



2018

League Rules and Regulations

Empowering Youth Through Cycling

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1. General League Guidelines

General student-athlete guidelines apply to practices, races, individual training rides, and student-athletes riding their bikes as participants of the Washington Student Cycling League (WSCL). We encourage coaches and parents to enforce a policy of safety, etiquette and trail use during both on and off-season.

All student-athletes who participate in any events associated with the Washington Student Cycling League, including but not limited to races, training rides, clinics, camps and practice skill sessions, do so at their own risk. Whether or not they are registered in the Washington Student Cycling League, no liability shall be attached to the WSCL league or any of its officials, coaches, parents, volunteers, and participants with respect to any loss or injury sustained or caused by anyone participating in these events.

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

1.1. Effective Date

These Rules and Regulations are effective for the Washington Student Cycling League (referred to as the "WSCL") for the 2017/2018 season. All prior rules and regulations are superseded. In the event that there is any question between the rules and regulations present in this document and any other document or the league web site, this document shall serve as the sole statement of record.

1.2. Rider Eligibility

The WSCL is open to all students who attend public or private schools or who are homeschooled for high school (grades 9-12) and middle school (grades 6-8) within the league's region. The league's region is defined as:

The entire state of Washington and bordering US states Oregon and Idaho upon the League Director's discretion. Student-riders and teams located within the state of Oregon and Idaho may participate in the League's events and races, and the League may host events within the state of Oregon and Idaho.

- **High School Participant Age Maximum:** 19 years old by June 1st of the active calendar year.
- **Middle School Participant Age Minimum:** 11 years old by June 1st of the active calendar year. If you meet the grade minimum but not the age you need joint approval from the league and the team coach to participate.
- **Middle School Participant Age Maximum:** 14 years old by June 1st of the active calendar year.

1.2.1. Skipped or Repeated Grades

Student riders who have skipped a single grade or repeated a single grade are placed into categories according to their grade levels as provided under the Category Placement Rules. If a student-rider has

skipped more than one grade or repeated any grade more than once must consult with the League Director regarding placement into the appropriate categories.

1.2.2. College Class Enrollment

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

1.2.3. Transgender Students

The WSCL recognizes the value of participation for all students. We are committed to providing all students the opportunity to participate in our events in a manner consistent with their gender identity.

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

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

1.3. Participant Registration and Release Forms

All League Participants - student-athletes, coaches, team volunteers (including parents who wish to participate in team rides) and league staff - must complete their online registration through the league's online registration process. The online forms must be completed by a legal adult. If students are at least 18 years old or older, they may complete their own forms. A parent or legal guardian who permits a minor to participate in Washington Student Cycling League races or camps, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of their Washington Student Cycling League's Release forms and those terms shall be binding even when no proper entry form has been signed and submitted for a student-athlete.

2. League Philosophy and Expectations

2.1. General League Philosophy

The Washington Student Cycling League (WSCL) is a holistic mountain bike program for student's grade 6-12. WSCL is a non-profit organization that partners with schools and community organizations to provide cycling opportunities to all students across Washington State.

WSCL's mission is to promote youth development, confidence, leadership, health, and public stewardship through mountain biking. WSCL provides a positive outdoor experience and creates the foundation for lifelong cycling enjoyment.

In the mountain biking program, coaches aim to help young riders to improve their bike handling skills, riding etiquette, fitness and health, as well as gain exposure to the sport in a spirited and team

atmosphere. To achieve this, WSCL promotes the enjoyment of cycling through quality coaching, fun rides, informative clinics and active participation from our athletes.

2.2. Representing the WSCL

Anyone associated with the Washington Student Cycling League – student-athletes, parents, coaches, volunteers and staff - represent the league and cycling in general. This is true at all times, not just at races — when you are at a bike shop, out on the trail or bike park, and regardless of whether you are wearing your team jersey. As such, as representatives of the league, you are expected to adhere to the following guidelines:

Display a Positive Sporting Attitude

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

Practice Controlled Riding

Participants must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and/or with excessive speed will not be tolerated. Riders who have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.

Avoid Riding Alone

If possible, ride with at least one other person. If you plan to ride alone, alert someone to your general location, the route you plan to take and your approximate time of return.

Ride only in Authorized Areas

Participants are encouraged to ride only on authorized trails. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also discouraged.

Obey Your Local Traffic Laws

Cyclists are required by law to obey all traffic laws. Always ride to the right side of the road and in bike lanes if available. Stop at stop signs and red lights. Signal turns. Use required lights and reflectors at dusk/night. Specific laws that pertain to bicyclists in Washington State can be found at <http://www.wsdot.wa.gov/bike/Laws.htm>.

Respect Other Trail Users

Be respectful and courteous by staying as far to the right as practical and riding single file while riding on roads and trails. Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well. Please don't startle other trail users with your greeting. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, being prepared to stop if necessary and passing safely. A rider is going slow enough when he or she can say 'hello' and the hiker can say 'hello' back and be heard.

When approaching equestrians (people riding horses), call out or sound a warning and stop, whether you are seen or not. Ask for instructions from the equestrian on how to pass safely.

Leave No Trace

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction to limit your impact on the trail. Stay on existing trails and don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the land managers.

Plan Ahead

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

2.3. Rule Violations, Misconduct and Consequences

Violations of both racing rules and individual behavior will result in consequences at one of the following levels. Consequences may be applied at the discretion of the League Director and/or a League Official if violations occur during a League event. Coaches are responsible for applying consequences for team related issues. Not all rules have consequences that fall within these levels. Officials and coaches may determine other penalties that are not specified in the rulebook, but are deemed appropriate. If certain rules or behavior have specified consequences, they are noted throughout this document.

ORANGE LEVEL CONSEQUENCES

First offense: Warning

Second offense: 5 minute penalty or practice participation

Third offense: Disqualification from a race and/or practices from the team

RED LEVEL CONSEQUENCES

First offense: Disqualification from the race of infraction, or the next race if the infraction occurs between races. Penalties for participation from the team including practices (typically two).

Second offense: Disqualification from the race series and possible league and team disqualification.

Head coaches may implement further response based on individual team policies.

3. Equipment Guidelines

Selection of equipment and clothing are solely the responsibility of the rider. WSCL assumes no responsibility for safety or performance of any items selected by the rider. Each rider is responsible for proper maintenance of his/her clothing and equipment.

For team practices and rides, the coaches may disallow participation of any rider using equipment or clothing deemed dangerous or inadequate.

For league races, a league official may disallow the start of any rider using equipment or clothing deemed dangerous or inadequate.

3.1. Helmets

Student-athletes and participants (parents, volunteers, coaches, spectators, and staff) must wear an approved helmet any time their bicycle is in motion. Student-athletes must also keep their helmet on when walking or running on the course with a mechanical problem.

[ORANGE LEVEL CONSEQUENCES]

Approved Helmets must meet one of the following standards:

- A. American National Standards Institute (ANSI) Standard Z90.4.
- B. Snell Memorial Foundation Standard "B" or "N" series.
- C. American Society for Testing and Materials (ASTM) standard F-1447.
- D. U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
- E. European Committee for Standardization (CE EN1078) standard for bicycle helmets.

3.2. Bicycles and Related Equipment

Bicycles

- Mountain bikes only. All riders must use a mountain bike, as designated by the manufacturer, designed for off-road biking.
- No road bikes, cyclocross bikes, tandem bikes, mountain bikes with drop-down handlebars, or single-speed bikes
- Bicycles must be propelled by the rider's legs only. No stored propulsion mechanism is allowed.

Wheels

- Wheels must be between 26 and 29 inches.
- 24 inch wheels are acceptable based on rider size and correct rider wheel size proportions.

Tires

- Tires must have knobbies, no slick tires are permitted, and must not be narrower than 1.75 inches.

Brakes

- Bicycle shall have at least two brakes, one on each wheel, that are in good working condition.
- Brake pads must not be worn below recommended limits.
- It is recommended that bicycle be looked at by a mechanic before every ride.

Handlebars

- Handlebars must be mountain bike specific; no drop bars or aero bars.
- No bar ends (forward pointing handle grip extensions) may be used.
- Handlebar end plugs and stem caps are required.

Bicycle Additions and Accessories

- Saddlebags and bicycle computers must be securely mounted.
- Nothing may be added to the basic bicycle to reduce air resistance.
- No kickstands allowed.
- No bike racks or panniers allowed.

3.3. Clothing

Bike Attire

It is recommended that you wear clothing conducive to riding in practices and races. Keep in mind that baggy clothing could pose a safety risk with entanglements with moving parts of a bicycle especially when mountain biking. Baggy or loose clothing past the knees is highly discouraged to avoid this risk. League officials can require a rider to change if they deem the clothing to be a safety risk.

All team members must wear identical jerseys or shirts at races.

Footwear

Footwear must be fully enclosed and fastened with either Velcro straps, buckles or laces. Laces can pose a safety hazard and should be used with caution.

3.4. Banned Equipment and Accessories

3.4.1. Music Players/Headphones

Student-athletes are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer.

[\[ORANGE LEVEL CONSEQUENCES\]](#)

3.4.2. Cell Phones

Student athletes may not answer a cell phone or make cell phone calls while riding their bikes. Student athletes must safely come to a complete stop and have both feet on the ground in order to use their cell phones.

[\[ORANGE LEVEL CONSEQUENCES\]](#)

3.4.3. Helmet and Bike-Mount Cameras

Due to rider safety, helmet and other type of mounted cameras are not allowed at practices, races or WSCL events. (Use may be permitted only in writing by the WSCL Executive Director).

[\[ORANGE LEVEL CONSEQUENCES\]](#)

3.4.4. Drones

For the safety of our students, the WSCL bans all drone flying at our events without prior approval of the League. Some of our events are held on properties where the Federal Aviation Administration (FAA) restricts or bans the use of the drones. Operators who violate airspace restrictions may be subject to enforcement action, including potential civil penalties and criminal charges.

4. Chemical Awareness & Substance Abuse

It is the philosophy of the WSCL that students should be encouraged and supported in their efforts to develop and maintain a chemical-free lifestyle.

The WSCL recognizes that chemical use, such as tobacco, alcohol and other drugs, is a significant health risk for many students and can affect academic achievement, personal growth, team morale, personal and team/group success and safety.

The WSCL believes that the close contact of coaches, ride leaders, team volunteers, parents and other students provides a unique opportunity to observe, assist and support one another.

High priority is placed on early recognition and treatment of alcohol and/or drug problems and any student who requests help for their substance abuse prior to the violation of the WSCL Substance Abuse Policy, will not be suspended from participation in the League if he/she is actively engaged in and successfully completes the appropriate treatment program for their substance abuse.

4.1. Substance Abuse Policy

This policy is intended to discourage the use of alcohol, tobacco, legend drugs, controlled substances and paraphernalia and to encourage the use of available school and community resources.

During the WSCL season of practice and competition, a student shall not use, possess any paraphernalia, buy, sell, or furnish alcohol, tobacco, marijuana, non-medical inhalants, or any other substance defined as a drug. It is not a violation of this policy for a student to be in the possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

4.2. Procedures Regarding Suspected Substance Abuse

Students, Parents, Team Volunteer

If you are student, parent, or team volunteer and suspect that a student has a chemical use or substance abuse problem, please notify the Head Coach immediately.

Head Coach Procedures

Student Self-Referral:

1. Talk with the student.
2. Refer to available school and community assistance programs.
3. Monitor and support participation in recommended programs.
4. Follow-up with student to determine if resources were effective and/or helpful.

Student athletes may take advantage of the self-referral procedure to seek information, guidance, counseling, and assessment in regards to use of tobacco, alcohol and other controlled substances.

Voluntary self-referrals do not carry punitive consequences.

Self-Referral cannot be used by the student athlete as a method to avoid consequences once he/she has violated one of the conduct rules and the League has initiated a disciplinary investigation.

Concerned Person:

1. Consult with other WSCL coaches to evaluate student's behavior, verify violation.
2. Meet with student to discuss concerns over use (if student admits problem, follow self-referral procedure). Refer student to available school and community assistance programs.

3. Notify parents/guardian and refer parents to available school and community assistance programs.
4. Notify the WSCL Director.
5. Follow-up with parents and student to determine if resources were effective

4.3. Violations & Penalties

Alcohol and Tobacco

1st Violation

- The student will lose eligibility to participate in the program for two weeks.
- The student will be required to attend a minimum of six educational group sessions regarding alcohol and drug abuse.

2nd Violation

- The student will lose eligibility to participate in the program for an additional three weeks.

3rd Violation

- The student will lose eligibility to participate in the remainder of the program season.

Illegal Drugs and Controlled Substances

1st Violation

- The student shall be immediately ineligible to participate in the program for the remainder of the season.

Other Banned Substances

Caffeine

Caffeine is a stimulant and an addictive substance that enhances performance. The WSCL believes that student-athletes should compete without any performance enhancing substances. Caffeinated sports nutrition (gels, bars, sport drinks) and caffeinated beverages are banned from League races and practices.

[\[ORANGE LEVEL CONSEQUENCES\]](#)

Creatine, Guaraná Root and Taurine

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

Student-athletes need to be very careful as many energy drinks contain these substances.

Student-athletes are responsible for knowing the ingredients of the products they consume.

[\[ORANGE LEVEL CONSEQUENCES\]](#)

5. Misconduct and Consequences

The Washington Student Cycling League is committed to improving the development and safety of our student-athletes and participants.

Misconduct may damage a student's psychological well-being; students who have been mistreated may experience social embarrassment, emotional turmoil, psychological scars, loss of self-esteem and negative impacts on family, friends and the sport. Misconduct by student-athletes, coaches and/or spectators degrades the experience of our student-athletes and erodes the integrity and appeal of the sport. Therefore, all forms of misconduct are intolerable and in direct conflict with the mission of the Washington Student Cycling League.

5.1. Types of Misconduct and Consequences

The primary types of misconduct involving student-athletes:

- Unsportsmanlike Conduct
- Fighting
- Bullying
- Hazing
- Harassment

Unsportsmanlike Conduct

Washington Student Cycling League student-athletes are expected to display an excellent sporting attitude during all Washington Student Cycling League events and during their team rides and practices. Our student-athletes should treat other student-athletes, coaches, spectators and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all Washington Student Cycling League student-athletes. Profanity in any situation is not acceptable.

[\[ORANGE LEVEL CONSEQUENCES\]](#)

Examples of Unsportsmanlike Conduct:

- Saying words, jokes, or comments based on an individual's sex, race, ethnicity, age, religion, weight, or any other legally protected characteristics
- Taunting, baiting, or using 'trash talk'
- Using inappropriate comments or actions that may be construed as sexual harassment
- Threatening to harm a person or property directly or indirectly, with or without a weapon
- Being hostile and uncooperative after a reasonable request
- Throwing, kicking, or abusing equipment or other objects
- Using intimidating actions (bullying)
- Causing a person to fear for their safety
- Swearing or using profanity
- Using obscene gestures
- Instigating flagrant or violent fouls on the practice or game field

Fighting

Fighting is physical misconduct and is actual or threatening physical contact that intentionally causes or has the potential to cause the participant to sustain bodily harm or personal injury.

[\[RED LEVEL CONSEQUENCES\]](#)

Bullying

Bullying is an intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behavior that is intended, or has the reasonable potential, to cause fear, humiliation or

physical harm in an attempt to socially exclude, diminish or isolate the targeted athlete(s) as a condition of membership. It includes any act or conduct described as bullying under federal or state law.

[RED LEVEL CONSEQUENCES]

Examples of Bullying

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Name-calling
- Taunting or ridiculing
- Intimidating behavior or language
- Inappropriate sexual comments

Social bullying involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other students not to be friends with someone
- Spreading rumors or making false statements about someone
- Embarrassing someone in public
- Using electronic communications, social media, or other technology to harass, frighten, intimidate or humiliate ("cyber bullying")

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting, kicking, pinching, spitting, tripping, pushing, punching, beating, biting, striking, kicking, choking or slapping an athlete
- Throwing at or hitting an athlete with objects such as sporting equipment
- Taking or breaking someone's things
- Making mean or rude hand gestures

Hazing

Hazing involves coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for joining a group or being socially accepted by a group's members. It includes any act or conduct described as hazing under federal or state law. Activities that fit the definition of hazing are considered to be hazing regardless of an athlete's willingness to cooperate or participate.

[RED LEVEL CONSEQUENCES]

Examples of Hazing

- Requiring, forcing or otherwise requiring the consumption of alcohol or illegal drugs Tying, taping or otherwise physically restraining an athlete
- Sexual simulations or sexual acts of any nature
- Sleep deprivation, unnecessary schedule disruption or the withholding of water and/or food
- Social actions (e.g. grossly inappropriate or provocative clothing) or public displays (e.g., public nudity) that are illegal or meant to draw ridicule
- Beating, paddling or other forms of physical assault
- Excessive training requirements that single out individuals on a team

Harassment

Harassment is a repeated pattern of physical and/or non-physical behavior intended to cause fear, humiliation or annoyance, offend or degrade, create a hostile environment; or reflect discriminatory bias in an attempt to establish dominance, superiority or power over an individual athlete or group based on

gender, race, ethnicity, culture, religion, sexual orientation, gender expression or mental or physical disability. It includes any act or conduct described as harassment under federal or state law.

[RED LEVEL CONSEQUENCES]

Examples of Harassment

Physical offenses -

- Hitting, pushing, punching, beating, biting, striking, kicking, choking or slapping an athlete or participant
- Throwing at, or hitting an athlete with objects, including sporting equipment

Non-physical offenses

- Making negative or disparaging comments about an athlete's sexual orientation, gender expression, disability, religion, skin color or ethnic traits
- Displaying offensive materials, gestures, or symbols

5.2. Reporting Prohibited Conduct

Prohibited conduct can be reported by any individual to:

Lisa Miller, Executive Director

206-291-7773 or lisa@washingtonleague.org

If the misconduct takes place at a league race, it may also be reported to the Race Official.

5.3. League's Response to Misconduct

The Washington Student Cycling League is committed to respond to any misconduct by:

Stopping Misconduct on the Spot

If the misconduct takes place in the presence of League Staff, League Staff will intervene immediately.

Intervention includes:

- Separating the students involved
- Making sure that all students are safe
- Attending to any immediate medical or mental health needs for those involved

Obtaining the Facts

The Washington Student Cycling League is committed to remaining impartial and unbiased when obtaining and evaluating the facts of the situation or misconduct.

Statements from all parties involved or witnesses will be obtained. Statements may be verbal or in writing.

Making a Determination

Once all the facts of the situation have been obtained and reviewed, the Washington Student Cycling League will make a determination as to whether or not misconduct has taken place, the level or severity of the misconduct and will respond with most appropriate action in accordance to the League Mission.

Supporting All Students Involved

The Washington Student Cycling League is committed to the learning and development of all of our student-athletes. We will support all students involved in any misconduct by:

Working with the student on the receiving end of the misconduct to:

- Make sure that he/she understands the situation and knows that the misconduct is not his/her fault
- Provide an opportunity to express his/her feelings about the situation to ensure that the student feels heard and understood
- Provide a list of resources to the student and his/her parents who are struggling with talking about the situation

Working with the perpetrator of the misconduct to:

- Help him/her understand what the problem behavior is and why it is damaging to self and others
- Demonstrate that the League takes misconduct seriously and that it will not be tolerated
- Understand that there are consequences to misconduct
- Provide the opportunity for the perpetrator to make amends or repair the situation. If needed, notify the proper authorities

6. Racing Rules & Regulations

The WSCL views competition as a healthy opportunity for character building and mountain bike skills development. Race day is a day of cycling celebration, team-oriented, and an opportunity to work on sportsmanship and team building.

Mountain bike racing is an individual sport with a team aspect. Riders compete in individual competition categories while earning points for their teams, based on their finish places.

6.1. Eligibility

WSCL races are open to all registered WSCL students. For the team competition, student-athletes are only eligible to score points for their assigned team. Independent riders are not eligible for team competition.

Only student-riders officially registered with the League may practice or compete on the designated race course.

6.2. Race Course Information

Course markings are used to mark the official course during race day. Course markings include signage and course tape.

Directional and warning signs include:

- Arrows to indicate direction: straight ahead direction, left or right
- Wrong Way
- Danger

- Easier

6.3. 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!

Boys and girls always have their own divisions.

6.3.1. Middle School Categories

Grade 6

- Default category for all 6th graders.
- Grade 6 races consist of one lap (approximately 30-45 minutes).

Upgrading: 6th grade students are eligible to petition to the Advanced Middle School category after one race. Students in the 6th grade category are NOT eligible to upgrade to the JV or Varsity Categories.

Grade 7

- Default category for all 7th graders.
- Grade 7 races consist of one lap (approximately 30-45 minutes.)

Upgrading: 7th grade students are eligible to petition to Advanced Middle School category after one race. Students in the 7th grade category are NOT eligible to upgrade to the JV or Varsity Categories.

Grade 8

- Default category for all 8th graders.
- Grade 8 races consist of one lap (approximately 30-45 minutes.)

Upgrading: 8th grade students are eligible to petition to Advanced Middle School category after one race. Students in the 8th grade category are NOT eligible to upgrade to the JV or Varsity Categories.

Advanced Middle School

- Students with demonstrated results from 6th Grade, 7th Grade or 8th Grade categories.
- Advanced Middle School races consist of two laps (approximately 45-60 minutes.)

Upgrading: 6th, 7th and 8th grade students are eligible to petition to JV category after one race. Students in the Advanced Middle School category are NOT eligible to upgrade to the Varsity Category.

6.3.2. High School Categories

Beginner

- Default category for all riders in grades 9-12. All high school aged riders new to the WSCL will automatically be placed in the Beginner Category unless they have a race resume with USA Cycling or can document riding/racing experience.
- The Beginner Category is designed for novice riders and racers.
- Students possess basic mountain bike skills and/or physical fitness and endurance.
- Beginner races consist of one lap (approximately 30-45 minutes.)
- No middle school aged riders may compete in the Beginner Category.

Upgrading: High School Students may petition for upgrade to Intermediate after completing at least one race in the Beginner Category.

Intermediate

- The Intermediate Category is open to students in grades 9-12 via petition. (See Grade 7 & 8 for middle school upgrade process.)
- Riders have some racing experience and possess intermediate bike handling skills.
- Riders have the stamina to maintain a race pace for up to 60 minutes.
- Intermediate Races generally consist of 2 laps (approximately 40-50 minutes.)

Upgrades: Riders may petition for upgrade to JV after completing at least one race in the Intermediate Category.

Junior Varsity (JV)

- Junior Varsity is open to grades 7-12 via petition.
- Riders have a solid history of racing with verifiable results and possess advanced bike handling skills.
- Riders have the stamina to maintain a race pace for up to 90 minutes.
- JV Races generally last between 45-75 minutes for girls and 60 and 90 minutes for boys.

Upgrades: Riders may petition for upgrade to Varsity after completing at least one race in the JV Category.

Varsity

- Varsity is open to grades 7-12 via petition.
- Riders have a solid history of racing with verifiable results and possess advanced bike handling skills.
- Riders have the stamina to maintain a race pace for up to 2 hours.
- Varsity Races generally last between 60-90 minutes for girls and 90-120 minutes for boys.

6.4. Category Placement

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 new to the league are placed in a category based on default placement outlined above. For returning student-riders, prior performance, individual race results and a student's end-of-season overall standings are used to determine placement from season to season.

CATEGORY	ELIGIBILITY	* LAPS	* TIME DISTANCE
6th Grade	6th Grade Students	1	30-45 minutes
7th Grade	7th Grade Students	1	30-45 minutes
8th Grade	8th Grade Students	1	30-45 minutes
Advanced Middle School	6th - 8th Grade Students	2	45-60 minutes
Beginner	9th - 12th Grade Students	1	30-45 minutes
Intermediate	9th - 12th Grade Students	2	45-60 minutes
Junior Varsity (JV)	7th - 12th Grade Students	2-3 (girls) 3 (boys)	45-90 minutes (girls) 60-90 minutes (boys)
Varsity	7th - 12th Grade Students	3 (girls) 4 (boys)	60-90 minutes (girls) 90-120 minutes (boys)

* Time is approximate and the number of laps may vary depending on course and weather conditions. The final number of laps will be announced at the coaches meeting before each race.

6.5. Petition Process for Upgrading and Downgrading Categories

If a rider would like to change his/her race category, a Petition for Category Placement must be submitted.

The petition form can be found on the WSCL website.

<http://washingtonleague.org/petition-category-placement/>

Petition deadlines are based on the current year's racing calendar. Please refer to published list of deadlines on the League website. No petitions will be processed on race day, no exceptions.

The student-athlete will be notified in writing with the determination of their petition.

Due to the nature and interpretation of the category guidelines, there may be special accommodations or exceptions. Please communicate with league officials using the petition process if there is a need for an exception due to special circumstances.

6.5.1. Upgrading Categories

Rider upgrades are handled via a petition process through the Rules and Appeals Committee. The student should initiate the petition with the assistance of their parent(s) and coach.

Available upgrade paths are as follows:

- 6th Grade riders to Advanced Middle School
- 7th Grade riders to Advanced Middle School
- 8th Grade riders to Advanced Middle School
- Advanced Middle School to JV

- Beginner to Intermediate
- Intermediate to JV
- JV to Varsity

CATEGORY	ELIGIBILITY	UPGRADE CRITERIA	UPGRADES TO
6th Grade	6th Grade Students	Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception.	Advanced Middle School
7th Grade	7th Grade Students	Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception.	Advanced Middle School
8th Grade	8th Grade Students	Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception.	Advanced Middle School
Advanced Middle School	6th - 8th Grade Students	Riders finishing within 10% of Junior Varsity average lap time will be evaluated for exception.	Junior Varsity (JV)
Beginner	9th - 12th Grade Students	Riders finishing over 10% of Intermediate average lap time will be evaluated for exception.	Intermediate
Intermediate	9th - 12th Grade Students	Riders finishing within 10% of Junior Varsity average lap time will be evaluated for exception.	Junior Varsity (JV)
Junior Varsity (JV)	7th - 12th Grade Students	Riders finishing within 10% of Varsity average lap time will be evaluated for exception.	Varsity
Varsity	7th - 12th Grade Students	n/a	n/a

6.5.2. Downgrading Categories

Downgrading racing categories is highly discouraged and rarely granted. However, there are times when a downgrade is warranted. Please file a petition if a student would like to downgrade categories.

Riders who are more than halfway through the WSCL spring series are not eligible for downgrades.

A rider cannot be downgraded in the same year that he/she was upgraded.

6.6. Mandatory Upgrades

A category upgrade will be mandated if two of the following conditions are met:

1. In the prior year the rider placed first in their final category two or more times
2. In the prior year the rider placed in the top 10% of the average field size for the season in their final category. DNFs are calculated in the average.

3. In the current year the rider places 1st in two races and their total time is 5 minutes or more from the 2nd place finisher in both races.

6.7. Combining Classes

If a category has a field size of 10 or less riders, that category may be combined with another class for racing purposes. Riders will still be scored separately in their respective class.

6.8. Lapped Riders May Be Pulled

Lapped riders may be pulled from the race at the finish line. At the League Director's or 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 him or her to proceed. Riders who are pulled out of the race must not continue and will be placed according to their position at the time they were pulled.

6.9. Time Limits May Be Imposed

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, including during the race. Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, muddy conditions, clearing the course, and relieving course marshals. Time limits do not need to be announced in advance.

If a rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason, it is considered a DNF.

Race Officials may also, if deemed appropriate, opt to pull an individual rider who appears to be overheated, hypothermic, overly exhausted, or in any way injured, over-stressed, or at risk of injuring themselves.

6.10. Individual Racing Rules

6.10.1. Riders on the Course

1. Only WSCL Spring Program officially registered riders, coaches, and staff may ride, practice or compete on the designated race course on race day, including pre-riding the course.
2. Riders must affix an official WSCL number plate to their bikes at WSCL races. The number plate should be attached with at least three fasteners. It must be on the bike for the pre-ride and should remain on the bike at any time the student-athlete is riding at the event (before and after competing and including the pre-ride).
3. A student-athlete may not be on the course during a race for which he/she is not registered or if he/she has withdrawn or has been directed to withdraw.
4. It is the student-athlete's responsibility to stay on the prescribed course. A rider may not leave the course unless ordered to do so by a race official. In the case of an inoperable bike, the

student-athlete must progress forward along the course with their bike to the finish line. They must stay on the course and may NOT obstruct the progress of other racers.

5. Cutting the course is not allowed and all no rider may deviate from the edge of the trail as defined by change in surface or foliage characteristics by more than 3 feet, or by course marking tape, flags, and/or race directional signs.
6. Competitors may make no progress on the race course unaccompanied by their bike.

6.10.2. Staging for Race Starts/Call Ups

General Start Line Guidelines:

- Riders must arrive to the start line staging area at the time posted on the race day schedule. Current schedule will be posted on the WSCL website.
- Riders must position themselves in designated start lanes without overlapping the wheels of the rider in front of them.
- No cutting is allowed into the side or front of the group. Head to the back of the line.

Start Line Call-Ups

Start line call-ups for top placed riders takes place at all races. At the first race of the season the call-ups are based on the overall points earned from the previous season, regardless of the category where the points were earned. At all subsequent races, the call-ups are based on the overall placing in that category.

The top 10 riders in every category will be called up. An additional 5 riders will be called-up in field sizes greater than 30.

6.10.3. Switching Bikes

Switching bikes is not permitted. Racers must ride the same bike for the entire race. Please refer to [6.9.5. Outside Assistance](#) for information regarding mechanical issues. [Red Level consequences](#) are incurred for bike swaps.

6.10.4. Walking the Bike

Competitors may make no progress on the race course unaccompanied by a bike. In the case of an inoperable bike, student-athletes may progress along the course with their bike to the finish line. However, they must stay on the course, and must not obstruct the progress of other racers.

6.10.5. Outside Assistance

Riders in Middle School Categories, Beginner and Intermediate categories may receive outside assistance without penalty. JV and Varsity riders should be prepared to change flat tires and make any mechanical repairs by themselves and must carry their own tools, tubes, etc.

For JV and Varsity riders, if outside assistance is received, or if parts or tools are given to the rider during the course of the race, an [Orange Level penalty](#) will be assessed. The rider must report an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The rider must

report to a Scoring Official, Course Marshal or other Race Official. If a rider does not self-report, the penalty may be doubled.

6.10.6. Repair Bikes off The Trail

In the case of a broken bicycle or a dropped chain, riders must clear the trail for other competitors.

6.10.7. Passing Slower Riders

When passing on the race course, do so respectfully and only when it is possible to do so safely and without contact with another rider. Actions that compromise the safety of other riders will not be tolerated. Call out when passing slower racers. "Passing Left" indicates you will be passing on their left, "passing on your right" indicates you will be passing on their right.

It is the responsibility of passing riders to overtake safely. Riders should voice the command "Passing" when overtaking another rider. Riders being passed must move over as quickly, efficiently, and as safely as possible.

In the event two riders are vying for position, the leading rider does not have to yield his position 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 track.

6.10.8. Yielding to Other Riders

1. Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing shall stay on the least rideable portion of the trail when being passed. A racer pushing or carrying his/her bike can overtake a racer riding their bike, provided they do not interfere with the rider's progress.
2. Lapped riders must yield to overtaking riders. The overtaking rider shall voice the command "passing left" or "passing right" when overtaking another. The rider being passed must move over as quickly, efficiently and as safely as possible.

6.11. Leader's Jersey

The top points earner in each category at any time will be awarded a Leader Jersey. The Leader is expected to wear the jersey at WSCL races, so long as they remain the top points holder. In the case of a tie, both riders wear the Leader's Jersey. The overall winner of the series should wear the Leader's Jersey to the first race of the following season.

7. Team Racing Rules

Student-Athletes enrolled at a school that has a club or team must participate as a member of the club or team. They may not participate in the league as members of another team nor may they participate as independent riders.

7.1. Independent Riders

If there is no school based or composite team within a 10 mile radius of a student's home or school, he or she may petition the league to become an independent rider.

Independent riders may participate in all league activities, including racing. Independent riders are scored in individual competition but not in the team competition.

If five or more independent riders live within 30 mile radius, the league may require that a composite team be formed.

7.2. Team Divisions

There are two team divisions:

- **High School:** Comprised of full-time students in grade 9 – 12.
- **Middle School:** Comprised of full-time students in grade 6 – 8.

There are two types of teams:

- **School-Based Teams:** Comprised of full-time students from the same school, public or private.
- **Composite Teams:** Comprised of full-time students from more than one school. If a school based team is not available, students will be assigned by the league to the closest available composite team based upon predetermined boundaries.

Homeschool students may join the school based or composite team closest their home.

7.3. Composite Team Rules

As a general rule composite team boundaries are aligned to school district boundaries. The League Director must approve all composite teams.

For scoring purposes, if five or more athletes on a composite team of 12 or more are from the same school, they may be subdivided into a separate team and scored as representative of that school.

If a rider wishes to participate on a composite team outside of their boundary, he or she must file a request through the petition process. (<http://washingtonleague.org/petition-boundary-variance/>)

8. Scoring and Points

All racers earn both individual points and team points with the exception of Independent riders who do not earn team points. At each race, the top individual point earners for that race will be recognized in an awards ceremony. In addition, the top overall teams (based on accumulated points) will be recognized. At the end of the season, both individual and team series awards will be given.

Individual Scoring and Points

Individuals compete against racers in their same category and class. Please refer to the Individual Points Table in Appendix B.

Team Scoring and Points

High school teams compete against high school teams and middle school teams compete against middle school teams. Team awards are given in both divisions. Please refer to the Team Points Table for a schedule of team points. Please refer to the Team Points Table in Appendix C.

8.1. Individual Scoring

Each Race

At each race the top five (5) point earners for that race will be recognized at the awards ceremony.

Series

Overall series scoring for individuals is based on the best 3 of 4 races in a four race series, or 4 of 5 in a five race series. In other words, the lowest score is dropped. A missed race would be the lowest score dropped.

In the event of a race being canceled every effort will be made to reschedule the race. In the event that a race cannot be rescheduled, overall scoring will be calculated by the total points earned in the series.

In the case of a tie, the overall series winner title will be awarded to the rider that placed the highest on the day of the last race.

End of the season individual overall series medals are awarded to 10% of the average field size during the season (rounded up) plus 2 places deep for up to 5 overall places. (For example, if there is an average of only 10 riders per category over the course of a season, only 3 series medals will be awarded.)

8.2. Team Scoring

Each Race

Team scoring is based on the top 5 rider placements for each team in each race category. Team awards are three deep.

Series

Team overall series trophies are based upon cumulative team scores over the course of the series and are awarded three places deep.

8.3. Point Transfers for Upgrading and Downgrading

Individual earned points will be carried forward for upgraded categories. Individual earned points will NOT be carried forward for downgraded categories. It is recommended that student-athletes do not petition to change categories during the series.

9. Appendix A – Individual Points Table

VARSITY		JV		INTERMEDIATE		BEGINNER/MIDDLE SCHOOL	
PLACE	POINTS	PLACE	POINTS	PLACE	POINTS	PLACE	POINTS
1	120	1	100	1	80	1	60
2	117	2	97	2	77	2	57
3	114	3	94	3	74	3	54
4	111	4	91	4	71	4	51
5	108	5	88	5	68	5	48
6	105	6	85	6	65	6	45
7	103	7	83	7	63	7	43
8	101	8	81	8	61	8	41
9	99	9	79	9	59	9	39
10	97	10	77	10	57	10	37
11	95	11	75	11	55	11	35
12	93	12	73	12	53	12	33
13	91	13	71	13	51	13	31
14	90	14	70	14	50	14	30
15	89	15	69	15	49	15	29
16	88	16	68	16	48	16	28
17	87	17	67	17	47	17	27
18	86	18	66	18	46	18	26
19	85	19	65	19	45	19	25
20	84	20	64	20	44	20	24
21	83	21	63	21	43	21	23
22	82	22	62	22	42	22	22
23	81	23	61	23	41	23	21
24	80	24	60	24	40	24	20
25	79	25	59	25	39	25	19
26	78	26	58	26	38	26	18

27	77
28	76
29	75
30	74
31	73
32	72
33	71
34	70
35	69
36	68
37	67
38	66
39	65
40	64
41	63
42	62
43	61
44	60
45	59
46	58
47	57
48	56
49	55
50	54
51	53
52	52
53	51
54	50
55	49
56	48
57	47
58	46
59	45

27	57
28	56
29	55
30	54
31	53
32	52
33	51
34	50
35	49
36	48
37	47
38	46
39	45
40	44
41	43
42	42
43	41
44	40
45	39
46	38
47	37
48	36
49	35
50	34
51	33
52	32
53	31
54	30
55	29
56	28
57	27
58	26
59	25

27	37
28	36
29	35
30	34
31	33
32	32
33	31
34	30
35	29
36	28
37	27
38	26
39	25
40	24
41	23
42	22
43	21
44	20
45	19
46	18
47	17
48	16
49	15
50	14
51	13
52	12
53	11
54	10
55	9
56	8
57	7
58	6
59	5

27	17
28	16
29	15
30	14
31	13
32	12
33	11
34	10
35	9
36	8
37	7
38	6
39	5
40	4
41	3
42	2
43	1
44	1
45	1
46	1
47	1
48	1
49	1
50	1
51	1
52	1
53	1
54	1
55	1
56	1
57	1
58	1
59	1

60	44
61	43
62	42
63	41
64	40
65	39
66	38
67	37
68	36
69	35
70	34
71	33
72	32
73	31
74	30
75	29
DNF	1
DNS	0

60	24
61	23
62	22
63	21
64	20
65	19
66	18
67	17
68	16
69	15
70	14
71	13
72	12
73	11
74	10
75	9
DNF	1
DNS	0

60	4
61	3
62	2
63	1
64	1
65	1
66	1
67	1
68	1
69	1
70	1
71	1
72	1
73	1
74	1
75	1
DNF	1
DNS	0

60	1
61	1
62	1
63	1
64	1
65	1
66	1
67	1
68	1
69	1
70	1
71	1
72	1
73	1
74	1
75	1
DNF	1
DNS	0

10. Appendix B – Team Points Table

PLACE	POINTS		PLACE	POINTS		PLACE	POINTS		PLACE	POINTS
1	100		26	58		51	33		DNF	1
2	97		27	57		52	32		DNS	0
3	94		28	56		53	31			
4	91		29	55		54	30			
5	88		30	54		55	29			
6	85		31	53		56	28			
7	83		32	52		57	27			
8	81		33	51		58	26			
9	79		34	50		59	25			
10	77		35	49		60	24			
11	75		36	48		61	23			
12	73		37	47		62	22			
13	71		38	46		63	21			
14	70		39	45		64	20			
15	69		40	44		65	19			
16	68		41	43		66	18			
17	67		42	42		67	17			
18	66		43	41		68	16			
19	65		44	40		69	15			
20	64		45	39		70	14			
21	63		46	38		71	13			
22	62		47	37		72	12			
23	61		48	36		73	11			
24	60		49	35		74	10			
25	59		50	34		75	9			