



# **2015 Student & Parent Guidelines and Racing Rules**

Empowering Youth Through Cycling

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# 1 General Student 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 of the 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 Spring League Timeline

November 15:	Coach and Team Registration Opens
December 1:	Rider Registration Opens
December – January:	Teams start to practice (varies by team)
February:	Student Leadership Summit
March – May:	WSCL Race Season
June 15:	End of WSCL Season

## 1.2 Eligibility

WSCL is open to all students who attend public or private schools or who are home-schooled for high school (grades 9-12) and middle school (grades 6-8).

## 1.3 Age Limits

**High School Participant Age Maximum:** 20 years old by June 1<sup>st</sup> of the active calendar year.

Graduating seniors are eligible to compete for their team until June 15 of their graduating year. All other state and local rules regarding eligibility shall apply.

**Middle School Participant Age Minimum:** 11 years old by June 1<sup>st</sup> 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 1<sup>st</sup> of the active calendar year.

## 1.4 Student-Athletes Must Join Teams

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

## 1.5 Team Composition

Teams are by division:

- **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. Homeschool students may join the closest composite team to their home.

Composite Team Rules:

- The League Director must approve all composite teams;
- Composite teams are subjected to geographical boundaries;
- If five or more student-athletes are from the same school, they may be subdivided into a separate team and scored as representative of that school.

## 1.6 Independent Riders

Independent riders are students who does not have a club/team in his/her area. Independent riders can participate in all league activities, including racing. If racing, and independent rider will score in individual competition but not in the team competition.

If 5 or more independent riders are within the same region, they must form a team.

## 1.7 Middle School Philosophy

All middle school students are encouraged to participate in the WSCL regardless of their ability and prior experience with organized sports. The WSCL emphasizes participation and fun over competition.

### **The Purpose**

In addition to the general mission and vision of the WSCL, the Spring Program should also provide opportunities for middle school students to:

- improve self-esteem and feelings of competence through positive interactions with their peers and adults
- acquire new skills and refine those previously learned
- learn to function effectively as members of a team or group
- improve personal health and fitness levels
- to have fun and enjoy biking in the outdoors

## **Our Philosophy**

Recognizing the unique developmental needs of the middle school student, the WSCL promotes the building of student success through active participation, increased skill building, and positive sportsmanship.

## **Participation**

- Emphasize having fun
- Emphasize participation and practice over racing and race results
- Balance competition with cooperation
- Encourage lifelong participation in biking
- Promote academics as the highest priority

## **Cycling Skill building and Conditioning**

- Develop experience-based appropriate skills
- Focus on fundamentals for a safe riding experience
- Develop skills and conditioning as a foundation for improvement and rider progression

## **Sportsmanship**

- Develop a positive individual and team attitude
- Encourage, cooperate and collaborate with peers
- Present positive adult role models that demonstrate self control and mutual respect

## **Benefits of Sport Participation at the Middle School Level**

Numerous authors and organizations have cited the potential benefits of participation in sport and physical activity programs (e.g., American Academy of Pediatrics, 2001; Darst & Pangrazi, 2002; Seefeldt & Vogel, 1986; Siedentop, 2001). A representative list of such benefits, developed by the World Health Organization (1998) includes the following:

- Improvement of motor skills and physical fitness;
- Enhancement of normal physical and social growth and maturation;
- Improvement of socialization, self-esteem, self-perception and psychological well-being;
- Establishment of a basis for a healthy lifestyle and lifelong commitment to physical activity.

In addition, the Centers for Disease Control (2002) lists the following benefits of physical activity, specifically for middle school students:

- Helps build and maintain healthy bones, muscles, and joints;
- Helps control weight, build lean muscle, and reduce fat;
- Prevents or delays the development of high blood pressure and helps reduce blood pressure on some adolescents with hypertension;
- Appears to reduce depression and anxiety, improve mood, and enhance the ability to perform daily tasks throughout the lifespan;
- May contribute to a physically active lifestyle that may continue into adulthood.

## **Concerns About Sport Participation at the Middle School Level**

Despite the impressive list of benefits of participation in sport and physical activity programs, there are some concerns that coaches and parents should be aware of:

- Student's educational priorities
- Overuse injuries and burnout

- Psychological stress about competition
- Time management / stress if overcommitted with other activities/commitment

## 1.8 Represent the Washington Student Cycling League

As a student athlete you represent your high school & middle school mountain bike team, the league, and cycling in general. This is true at all times, not just at races—particularly when student-athletes are at a bike shop, out on the trail, bike park, and regardless of whether you are wearing your team jersey.

## 1.9 Positive Sporting Attitude (see Student Protection Policy)

Student-athletes 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.

## 1.10 Abusive Behavior Will Not be Tolerated

Please see the Athlete Protection Policy.

## 1.11 Student Rider Registration and Release Forms

All student-athletes must complete their online registration through league's online registration process. The online forms must be completed by a legal guardian except in the case of student-athletes who are at least 18 years old or older. 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.

## 1.12 Petitions

Due to the nature and interpretation of the guidelines, there can be special accommodations based on the approvals by the Rules and Appeals Committee using the proper league petition process. Please communicate with league officials if there is a need for an exception due to special circumstances.

As a general rule composite team boundaries are aligned to school district boundaries. If a rider wants to participate on a team outside of their school district boundary the rider will have to file an exception through the petition process.

To engage the petition process go to:

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

## 1.13 Rule Violations, Misconduct and Consequences

Some rule violations pertaining to individuals' behavior will result in consequences at one of the following levels. However, the consequences can also be applied in other situations at league officials' discretion. Not all rules have consequences that fall within these levels. League

Officials and coaches are responsible for enforcing consequences, and may also sanction other penalties that are not specified in the rulebook, but are deemed appropriate.

### 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.

## 1.14 Practice Controlled Riding

Student-athletes 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. Student-athletes that 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.

## 1.15 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.

## 1.16 Mountain Bike Trails

As representatives of the WSCL and our sport of mountain biking, WSCL student-athletes are encouraged to ride only on authorized trails. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also discouraged.

## 1.17 Obey Your Local Traffic Laws

Student-athletes 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>.

## 1.18 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, be



prepared to stop if necessary and pass safely. A student-athlete is going slow enough when you 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.

### 1.19 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.

### 1.20 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 Equipment Guidelines

### 2.1 Helmets

#### 2.1.1 Wearing Helmets Strictly Enforced

Student-athletes and participants (parents, volunteers, coaches, spectators, and staff) with a leg over a bicycle must wear a helmet\* at all times. Under no circumstances shall a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Student-athletes must also keep their helmet on when walking or running on the course with a mechanical problem.

[ORANGE LEVEL CONSEQUENCES]

##### 2.1.1.1 Approved Helmets meet one of the following standards:

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

### 2.2 Bicycle, Bicycle Equipment and Accessories

#### 2.2.1 Bicycle

- Mountain bikes only. All riders must use a mountain bike, as designated by the manufacture, designed for off-road biking.
- No road bikes, cyclocross bikes, tandem bikes, mountain bikes with drop-down handle bars, or single-speed bikes.

#### 2.2.2 Bicycle Equipment

##### 2.2.2.1 Bicycle Propulsion

Bicycles must be propelled by the rider's legs only. No stored propulsion mechanism is allowed.

##### 2.2.2.2 Wheels

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

##### 2.2.2.3 Tires

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

#### 2.2.2.4 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.

#### 2.2.2.5 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.

#### 2.2.3 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.

### 2.3 Clothing Requirement

#### 2.3.1.1 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.

#### 2.3.1.2 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.

### 2.4 Other Banned Equipment and Accessories

#### 2.4.1.1 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]

#### 2.4.1.2 Cell Phones

Student athletes may not answer a cell phone or make cell phone calls while riding their bike. 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]

#### 2.4.1.3 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]

### 2.5 Responsibilities

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 team coaches may disallow the participation of any rider using equipment or clothing deemed dangerous or inadequate.

For league races, The Chief Referee may disallow the start of any rider using equipment or clothing deemed dangerous or inadequate.

### 3 Trail Etiquette and Code of Conduct

*Please read the information below, then check the appropriate boxes, sign and return to WSCL.*

1. **Ride Predictably.** When riding with others always ride in a straight, steady, and predictable manner. Swerving onto sidewalks, berms or jumps is unacceptable and will result in strict discipline from a coach or League director. There is no jumping on team rides; keep both tires on the ground.
2. **Wear a Helmet at All Times.** Under no circumstances should you be on your bike without a helmet fastened to your head, during practice or at races. League members will be disqualified for riding without a helmet – this includes while riding trainers to warm up (If your leg is over bike, your helmet buckled is on head).
3. **Always Yield.** Even if at times it seems inconvenient. Being sensitive to how others perceive you will assure a positive image for your sport and minimize the restrictions that follow confrontations and negative encounters. Remember that bicycles in the back country can be an unwelcome experience for horses and hikers. And, yield to uphill riders when riding down a trail.
4. **Pass with Care.** Always be kind and polite. Go very SLOW – go slow enough to say ‘hello’, and for other trail users to say ‘hello’ back. Always stop at a reasonable distance and ask for passing instructions from horse riders. Horses can be easily spooked by bicycles and must be respected.
5. **Stay on Trails.** Riding off the designated trail damages meadows and other fragile ecosystems. Never cut switchbacks as this accelerates erosion. Beware the types of soil you are riding on. Be conscientious of the type and condition of the soils you are riding on. Do not widen existing trails to avoid mud; ride or walk through deep mud sections and puddles.
6. **Ride Only on Authorized Trails.** Check with local authorities regarding open trails and conditions, and with landowners regarding private land access. Stay off trails that are closed to bicycles. Be aware that bicycles are not permitted in areas protected as state or federal Wilderness.
7. **Control Your Speed.** Safe speeds are relative to terrain, line of site, and your experience as a rider. Be able to stop safely without skidding in the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend, and adhere to posted speed limits.
8. **Don’t Be a Show-Off.** Showing off or riding recklessly in front of others will not be tolerated.
9. **Respect Wildlife and Livestock.** Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.
10. **Do Not Litter.** Pack out what you pack in. Make every effort to pick up other people's trash; it will make you feel real good!
11. **Be Prepared.** You should be prepared to fix basic bicycle mechanicals such as flat tires, chain breaks, and conduct simple bike adjustments. Carry and know how to use basic tools, including tire levers, a spare tube, and inflation device. Expect weather changes and dress appropriately.

12. **Plan Ahead.** Leave word where you plan to go, when you plan to return, and follow your plan.

13. **Minimize Impacts.** Bring back pictures and memories only.

## 4 Student Athlete Code of Conduct Checklist

Please read and check the box before each item and return this checklist to your Head Coach.

### Safety

- I will always ride within my ability and not take dangerous risks
- I will always wear appropriate safety gear:
  - I will never ride without a helmet.
  - I will wear proper gloves and clothing.
  - I will wear protective eyewear.
- I will check my brakes and bike condition before each ride:
  - I will not ride an unsafe bicycle.
- I will never ride alone in isolated areas.
- I will always let someone know where I am riding, when I plan to return, and stick to the plan.
- I will bring proper hydration and nutrition on every ride.
- I will bring appropriate tools and parts, such as a spare tube or patch kit, tire levers, and inflation device.
- I will not ride terrain or at speeds which are unsafe or beyond my technical ability.
- I will not ride in unsafe conditions:
  - Excessive exposure to drops and falls.
  - Unsafe weather conditions such as lightning, flash floods, extreme heat or cold.
  - On washed-out trails

### Respect

- Regarding others, I will respect my teammates, competitors, and other people on the trail:
  - I will never trash talk, insult or use inappropriate language while on a mountain bike.
  - I will move aside to allow safe passing when a faster competitor is moving by me.
  - When passing from behind I will announce my presence and intention and specify passing side.
  - I will always do my best when racing whether I am ahead or behind as a sign of respect to my competitors and myself.
  - I will always ride with courtesy, whether racing or training.
  - I will provide appropriate safe spacing between myself and cyclists and their bikes.
- I will follow the rules of right of way:
  - Stop or slow down when approaching an equestrian, hiker or dog walker.
  - Provide right of way to pedestrians and equestrians.
  - Stop and ask for passing instructions from equestrians. I should never pass a horse without the horse rider knowing I'm there and having given permission to pass.
- Regarding trails, I will respect the land:

- I will never litter or leave trash on the trail.
- I will ride only on designated and legal trails and routes.
- I will pick up trash whenever possible when riding.
- I will learn to brake correctly to minimize trail erosion.
- I will not ride on trails when the weather and surface conditions will cause damage.
- I will not build trails without full permission and permits from the land owner/manager.

I understand and will follow the WSCL rules and standards. I also understand that failure to do so may lead to my suspension or expulsion from League activities.

Student Athlete Sign Here	Print Name	Date



## 5 Student Chemical Awareness & Substance Abuse Policy

### 5.1 Philosophy

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 problem 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.

### 5.2 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.

### 5.3 Procedures Regarding Suspected Substance Abuse

#### 5.3.1 Students, Parents, Team Volunteer

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

#### 5.3.2 Head Coach Procedures

##### 5.3.2.1 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 a student athletes' use of tobacco, alcohol and other controlled substances.

- Voluntary 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.

#### 5.3.2.2 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

### 5.4 Violations & Penalties

#### 5.4.1 Alcohol and Tobacco

##### 1<sup>st</sup> 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.

#### 5.4.2 Legend Drugs and Controlled Substances

##### 1<sup>st</sup> Violation

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

### 5.5 Other Banned Substances

#### 5.5.1 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 Offense]

### 5.5.2 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 Offense]

## 6 SAFEKIDS PROGRAM

The following constitute the policies of **Washington Student Cycling League** with regard to awareness and prevention of abuse within our organization and our teams.

- **WSCL** is committed to provide a safe environment and to prevent child abuse and sexual misconduct.
- **WSCL** will make every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will abide by the SafeKids guidelines.
- **WSCL** will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- **WSCL** will perform a criminal background check on every person in our organization.
- **WSCL** will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation.

**The following represent the preventative measures of our organization with regard to abuse and all Team Managers, Head Coaches, Ride Leaders, Team Volunteers and General Volunteers are be made aware of the following policies:**

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- Inappropriate touching of any kind is forbidden.
- We agree to provide more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization.
- Employees/coaches/trainers should never ride alone with a child or participant in the car. Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.
- It is the intent of the owner and management to deny a position to anyone convicted of a crime of violence or a crime against another person.

**If misconduct is report or suspected, contact:**

Washington Student Cycling League  
(206) 291-7773  
[info@washingtonleague.org](mailto:info@washingtonleague.org)

If unable to reach the WSCL, contact:

McKay Insurance Agency, Inc.  
24-hours – 7 days a week  
T. 800-942-0283  
F. 641-828-2013  
[insurance@mckayinsagency.com](mailto:insurance@mckayinsagency.com)

**In case you experience a situation that could cause a claim to be made, do the following:**

1. Give immediate aid to all injured parties and protect any property from further damage or theft.
2. Notify local law enforcement department if the accident occurs on public roads or a law requires it.
3. Get the name, address and phone number of all witnesses.
4. Write down your description of what happened. Be complete and provide any information you feel will be beneficial.
5. Call the League Director as soon as possible after the loss. You will need names, witnesses and a race representative if the incident occurred at a race. You should have a complete description of the loss and the circumstances. File a “**Incident / Injury Report**” immediately.

## 7 Student Protection Policy

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.

### 7.1 Misconduct

The primary types of misconduct involving student-athletes:

- Unsportsmanlike Conduct
- Fighting
- Bullying
- Hazing
- Harassment

### 7.2 Definitions

#### 7.2.1 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 Offense]

#### **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

### 7.2.2 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 Offense]

### 7.2.3 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 Offense]

**Exceptions** - Bullying does not include group or team behavior designed to establish normative team behavior or promote team cohesion. For example, bullying does not include verbal admonitions to encourage team members to train harder and push through a difficult training regimen.

#### **Examples of Bullying**

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

- Teasing, name-calling, taunting, ridiculing, intimidating, treating to cause harm or 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

### 7.2.4 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 Offense]

**Exceptions** - Hazing does not include group or team activities that are meant to establish normative team behavior or promote team cohesion. Examples include:

- Allowing junior athletes to carry senior athletes' equipment into the locker room after practice
- Encouraging junior athletes to arrive early and set up training equipment
- Giving senior athletes first preference in team assignments, responsibilities, accommodations, facilities or equipment

**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

### 7.2.5 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 Offense]

**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

## 7.3 REPORTING PROHIBITED CONDUCT

Prohibited conduct can be reported by any individual to:

Lisa Miller, Executive Director

206-291-7773 or [lisa@washingtonleague.org](mailto:lisa@washingtonleague.org)



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

## 7.4 LEAGUE'S RESPONSE TO MISCONDUCT

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

### 7.4.1 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

### 7.4.2 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.

### 7.4.3 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.

### 7.4.4 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 misconduct will not be tolerated
  - Understand that there are consequences to misconduct

- Provide the opportunity for the perpetrator to make amends or repair the situation

## 8 Racing Rules

### 8.1 Overview

Racing is an optional component of the Washington Student Cycling League (WSCL) Spring Program and only open students enrolled in the Spring Program. 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 teambuilding.

High school & middle school mountain bike racing is an individual sport with a team aspect. Riders compete in individual competitions categories while earning points for their teams, based on their finish places.

### 8.2 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.

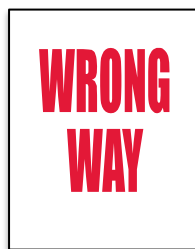
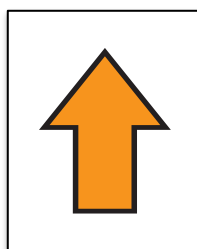
### 8.3 Race Course Information

#### 8.3.1 Signage and Markings

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



### 8.4 Race Categories

Category placement rules are designed to provide our student-athletes the most rewarding, fun, and safe environment while facilitating fair and challenging competition.

The WSCL categories are based on experience, skills and fitness. Student-athletes are encouraged to consult with their parents and coach to best determine the most appropriate race category.

The Rules and Appeals Committee reserves the right to consider petitions outside of these guidelines on a case-by-case basis.

### 8.4.1 Recreational

Open to all grades without petition. This category is for riders who want to participate on race day and ride the marked course in a non-competitive environment. It is not a timed category and riders are not scored or published on the race results. Race Time: 1 lap (approx. 30-45 minutes). Classes: 1 class; all girls and boys.

### 8.4.2 Middle School Race Categories

Middle school race categories are defined by grade 6-8.

#### 8.4.2.1 Middle School Boys - Beginner

- Open to all students grade 6-8 without petition
- Beginner: students who are new to mountain biking and have never raced
- Race Time: 1 lap (approx. 30-45 minutes)
- Default category for first year league students

#### 8.4.2.2 Middle School Boys - Experienced

- Open to all students grade 6-8 without petition
- Experienced: students have previous racing experience and/or have extensive mountain bike riding experience
- Rider has the stamina to maintain a race pace for up to 60 minutes
- Race Time: 1 lap (approx. 30-45 minutes)

#### 8.4.2.3 Middle School Girls

- Open to all students grade 6-8 without petition
- Race Time: 1 lap (approx. 30-45 minutes)
- Default category for all female students grade 6-8.

### 8.4.3 High School Race Categories

High school race categories are defined by grade 9-12.

#### 8.4.3.1 High School – Beginner

- Open to grade 9-12 without petition
- For the novice rider, first-time or occasional racer
- Student possesses very basic mountain bike skills and/or physical fitness and limited endurance
- Race Time: approx. 45-60 minutes
- Classes: 2 classes (girls and boys)
- Default category for first year league students grade 9-12.

#### 8.4.3.2 High School – Intermediate

- Open to grade 9-12 without petition and grades 6-8 via petition
- Rider has some racing experience and possesses intermediate bike handling skills
- Rider has the stamina to maintain a race pace for up to 60 minutes
- Race Time: approx. 45-60 minutes
- Classes: 2 classes (girls and boys)

#### 8.4.3.3 High School – Junior Varsity (JV)

- Open to grade 9-12 via petition

- Rider has a solid history of racing experience and possesses advanced bike handling skills
- Rider has the stamina to maintain a race pace for up to 90 minutes
- Race Time: approx. 45minutes for girls and 60-90 minutes for boys
- Classes: 2 classes (girls and boys)

#### 8.4.3.4 High School – Varsity (V)

- Open to grades 9-12 via petition
- Rider has a solid history of race experience with verifiable results and possesses advanced bike handling skills
- Rider has the stamina to maintain a race pace for up to 2 hours
- Race Time: approx. 60-90 minutes for girls and 90-120 minutes for boys
- Classes: 2 classes (girls and boys)

- 
- *See Race Category and Eligibility Chart – Appendix A*
- 

## 8.5 Changing Categories: Upgrading and Downgrading

### 8.5.1 Voluntary Category Changes

At the beginning of the season, the WSCL will place each student-athlete in his or her respective default category. 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.

#### 8.5.1.1 Petition Deadlines

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.

*There are rare circumstances that warrant the Rules and Appeals Committee to consider petitions from student-athletes to race in non-eligible categories.*

#### 8.5.1.2 Upgrading

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.

- Beginner Middle School Boys to Experienced Middle School Boys
- Experienced Middle School Boys/Middle School Girls to Intermediate
- Beginner to Intermediate
- Intermediate to JV
- JV to Varsity

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

### 8.5.1.3 Downgrading

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

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

### 8.5.2 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 2 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. DNF's are calculated in the average.
3. In the current year the rider places first and their total time is 5 minutes or more from the 2<sup>nd</sup> place finisher for two races.

## 8.6 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.

## 8.7 Lapped Student-Athletes May Be Pulled

Lapped student-athletes may be pulled from the race at the finish line. At the League Director's or a race official's discretion, a student-athlete may be pulled from a race at any location on the course due to circumstances that make it unsafe for the student-athlete to proceed. Student-athletes that are pulled out of the race must not continue and will be placed according to their position at the time they were pulled.

## 8.8 Time Limits May Be Imposed

Student-athletes 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 anytime. Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, muddy conditions, clearing the course, and relieve course marshals. Course closures may be announced at anytime and do not need to be announced in advance.

If a student-athlete 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 student-athlete who appears to be overheated, hypothermic, overly exhausted, or in anyway injured, over-stressed, or at risk of injuring themselves.

## 8.9 Rule Violations, Misconduct and Consequences

Some rule violations pertaining to individuals' behavior will result in consequences at one of the following levels. However, the consequences can also be applied in other situations at league officials' discretion. Not all rules have consequences that fall within these levels. League

Officials and coaches are responsible for enforcing consequences, and may also sanction other penalties that are not specified in the rulebook, but are deemed appropriate.

### 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.

## 8.10 Team Jersey Rule

Teams must have matching jerseys and all student-athletes must race wearing their team jersey. Teams may use custom jerseys, but they may also choose some other appropriate jersey such as a solid color.

An exception to this rule may be made by the League Director for first-year teams.

### ORANGE LEVEL CONSEQUENCES

## 8.11 Individual Racing Rules

### 8.11.1 Riders on the Course

1. Only WSCL Spring Program officially registered riders may ride, practice or compete on the designated race course on race day.
2. Student-athletes must affix an official WSCL number plate to their bikes at WSCL races. The number plate should be attached with at least three fasteners and must be on the bike for the pre-ride and should also remain on the bike at anytime the student-athlete is riding the WSCL bike at the event (before and/or 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 for 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.
  - Cutting the course is not allowed and all riders must not deviate from the edge of the trails 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.
5. Competitors may make no progress on the race course unaccompanied by their bike.

## 8.12 Staging for Race Starts

### 8.12.1 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.

### 8.12.2 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.

## 8.13 Switching Bikes

Racers must complete the entire race on the same bicycle upon which the race was begun.

## 8.14 Bring 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.

## 8.15 Outside Assistance

Riders in Middle School, Beginner and Intermediate categories may receive outside assistance without penalty. JV and Varsity riders should be prepared to change flat tires and make mechanical repairs by themselves and must carry their own tools, tubes, etc. If outside assistance, parts or tools are required, a Orange Level penalty will be assessed. The student-athlete must report an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The Student-athlete must report to a Scoring Official, Course Marshal or other Race Official. If a student-athlete does not self-report, the penalty may be doubled.

## 8.16 Repair Bikes off The Trail

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

## 8.17 Passing Slower Student-Athletes

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 student-athletes 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.

## 8.18 Yielding to Other Riders

1. Racers riding bicycle have the right of way over racers pushing bicycle. 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 riding student-athlete's progress.
2. Lapped student-athletes must yield to overtaking student-athletes. Student-athletes shall voice the command “passing left” or “passing right” when overtaking another. Student-athletes being passed must move over as quickly, efficiently and as safely as possible.

## 8.19 Leader's Jersey

The top points earner at any time will be awarded the Leader's 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 student-athletes 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.

## 8.20 Scoring and Points

All student-athletes (with the exception of those participating in the Recreational category) earn both individual points and team points. At each race, the top individual point earners for that race will be recognized in an awards ceremony as well as the top overall team point earners (based accumulated points). At the end of the season, top individual point earners will be recognized for the series (based on accumulated points).

### 8.20.1.1 Individual Scoring and Points

Individuals compete against racers in their same category and class.

### 8.20.1.2 Individual Points Table

See Individual Points Table – Appendix B

### 8.20.1.3 Overall Individual Series Overall Scoring

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, the 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.

## 8.20.2 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.

### Upgrading

- Beginner Middle School Boys to Experienced Middle School Boys
- Experienced Middle School Boys/Middle School Girls to Intermediate
- Beginner to Intermediate
- Intermediate to JV
- JV to Varsity

### Downgrading

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

## 8.20.3 Race Medals

### 8.20.3.1 Awards At Each Race

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

<u>Field Size</u>	<u>Medals Awarded</u>
1-20	Top 3 Finishers
20+	Top 5 Finishers

### 8.20.3.2 Awards for Overall Series

Individual overall series medals are awarded to 10% of field size (rounded up) plus 2 places deep for up to 5 overall places

## 8.21 Team Scoring and Points

Team scoring is based on the top 5 rider places of each team for each race. Team points earned for a first place in Varsity is the same points earned as a first place in Beginner. A team's overall placement is based on team point totals for the entire series.

### 8.21.1 Team Points Table

See Team Points Table – Appendix C

### 8.21.2 Team Awards for Overall Series

Team overall series trophies are awarded three places deep.

## 9 Parent Guidelines

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.

Parents can have a pronounced effect on this very important and delicate relationship. Parents can help an athlete deal with events which transpire during the course of a practice, race, season, and career. Parents are invaluable for helping an athlete learn and mature from their athletic experience. Sometimes this can be in helping frame a student's performance expectations into a learning experience, especially when the situation did not match the student's initial expectations.

Not every experience in the athletic world can be successful or positive.... BUT, most CAN be turned into a learning experience to make better citizens of our students.

By following these simple common sense guidelines all program participants will be insured of a safe, friendly, positive experience.

### 9.1 Parent/Rider Do's:

- Treat all program participants (riders, parents, coaches, volunteers, league officials) with common courtesy and respect.
- Provide only positive encouragement to your rider, other riders on your team, and riders on other teams. Always model good sportsmanship behaviors.
- Recognize participation and effort over results. Having fun and being safe are more important than winning. Listen as an advocate and encourage a positive attitude.
- Engage with riders, parents, coaches, volunteers, and officials at scheduled events to help foster a sense of community within your team and the league.
- Arrive on time and ready to participate in all scheduled activities
  - Dressed for current and/or potential weather conditions
  - Hydrated and fueled for the duration of the event
  - All equipment in proper safe operating condition
- Always notify the coaches if you have a conflict and will not be participating
- Always notify your coach of any crash or injuring at a scheduled event
- Ask coaches any questions you have (cycling as a sport may be new for you)
- Always volunteer to support team and league activities
- Always be safe and have fun

- Student-athletes and participants (parents, volunteers, coaches, spectators, and staff) with a leg over a bicycle must wear a \*helmet at all times. Under no circumstances shall a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Student-athletes must also keep their helmet on when walking or running on the course with a mechanical problem.

\* See equipment guidelines for helmet standards.

## 9.2 Parent/Student Don'ts:

- Never use foul or offensive language at any team or league event.
- Never confront, criticize, or disrespect riders, parents, coaches, or league officials in a public display
  - Bring concerns or issues to your coach for resolution
- Do not approach the coach with a sensitive issue in a group setting while they are engaged with other program participants. If you have a concern it is best handled in a private one-on-one setting, work with your coach to schedule that meeting.
- Never intentionally damage or destroy the natural environment in which our activity occurs
- Never use alcohol or drugs at team or league events

## 9.3 Practice Sessions and Races:

### 9.3.1 Practice Sessions

May be held last 2 hours on school days (coaches should notify in advance of longer sessions on non-school days, as well as shorter workouts when appropriate). May start and end at different times due to the schedule of the coach or of volunteer availability. May be held on weekends and over holiday periods. Our coaches are encouraged to be sensitive to family planning, particularly around holidays.

## 9.4 Risks of Athletic Participation:

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are always risks associated when anyone participates in mountain biking. Injuries in some of our activities can and do occur. In extremely rare cases, disability, paralysis and even death could also result. All riders and parents need to be aware of and understand this possibility.

## 9.5 Travel Policy

- Students are ultimately responsible for their travel for team and League activities. Parent organized carpooling is encouraged.
- It is the responsibility of the student to communicate with the coach at the previous practice about any transportation issues.

## 10 Concussion Management Guidelines

A student who is suspected of sustaining a concussion or head injury in a practice or race shall be removed from competition at that time. A student who has been removed from play may not return to play until the student is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provide.

### 10.1 Coaches

- Shall be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury. This education is available at no charge to coaches via the WSCL registration system and includes a CDC Heads Up Quiz. A score of 80% is needed to pass the quiz.
- Shall educate their students on the signs and symptoms of concussion and encourage students to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove from participation/competition any student who is suspected of sustaining a concussion or head injury.
- Shall talk to student's parents about the possible concussion he/she may have suffered immediately following the practice before allowing the student to go home. Information should be given to parents regarding the signs and symptoms of concussion, encouragement to see a health care profession, and follow-up with parents regarding the stats of the student. Parent/Athlete Concussion Information Sheet can be found [here](#).
- Shall not allow an student who has been removed from play because of a suspected concussion/brain injury to return to play until the student has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

### 10.2 Parents

- Shall review a concussion and head injury information sheet prior to the student's initiation practice or competition. Parent/Athlete Concussion Information Sheet can be found [here](#).

## Appendix A – Race Category and Eligibility Chart

Race Category and Eligibility Chart					
Eligible Category		Time / Distance <sup>(*)</sup>	Eligible Category		Time / Distance <sup>(*)</sup>
<b>Middle School Grade 6-8</b>			<b>High School Grade 9-12</b>		
<b>G I R L S</b>	Recreational (non-race)	1 lap 30-45 min	<b>G I R L S</b>	Recreational (non-race)	1 lap 30-45 min
	Middle School Girls	1 lap 30-45 min.		High School: Beginner Girls	1 lap 30-45 min
	High School: Intermediate Girls <sup>(**)</sup>	2 laps 45-60 min.		High School: Intermediate Girls	2 laps 45-60 min.
	High School: JV Girls – Not Eligible			High School: JV Girls <sup>(**)</sup>	2-3 laps 45-90 min.
	High School: Varsity Girls – Not Eligible			High School: Varsity Girls <sup>(**)</sup>	3 laps 60-90 min.
<b>Middle School Grade 6-8</b>			<b>High School Grade 9-12</b>		
<b>B O Y S</b>	Recreational (non-race)	1 lap	<b>B O Y S</b>	Recreational (non-race)	1 lap
	Middle School Boys – 6 <sup>th</sup> Grade	1 lap 30-45 min.		High School: Beginner Boys	1 lap 30-45 min
	Middle School Boys – 7 <sup>th</sup> Grade	1 lap 30-45 min.			
	Middle School Boys – 8 <sup>th</sup> Grade	1 lap 30-45 min.			
	High School: Intermediate Boys <sup>(**)</sup>	2 laps 45-60 min.		High School: Intermediate Boys	2 laps 45-60 min.
	High School: JV Boys – Not Eligible			High School: JV Boys <sup>(**)</sup>	3 laps 60-90 min.
	High School: Varsity Boys – Not Eligible			High School: Varsity Boys <sup>(**)</sup>	4 laps 90-120 min.

<sup>(\*)</sup> Time is approximate and 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.

<sup>(\*\*)</sup> Upgrade via petition

## Appendix B – Individual Points Table

### 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	27	57	27	37	27	17
28	76	28	56	28	36	28	16
29	75	29	55	29	35	29	15

VARSITY	
PLACE	POINTS
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
60	44
61	43
62	42

JV	
PLACE	POINTS
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
60	24
61	23
62	22

INTERMEDIATE	
PLACE	POINTS
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
60	4
61	3
62	2

BEGINNER/MIDDLE SCHOOL	
PLACE	POINTS
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	1
61	1
62	1



VARSITY	
PLACE	POINTS
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

JV	
PLACE	POINTS
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

INTERMEDIATE	
PLACE	POINTS
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

BEGINNER/MIDDLE SCHOOL	
PLACE	POINTS
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

## Appendix C – Team Point Table

### Team Points Table

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