



**YORK REGION ATHLETIC ASSOCIATION
MOUNTAIN BIKING PLAYING REGULATIONS**



1. SEASON: Co-Ed Spring Sport

2. DIVISIONS:

Sport and Expert

Junior Girls

Junior Boys

Senior Girls

Senior Boys

- A) The minimum number of teams to run a league will be 4. If less than 4 teams declare for a league, the convenor(s) of the league may appeal to the executive for an exception. Appeals must be heard before the pre-season meeting for that sport.
- B) If a sport declares less than 4 teams three years in a row, the sport will no longer be offered as an option by the YRAA.

3. ELIGIBILITY

a) See YRAA Eligibility/Transfer Policies.

b) AGE DIVISION CATEGORIES

Junior

School Year: **2023-24**

Year of Birth must be no earlier than: **2008**

Date of Entry to grade 9 must be no earlier than August of: **2019**

Senior

School Year: **2023-24**

Year of Birth must be no earlier than: **2004**

Date of Entry to grade 9 must be no earlier than August of: **2019**

c) A student/athlete must be on the team roster at the proper age group (Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line prior to the commencement of the competition, or as indicated in the particular sport playing regulations.

d) Sport: School trained athletes. Sport riders will not have competed in the past or present about the beginner class at an O-Cup event.

Expert: Expert riders have raced at the sport or expert level in the past or present in an O-Cup race.

A minimum of five (5) riders in each sport/expert age group will be required to run separate groups, otherwise the age group will be run as a single class.

e) A school team cyclist is defined as an individual who practices under the direction of the designated school coach in a minimum number of eight (8) practices during the race season at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.



**YORK REGION ATHLETIC ASSOCIATION
MOUNTAIN BIKING PLAYING REGULATIONS**

- f) An official YRAA Eligibility Form, including all required participants' data must be completed electronically and e-mailed to the Athletic Coordinator. A hard copy, signed by the principal, athletic designate and the teacher/coach must be received by the convenor twenty-four (24) hours prior to the commencement of competition.

4. GOVERNING RULES

- a) Refer to the current OPHEA safety guidelines for this sport
- b) Athletes will compete in one age class only.
- c) Athletes will compete in the age class in which they are entered.
- d) Unlimited entries per school.
- e) A Jury of Appeal will be established at the pre race coaches meeting. This Jury of Appeal will deal with any disputes arising on the day of the meet.
- f) Competition Format: There will be one or more preliminary events prior to the York Region championships. For all events, the course will ideally be designed so riders pass the start finish area as often as possible on each lap. The race will begin with a mass start. Each school can have one rider in the front line. The rest of the teams will fill in behind. The riding time for the lap will be approximately 15 – 20 minutes.

Category	Laps
Junior Boys – Expert	3
Junior Boys – Sport	2
Junior Girls – Expert	2
Junior Girls – Sport	2
Senior Girls – Expert	3
Senior Girls – Sport	2
Senior Boys – Expert	4
Senior Boys – Sport	3

The ideal course will be short enough to require multiple loops and be comprised of terrain that can be completed by beginning riders on most basic, entry level bikes. The length of the course should be based on the ability of riders to complete the course in specific time zones. Directional arrows will mark the entire length of the course. The course will be clearly marked with hazard tape and directional arrows mounted on the right at racing eye level (about three (3) feet from the ground). Arrows will be placed 30m prior to an intersection, at the intersection and, 30m beyond an intersection. Upside down arrows will mark hazardous obstacles.

- g) Safety Equipment and Gear: Riders must wear clothing appropriate for activity and an approved cycling helmet while on the course. Helmets must also be worn anytime a participant rides their bicycle during the course of the event.



**YORK REGION ATHLETIC ASSOCIATION
MOUNTAIN BIKING PLAYING REGULATIONS**



All riders will use a number board attached to the front of their bicycle. Bicycles must be in good working order and BMX, cyclocross and road bikes will not be permitted to race.

- h) All participants must be members of the Ontario Cycling Association.
- i) Pre-Riding: The course will be marked and open for pre-riding one hour prior to the start of the first race. Once the first race begins the course is closed to pre-riders.
- j) Scoring: Each rider will be assigned a finish time that will be recorded by the official timer. This finish time will determine the riders standing in their designated race.

Individual: Points will be awarded to riders depending on their finishing position within their category, with an equal number of points awarded to their school. Points will be awarded to the top ten (10) finishers in each category: 1s – 10, 2nd – 9, etc.

Teams: Schools are encouraged to enter as many riders as possible to encourage participation. The top five (5) male finishers and top (3) female finishers in each category from the same school will receive equal points for their school.

- k) Awards: Top three (3) riders in each category and the top school will receive an award.

5. Supervision of Teams/Individuals:

- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports
- e) Unless the staff member (as defined in Section 1 a) – above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.



**YORK REGION ATHLETIC ASSOCIATION
MOUNTAIN BIKING PLAYING REGULATIONS**



6. Inclement Weather Protocol:

- a) In the event of inclement weather, games may be cancelled and rescheduled if:
- i) the transportation company (bus) cancels the booking OR
 - ii) the school principal determines that the weather is unsafe for teams to travel OR
 - iii) the host school teacher/coach, in consultation with the Athletic Designate and/or school administration, determines the playing environment to be unsafe (eg standing water on fields, excessive ice).
 - iv) when lightning or thunder is seen or heard in the area, play shall be suspended and participants shall seek appropriate shelter as outlined in the current OPHEA safety document. Play may be resumed once thirty (30) minutes has passed since the last observation of lightning or the sound of thunder. The decision to suspend play shall be made by the game official and/or teacher/coaches of the teams involved in the competition.

Whenever possible, it is recommended that a decision to cancel a game due to inclement weather be made by 1:00 p.m. the day of the game.

- b) Once this has happened the coach or AD of the school canceling shall:
- i) notify the school(s) being played that they will not be able to play due to inclement weather
 - ii) contact the YRAA that the game is being cancelled due to inclement weather.
 - iii) make arrangements with the school(s) involved to reschedule the game(s) at a date that is acceptable to all parties and fits within the established master schedule. Should a mutually agreeable date to reschedule not be found within 48 hours, the convenor will assign a date that fits in to the master schedule.
- c) The YRAA Office will:
- i) keep a record of cancelled games in order to ensure that they are rescheduled
 - ii) notify the referee assignor that the games are cancelled and will be rescheduled so that unnecessary travel by officials can be avoided.

7. Awards:

- i) The top three riders in each category will receive an award.
- ii) Using the point system above for individual riders, each school will be given a total to determine the overall team champion.
- iii) Bill Crothers SS is ineligible to win the above team award. For scoring purposes, Bill Crothers SS team and individual results will be omitted after the competition scoring has been done. Final results for events will be posted with Bill Crothers SS student-athletes included in the results.