



Race Categories

Race categories are skills and experienced-based. Our goal is to place each student-athlete in the appropriate category for safety, fair competition, and racing experience. We want to create the safest race experience for all our riders while keeping the racing challenging and fun!

Student-athletes do not choose their race category. At the beginning of each season the League will assign each rider a category. Assignments are based on grade level, prior season race category and results. Below are the League category placement guidelines. There are always exceptions and the League takes these into consideration when assigning categories.

Students seeking an alternative category placement may [petition](#) to the Rules and Appeals Committee for an exception. Before submitting a Petition for Race Category Change, please check your [assigned race category](#). **Please note that there are petition deadlines for each race (listed on the homepage).**

We encourage our student-athletes and their parents to work with their coaches to determine the most appropriate category for him/her. Here is a [Race Category Assessment Guide](#) that might be useful. Additionally, we encourage student-athletes to take their time before moving up in distance and duration by changing race categories and get a feel for racing and experience hearty competition. Slow and steady wins the race!

There are many student athletes in our program that do not have the desire to race. That is perfectly okay and we encourage these students to be part of our mountain bike program and participate in race day in other ways. For instance, the course is marked and open to all registered student-athletes to pre-ride. Come ride the course with your teammates! Come swing a cowbell, work the feed zone, or help the League by announcing riders as they cross the line. There's lots to do and race day is a lot of fun.

CATEGORY ELIGIBILITY & DESCRIPTION

	CATEGORY	ELIGIBILITY	*TIME	*LAPS	*DISTANCE
1	6th Grade Girls	6th Grade	30-45 minutes	1	4-5 miles
2	6th Grade Boys	6th Grade	30-45 minutes	1	4-5 miles
3	7th Grade Girls	7th Grade	30-45 minutes	1	4-5 miles
4	7th Grade Boys	7th Grade	30-45 minutes	1	4-5 miles
5	8th Grade Girls	8th Grade	30-45 minutes	1	4-5 miles
6	8th Grade Boys	8th Grade	30-45 minutes	1	4-5 miles
7	Middle School Advanced Girls	6th - 8th Grade	45-90 minutes	2	8-10 miles
8	Middle School Advanced Boys	6th - 8th Grade	45-90 minutes	2	8-10 miles
9	Beginner Girls	9th - 12th Grade	30-45 minutes	1	4-5 miles
10	Beginner Boys	9th - 12th Grade	30-45 minutes	1	4-5 miles
11	Intermediate Girls	6th - 12th Grade	45-90 minutes	2	8-10 miles
12	Intermediate Boys	6th - 12th Grade	45-90 minutes	2	8-10 miles
13	JV Girls	6th - 12th Grade	45-90 minutes	2-3	8-15 miles
14	JV Boys	6th - 12th Grade	60-100 minutes	3	12-15 miles
15	Varsity Girls	6th - 12th Grade	60-100 minutes	3	12-15 miles
16	Varsity Boys	6th - 12th Grade	90-120 minutes	4	16-20 miles

* Time, number of laps and/or distance may vary based on venue, weather and course conditions.



CATEGORY ASSIGNMENT AND UPGRADE GUIDELINES

Before Race 1

PRIOR SEASON CATEGORY	CURRENT SEASON DEFAULT CATEGORY	CATEGORY EXCEPTION	CATEGORY EXCEPTION CRITERIA
6th Grade	7th Grade	Middle School Advanced	1 finish within 10% of any prior season 6th Grade winning time.
7th Grade	8th Grade	Middle School Advanced	1 finish within 10% of any prior season 7th Grade winning time.
8th Grade	Intermediate	Beginner	2 finishes over 30% of any prior season 7th Grade winning time.
Middle School Advanced	Middle School Advanced	JV	1 finish within 10% of any prior season Middle School Advanced winning time.
Beginner	Intermediate	Beginner	2 finishes over 30% of any prior season Beginner winning time.
Intermediate	Intermediate	JV	1 finish within 10% of any prior season Intermediate winning time.
JV	JV	Varsity	2 finishes in 2 or more races within 10% of any prior season JV winning time.
Varsity	n/a	n/a	n/a

After Race 1

PRIOR SEASON CATEGORY	CURRENT SEASON ASSIGNED CATEGORY	UPGRADE CATEGORY	CATEGORY UPGRADE CRITERIA
n/a	6th Grade	Middle School Advanced	Riders finishing within 10% of Middle School Advanced average lap time will be evaluated for category upgrade.
n/a	7th Grade	Middle School Advanced	Riders finishing within 10% of Middle School Advanced average lap time will be evaluated for category upgrade.
n/a	8th Grade	Middle School Advanced	Riders finishing within 10% of Middle School Advanced average lap time will be evaluated for category upgrade.
n/a	Middle School Advanced	JV	Riders finishing within 10% of Middle School Advanced average lap time will be evaluated for category upgrade.
n/a	Beginner	Intermediate	Riders finishing within 10% of Intermediate average lap time will be evaluated for category upgrade.
n/a	Intermediate	JV	Riders finishing within 10% of JV average lap time will be evaluated for category upgrade.
n/a	JV	Varsity	Riders finishing within 10% of Varsity average lap time will be evaluated for category upgrade.
n/a	Varsity	n/a	n/a