre-season and regular season schedules are generally set each year as follows:

- Pre-season: October 1 – November 30
- Regular Season: beginning on December 1 and concluding two (2) weeks after the last race event

The ACA has discretion to take disciplinary action (including but not limited to imposition of red-level consequences) with respect to any Rider, any Rider's family member(s) and other event attendees, for failure to comply with the standards set forth in this rulebook. If such disciplinary action results in suspension, the period of suspension may extend up to the point where the sanctioned Rider or family member or other event attendee is no longer eligible to participate in an ACA event.

Disciplinary action is at ACA's discretion and shall be administered and exercised by the Rules Committee or the Executive Director and Board of Directors. All decisions will be provided in writing, setting forth the basis for a period of such decision(s). Potential disciplinary actions include, but are not limited to, the following in any order or combination:

1. Verbal warning issued by ACA, organization, or school official.
2. Written warning issued by ACA, organization, or school official.
3. Suspension or immediate ejection from an ACA event.
4. Suspension from multiple ACA events.
5. Season suspension or multiple seasons suspension.
6. Permanent prohibition from participation in ACA events.

The rules and guidelines set forth in this rulebook are in addition to any applicable state law, or other rules, policies and guidelines adopted by the ACA. Nothing contained herein shall be construed to limit, supersede, or override any provision, obligation, covenant, representation, warrant or other term of any Code of Conduct or any agreement between the Rider (or such Rider's parent or guardian) and the ACA or any ACA team, including without limitation any Release of Liability, Assumption of Risk, and Indemnification Agreement.

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# CHAPTER 1: PENALTY STRUCTURE

Failure to comply with rules and regulations expressly set forth in this rule book may result in consequences at one or more of the following levels: Yellow, Orange, Red. Rule infractions are referenced throughout the rulebook by the color references listed below.

- Consequences may also be applied in other situations not expressly listed in this rulebook at ACA official's discretion.
- Chief Referee and the ACA Rules Committee are responsible for enforcing consequences and may also impose sanctions and other penalties that are not specified in the rulebook but are deemed appropriate, at the discretion of the Chief Referee and ACA Rules Committee, as applicable.
- Repeated infractions at a lesser consequence level may cumulate into consequences applied at a higher level (e.g., three orange level infractions during a race or event may result in red level consequences).
- These rules and guidelines are formatted with the applicable consequence level immediately following the rule or guideline.

## YELLOW LEVEL CONSEQUENCES

**FIRST OFFENSE:** Warning

**SUBSEQUENT OFFENSE(S):** 5-minute penalty added to the racer's overall time.

## ORANGE LEVEL CONSEQUENCES

**FIRST OFFENSE:** 5-minute penalty added to the racer's overall time.

**SECOND OFFENSE:** 10-minute penalty added to the racer's overall time.

**THIRD OFFENSE:** Disqualification from race

## RED LEVEL CONSEQUENCES

**FIRST OFFENSE:** Disqualification from the race or event in which the infraction occurs, or the next race if the infraction occurs between races.

**SUBSEQUENT OFFENSE(S):** Ejection from Alabama Cycling Association and disqualification from future participation in Alabama Cycling Association events.

# CHAPTER 2: EQUIPMENT RULES & RIDER PROTOCOL

## 2.1 WEARING HELMETS IS STRICTLY ENFORCED **ORANGE LEVEL CONSEQUENCES**

Riders must always wear an approved helmet. Any person attending any ACA event must wear a helmet when on a bicycle. Riders must also keep their helmet on when walking or running on the course with a mechanical issue. See below for the list of approved helmet standards.

- Helmet straps must be adjusted to the extent that two fingers can be pushed under the strap, whereas insertion of three fingers would not be reasonably possible.
- Helmets should not have any cracks or dents from previous falls or mishandling.
- Helmets should be the correct size with minimal side-to-side or front-to-back movement.
- The helmet rules are not applicable to Riders warming up on bikes that are securely mounted to stationary trainers.

Approved Helmets must meet one of the following standards:

- U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
- Snell Memorial Foundation Standard "B" or "N" series.
- American Society for Testing and Materials (ASTM) standard F-1447-18, F1952-15, F2032-15
- European Committee for Standardization (EN1078) standard for bicycle helmets.

## 2.2 MOUNTAIN BIKES ONLY

Riders must compete using mountain bikes that have 26-to-29-inch wheels with tires not narrower than 1.75 inches. Additional requirements are as follow:

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

If a Rider is unable to ride a mountain bike with 26- to 29-inch wheels due to his or her height or other physical limitation or attribute, prior to participating in an ACA race or event, such Rider shall submit a petition to the Executive Director ([walt@alabamacycling.org](mailto:walt@alabamacycling.org)) seeking an accommodation to compete on a mountain bike with smaller wheels.

Bikes must have multiple functional gears, including at least five cogs in the rear.

E-bikes are prohibited for students in both practices and races. E-bikes are allowed for Coaches, but they must obey local trail rules regarding e-bike use.

Single-speed bikes are prohibited for students in both practices and races. Single-speed bikes are allowed for Coaches.

Front and Rear brakes are required for all mountain bikes.

- Brakes must be fully operational front and rear.
- Brakes must be properly maintained adjusted to provide significant stopping power.
- Brake pads must not be worn below recommended limits.
- Bicycles will be thoroughly inspected by the Rider before every race, team coaches shall oversee and assist in such inspection process.

Handlebar End Plugs and Stem Caps are required.

No Bar Ends **YELLOW LEVEL CONSEQUENCES**

- No bar ends (forward pointing handle grip extensions) may be used.

## 2.3 OBEY TRAFFIC LAWS

Riders are required to obey all Alabama 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 Alabama can be found at Alabama Bikes <https://www.bikelaw.com/laws/alabama/>

## 2.4 PEDESTRIANS & OTHER TRAIL USERS

- Be respectful and courteous while riding. Let your fellow trail users know you are coming.
- Do not startle other Riders or other persons on the course or attending the event. A friendly greeting or bell is considerate and works well.
- Show your respect when passing by slowing to a walking pace or even stopping.
- Anticipate other trail users around corners or in blind spots.
- When encountering another rider that is headed in the opposite direction the rider who is travelling uphill has the right of way and the downslope rider shall yield the right of way.

## 2.5 ABIDE BY TRAIL STATUS AND LOCAL RULES

- When planning to ride a trail, be sure to check the trail status. Trails are often closed for various reasons, such as weather or maintenance work parties.
- Do not ride trails or portions when they are closed.
- Each trail will have local rules and each Rider is responsible for reading such local rules prior to riding on the trail and complying with such local rules while riding on the trail.
- In the event of a conflict between the rules contained in the rulebook and any applicable local rules, the local rules shall govern, unless the ACA Rules Committee has determined that the local rule does not apply or should be waived for the event or race at issue.

## 2.6 PLAN AHEAD

- Know your equipment, your ability, and the area in which you are riding, and prepare accordingly.
- Each Rider is always primarily responsible for his or her equipment.
- Keep your equipment in good repair, and carry necessary gear for changes in the weather, the onset of darkness, or other inclement conditions.

## 2.7 MUSIC PLAYERS & HEADPHONES *ORANGE LEVEL CONSEQUENCES*

- Riders are not allowed to race or ride with headphones, earbuds, speakers, and other portable musical devices.
- Riders are not allowed to play music on their cell phone or other device while riding.

## 2.8 CELL PHONES *ORANGE LEVEL CONSEQUENCES*

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

# CHAPTER 3: FORMS AND POLICIES

## 3.1 RELEASE FORMS

- All Riders must complete the ACA registration process within CCN prior to participating in any ACA sanctioned events.
  - The registration process requires each Rider to complete The Release of Liability, Assumption of Risk and Indemnification Agreement, Code of Conduct, Insurance Summary and Refund Policy within the process.
  - Riders under 18 years of age require the signature of a parent or legal guardian.

## 3.2 CONCUSSION & INJURY RETURN-TO-PLAY POLICY

A Rider who is suspected of sustaining a concussion or head injury in an ACA activity, or who is suffering the effects of a concussion sustained outside of ACA 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.

Should a Rider sustain an injury that requires follow up care by a doctor, that Rider must provide proof of clearance from a certified medical professional to their Head Coach or Team Director prior to their participatory return to team events.

## 3.3 BANNED SUBSTANCES *RED LEVEL CONSEQUENCES*

ACA student Riders 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 complete list of banned substances can be found on the USADA's website:  
<https://www.usada.org/athletes/substances/prohibited-list/>

## 3.4 ALCOHOL AND DRUG USE *RED LEVEL CONSEQUENCES*

The use of alcohol or illicit drugs at the race event (including without limitation cannabis or unprescribed pharmaceutical drugs) is prohibited by anyone attending or participating in the event.

### FIRST VIOLATION

The first violation of the ACA Substance Use Policy will result in the student's loss of eligibility for three races. If a season ends before completing the three races, the loss of eligibility will carry over into the next season.

### SECOND VIOLATION

The second violation will result in the student's loss of eligibility for an additional three races.

### THIRD AND SUBSEQUENT VIOLATION(S):

The third and subsequent violations will result in the student's loss of eligibility for an additional six races. If the Rider becomes a participant in an alcohol and/or drug treatment program on his or her own volition, the Rider may be eligible for participation after a minimum suspension of six weeks.

### INDIVIDUAL PENALTIES

A student Rider's violation of the ACA Alcohol and Drug Use Ban will result in the following individual penalties:

- First Offense: 25-point penalty deducted from the individual score on race day.
- Second offense: 50-point penalty deducted from individual score on race day.
- Third offense: 100-point penalty deducted from individual score on race day.

### **3.5 TOBACCO AND NICOTINE USE** *RED LEVEL CONSEQUENCES*

Smoking of any kind (including vaping) is prohibited at all ACA events. Use of tobacco and nicotine products by student Riders is strictly prohibited.

Student Riders who use tobacco products (which includes vaping) will remain eligible for participation only if they provide evidence that they have enrolled in a tobacco cessation 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 above for Alcohol and Drug Use.

### **3.6 LIST OF OTHER BANNED SUBSTANCES** *ORANGE LEVEL CONSEQUENCES*

- Caffeine is an addictive substance that enhances performance. ACA deems caffeinated products as inappropriate for student Riders.
- Caffeinated sport products such as bars, gels, and sport drinks, are banned before or during ACA races, practices, and other activities.
- Creatine, Guarana Root, and Taurine are also substances banned from consumption at ACA events.

### **3.7 DEFERENCE AND DISCRETION**

The ACA places a high priority on early recognition and treatment of alcohol and drug problems.

- Deference to Other Parties: The ACA reserves 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.
- Association Discretion: The ACA retains unlimited discretion to modify the penalty/penalties prescribed by these rules, including, but not limited to, the application of a more lenient or more severe penalty on a case-by-case basis.
- Voluntary Referral: Any Rider 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.

### **3.8 ABUSIVE BEHAVIOR NOT TOLERATED** *RED LEVEL CONSEQUENCES*

- Anyone attending or participating in the event is required to comply with all applicable laws and regulations. Use of a bike or any other piece of equipment as an instrument to threaten or injure anyone is prohibited.
- Examples of unsafe and abusive conduct include but are not limited to: swerving or sudden braking with the apparent intent to frighten or impede another Rider, willful crashing into another Rider, physical grabbing of another Rider, or pushing another Rider with your body or any equipment with the apparent intent to harm, threaten or frighten such other Rider.
- Engagement in unsafe and abusive conduct may be grounds for referral to appropriate law enforcement.
- No profanity.
- It is required that all coaches, parents, and guardians demonstrate respect for and deference to the person and the decisions of the League officials as it relates to sporting behavior of student-athletes, themselves, and other League officials. A failure to exhibit respectful behavior may result in restrictions imposed on the coach, the parent, or a student-athlete's participation in the League. League officials have complete and total discretion for the implementation of the rules, especially in regard to sporting behavior.
- Coaches, parents, and guardians will also display mature and positive behavior during every event and in all interactions at all times with student-athletes, other parents, other coaches, and League officials. Coaches, parents, and guardians are role models to student-athletes, and must demonstrate a fair and calm response in the face of protests, complaints, conflicts, or emergencies. Coaches, parents, and guardians are expected to be focused on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults.



### **3.9 SEXUAL HARASSMENT POLICY *RED LEVEL CONSEQUENCES***

The ACA strictly prohibits sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment includes but may not be limited to unwanted sexual advances, visual, verbal or physical conduct of a sexual nature, leering, making sexual gestures, display of sexually suggestive objects or pictures, verbal conduct such as making or using derogatory comments, epithets, slurs and sexual jokes, verbal sexual advances or propositions, and physical conduct such as touching or blocking movement of another person.

Sexual harassment includes many forms of offensive behavior, including harassment of a person of the same sex or based on gender.

If any student, coach, parent, volunteer, or ACA staff member feels they have been sexually harassed at an ACA event, they should report the incident immediately to a member of the ACA Staff.

If any student, coach, parent, volunteer, or ACA staff member feels they have been a victim of abuse, assault, or battery at an ACA event, they should report the incident immediately to a member of the ACA Staff.

All reports will be handled in a confidential manner.

### **3.10 NON-DISCRIMINATION IN PARTICIPATION STANDARDS *RED LEVEL CONSEQUENCES***

The ACA recognizes the value of participation in ACA events for all Riders. ACA prohibits all forms of discrimination, including discrimination based on a Rider's race, religion, disabilities, or gender.

All Riders shall have the opportunity to participate in ACA activities in a category consistent with their birth gender. Males will race in the appropriate boy's category and females will race in their appropriate girl's category. Biological males will not be allowed to race in the girl's categories nor will biological females be allowed to participate in the boy's categories in accordance with state law.

Riders who race in the wrong category shall be disqualified from that race.

# CHAPTER 4: RIDER ELIGIBILITY AND TEAM RULES

## 4.1 ELIGIBLE STUDENTS

The ACA Race Series and all other sanctioned practices and events are open to all Alabama residents who are enrolled in middle school (grades 6-8) or high school (grades 9-12) at a public or private institution, or who are homeschooled.

## 4.2 BOUNDARIES FOR PARTICIPATION

All Riders and teams must live within the state of Alabama to participate in the ACA programs and events. Any exceptions must be approved by the ACA rules committee. Riders may not use an alternate address to their home address to race for a different school team other than the one they are zoned, for the purposes of team advantage.

## 4.3 STUDENT AGE AND GRADE

To be eligible to compete in a spring school-year season, a Rider must:

- Be enrolled in middle school (grades 6-8), or the homeschool equivalent, and be no younger than 11 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.
- Not have a high school diploma, general education diploma (GED), or otherwise be graduated from high school.
- If a rider graduates early in December of their senior year, the rider may petition to the Executive Director ([walt@alabamacycling.org](mailto:walt@alabamacycling.org)) to participate in the race series.

Riders who have skipped or been held back:

- A single grade is placed into categories according to their grade levels.
- Any Rider who has skipped or been held back more than one grade must consult with the ACA Rules Committee and obtain a ruling from the ACA Rules Committee regarding placement into the appropriate categories.

## 4.4 PLACEMENT FOR HOMESCHOOLED STUDENTS

Homeschooled Riders shall be placed in categories that correspond to the grade level they would otherwise be enrolled in for public middle school or public high school, based on the Rider's age. The ACA Rules Committee must consider such age-based placement in the event homeschooled Riders seek alternative placement under the Category Placement Rules.

Homeschooled Riders race with the public school team where their home residence is zoned. Homeschool Riders choosing to race with a public school team must declare their choice during registration and remain with their choice during the entire season. If there is no public school team at the school they are zoned for, they may race with the composite team covering that area.

## 4.5 ACA DIVISIONS

Teams are assigned to divisions based on the composition of the team. Division I teams are all large school-based teams meaning that all Riders on the team attend the same high school or are middle school students who will feed into that high school. Division II teams are all small school-based teams and all composite teams. Composite teams are restricted in the number of high school racers they may have on their team and are composed of Riders from a specific geographic area.

The ACA is divided into Division I, Division II, and Middle School Division and are scored independently:

- Division I HS = high school teams with 12 or more riders
- Division II HS = high school teams with 11 or fewer riders and all composite teams
- Middle School Division = all middle school teams

## 4.6 TEAM COMPOSITION

### SCHOOL BASED TEAMS

- School-based teams shall be composed of full-time students from the high school they attend or will attend in the future, homeschool riders zoned for that high school, or private school riders without a private school team who successfully petition to ride with the public-school team they are zoned for, due to hardship. Such Rider shall submit a petition in writing to the Executive Director ([walt@alabamacycling.org](mailto:walt@alabamacycling.org)).
- Five (5) or more riders who successfully petition to ride with a public-school team from the same private high school or middle school must be scored together as a separate team.

### COMPOSITE TEAMS

- Must be composed of full-time students from more than one school and must include “composite” in the team’s name.
- If there is no single school-based team available, homeschool students and private school students whose school has no team may join the nearest Composite Team, according to the location of the school they would attend if not homeschooled or attending a private school.
- Five (5) or more riders from the same high school or middle school must be scored together as a separate team.
- A Composite Team must be approved annually by the Executive Director based upon a written proposal timely submitted to ACA prior to team registration for the season, in which the Composite Team wishes to compete.
- The proposal may include relevant information the Team Director and Head Coach wish the Executive Director to consider, but must include the following:
  - The proposed geographical region for its Riders.
  - The names of the schools the Riders attend, the school they are zoned for, and whether any of the Riders are homeschooled.
  - The names of the Team Director and Head Coach.
- Two (2) or more Composite Teams may not overlap in a geographical region, nor may they draw Riders from the same schools.
- Composite Teams must comply with the following scoring restrictions:
  - Teams are limited to a maximum of eleven (11) high school racers or eleven (11) middle school racers participating in the ACA Race Series.
  - Teams of twelve or more racing high school students, or twelve or more racing middle school students, must be subdivided into separate, independently scoring teams of eleven or fewer racers each. Upon subdivision, Riders shall be placed on teams based on the following:
    - First - Riders attending the same school must be on the same subdivided team; and
    - Second - Riders shall be placed on subdivided teams according to the proximity of their school.
    - The Executive Director must approve the subdivided teams.
  - Teams shall not be subdivided based on the experience and ability of the Riders.
  - For the inaugural season of the ACA, the above requirements are not to be interpreted to move an established Rider away from a composite team with which they have bonded and are already racing. In effect, this is an exception “grandfathering” established Riders to be able to remain with the composite team they have trained and raced with in prior high school racing seasons. The Executive Director, in consultation with the Rules Committee, may review and rule on this exception on a case-by-case basis, as needed.

## 4.7 TEAM RECRUITING AND MID-SEASON TRANSFERS

- A Rider 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.
- The prior team shall retain all points earned by the Rider before the transfer for determining team standings.
- The new team shall not be credited with points earned prior to the transfer.

## 4.8 PROOF OF ATTENDANCE

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

## **4.9 HARDSHIP PETITION TO DEVIATE FROM ASSIGNED TEAM**

The ACA recognizes under certain conditions, participating on a student's assigned composite team may create a hardship for a family which jeopardizes a student's overall ability to participate in the program. The ACA has established a process for families to petition to deviate from their assigned composite team.

- Families may outline their hardship in a petition to move to a different composite team, however this petition must be submitted jointly by the head coaches or team directors of both teams involved.
- Participation on a school-based team is restricted to students who attend the team's high school, or who will attend the team's high school following middle school, or are homeschooled and live in the public school district, or private school riders who do not have a school team and petition to ride for the school team they are zoned for instead of their assigned composite team, due to hardship.
- Riders are not allowed to join a composite team if there is a school-based team formed at their high school.
- Riders who petition to ride as independent due to hardship, or other extenuating circumstances, will be considered on a case-by-case basis. Riders granted independent status must wear a unique jersey, approved by the league director, and compete in the same jersey at each race.

The following are examples of potential hardships which will be considered:

- Excessive drive-time to team's practice location that prevents student's ability to participate.
- Siblings that reside in the same house but have been assigned to different ACA teams - seeking to have both students on the same team.
- Enrollment in daily afterschool program that is an excessive distance away from evening practice location.
- Short-term or temporary living arrangements which are beyond the control of the Rider.
- Petitions for competitive advantage shall not be considered.

For the inaugural season of the ACA, the above requirements are not to be interpreted to move an established Rider away from a team with which they have bonded and are already racing. In effect, this is an exception "grandfathering" established Riders to be able to remain with the team they have trained and raced with in prior high school racing seasons. The Executive Director, in consultation with the Rules Committee, may review and rule on this exception on a case-by-case basis, as needed.

All petitions must be reviewed and approved before any deviation takes place. For a deviation to be approved, it must be demonstrated that participation with the student's assigned team creates an extraordinary burden on the family. Team deviations are considered extremely rare and the ACA has intentionally set the bar high to prevent excessive student transfers, which would cause a burden on volunteer coaches.

## **4.10 ONE SCHOOL, ONE TEAM**

- Only one team may represent a school.

## **4.11 ACTIVE TEAMS MUST REGISTER**

- An active team is a team that will be participating in the ACA league.
- All teams must have a Team Director and Head Coach in order to participate in ACA programs.
- All teams must register annually with ACA.
- Teams must not conduct any practices without registering and obtaining insurance through ACA.
- The deadline for online annual Team Registration is January 15<sup>th</sup>.

## **4.12 ALL RIDERS AND COACHES MUST REGISTER**

- All Riders and all coaches must register with ACA.
- Riders who are not registered are not insured. Registration must include the following:
  - The Riders league registration fee must be paid.
  - The Rider must be registered in CCN and have their liability waiver signed.
  - The Coach registration fee must be paid.

- Coaches must register in CCN and have their liability waiver signed.
- Coaches must complete their annual background check and, at a minimum, complete the Level 1 Coach Licensing training requirements within CCN.
- All registration is conducted online through the CCN.

#### 4.13 OFFICIAL SCHOOL STATUS NOT NEEDED

- School-based teams are not required to be officially or otherwise formally affiliated as a club or 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.

#### 4.14 RIDER CHANGE OF ADDRESS NOTIFICATION

It is the responsibility of a rider's parent or guardian to keep contact information (mailing address and phone) up to date in ACA's registration system. Any changes should be updated within CCN as soon as possible.

Since team eligibility is based on where a rider goes to or will go to high school, it is essential that the ACA be made aware of any move that results in a change of school. Following such a move, a rider's parent, Coach, or legal guardian must provide the new address to the ACA Executive Director within 30 days of said move. The address should be emailed to [walt@alabamacycling.org](mailto:walt@alabamacycling.org).

#### 4.15 SCHOOL CHANGE DURING RACE SERIES

The following eligibility rules apply to student Riders that are registered for the full-season race series and change schools after the completion of Race #1.

- **Completed Race #1 as a member of a composite team and has changed to a school that feeds to a composite team:** Student Rider may finish the race series with their original team.
- **Completed Race #1 as a member of a composite team and has changed to a school that has a school-based team:** Student Rider must join the school-based team immediately and will finish the race series as a team scoring member of their new school-based team.
- **Completed Race #1 as a member of a school-based team and has changed to a school that feeds to a composite team:** Student Rider may finish the race series as a non-team scoring member of their original school-based team provided the ACA has written approval from the Head Coach or Team Director.
- **Completed Race #1 as a member of a school-based team and has changed to a school that has a school-based team:** Student Rider must join the school-based team immediately and will finish the race series as a team scoring member of their new school-based team.

#### 4.16 SENIOR STAY EXCEPTION

The following eligibility rules apply only to a student Rider who has participated in multiple ACA seasons and who has experienced a school change prior to or during their senior year.

- If the student Rider has been participating as a member of a composite team and has moved to a school that feeds to a different composite team, that student will be allowed to complete their senior year as a team scoring member of their original composite team.
- If the student Rider has been participating as a member of a composite team and has moved to a school with a school-based team, that student is required to join the school-based team for their senior year.
- If the student Rider has been participating as a member of a school-based team and has moved to a school that feeds to a composite team, that student may seek approval from their current Head Coach or Team Director to remain on their current team as a non-team scoring member.
- If the student Rider has been participating as a member of a school-based team and has moved to a school that has a school-based team, that student must join their new school-based team for their senior year.

# CHAPTER 5: TEAM REQUIREMENTS FOR COACHES

To be eligible, all ACA Teams must have a Team Director and Head Coach who satisfies the requirements in the schedule below.

- The minimal license requirement increases over the team’s first three years. We strongly urge all Team Directors and Head Coaches to obtain a Level 3 License by their team’s third season.
- Head Coach and Team Director must attend the classroom portion of a Coaches Summit every other year. The classroom portion is one day and labeled on the published agenda.
- To receive a team registration discount, at least one team coach must attend a Coaches Summit for that year.

REQUIREMENT	LEVEL 1	LEVEL 2	LEVEL 3	RENEWAL
Background Check	✓	✓	✓	Yearly
Waiver & Participation Agreement	✓	✓	✓	Yearly
Abuse Awareness & Mandatory Reporting	✓	✓	✓	Yearly
Concussion Training	✓	✓	✓	Yearly
Basic Skills Clinic for Coaches	✓			
First Aid Training		✓		2 Years
Advanced First Aid or WFA			✓	2 Years
CPR Training		✓	✓	2 Years
Mountain Bike Coaching 101		✓	✓	3 Years
Mountain Bike Coaching 201			✓	3 Years
Coaches Summit Attendance			✓	3 Years
Field Hours		25	40	Yearly
Continuing Education Units (Units after obtaining level)		2/Year	4/Year	Yearly

# CHAPTER 6: SEASON TRAINING LIMITS

- To host a pre-season activity, the Head Coach or Team Director must apply to the Executive Director, at least one week in advance of the event. Written approval from the Executive Director must be received prior to hosting events.
- Teams are limited to the number of weeks they can have practice. Teams are not insured for activities outside of these limits.
- Teams can commence limited activities during the pre-season, as defined as October 1 - November 30.
  - During the pre-season, teams can have up to two (2) coach meetings, intended to include training and skills clinics for coaches. These coach meetings are not working with student athletes.
  - During the pre-season, teams can have up to six (6) scheduled pre-season activities (bike checks, mechanical workshops, and skills clinics). Skills clinics are strongly encouraged in the interest of risk management.
- The regular season starts December 1 and ends two (2) weeks after the last race event.
- During the regular season, teams may conduct up to four (4) practices per week, not to exceed 16 hours per rider.
- Teams may not conduct any ACA organizational activity during their off-season.

# CHAPTER 7: JERSEY POLICY

## 7.1 TEAM JERSEYS *YELLOW LEVEL CONSEQUENCES*

Teams must have matching jerseys or t-shirts for their Riders, and all team members must race wearing their matching team jerseys or t-shirts.

- Teams may choose to include sponsor logos on their jerseys. Sponsor logos are permitted within the identified areas of the graphic shown below.
- All logos and graphics should be appropriate to an audience of middle and high school aged children.



## 7.2 LEADER JERSEYS

The Riders in all middle school categories and all high school categories with the most individual points for the season will be awarded a leader jersey.

- Each points leader is expected to wear the jersey at all ACA races, so long as they remain the top points holder.
- In the case of a tie, both Riders wear the leader's jerseys.
- The overall winner of the series should not wear the leader's jersey during the first race of the next season.



# **CHAPTER 8: RACE COURSE**

## **8.1 CROSS-COUNTRY (XC) RACE DEFINITION**

A cross-country mountain bike race is a mass start competition held on a circuit course comprising of paths consisting of forest paths, smooth roads, singletrack, and paved roads connecting trails.

## **8.2 COURSE LENGTH AND DIFFICULTY**

The ideal ACA racecourse 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
- 45 to 90 minutes, Freshman and JV2
- 60 to 100 minutes, JV1
- 90 to 120 minutes, Varsity

## **8.3 COURSE SIGNAGE AND MARKINGS**

ACA signs are posted along the course at least every mile to let the Riders know that they are on course.

# CHAPTER 9: CATEGORY PLACEMENT

Category placement and division rules are designed to facilitate and promote fair, safe, and challenging competition. Placement of Riders is based primarily on their race results, end-of-season rankings from the preceding year and grade during the race season. Riders do not choose their category but are placed into categories according to the rules below. Riders seeking an alternative placement may petition to the Rules Committee via their Head Coach or Team Director. Petitions shall be submitted to the Executive Director ([walt@alabamacycling.org](mailto:walt@alabamacycling.org)).

## 9.1 CATEGORIES

There are multiple divisions with the same grade level categories. ACA categories are as follows:

**Boys Categories:** 6<sup>th</sup> Grade, 7<sup>th</sup> Grade, 8<sup>th</sup> Grade, Freshman, JV2, JV1, Varsity

**Girls Categories:** 6<sup>th</sup> Grade, 7<sup>th</sup> Grade, 8<sup>th</sup> Grade, Freshman, JV2, JV1, Varsity

## 9.2 RACING IN THE WRONG CATEGORY *RED LEVEL CONSEQUENCES*

Riders are responsible for knowing, understanding, and following the category placement rules and the placement criteria. Any questions should be directed to the Rules Committee.

## 9.3 CATEGORY PLACEMENT RULES

- Categories are based on grade and ability level. A Rider's prior performance may factor into placement. For the 2023 race series, placement may be based off of recommendations from the Head Coach and Team Director and/or on previous performance accomplishments in other race events outside of the ACA, pending Rules Committee approval.
- To calculate the finishing percentile, for each separate race the finishing place is divided by the total number of Riders, including DNFs, and the quotient is then multiplied by 100. Do not round off the percentile up or down. (Effective 2024)
- No petitions for category placement will be considered prior to the Time Trial.
- Riders who did not compete in the Time Trail are placed into the category that corresponds to their grade level, except 12<sup>th</sup> graders with no prior results can be placed into JV2 or JV1 based off of the Head Coach and Team Directors recommendation after consultation with the Rules Committee.
- Petitions for exceptions to the category placement criteria are limited for each grade level to certain categories.

## 9.4 PETITIONING FOR A PLACEMENT CRITERIA EXCEPTION

In general, exceptions to the Placement Criteria are discouraged and should be granted only under extraordinary circumstances.

- Middle School – Category petitions will be considered for 8<sup>th</sup> grade middle school riders only to petition to race Freshman.
- 9<sup>th</sup> graders may petition to race JV1.
- 10<sup>th</sup> graders may petition to race JV1 or Varsity.
- 11<sup>th</sup> graders may petition to race JV1 or Varsity.
- 12<sup>th</sup> graders may petition to race JV1 or Varsity, but may not petition down a category for team advantage.
- Non-Senior riders who are granted a petition to race Varsity will remain in Varsity.

Parents may not directly submit a petition. Petitioning for a placement criteria exception may only be requested by a Head Coach or Team Director.

## 9.5 ACA PLACEMENT CRITERIA *YELLOW LEVEL CONSEQUENCES*

6 <sup>th</sup> Grade	6 <sup>th</sup> graders only
7 <sup>th</sup> Grade	7 <sup>th</sup> graders only
8 <sup>th</sup> Grade	8 <sup>th</sup> graders only
Freshman	All 9 <sup>th</sup> graders or 8 <sup>th</sup> graders with successful petitions
JV2	All 10 <sup>th</sup> , 11 <sup>th</sup> or 12 <sup>th</sup> graders except those who did not qualify for other categories.
JV1	a) 10 <sup>th</sup> graders who placed in the top 20% for boys and top 30% for girls of the Freshman overall standings in the prior year, or b) 11 <sup>th</sup> graders who placed in the top 20% for boys and top 30% for girls of the JV2 overall season standings in the prior year, or c) Raced JV1 in the prior year but did not qualify to upgrade to Varsity, or d) 9 <sup>th</sup> and 10 <sup>th</sup> graders with successful petitions.
Varsity	a) 11 <sup>th</sup> or 12 <sup>th</sup> graders who placed in the top 20% for boys and top 30% for girls of the JV1 overall standings in the prior year, or b) Raced Varsity in the prior year, or c) 10 <sup>th</sup> , 11 <sup>th</sup> or 12 <sup>th</sup> graders with successful petitions.

It is ACA's policy that Riders compete in appropriate competitive peer groups and to prevent strategic gamesmanship in category placement. Petitions for an upgrade in categories should, therefore, only be granted upon showing that:

- a) The Rider's performance and experience level clearly exceed the level of all other Riders competing in the category designated under Chapter 9 Placement Criteria — i.e., no other Rider in the same category has a reasonable chance of being competitive with the Rider seeking the upgrade.
- b) The upgrade will place the Rider into a more appropriate competitive peer group.

Riders granted a successful petition for an upgrade in categories will not retain any points earned in the previous category for individual standings.

Riders can petition down under certain circumstances. Riders granted a successful petition for a downgrade in categories will not retain any points earned in the previous category for individual standings.

Successful petitions are subject to revocation at any time at the Rules Committee's discretion, in which event the Rider 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 ACA policies. In the event a petition upgrade is revoked, any points earned in the previous category shall not be retained.

## 9.6 PROCESS FOR SUBMITTING A CATEGORY PLACEMENT PETITION FOR CONSIDERATION:

Petitions for an exception to the Placement Criteria and request for placement in another category may be submitted to the Executive Director.

- Only the Head Coach or Team Director may complete and submit the petition form.
- The petition requires a coach's comments and signature, as well as confirmation of the Rider's parental concurrence.
- Petitions may be submitted after:

- The final results of the Time Trial have been published.
  - The deadline for petitions will be 11:59 pm on the first Thursday after the Time Trial.
- The final results of the first race have been published.
  - The deadline for petitions will be 11:59 pm on the first Thursday after the first race.
- Pending the outcome of a submitted petition, the petitioning student must continue to compete in the category determined by the Placement Criteria.

# CHAPTER 10: PRE-RIDE

## 10.1 PRE-RIDE OVERVIEW

A pre-ride is a regularly scheduled practice ride on the racecourse.

- All Riders must be accompanied by a registered ACA coach when pre-riding.
- A pre-ride is not a race. Participants in pre-rides should not ride at an aggressive race pace.
- Riders will be given the opportunity to participate in a practice ride whenever possible.

## 10.2 PRE-RIDE RULES *ORANGE LEVEL CONSEQUENCES*

- Pre-rides on event weekends must be confined to the time designated by the ACA.
- To participate in a pre-ride, Riders must be fully registered by having purchased and completed the ACA registration.
- Pre-rides that are conducted prior to race day must comply with the rules and regulations regarding trail use at the race venue.
- Riders who violate the rules and restrictions regarding pre-riding will be subject to penalties, which may also impact such Rider's team.
- Pre-ride times are published on race flyer.
- Riders shall wear team identification apparel while on the course.

## 10.3 PRE-RIDE REQUIREMENTS *ORANGE LEVEL CONSEQUENCES*

Riders must pre-ride with at least one ACA registered coach.

- There is no guarantee that a course will be fully marked or that course signage will be fully set up for the pre-ride.
- Riders understand that courses may not be fully marked at the time of the pre-ride and if they pre-ride the course, they do so at their own risk.
- The ACA may elect to change the course after the pre-ride due to safety concerns.
- The same coach to student ratios that are required in practices apply to all pre-rides; 1:6 or 2:8.

## 10.4 DO NOT RIDE THE COURSE BACKWARDS *ORANGE LEVEL CONSEQUENCES*

All Riders must ride in the designated direction of the race during the pre-ride — no backtracking is allowed.

## 10.5 DO NOT MODIFY THE COURSE *ORANGE LEVEL CONSEQUENCES*

Intentionally adding obstacles or removing obstacles deemed by Officials to be part of the racecourse is prohibited. Riders are required to report all extraordinary hazards to a Course Marshal or other race official.

## 10.6 NUMBER PLATES ARE MANDATORY *ORANGE LEVEL CONSEQUENCES*

Riders and coaches must always have number plates properly and securely affixed to their bicycle handlebars in a manner to be visible when they are on the course.

# CHAPTER 11: RACING RULES

## 11.1 REGISTERED ACA RIDERS ONLY ON RACE COURSES

To participate in a pre-ride or a race event, a Rider must be fully registered by having purchased and completed the ACA registration.

## 11.2 REQUIREMENTS FOR RIDER & RACE REGISTRATION *RED LEVEL CONSEQUENCES*

- Riders must register online with the ACA and complete the race registration prior to the race.
- The ACA reserves the right to modify, supplement and amend its registration requirements from time to time.
- Penalties apply if Riders compete without registering or payment.

## 11.3 NUMBER PLATES

- Riders must securely affix an official ACA number plate to the front of their bikes during ACA pre-ride and races.

## 11.4 RACE CALL-UPS

There will be an Individual Time Trial at the start of each season to determine rider placement for all categories. At the first race of the season the call-ups are based on the Rider placement in the Individual Time Trial. At all subsequent races, the call-ups are based on the Rider's accumulated points. The lowest scoring race will be dropped for call-ups.

- Start line call-ups for all riders will take place at each race.
- At the first race of the season, all category call-ups are based off the Time Trial placement.
- At all subsequent races, the call-ups are based on the Riders points standings during the current season.
- Riders with the same number of points will be staged in alphabetical order by last name.

## 11.5 STAGING AND RACE STARTS *YELLOW LEVEL CONSEQUENCES*

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

- Riders must follow the staging times posted on the race flyer. If a Rider is not in staging on time and misses his or her call up, he or she will automatically be placed in the back of the field, with no exceptions.
- Riders must enter the staging area at the designated entrance for their category. Riders cutting into the side or front of the group will be required to start in the last row.
- Riders must position themselves in designated start lanes without overlapping the wheels of the Rider in front of them.
- No coaches are allowed in the start chute.
- All Riders must start with one foot on the ground.
- Holding onto the fencing inside the starting zone is prohibited.

If a coach assists a Rider in cutting into the side or front of the group, a **team point penalty of 200 points** shall 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.

A single category may be split into even fields, e.g. Heat 1 and Heat 2, depending on the number riders in the field.

## 11.6 LISTEN TO PRE-RACE ANNOUNCEMENTS

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

## 11.7 BRING THE BIKE

- Riders must not progress on the racecourse without a bike.
- In the case of bike which becomes inoperable during a race, Riders may progress along the course with their bike to the finish line.
- Rider must stay on the course and may not obstruct the progress of other Riders.

## 11.8 FOOTWEAR & EYE PROTECTION

- Footwear must be fully enclosed and fastened with either straps, buckles, or laces.
- Eye protection is strongly recommended.

## 11.9 PRACTICE CONTROLLED RIDING *YELLOW LEVEL CONSEQUENCES*

- All Riders must practice safe riding techniques and must always be in control of their bicycles.
- Riding out of control or with excessive speed is not tolerated.
- Exhibiting a reckless attitude or the assumption of dangerous risks is not tolerated.
- All Riders must race with their hands holding the bars within reach of the brake levers.

## 11.10 PASSING SLOWER RIDERS *YELLOW LEVEL CONSEQUENCES*

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.
- Lapped Riders must yield to Riders overtaking them.
- Lapped Riders being passed must move over as quickly, efficiently, and as safely as possible.
- Riders being passed by a rider in another category must allow the pass as soon as possible.

## 11.11 LEADER OWNS THE TRAIL BUT CANNOT BLOCK

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

## 11.12 CHAPERONED RIDERS *ORANGE LEVEL CONSEQUENCES*

A chaperone is a coach who is allowed to accompany an impaired rider during a race for safety reasons. The chaperone will start at the back of the field\*\*. The chaperone rider shall yield to any racer trying to pass and will not inhibit any student riders who are attempting to pass, nor will the chaperone block in any way to prevent a pass on the trail. Blocking or preventing passing by the chaperone will result in disqualification of the rider they are escorting. The student rider and the chaperone rider will ride with a red blinking light on their seat posts to be identified by other riders when approaching them on the course or trail. The chaperone rider will wear a yellow or green vest (not orange). The Head Coach or Team Director must submit a petition to the Executive Director ([walt@alabamacycling.org](mailto:walt@alabamacycling.org)) for riders needing a chaperone.

\*\*If for safety reasons the chaperone must start with the impaired rider, they will both start from the back of the field.

\*\*If for safety reasons, the chaperone must maintain close contact with the rider they are escorting, both the rider and the chaperone shall yield to the side of the trail and allow student riders to pass.

### **11.13 BIKE PUSHERS MUST YIELD** *ORANGE LEVEL CONSEQUENCES*

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

### **11.14 PENALTY FOR OUTSIDE ASSISTANCE**

- Riders must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc. to facilitate any mechanical issues that may arise during a race.
- If outside assistance, parts, or tools, are provided, a 5-minute penalty will be assessed.
- The Rider must report such an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The report must be filed with a Scoring Official.
- If a team does not self-report, the penalty may be doubled.
- No penalty will be assessed for any prescription medical item or device (e.g., inhalers, EpiPen's, etc.) given to a Rider along the course or in the feed zone for safety or verified medical reasons.

### **11.15 REPAIR BIKES OFF THE TRAIL**

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

### **11.16 SWITCHING BIKES**

- Riders 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.

### **11.17 CUTTING THE COURSE NOT PERMITTED** *RED LEVEL CONSEQUENCES*

- 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.
- Riders 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.
- When the trail is clearly on one side of a pole, tree, or other obstacle, the Rider must pass that feature on the trail side of the feature.
- A Rider may not leave the marked course unless ordered or permitted to do so by public authorities or a race official.
- In the case of mechanical problems, Riders shall progress along the side of the course to the finish line.
- In the case of medical emergencies, Riders shall remain in place and wait for a course marshal or medical help.

### **11.18 RACE COURSE BLOCKED BY VEHICLE OR EMERGENCY**

- In the event a race course is blocked by a vehicle for an emergency, all Riders should stop in a single file row without changing position.
- Only a Race Official can provide these instructions to Riders.
- Riders should remain in those positions until instructed to recommence racing.
- At the time the Riders receive instructions by a race official to stop racing, they must follow instructions to start back up from the race official.

### **11.19 RIDERS MAY BE PULLED**

- Race Officials may also, when appropriate, opt to pull a Rider who appears to be overheated, hypothermic, overly exhausted, or in any way injured, overstressed, or at risk of injury.
- At a Race Official's discretion, a Rider may be pulled from a race at any location on the course due



to circumstances that make it unsafe for the Rider to proceed.

- Riders that are pulled out of the race must not continue and will be given points based on their position and number of laps completed.
- Riders 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 Rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason, and is not pulled by a Race Official, it is considered a DNF.

## **11.20 COACH AND PARENT ADDITIONAL RULES:**

### **11.20.A RIDER SAFETY**

- Coaches are trained by the ACA to protect the safety and well-being of the Riders on their team at every ACA event and race.
- A coach's responsibility for the Riders on his or her team begins upon arrival of the Rider at the race or event, and it ends at the conclusion of the event.
- The Head Coach, or someone acting as Interim Head Coach, must remain at the race or event venue until the last Rider from his or her team has departed, except in the case of any Riders who are in the care of a parent or legal guardian.

### **11.20.B RACE ATTENDANCE**

- A Head Coach or Team Director must attend each race.
- If the Head Coach or Team Director cannot attend a race, an interim Coach shall be appointed, and the Executive Director must be notified.

### **11.20.C PARENTS PROHIBITED FROM RIDING AND PROVIDING SUPPORT ON THE RACE COURSE *ORANGE LEVEL CONSEQUENCES***

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. During a race that is in progress:

- No one other than Riders can ride on the course.
- No running or riding alongside the course or alongside a Rider while they are racing.
- No providing food, water, or support outside of the Feed Zone.

A violation of this rule will result in an orange level penalty against the individual that the Chief Referee determines to be the intended beneficiary of such action.

### **11.20.D CROSSING THE RACE COURSE**

Crossing the race course in unauthorized locations is prohibited. Any area that is marked by tape or fencing is prohibited except at established crossing points when directed by an ACA volunteer or when given permission by ACA staff.

The first violation of this rule will result in a warning. The second violation of this rule will result in a 50-point team penalty. The third violation of this rule will result in a 100-point team penalty. Confirmed violations will be reported to the Team Director or Head Coach by the ACA staff.

# CHAPTER 12: PIT ZONE & FEED ZONE

## 12.1 DESIGNATED PIT ZONE AREAS

- Teams are randomly assigned predetermined areas in the race Pit Zone.
- All team equipment 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 inside the Pit Zone.

## 12.2 WALK THE BIKE THROUGH CROWDED AREAS **YELLOW LEVEL CONSEQUENCES**

- All Riders must walk their bikes in crowded areas such as the Pit Zone or spectator areas.
- Having one foot on the pedal and using the other foot to push off and glide on a bike is not permitted.
- Riders who demonstrate reckless behavior or create a risk of harm to other Riders or spectators will be penalized

## 12.3 BIKE PARKING

All Riders must park their bikes out of the through ways to avoid obstructing cars, pedestrians, and other Riders.

## 12.4 VEHICLES IN THE PIT ZONE

There are no vehicles permitted in the Pit Zone except during announced load in/load out times. The race will not be allowed to start until the vehicles are removed.

## 12.5 FEED ZONE **YELLOW LEVEL CONSEQUENCES**

- Each team is allowed a limited number of feeders in the Feed Zone as indicated below. The number is based on the number of Riders that are competing in the current wave.

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

- Feeders must wear a shirt, jacket, hat, vest, jersey, or adhesive name tag that identifies the team of the Riders they are feeding.
- Coaches, parents, or other volunteers may only hand Rider's food and drinks in the Feed Zone, while Riders are in progress.
- Riders will be penalized for accepting food or drink outside of the Feed Zone boundaries.
- All bottles and food wrappers must be discarded in the Feed Zone.
- Feeding one Rider must not cause other Riders to slow down or veer off course.
- 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 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 a Rider's pockets (whether on the Rider's jersey or otherwise).
- Riders may not accept items (such as tools, gear, or parts) within the Feed Zone boundaries during races. Violation of this restriction constitutes outside assistance, and outside assistance penalties shall apply.
- In the event of cold or inclement weather, clothing may be handed to Riders in the Feed Zone only. Clothing may not be handed over anywhere else on the race course.
- Running in the Feed Zone is not permitted under any circumstances. Running increases the risk of collisions and interference with Riders and other feeders.
- Feeding Riders traditionally happens on the right side of the course. This allows those Riders not wanting a stop to pass through the Feed Zone unimpeded.

- Some races may be forced to have a left-hand feed, due to venue limitations.
- After feeding a Rider, the feeder must move clear of the Feeding Zone to allow plenty of room for other feeders.
- Throwing water on Riders in the Feed Zone or the area immediately preceding the Feed Zone is not permitted.

# CHAPTER 13: SCORING

## 13.1 INDIVIDUAL SERIES SCORING

- ACA is responsible for providing the place finished for individual Riders only.
- When possible, ACA will provide race finishing times.
- Riders compete against other Riders in the same category.
- Individual scoring is not divided into Divisions I and II.

## 13.2 OVERALL INDIVIDUAL SERIES SCORING

- Overall Series scoring for individuals is based on the best 3 of 4 in a four-race series, or best 4 of 5 in a five-race series. The lowest score is dropped. Points are calculated with the lowest score dropped starting at Race 2.
- A missed race would be the lowest score dropped.
- In case of a race cancellation in the four-race series, the lowest score is not dropped.

## 13.3 POINT SYSTEM

- Points are awarded to all finishers; See [Appendix A](#) for Individual Point Scale. If there are more than 100 riders in a field, each Rider below 100<sup>th</sup> place is awarded one point less on a descending scale.
- Riders that do not finish (DNF) a race will not be awarded any points for that race.
- In the event of a successful petition to change categories, individual points earned in one category do not transfer to another category.
- All points earned in the lower category are forfeited and the upgraded Rider loses standing in the lower category.
- A Rider's points scored toward team standings prior to the change in categories remain unaffected.
- Riders who successfully petition to be placed in a lower category are, by default, ineligible to score team points in that lower category for the duration of the season.
- A Rider who petitions to change to a lower category may state extenuating circumstances in the petition to be allowed to score points in the lower category.

## 13.4 POINT BONUS FOR TIME TRIAL AND COMPLETING ALL RACES

- All Riders who compete in the time trial shall be awarded 25 Incentive Bonus Points.
- Time Trial Incentive Points are awarded to individuals following the calculation of overall series points after the final race.
- Time Trial Incentive Points are not added to points scored in the individual races, nor are they added into the team score
- All Riders who compete in all races during a given season shall be awarded an additional 25 Season Bonus Points.
- If a race is cancelled, it will not count as a season race and Season Bonus Points shall still be awarded if all other season races are completed.
- Season Bonus Points are awarded to individuals following the calculation of overall series points after the final race.
- Season Bonus Points are not added to points scored in the final race nor are they added into the team score.

## 13.5 LEAGUE HIGH SCHOOL SCORING MATRIX

- 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. The team's score is the highest score possible out of the following boy-girl combinations: BBBBGG, BBBBGGG, BBBBGGGG, BBBGGGG, BBGGGGG
- 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. The team's score is the highest score possible out of the following boy-girl combinations: BBBG, BBGG, BGGG

## **13.6 LEAGUE MIDDLE SCHOOL SCORING MATRIX**

- Middle school 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. The team's score is the highest score possible out of the following boy-girl combinations: BBBG, BBGG, BGGG

## **13.7 OVERALL HIGH SCHOOL and MIDDLE SCHOOL TEAM SCORING**

- A team's overall placement is based on team point totals for an entire point series — the lowest score is not dropped.

## **13.8 RACE POINTS – IF A RACE IS CANCELLED: Unable to be moved or rescheduled**

- No team points will be awarded, and the race will not be included in the season's overall team point standings.
- No individual points will be awarded, and the race will not be included in the season's overall individual point standings. Riders will still have a “drop race” available from the remaining races and the 25 series bonus points will be awarded based on completion of all races in the shortened series.

## **13.9 RACE POINTS – IF A RACE IS PARTIALLY COMPLETED: Some fields complete their races while others do not**

- No team points will be awarded, and the race will not be included in the season's overall team point standings.
- Individual points will be awarded in all the fields that completed their race and those fields will proceed through the season as normal.
- No individual points will be awarded in the fields where races were not completed, and the race will not be included in the season's overall individual point standings. Riders will still have a “drop race” available from the remaining races and the 25 series bonus points will be awarded based on completion of all races in the shortened series.

## **13.10 AWARDS AT EACH RACE**

- Individual medals are awarded five places deep in all middle school and all high school categories at each race, including the State Championships.
- Team trophies are awarded three places deep in each division at each race, including the State Championships.
- Except for team jerseys, riders are not permitted to bring to the podium during the awards ceremony any sponsorship, advertising, or product placement items including, without limitation, their bicycles. A 200-point team penalty and a 25-point individual penalty shall be assessed for violation of this rule.

## **13.11 AWARDS FOR OVERALL SERIES**

- Individual overall series medals are awarded five places deep in all middle school and all high school categories.
- Team overall series trophies are awarded three places deep in each division.
- Except for team jerseys, riders are not permitted to bring to the podium during the awards ceremony any sponsorship, advertising, or product placement items including, without limitation, their bicycles. A 200-point team penalty and a 25-point individual penalty shall be assessed for violation of this rule.

# CHAPTER 14: RACE OFFICIALS AND PROTESTS

## 14.1 APPROVED ACA OFFICIALS

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

- Executive Director
- Chief Referee
- Operations Manager
- Chief Scoring Official
- Chief Course Marshal
- Course Marshals
- Course Sweeper
- Rules Committee

## 14.2 ACA RULES COMMITTEE

- The ACA Rules Committee is responsible for the interpretation of the rulebook and the resolution of any appealed disputes regarding the application and enforcement of the rules.
- Head Coaches or Team Directors may appeal any rule decision or penalty assessed by an official to the ACA Rules Committee.

## 14.3 ON-SITE PROTESTS

- All protests must be filed by the Head Coach or Team Director. Protest forms must be filed prior to the protest period expiring at the registration tent.
- Parents are not to be involved with protests. The ACA Rules Committee will communicate with the Rider and coach. In the event a member of the ACA Rules Committee needs to speak with a parent, they will contact them directly.
- The Chief Referee will handle any protests arising at the event.
- The Chief Referee may call a meeting of all available ACA Rules Committee 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.
- 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.

## 14.4 PROTESTS OF PRELIMINARY AND OFFICIAL RESULTS

- Preliminary race results and penalty assessments are posted at the race venue, at or near the scoring tent, as soon as possible after each event. The posting time shall be stated on the results and penalties sheets.
- Protests to the preliminary results and opposition to penalties must be submitted, using the forms provided at the registration tent, to a race official at the registration tent within 15 minutes of the posting time.
- After the timely protests and opposition to penalties are considered, ruled upon, and approved by 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.
- At the discretion of the ACA Rules Committee or Chief Referee, the decision and ruling on a protest or opposition to a penalty may be deferred until after race day. If such a deferred decision affects the podium results for an event, medals will not be awarded. The medals awarded on race day are final.

## 14.5 JUDGMENT CALLS

- The Chief Referee 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 because 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 every protest that is submitted.
- Riders 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 the Chief Referee is required to make.
- It is further expected of students, family members, and coaches must 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.
- All Riders, their families, spectators, and coaches must show respect to race officials and refrain from publicly questioning their decisions at the race or event venue and from addressing them in a loud, disrespectful, or abusive manner.
- All Riders, their families, and coaches should strive to demonstrate appropriate gestures of good sportsmanship at the conclusion of a race or other event, win or lose. No one should interact in a negative fashion with race officials, spectators, Riders, the Riders' families, or coaches of the opposing team.
- All Riders, their families, spectators, and coaches should strive to realize, accept, and practice the principle that a team's reputation is built not only on its cycling ability, but also on the good sportsmanship, courtesy, and citizenship of the Riders and everyone involved with the team.

Disputes between riders should be reported by the riders to their respective Head Coaches. The respective Head Coaches should discuss the issue between themselves in a respectful manner and attempt to reach a satisfactory resolution. If that is not possible, the Head Coaches only (not Riders, not Parents) may bring the issue to the attention of the Chief Referee.

# CHAPTER 15: WEATHER GUIDELINES

The ACA has laid out detailed guidelines for how the league will conduct races in challenging weather. Our primary consideration is always the safety of our riders along with race support staff and race visitors. We must also take into consideration any potential damage to the race venue: trails and infield.

The ACA will monitor any potential weather threats that could impact a race weekend, develop any emergency plans, and send out safety information based on the type of impending weather.

Any decisions regarding canceling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the ACA and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather.

## 15.1 WEATHER IMPACT ON COMPETITION

- Races are held on their scheduled dates unless the racecourse on the day of the race is deemed unrideable and/or dangerous. The ACA will have the option to alter the start of a race from its published times if the weather has created unsafe conditions.
- Courses and/or lap lengths may be altered or shortened due to weather conditions. Any changes will be announced at the pre-race coach meeting if changes are known at that time. Last-minute changes will be broadcast to riders at the start of each wave via the race announcer. If conditions require a change in the number of laps during a race, a person will be stationed at the lap line advising riders of the change.

## 15.2 RE-STARTING A RACE STOPPED BY WEATHER

If the race has been stopped (and the course cleared) due to lightning or another emergency, the race may be restarted or declared over depending on the schedule and number of laps completed prior to the stoppage. If time permits, racers will be able to resume laps beginning from the lap line.

## 15.3 RACE REGISTRATION FEES

- If a race venue is moved or a race is rescheduled, race registration fees will automatically be applied to the moved or rescheduled race.
- If a race is canceled due to weather conditions, fees will not be refunded.



# APPENDIX A: INDIVIDUAL POINT SCALE

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

Place	Varsity	JV1	JV2/Frsh
29	407	372	332
30	404	369	329
31	401	366	326
32	398	363	323
33	395	360	320
34	392	357	317
35	389	354	314
36	386	351	311
37	383	348	308
38	381	346	306
39	379	344	304
40	377	342	302
41	375	340	300
42	373	338	298
43	371	336	296
44	369	334	294
45	367	332	292
46	365	330	290
47	364	329	289
48	363	328	288
49	362	327	287
50	361	326	286
51	360	325	285
52	359	324	284
53	358	323	283
54	357	322	282
55	356	321	281
56	355	320	280

Place	Varsity	JV1	JV2/Frsh
57	354	319	279
58	353	318	278
59	352	317	277
60	351	316	276
61	350	315	275
62	349	314	274
63	348	313	273
64	347	312	272
65	346	311	271
66	345	310	270
67	344	309	269
68	343	308	268
69	342	307	267
70	341	306	266
71	340	305	265
72	339	304	264
73	338	303	263
74	337	302	262
75	336	301	261
76	335	300	260
77	334	299	259
78	333	298	258
79	332	297	257
80	331	296	256
81	330	295	255
82	329	294	254
83	328	293	253
84	327	292	252

Place	Varsity	JV1	JV2/Frsh
86	326	291	251
87	325	290	250
88	324	289	249
89	323	288	248
90	322	287	247
91	321	286	246
92	320	285	245
93	319	284	244
94	318	283	243
95	317	282	242
96	316	281	241
97	315	280	240
98	314	279	239
99	313	278	238
100	312	277	237

Place	8th Grade	7th Grade	6th Grade
1	500	500	500
2	490	490	490
3	481	481	481
4	472	472	472
5	464	464	464
6	456	456	456
7	448	448	448
8	441	441	441
9	434	434	434
10	427	427	427
11	420	420	420
12	414	414	414
13	408	408	408
14	402	402	402
15	396	396	396
16	390	390	390
17	385	385	385
18	380	380	380
19	375	375	375
20	370	370	370
21	365	365	365
22	360	360	360
23	356	356	356
24	352	352	352
25	348	348	348
26	344	344	344
27	340	340	340
28	336	336	336

Place	8th Grade	7th Grade	6th Grade
29	332	332	332
30	329	329	329
31	326	326	326
32	323	323	323
33	320	320	320
34	317	317	317
35	314	314	314
36	311	311	311
37	308	308	308
38	306	306	306
39	304	304	304
40	302	302	302
41	300	300	300
42	298	298	298
43	296	296	296
44	294	294	294
45	292	292	292
46	290	290	290
47	289	289	289
48	288	288	288
49	287	287	287
50	286	286	286
51	285	285	285
52	284	284	284
53	283	283	283
54	282	282	282
55	281	281	281
56	280	280	280

Place	8th Grade	7th Grade	6th Grade
57	279	279	279
58	278	278	278
59	277	277	277
60	276	276	276
61	275	275	275
62	274	274	274
63	273	273	273
64	272	272	272
65	271	271	271
66	270	270	270
67	269	269	269
68	268	268	268
69	267	267	267
70	266	266	266
71	265	265	265
72	264	264	264
73	263	263	263
74	262	262	262
75	261	261	261
76	260	260	260
77	259	259	259
78	258	258	258
79	257	257	257
80	256	256	256
81	255	255	255
82	254	254	254
83	253	253	253
84	252	252	252

Place	8th Grade	7th Grade	6th Grade
86	251	251	251
87	250	250	250
88	249	249	249
89	248	248	248
90	247	247	247
91	246	246	246
92	245	245	245
93	244	244	244
94	243	243	243
95	242	242	242
96	241	241	241
97	240	240	240
98	239	239	239
99	238	238	238
100	237	237	237