



**New England Youth
Cycling
2024 RuleBook**

OVERVIEW

This 2nd Edition of the New England Youth Cycling ("NEYC") Rule Book ("Rule Book") is made effective March 1, 2024, and all prior rules and regulations are hereby superseded. The rules set forth in this document have been created by NEYC and focus on the operation of NEYC Races, are enforced by Race Officials, and may be interpreted/enforced by the Rules Committee for violations/reports/penalties on Race days, provided that the Board of Directors of NEYC reserves the right to overrule a Rules Committee decision if it is deemed to be in the best interest of the organization. While the majority of the material herein applies to NEYC Races, many rules and other standards apply to the broader NEYC ecosystem, specifically including non-Race NEYC Events and Team events such as practices.

The Rules Committee shall interpret/enforce the rules set forth in this document applicable during Races/on Race days and shall be comprised of up to eighteen (18) members: (i) the Board of Directors (seven (7) members as of January 1, 2024) and (ii) up to ten(10) persons appointed by the Board of Directors. Rules Committee members appointed by the Board of Directors (iii) shall serve a minimum two (2) -year term, such terms to be staggered and (iv) shall have at least two (2) seasons of experience as a registered Head Coach or Team Manager in NEYC. Because time is of the essence on Race day, the hearing, consideration, and decisions by the Rules Committee shall be limited to the first three (3) or more impartial Rules Committee members that report to the Volunteer Tent after members have been called. Deliberations of the Rules Committee shall not be open to the public.

Any questions regarding a rule or requests for clarification may be submitted via email to neyouthcycling@gmail.com.

This RuleBook applies to all Coaches and Riders during all Events and at all other times, specifically including but not limited to while riding a bike, throughout the NEYC season (March 1 - June 30) or at any off-season Event sponsored by NEYC or Team.

Select Definitions:

- Category is a level of racing (ie: Level 4, Level 3, Junior Varsity, or Varsity) within a series (i.e. Junior Series or Senior Series); the Categories are JS-4, JS-3, JS-JV, JS-V, SS-4, SS-3, SS-JV, and SS-V (see also Chapter 9 - Category Placement). All athletes must register in the category consistent with their biological sex. Athletes who race in the wrong category will be disqualified from the race.
- Coach is an adult (18 years or older) who is registered with NEYC as a coach, has completed all the requirements of a coach, and is engaged in coaching in the current NEYC season.
- Event is a practice, skills session, group ride, training ride, training, Race, workshop, gathering, or any other event sponsored by, managed by, or run by NEYC or a Team during the NEYC Pre-Season (June 30 or later, as applicable), Regular Season (March 1 - June 30), or Off-Season sponsored by NEYC or a Team.
- Head Coach is an adult (18 years or older) who is registered with NEYC as one of two primary contact individuals for a Team (along with the Team Manager), has completed all the requirements of a Coach and Head Coach, may share in the management/administration of the Team, and is engaged in coaching in the current season.
- Junior Series is the series of Races that includes Racers in grades 3-8.
- Race is an NEYC race available to all Riders and Racers in good standing with their Team and NEYC.
- Race Officials manage the safety, scoring, rule enforcement, and general conduct of Races and include Race Director, Executive Director, Start Line/Finish Line Timing Officials, Course Marshals, Course Sweepers, Rules Committee Members, and Board of Directors Members.
- Racer is a Rider engaged in racing (Riders are not required to be Racers, but Racers must be Riders).
- Regular Season runs from March 1 to and through June 30. If the final Race of the season occurs after June 15 then the Regular Season will end two (2) weeks after the final Race.
- Rider is a registered participant in NEYC in grades 3-12 during the current season (Riders are not required to be Racers, but a Racer must be a Rider). All riders must register with NEYC in the category consistent with their biological sex.

Athletes who register in the wrong category shall be dismissed from NEYC.

- Senior Series is the series of Races that includes Racers in grades 9-12.
- Staging Area is the large area/pen encircled by tape or fencing in which Racers await a Race Official's "call-up" to enter the Starting Chute.
- Starting Chute is the narrow chute/pen lined with tape or fencing in which Racers who have been called-up from the Staging Area by a Race Official line up behind the start line.
- Team is a team of Riders with Head Coach, Team Manager, Coaches, and Riders all registered with and/or approved by NEYC.
- Team Manager is an adult (18 years or older) who is registered with NEYC as one of two primary contact individuals for a Team (along with the Head Coach) and manages (or shares the management of) the administration of the Team.
- Team Tent Area is the area at each Race venue that is designated by NEYC for each Team to place Team tents, Team supplies, Team equipment, and/or Team trailers. The Team Tent Area is ordinarily adjacent to the Staging Area and Starting Chute and the Start/Finish Area.
- Wave is a group of riders that stage at the same time and are on-course racing simultaneously (ie: Junior Series - Level 3 may be broken into multiple waves to reduce the size of start groups).

Some rules contained in this Rule Book govern the behavior and conduct of persons other than Racers, such as Riders, Coaches, Team Managers, parents and siblings of Riders, and other Event attendees.

Discipline:

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

Disciplinary action is at NEYC's discretion and shall be administered and exercised by the Executive Director, the Race Director, and/or the Rules Committee. Any decision of the Rules Committee shall be provided in writing within forty-eight (48) hours of the decision and shall set forth the basis for such decision.

Potential disciplinary actions include, but are not limited to, the following in any order or combination:

1. Verbal warning issued by NEYC or a Race Official.
2. Written warning issued by NEYC.
3. Suspension or immediate ejection from an NEYC Event.
4. Suspension from multiple NEYC Events.
5. Season suspension or multiple-season suspension from NEYC and/or its Events.
6. Permanent prohibition from participation in NEYC and/or its Events.

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

People:

Executive Director: Kathy Robbins

Race Director: Jim Grimley

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CHAPTER 1: VIOLATIONS/PENALTY STRUCTURE

Violation of/failure to comply with rules and regulations expressly set forth in this Rule Book may result in consequences as described within the delineated rule or as described in one (1) or more of the following levels: Yellow, Orange, Red, and the chart below provides more complete description.

- Consequences may be applied in situations that are not expressly listed in this Rule Book at NEYC's discretion.
- Race Officials are responsible for enforcing consequences and may also impose sanctions and other penalties that are not specified in this Rule Book but are deemed appropriate, at the discretion of the Rules Committee, as applicable.
- Repeated infractions at a lesser consequence level may cumulate into consequences applied at a higher level (for illustration purposes only, three different (3) orange level infractions during a race or Event may result in red level consequences).
- Repeated infractions (first violation, second violation, third violation, subsequent violation) are counted per season (i.e. *not* per Race, *not* per Event, *not* per week, *not* per month, etc).
- Many rules in this Rule Book are formatted to include the applicable consequence level within the rule.
- Yellow, Orange, and Red level consequences are as follows:

YELLOW LEVEL

First Violation: Warning

Subsequent Violation(s): Five (5) -minute penalty

ORANGE LEVEL

First Violation: Five (5) -minute penalty

Second Violation: Ten (10) -minute penalty

Third Violation: Disqualification from Event

RED LEVEL

First Violation: Disqualification from Event

Subsequent Violation: Ejection from NEYC

Coaches and Racers should note that (i) there are violations of this Rule Book for which the penalties include the loss of an individual Racer's points and (ii) there are violations of this RuleBook for which the penalties include the loss of Team Points.

*** End of Chapter 1 ***

CHAPTER 2: EQUIPMENT RULES AND RIDER PROTOCOL

EVERYONE MUST WEAR HELMETS – YELLOW LEVEL

No exceptions. Strictly enforced. Riders and Coaches must always wear an approved helmet while riding a bike during any NEYC Event. Under no circumstances may a Rider be on a bike during any NEYC Event without a helmet fastened to his/her head, even when riding or gliding a short distance. Riders must also keep their helmets on when walking or running on the race course pushing/carrying a bike with a mechanical issue. A non-compliant Racer will not be allowed to start a Race. Helmet standards include:

- Helmet straps must be adjusted to the extent that no more than two (2) fingers can be pushed under the strap.
- Helmets must not have any cracks or dents from previous falls or mishandling. ● Helmets must be the correct size with minimal side-to-side or front-to-back movement. ● Helmet rules/standards are not applicable to Riders warming up on bikes that are securely mounted to stationary trainers and are not located on a race course or area of ingress or egress thereto.
- Helmets must meet one (1) of the following standards:
 - U.S. Consumer Product Safety Commission (CPSC) standard for bike helmets.
 - Snell Memorial Foundation Standard "B" or "N" series.
 - American Society for Testing and Materials (ASTM) standard F-1447.
 - European Committee for Standardization (CE EN1078) standard for bike helmets.

MOUNTAIN BIKES ONLY – RED LEVEL

Riders must compete using mountain bikes that have wheels between 24" and 29" with tires not narrower than 1.75" A non-compliant Racer will not be allowed to start a Race. Additional requirements are:

- Tires must be manufactured for off-road use; no "slick" tires are permitted. ● No road bikes.
- No mountain bikes equipped with drop bars.
- No cyclocross bikes.
 - Non single-speed bikes.

If a Rider is unable to ride a mountain bike with 24"-29" wheels due to his/her height

or other physical limitation or attribute then, prior to participating in an NEYC Event, such Rider shall submit a petition to the Board of Directors seeking an accommodation to ride a mountain bike with smaller wheels.

E-Bikes (or other bikes with forms of motor that replace or add to a Rider's propulsion) are prohibited for Riders at any time. E-bikes are allowed for Coaches only, and Coaches must obey local trail rules regarding e-bike use.

NO SINGLE-SPEED BIKES – RED LEVEL

Bikes must have multiple functional gears, including a minimum of five (5) cogs in the rear. A non-compliant Racer will not be allowed to start a Race.

FRONT AND REAR BRAKES – RED LEVEL

- Bikes must have fully operational front and rear brakes.
- Brakes must be properly maintained and adjusted to provide significant stopping power.
- Brake pads must not be worn below recommended limits.
- Bikes should be thoroughly inspected by the Rider before every Race and regularly before each Event.

HANDLEBAR END PLUGS AND STEM CAPS ARE REQUIRED – YELLOW LEVEL For safety reasons, intact handlebar end plugs and stem caps are required at all times. No forward facing bar ends, handlebar extensions, or "aero bars" are allowed at any time. A Racer riding a non-compliant bike will not be allowed to start a Race.

PEDESTRIANS AND OTHER TRAIL USERS – YELLOW LEVEL

- All Coaches and Riders shall be respectful to the trail environment and fellow trail users. Riders shall let other trail users know that a Rider/Riders are coming.
- Do not startle other Riders or other persons on the course, on the trails, or attending an Event. A friendly greeting or bell is considerate and works well.
- Show your respect when passing by other trail users, slowing to a walking pace or even stopping is expected.
- Anticipate other trail users around corners or in blind spots.

ABIDE BY TRAIL STATUS AND LOCAL RULES – YELLOW LEVEL

- When planning to ride a trail, be sure to check the trail status. Trails are often closed for various reasons, such as weather or maintenance work parties.
 - Do not ride trails or portions thereof when they are closed.

- Each trail will have local rules and each Coach and Rider is responsible for reading such local rules prior to riding on the trail and complying with such local rules while riding on the trail.
- In the event of a conflict between the rules contained in this Rule Book and any applicable local rules, the local rules shall govern unless the Rules Committee has determined that the local rule does not apply or should be waived for the relevant Race.

MUSIC PLAYERS AND HEADPHONES – YELLOW LEVEL

- Riders are not allowed to race or ride with headphones, earbuds, speakers, or other portable musical devices.
- Riders may not play music on their cell phone or other device while riding.
- A non-compliant Racer will not be allowed to start a Race.

CELL PHONES – ORANGE LEVEL

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

*** End of Chapter 2 ***

CHAPTER 3: FORMS, POLICIES, AND REGISTRATION

REGISTRATION

All Riders and Coaches must be fully registered (which includes complete payment for the season) prior to participating in any NEYC Event (this includes team practices). Registration requirements to be completed include:

- Online Registration Forms
 - ○ Signed Release of Liability
 - ○ Signed Medical Form
 - ○ Signed Media Form
 - ○ Signed Code of Conduct Form
 - ○ Signed Refund Policy Form
- Riders under eighteen (18) years of age require the signatures of a parent or legal guardian.
- Riders and Coaches must register in the league in the category consistent with their biological sex. Riders and coaches who misrepresent themselves will be dismissed from the league.
- NEYC Program Registration Fee (also called "League Registration").
- Race Registration prior to racing.
- Race Registration Fee(s) prior to racing.

NEYC reserves the right to modify, supplement, and amend its registration requirements from time to time.

CONCUSSION RETURN-TO-PLAY POLICY

A Rider who is suspected of sustaining a concussion or head injury in an NEYC Event or who is suffering the effects of a concussion sustained outside of an NEYC Event, shall be immediately removed from the Event for the remainder of the day and shall not be permitted to return to the Event or any subsequent Event until he/she is evaluated by a licensed health care provider. If a

Rider sustains an injury that requires follow-up care by a doctor then that Rider must provide a letter authorizing "Return to Play" to his/her Head Coach or Team Manager prior to participatory return to Team or NEYC Events.

BANNED SUBSTANCES – RED LEVEL

Riders are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping. The use of performance-enhancing substances, as listed by USADA, will

result in the immediate disqualification from one (1) full NEYC racing season or the equivalent number of races spanning two (2) NEYC racing seasons.

A complete list of banned substances can be found on the USADA's website:

<https://www.usada.org/athletes/substances/prohibited-list/>

SUBSTANCE (ALCOHOL AND DRUG) USE – ORANGE LEVEL

The use by middle school or high school Riders of alcohol or unprescribed drugs is prohibited at NEYC Events.

First Violation:

- The first violation of the NEYC Substance Use Policy will result in the Rider's loss of eligibility for three (3) Races. If a season ends before completing the three (3) -Race suspension then the loss of eligibility will carry over into the next season.
- If the Rider wishes to continue participation then he/she must continue to attend and participate in regular practice with his/her Team throughout the suspension.
- In addition to the above condition, the Rider will be required to attend a minimum of six (6) educational group sessions regarding alcohol and drug abuse. NEYC will approve classes at the time of enrollment, and documentation of attendance/completion must be provided to NEYC as a condition of the Rider's return to racing.

Second Violation:

The second violation of the NEYC Substance Use Policy will result in the Rider's loss of eligibility for an additional three (3) Races under the same terms and conditions as the First Violation.

Third and Subsequent Violation(s):

The third and subsequent violation(s) will result in the Rider's loss of eligibility for an additional six (6) Races. If the Rider becomes enrolls in an alcohol and/or drug treatment program then the Rider may be eligible for participation in racing after a minimum period of six (6) weeks regardless of end of/beginning of an NEYC season.

Team Penalties:

A Rider's violation of the NEYC Substance Use Policy may result in the following Team penalties:

- First Violation – 2,500-point penalty deducted from Team score on the immediately subsequent Race day.
- Second Violation – 5,000-point penalty deducted from Team score on the immediately subsequent Race day.
- Third Violation – 10,000-point penalty deducted from Team score on the immediately subsequent Race day.

TOBACCO AND NICOTINE USE – ORANGE LEVEL

Smoking and vaping are prohibited at all NEYC Events **by all Coaches, Riders, Race Officials, volunteers, and attendees.** Use of tobacco and nicotine products by Riders is strictly prohibited at all times.

Riders who use tobacco/nicotine products via smoking, vaping, chew, or any other vehicle will remain ineligible for participation in NEYC Events until he/she provides evidence that he/she has enrolled in a tobacco/nicotine cessation class/program to begin immediately. The Rider must participate and complete such class/program, provide written proof to his/her Coach when he/she has completed the class/program, and refrain from use of tobacco/nicotine products in the future. Continued use will result in the consequences for violation of the NEYC Substance Use Policy.

DEFERENCE AND DISCRETION

NEYC prioritizes early recognition and treatment of alcohol, drug, and tobacco/nicotine use/problems.

- Deference to Other Parties: NEYC reserves the right, in its sole discretion, to defer to and support the decision of the Rider's Head Coach, school, school district, social worker/counselor, or relevant law enforcement authorities in responding to any instance of substance use.
- Discretion: NEYC reserves unlimited discretion to modify the penalty/penalties prescribed by this RuleBook, including, but not limited to application of a more lenient or more severe penalties/consequences, based on attendant circumstances.
- Voluntary Referral: Any Rider who requests help or is referred voluntarily prior to a violation of NEYC's Substance Use Policy will not be suspended from participation if he/she successfully completes the appropriate in-school/in-community educational program or other treatment program.

ABUSIVE BEHAVIOR NOT TOLERATED – RED LEVEL

- Riders are required to comply with all applicable laws and regulations. Use of a bike or any other piece of equipment as an instrument to threaten or injure anyone is prohibited.
- Examples of unsafe and abusive conduct include but are not limited to: swerving or sudden braking with the apparent intent to frighten or impede another Rider, willful crashing into another Rider, physical grabbing of another Rider or Rider's bike, or pushing another Rider with any equipment, hand, leg, elbow, shoulder, foot, knee, leg or any other body part with the apparent intent to harm, threaten, or frighten such other Rider.
- Engagement in unsafe and abusive conduct may be grounds for referral to appropriate law enforcement.

ABUSIVE LANGUAGE – ORANGE LEVEL

- Riders shall not use vulgar, coarse, threatening, or other inappropriate language or gestures at any time or for any reason.

SEXUAL HARASSMENT POLICY – RED LEVEL

NEYC strictly prohibits sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment includes but may not be limited to unwanted sexual advances or propositions; visual, verbal, or physical conduct of a sexual nature; leering; sexual gestures; display of sexually-suggestive objects or pictures; derogatory comments; epithets; slurs; sexual jokes; and physical conduct such as touching or blocking movement of another person. Similar behavior that is not spoken but is written, recorded, or otherwise transmitted on social media is treated similarly under the NEYC Sexual Harassment Policy.

Sexual harassment includes many forms of offensive behavior and is not limited to the specific items delineated in this Rule Book; for the sake of clarity and removing all doubt, harassment of a person of the same sex or otherwise based on gender is sexual harassment.

Any Rider, Coach, Rider's parent, volunteer, employee, Race Official, or any attendee at an NEYC Event that feels he/she has been sexually harassed at an NEYC Event then he/she should report the incident immediately to the NEYC Executive Director or a member of the NEYC Board of Directors.

Any Rider, Coach, Rider's parent, volunteer, employee, Race Official, or any attendee

at an NEYC Event that feels he/she has been abused, assaulted, battered, or discriminated against at an NEYC Event then he/she should report the incident immediately to the NEYC Executive Director or a member of the NEYC Board of Directors.

All reports shall be made to the Executive Director or a member of the NEYC Board of Directors and shall be handled in a confidential manner by the Executive Director and the Board of Directors.

*** End of Chapter 3 ***

CHAPTER 4: JERSEYS

TEAM JERSEYS – RED LEVEL

Each Team must have matching NEYC Craft Team jerseys for its Riders, and every Racer must race wearing his/her Team jersey.

Team jerseys will be designed in consultation with NEYC and Craft.

- Each Team may choose to include sponsor logos in its jersey design.
- Each Team *must* include the current NEYC logo and the current NEYC sponsor logos on its jersey in approved jersey template locations.
- All logos and graphics *must* be appropriate to an audience of school-aged children.

SERIES LEADER JERSEYS

- In all Categories, Racers with the most individual points for the season (overall) will be awarded a leader jersey at the conclusion of each race.
- Each points leader is expected to wear the leader jersey at all NEYC races, so long as he/she remains the top points holder.
- In the case of a tie, both Racers shall wear a leader's jersey.
- The overall winner of the Category (a racer who finishes the Category with the leader jersey) shall *not* wear the leader's jersey during the first race of the subsequent season *unless* he/she is a returning Varsity Category leader returning to the Varsity Category.

*** End of Chapter 4 ***

CHAPTER 5: RACE COURSE

CROSS-COUNTRY (XC) RACE DEFINITION

A cross-country mountain bike race is a mass-start competition held on a circuit course comprised of mixed terrain which might include dirt roads, dirt trails, grass, sand, or asphalt with rocks, roots, and other obstacles/terrain features in the course.

COURSE LENGTH AND DIFFICULTY

NEYC race courses have a circuit short enough to require multiple laps for a Race and include terrain that can be completed by beginner Racers.

The number of laps per Category shall be determined according to the Race Director's estimate of the general ability of the Riders to complete the race within a specific time. The Race Director targets the durations as follows:

Junior Series Categories (Grades 3-8)

- JS-4 35 minutes
- JS-3 45 minutes
- JS-Junior Varsity 45 minutes
- JS-Varsity 1 Hour

Senior Series Categories (Grades 9-12)

- SS-4 35 minutes
- SS-3 45 Minutes
- SS-Junior Varsity 1 hour
- SS-Varsity 1 hour 15 minutes

See *also* Chapter 9 regarding Category Placement of Racers.

COURSE SIGNAGE AND MARKINGS

Course markers are posted along the course at least every 1/4 mile and at all intersections to let Racers know that they are on-course. Additionally, signage or course tape may serve to advise Racers of upcoming turns or features.

*** End of Chapter 5 ***

CHAPTER 6: PRE-RIDE

PRE-RIDE OVERVIEW

- A pre-ride is a practice ride on the race course during Race weekends.
- Pre-riding a race course is strongly encouraged but not required.
- A pre-ride is not a Race or a race. Participants in pre-rides should not ride at an aggressive Race/race pace. *Anyone* riding the course outside of official pre-ride time is riding at his/her own risk as those times are not part of the Event.
 - Pre-Rides are not always available and subject to the discretion of the Executive and Race director

PRE-RIDE RULES – YELLOW LEVEL

- Riders on pre-rides on Race weekends must not interfere with race course setup and should occur during official NEYC pre-ride times.
- Pre-ride times are published at the Coaches meeting and distributed via email to all Race-registered Riders prior to Race weekend.
- There is no guarantee that a race course will be fully marked or that race course signage will be fully set up for the pre-ride. Riders understand that race courses may not be fully marked and that if they pre-ride the course then they do so at their own risk.
- NEYC reserves the right to modify the race course during or after the pre-ride, generally in response to changing or extenuating circumstances.
- Riders on pre-rides must have his/her race plate in place on his/her bike.

PRE-RIDE RULES – ORANGE LEVEL

- DO NOT RIDE THE COURSE BACKWARDS. Riders on pre-rides must ride in the designated direction of the Race during the pre-ride – no backtracking is allowed. If Riders and Coaches must backtrack then they must walk with their bikes and not interfere with any Rider on a pre-ride.
- DO NOT INTERFERE WITH A RACE IN PROGRESS. Riders on pre-rides must maintain a safe distance behind sweepers of any Race in process. Riders on pre-rides must not, under any circumstances, pass sweepers or Racers.
- DO NOT MODIFY THE COURSE. Intentionally adding or removing obstacles deemed by Race Officials to be part of the race course is prohibited. Riders,

Racers, Coaches, and anyone else that observes an extraordinary hazard shall immediately report such extraordinary hazard to a Course Marshal, the Race Director, or other Race Official.

*** End of Chapter 6 ***

CHAPTER 7: RACING RULES

ELIGIBLE RACERS

Registration for and participation in NEYC Events (such as Races, practices, and/or other events) is open to all NEYC Members.

BOUNDARIES FOR PARTICIPATION

All Riders must ride on the team to which their "home residence" zipcode is assigned. If a Rider relocates/moves then he/she may elect to remain on his/her existing Team (i.e. his/her "old" zipcode) or transfer to the Team assigned to his/her new zipcode. Riders that live or go to school in a zipcode with no Team assigned to it may elect, for one season only, to ride on the NEYC "League Team." No Rider with a zipcode Team may ride/race on the League Team (even if such zipcode Team is full).

STUDENT AGE AND GRADE

To be eligible to compete in NEYC Races, a Rider must be an active registered member of NEYC for that Race season. NEYC Events are only open to registered members in good standing.

- Be enrolled in elementary/middle school (grades 3-8) or the homeschool equivalent *and* be no younger than eight (8) years old and no older than fifteen (15) years old at any time during the school year (September - June).
- Be enrolled in high school (grades 9-12) or the homeschool equivalent *and* be no younger than thirteen (13) years old and no older than nineteen (19) years old at any time during the school year (September - June).
- Not have a high school diploma, general education diploma (GED), or otherwise be graduated from high school.
- A Racer who has skipped or been held back a single grade is placed into the Series according to his/her current grade level. A Racer who has skipped or been held back more than one grade must consult with the Board of Directors and obtain a decision from the Board of Directors regarding the Racer's placement into a Category.

PLACEMENT FOR HOMESCHOOLED STUDENTS

Homeschooled Racers shall be placed in the Series (Junior or Senior) that corresponds to the grade level they would otherwise be enrolled in for public middle school or public high school, based on the Rider's age.

DUAL ENROLLMENT

A Racer enrolled or otherwise taking college classes remains eligible for NEYC Events and Races so long as he/she has not attained graduation status from high school and is enrolled or taking classes at the college as K-12 students and not as a college student.

REGISTERED NEYC RIDERS ONLY ON RACE COURSES – ORANGE LEVEL

Only registered Racers participating in their Race (ie: during the time when their Category is actively racing) and authorized Race Officials may be on the race course on a bike during racing. Family members of Racers, friends of Racers, and any Coaches found on the race course on a bike during a Race face point penalties for that Racer's Team:

- First Violation: 250-point penalty deducted from Team score on Race day.
- Second Violation: 500-point penalty deducted from Team score on Race day.
- Third Violation: 1,000-point penalty deducted from Team score on Race day.

RACE REGISTRATION RED LEVEL

- Racers must register and pay the Race registration fee prior to the closing of registration for the Race.
- There is **NO** late registration; there is **NO** day-of registration.
- A Rider who races without having timely paid the Race registration fee will be disqualified from that Race and the Rider's Team shall be subject to a 250-point penalty deducted from Team score on Race day.

Each NEYC Race is part of the six (6) -race NEYC Race season. Any Team Rider in good standing with his/her team and NEYC and who has timely registered for the Race may compete in the Race (meaning that there are no additional qualification criteria). Individual points, Team points, and individual awards are distributed at the conclusion of each Race. Individual points and Team points accrue across the six (6) -race season and end-of-season awards for overall performance at both the individual and Team levels occur at the conclusion of the final Race of the NEYC season.

STARTING CHUTE AND RACE STARTS – YELLOW LEVEL

Racers must adhere to the following guidelines when lining up/lined up in the Starting Chute for the start of a Race:

- All Racers shall start with one (1) foot on the ground.
- Racers shall not hold onto any fencing, poles, or other facility while inside the Starting Chute.
- Racers shall not pass anyone in the Starting Chute at any time. A Racer may pass another Racer only after both the passing Racer and the Racer being passed have left the Starting Chute, the Race has begun, and the passing Racer has crossed the start line.
- Racers shall follow the staging times posted by NEYC. If a Racer is not in the Staging Area on-time and misses his/her call-up then that Racer shall be placed at the back of the Category in the Starting Chute.
- Racers must avoid overlapping the wheels of the Racer immediately in front of them while in the Starting Chute (reminder: a Racer may not pass anyone until he/she has crossed the start line).
- Racers must enter the Starting Chute from the rear having been called-up by a Race Official or an NEYC staging volunteer. No Racer may pass while in the Starting Chute (reminder: a Racer may not pass anyone until the Race has begun and he/she has crossed the start line). Any Racer that cuts into the side or the front of the Category being called-up will be pulled and relegated to the back of the Category being staged.
- If a Coach assists a Racer in cutting into the side or the front of the Category being staged then that Racer's Team shall be assessed a 200-point penalty deducted from Team score on Race day. Coaches are required to follow and support the enforcement of the staging rules.

Only the following individuals may be in the Staging Area while a Race is being staged:

- Race Officials and NEYC staging volunteers.
- Racers in the Wave(s) being staged.
- One (1) Coach per Team, provided that all Coaches in the Staging Area must be wearing an NEYC-provided Coaches t-shirt (see below re: no Coaches may enter the Starting Chute).

Only the following individuals may be in the Starting Chute when a Race is

being staged:

- Race Officials and NEYC staging volunteers.
- Racers in the Wave(s) being staged, and such Racers shall remain in the order in which he/she was staged (reminder: a Racer may not pass anyone until he/she has crossed the start line).

LISTEN TO PRE-RACE ANNOUNCEMENTS

Racers must be present and attentive during pre-Race announcements. Racers that miss the pre-Race announcements may be required to stay after the start of the Race in order for Race Officials to repeat the announcements for them thereby ensuring that Racers have heard the complete content of the pre-Race announcements. Racers that are disruptive and/or talking over the announcements may be relegated to the back of the Category being staged.

START LINE CALL-UPS AND STAGING

Junior Series and Senior Series call-ups are as follows:

- Race 1: See Addendum for updated Race #1 Staging
- Race 2: In order of points from Race 1 (highest to lowest).
- Race 3: In order of points combined from Races 1 and 2 (highest to lowest).
- Race 4: In order of points combined from Races 1, 2, and 3 (highest to lowest).
- Race 5: In order of points combined from Races 1, 2, 3, and 4 with a throwout of the lowest-scoring Race (including DNF, DNS, DSQ (0 points)) (highest to lowest).
- Race 6: In order of points combined from Races 1, 2, 3, 4, and 5 with a throwout of the lowest-scoring Race (including DNF, DNS, DSQ (0 points)) (highest to lowest).

THE START

- A Race Official will announce "1 Minute", "30 Seconds", "15 Seconds," and "Go." The time duration between "15 Seconds" and "Go" may be any time duration from 1 second to 20 seconds.

BRING THE BIKE – RED LEVEL

- Racers shall not start, progress on the race course, or finish without a bike.
- A Racer whose bike becomes inoperable during a Race shall progress along the race course pushing or carrying his/her bike in the same direction as the Racer traffic to the Start/Finish Area; exiting the race course with an inoperable bike

anywhere other than the Start/Finish Area or Team Tent Area shall result in DNF.

- A Racer pushing or carrying his/her bike must stay on the race course but may not obstruct the progress of other Racers.

FOOTWEAR

- Racers must wear appropriate footwear.
- Footwear must be fully enclosed and fastened with either straps, buckles, or laces.
- Racers without appropriate footwear will not be allowed to Race.

EYE PROTECTION

- Eye protection is strongly recommended but not required.

CELL PHONE AND COMMUNICATION DEVICES – ORANGE LEVEL

- Racers shall not utilize electronic devices to communicate while racing. Use of electronic communication equipment will be considered outside assistance for Racers of all Series.
- Electronic devices with active GPS tracking may be used by Racers for GPS tracking purposes only (i.e. a cellphone with GPS capability may be used but *only* for GPS purposes while racing and *not* for phone/communication purposes while racing).

NUMBER PLATES

- Each Racer must affix an official 2024 NEYC number plate to the handlebars at the front of his/her bike (i.e. number plate shall face forward) during NEYC Races.
- The number plate shall be attached with at least three (3) fasteners and must be visible on the bike during racing (absent the plate being damaged or lost due to a mishap on course while racing).
- Racers maintain the same number plate for the entirety of the NEYC season.
 - All racers will receive (2) Number Plates at the beginning of the season. If a Racer loses his/her number plates then they will be unable to compete any further in the season- there are NO Additional plates available other than the (2) plates given to each athlete.

WALK THE BIKE THROUGH TEAM TENT AREA – YELLOW LEVEL

- Unless specified otherwise at the Coaches pre-Race meeting, all Racers, Riders, attendees, and other persons shall walk their bikes in crowded areas such as the Team Tent Area, infield, or spectator areas.
- Any Racer, Rider, attendee, or other person riding a bike who demonstrates

reckless behavior or creates a risk of harm to any other person may be disciplined including but not limited to individual penalties and Team penalties.

PRACTICE CONTROLLED RIDING – YELLOW LEVEL

- All Racers, Riders, attendees, and other persons at a Race must practice safe riding techniques and must always be in control of their bikes.
- Riding out of control is not tolerated; exhibiting a reckless attitude or taking dangerous risks is not tolerated.
- Any Racer, Rider, attendee, or other person riding a bike at an Event who demonstrates reckless behavior or creates a risk of harm to any other person may be disciplined including but not limited to individual penalties and Team penalties.

HANDS ON BARS; NO BAR ENDS – YELLOW LEVEL

- Racers must ride with at least one (1) of their hands holding the bars within reach of the brake levers (absent extenuating circumstances).
- No bar ends (forward pointing handle grip extensions) may be used at any Race.

PASSING SLOWER RACERS – YELLOW LEVEL

When overtaking another Racer on the race course, the passing Racer shall do so safely and respectfully and must:

- Pass only when safe to do so and without making contact with any other Racer, Racer's bike, Race Official, or Race Official's bike.
- Call out "On your left" or "On your right" or use other similar language to indicate on which side the pass will occur.
- Pass in a manner that ensures the safety of other Racers and Race Officials; dangerous passing will not be tolerated.

LAPPED RIDERS MUST YIELD – YELLOW LEVEL

- A lapped Racer is one who is being passed by Racers in his/her Wave who are a full lap ahead.
- Lapped Racers must yield to lapping Racers passing them.
- Lapped Racers being passed by lapping Racers must move over as quickly, efficiently, and safely as possible.

LEADER OWNS THE TRAIL BUT LEADER SHALL NOT BLOCK – YELLOW LEVEL

- In the event that two (2) Racers are vying for position, the leading Racer is not required to yield to the challenging Racer.
 - However, a Racer may not bodily interfere with the apparent intent to impede another Racer's progress.
 - Traditional rules of racing apply: the leading Racer "owns the trail."

BIKE PUSHERS MUST YIELD – ORANGE LEVEL

- Racers riding bikes have the right-of-way over Racers pushing or carrying bikes.
- Whenever possible, Racers pushing or carrying bikes must stay on the least rideable portions of the race course.
- Pushing or carrying Racers may overtake riding Racers provided that pushing or carrying Racers shall not impede the progress of the riding Racers.

PENALTY FOR OUTSIDE ASSISTANCE – ORANGE LEVEL

- Definition: Outside assistance occurs when someone other than the Racer provides the Racer with parts, tools, gear, or physical assistance (touching or manipulating the bike).
 - Verbal assistance is *not* outside assistance.
 - The handing to Racers food and/or drinks *in the Feed Zone* is *not* outside assistance. For the sake of clarity, the providing of parts, tools, gear, or physical assistance (touching or manipulating the bike) is outside assistance. The handing of/delivery of any prescription medical item or device (for example, inhaler, EpiPen) to a Racer along the race course or in the Feed Zone for safety or verified medical reasons is *not* outside assistance.
 - Neutral support in a designated area of the race course and available to all Racers is *not* outside assistance.
 - All Junior Series Categories and Senior Series 3 are allowed outside assistance.
 - Senior Series Junior Varsity and Senior Series Varsity are not allowed outside assistance on the race course. Additional details are:
 - Racers must repair their own flat tires and mechanical problems and carry their own tools, tubes, and supplies.
 - The Racer must report any occurrence of outside assistance to a Race Official if the Racer is still on-course or if the Racer is off-course then to an on-course

- Race Official or to a Race Official at the timing tent immediately after the finishing the Race or retiring from the Race.
- Racers shall check the posted preliminary results in order to ensure that the outside assistance has been recorded and penalty deducted.
- A Racer that does not self-report may be subject to a doubling of the penalty.

REPAIR BIKES OFF THE TRAIL – YELLOW LEVEL

In the case of a broken bike, a dropped chain, or other mechanical issue, Racers must get themselves, their bikes, and their equipment/supplies/gear off the race course and clear the way of any fallen equipment/supplies/gear so that the race course is (i) not blocked in any way for other Racers and/or (ii) cleared of debris.

SWITCHING BIKES

- Racers must complete the entire Race on the same bike upon which the Racer began the Race.
- If a Racer needs to switch bikes then he/she shall continue *forward* on the race course with his/her original bike until he/she reaches the Start/Finish Area or the Team Tent Area at which point he/she may exchange bikes where convenient. Bikes shall only be swapped at the Start/Finish Area and Team Tent Area. A Racer that swaps a bike at the Team Tent Area shall return to the race course from the precise place that the Racer left the race course.
- The Racer must report any occurrence of bike switching to a Race Official at the Start/Finish Area or the timing tent immediately after finishing the Race or retiring from the Race.
- A bike switch that happens outside of the START.FINISH results in a race DQ.
- A bike-switching Racer shall check the posted preliminary results in order to ensure that the bike switch has been recorded and penalty deducted.
- A bike-switching Racer that does not self-report may be subject to a doubling of the penalty.
- A ten (10) -minute penalty shall be assessed for a bike-switching Racer during a Race.

CUTTING THE COURSE – RED LEVEL

- In the event a Racer goes off the race course, whether inadvertently or intentionally (for example, to repair a bike), the Racer is not permitted to gain advantage from leaving the race course and must reenter the course at the same location that he/she went off the race course.

- In the event a Racer re-enters the course at a location different from his/her exit, if the Rules Committee determines that an advantage (of either time or distance) was gained as a result then a red level consequence shall be imposed.
- Racers must not deviate from the edge of the race course (as defined either by ribbons, tape, or an obvious change in trail surface or foliage characteristics) by more than three (3) feet.
- When the race course/trail is clearly on one side of a pole, tree, or other obstacle, the Racer must pass that feature on the trail side of the feature.
- A Racer may not leave the marked race course unless ordered or permitted to do so by a Race Official or a public authority (for example, ranger, police, fireman, EMT).
- In the event of a mechanical problem, the Racer shall walk along the course (forward, *with* traffic), pushing or carrying his/her bike over the finish line.
- In the event of a medical emergency, the Racer shall remain still and wait for a Course Marshal, Race Official, or public authority (ranger, police, fireman, EMT) for medical help. Able Racers should make efforts to report any observed medical issues to a Course Marshal, Race Official, or Sweeper.

RACE COURSE BLOCKED BY VEHICLE OR EMERGENCY – RED LEVEL

- If the race course is blocked by a vehicle for an emergency then all Racers shall stop in a single file without changing position and/or follow the directions of the Race Official at the scene.
- Only a Race Official can provide directions to Racers regarding Race protocols, provided, however, that public authorities (ranger, police, fireman, EMT) may direct Racers in medical emergencies or another event threatening Racer safety.
- Racers shall remain in position until instructed to recommence racing at the instruction of the Race Official.

RACERS MAY BE PULLED

- Race Officials may, when appropriate, pull a Racer who appears to be overheated, hypothermic, overly exhausted, or in any way injured, overstressed, or at risk of injury or observes circumstances that make it unsafe for the Racer to proceed.
- Race Officials may pull such a Racer at any location on the race course.
- A Racer that is pulled by a Race Official shall stop racing immediately and will be

placed in the Race results according to his/her position at the time he/she was pulled.

*** End of Chapter 7 ***

CHAPTER 8: TEAM TENT AREA AND FEED ZONE

Violations of Chapter 8 are subject to **YELLOW LEVEL** consequences unless indicated otherwise.

DESIGNATED TEAM TENT AREA

- All Team tents, supplies, equipment, and/or trailers must be set up in the Team Tent Area designated by NEYC. Teams may not erect tents, tables, bike stands, or mechanical stations outside of the area immediately surrounding their Team Tent in the Team Tent Area.
- All Team tents, supplies, equipment, and/or trailers must be set up prior to the start of the first race scheduled on Race day.

BIKE PARKING

Coaches, Racers, Riders, and any other attendees must park their bikes out of throughways to avoid impeding or obstructing cars, pedestrians, Racers, Riders, and other attendees.

CARS/TRUCKS IN THE TEAM TENT AREA

There are no vehicles permitted in the Team Tent Area except during announced load-in/load-out times.

FEED ZONE(S)

- Coaches, Teammates, or other NEYC volunteers are the only persons permitted to hand Racers food and/or drinks in the Feed Zone.
- Racers will be penalized for accepting food or drink outside of the boundaries of the Feed Zone.
- Racers will be penalized for accepting food or drink by persons other than Coaches, Teammates, or other NEYC volunteers.
- Bottles and food wrappers may be *temporarily* discarded in/around the Feed Zone but *must* be cleaned up by the person feeding the Racer or by the Racer after his/her Race.

VISIBLE TEAM IDENTITY IN THE FEED ZONE

- Feeders must wear a shirt, jacket, hat, vest, jersey, or other means of identification with an NEYC or Team identity for the Racer(s) that they are feeding.

NO INTERFERENCE WITH OTHER RACERS

- Feeding one Racer shall not cause any other Racer to slow down, veer off-course, or be impeded in any way.

FOOD AND DRINK ONLY

- Racers may accept only food and drink items.
- Racers may *not* accept items other than food and drink, specifically including, but not limited to, parts, tools, gear, or or physical assistance within the Feed Zone during Races.
- Violation of this restriction constitutes outside assistance, and outside assistance penalties apply (i.e. **ORANGE LEVEL**).

CLOTHING EXCEPTION

- In the event of cold or inclement weather, clothing may be handed to Racers in the Feed Zone. Clothing may *not* be handed to a Racer anywhere else on the race course and constitutes outside assistance with outside assistance penalties (i.e. **ORANGE LEVEL**).

NO PHYSICAL CONTACT

- All hand-offs in the Feed Zone must be conducted hand-to-hand only – from the hand of the feeder to the hand of the Racer. For the sake of clarity, (i) no person may place water bottles onto the bike of a Racer or hydration packs onto Racers; (ii) no person may deliver anything directly to the Racer's mouth; and (iii) no person may deliver anything directly to a Racer's pockets (whether on the Rider's jersey, backpack, or otherwise).
- No physical contact other than hand-to-hand transfer of food and/or drink in the Feed Zone may occur between a Racer and a feeder or any other person is allowed. Other contact may be considered outside assistance with outside assistance penalties (i.e. **ORANGE LEVEL**).

NO RUNNING IN THE FEED ZONE

- Running in or around the Feed Zone is not permitted under any circumstances. Running increases the risk of collisions and interference with Racers and other feeders.

FEEDING SIDE

- Feeding Racers traditionally happens on the right side of the race course and

out of the way of other Racers. Some Races may be forced to have a left-hand feed due to venue limitations.

- Regardless of the side of the race course designated as the Feed Zone, all feeders must feed Racers from that same side.
- Racers being fed must pull all the way over to the feeding side so that those Racers not wanting a stop/pause to feed may pass through the Feed Zone unimpeded.
- After being fed, the Racer must move clear of the Feeding Zone to allow plenty of room for other Racers to be fed.
- After feeding a Racer, the feeder must move clear of the Feeding Zone to allow plenty of room for other feeders.

NO THROWING WATER ON RIDERS

- No person may pour, spray, or throw water on Racers anywhere on the race course.
- Racers may douse themselves with water on race course areas other than the Start/Finish Area and the Feed Zone.
- Under extreme heat conditions, NEYC may designate a specific area for water to be poured, sprayed, or thrown on Racers by persons other than the Racer. If NEYC designates a dousing area then dousing by persons other than the Racer is prohibited outside of that area.
- Water shall never be poured, sprayed, or thrown on Racers in the Feed Zone nor in the Start/Finish Area.
- Racers shall never douse themselves in the Feed Zone nor in the Start/Finish Area.

*** End of Chapter 8 ***

CHAPTER 9: CATEGORY PLACEMENT

See also Chapter 5 for a description of Course Length and Difficulty standards for the Categories.

JUNIOR SERIES

- Junior Series 4 (JS-4) (one lap)
 - Intended for NEYC's newest Racers with little/no race experience regardless of grade in elementary/middle school.
 - Designed to promote a positive experience.
 - Generally suited to all 3rd, 4th, and 5th graders (5th graders can always "race up" Category) and any other Racer (i) who is expected to be slower than 50% of the Category or (ii) whose doubled lap time would be less than 75% of the JS-3 field.
 - Any Racer that raced JS-4 as a 4th grader is encouraged to move to JS-3 in the following year.

- Junior Series 3 (JS-3) (two laps) Subject to 2 Qualifying Races
 - Intended for Racers who are looking to race for two (2) laps but are not able to maintain the intensity of JS-JV Racers.
 - Any Racer that raced JS-4 as a 5th grader in 2023 shall be placed in JS-3 or JS-JV based on his/her ability.
 - Appropriate placement for 8th graders in JS-3 means that Racer is (i) placing slower than 50% of the JS-3 field or (ii) placing slower than 75% of the JS-JV field.
 - Appropriate placement for 7th graders in JS-3 means that Racer is (i) placing slower than 40% of the JS-3 field or (ii) placing slower than 65% of the JS-JV field.
 - Appropriate placement for 6th graders in JS-3 should promote up if they would have placed in the top 20% of JS-JV.

- Junior Series Junior Varsity (JS-JV) (two laps) Subject to 2 Qualifying Races
 - Generally suitable for faster Racers who are not yet ready for the distance of three (3) laps. (It is suspected that everyone in this Category *could* actually do three (3) laps.)
 - JSJV is based around the 7th grade Racers, but there will be many 6th grade racers who are racing up and many 8th graders who are

- racing down. 8th graders should not be placing in the top 20% of this Category.
- JSJV is suitable for a Racer that would be in the top 20% of JS-3 or wants to push his/her limits and race in a faster Category/field.
 - Junior Series Varsity (JS-V) (three laps)
 - Generally suitable for Racers who previously raced in JS-JV in their previous Racing season and/or have a bit more racing experience and can maintain pace for three (3) laps.

SENIOR SERIES

- Senior Series 3 (SS-3)
 - Generally suitable for beginner high school-aged Racers.
 - If there is an athlete in this category that is unable to complete two laps - Head Coach, Team Manager must notify ED/RD prior to start of Race Season to avoid athlete DQ
- Senior Series Junior Varsity (SS-JV)
 - Generally suitable for (i) a Racer that previously raced SS-3 and finished in the top 10% or (ii) a Racer that previously raced in SS-JV.
 - All JS-V Racers moving up to the Senior Series will be placed in SS-JV; these Racers are permitted to race up to SS-V.
- Senior Series Varsity (SS-V)
 - Generally suitable for a Racer that previously raced in SS-JV or SS-V.

*** End of Chapter 9 ***

CHAPTER 10: TEAM RULES AND RIDER ELIGIBILITY

TEAMS MUST REGISTER

- All Teams must register annually with NEYC.
- Teams shall not conduct any Events (specifically including but not limited to practices and training rides) without registering with NEYC and, thereby, obtaining insurance through NEYC.

ALL RIDERS AND COACHES MUST REGISTER

- All Riders and all Coaches (all levels) must register annually with NEYC.
- Riders and Coaches (all levels) who are not registered are not insured and may not participate in ANY NEYC team activities.
- Being registered (and insured) must include at least the following minimums for Rider or Coach:
 - Rider (and his/her parent or guardian) has completed registration in the online registration system including all liability waivers signed by the appropriate parties. ◦
 - Rider's registration fee has been fully paid.
 - Coach has completed registration in the online registration system including all liability waivers.
 - Coach has completed the requirements of at least Level 1 Coach.

MID-SEASON TRANSFERS

A Rider may only transfer between Teams mid-season upon application to and approval from NEYC. A Rider who is a Racer and transfers between Teams mid-season shall retain all individual points earned that season prior to the transfer which shall be added to the individual points earned by the transferred Racer after the transfer for determining the transferred Racer's individual standings. The transferred Racer's former Team shall retain all points earned by the transferred Racer before the transfer for determining Team standings. The transferred Racer's new Team shall not be credited with points earned prior to the transfer but shall be credited with any points earned after the transfer.

PROOF OF RESIDENCY – RED LEVEL

- At any time whatsoever, NEYC may request proof of a Rider's residency (zipcode used for registration) in order to verify a Rider's eligibility to Race for a Team.
- Proof of residency may include:
 - Drivers license, utility bill, and/or a mortgage statement or executed

lease of the Rider's parent/guardian.

- Affidavit affirming Rider's residency.
- Any other documentation reasonably requested by NEYC
- A Rider who has registered for the wrong Team may be removed from that Team.
- Any Team points earned by a Rider who is a Racer that is removed from a Team shall be removed/deducted; alternate points from an alternate/substitute/replacement Racer shall not be substituted.
- Any Rider that is not certain about which Team to join or any Coach with questions about a Rider's residency/eligibility please email neyouthcycling@gmail.com.

*** End of Chapter 10 ***

CHAPTER 11: SCORING

INDIVIDUAL SERIES SCORING

Racers race against other Racers in the same Series and Category, but Racers are scored only against the same-sex Racers of his/her Series and Category.

OVERALL INDIVIDUAL SERIES SCORING

- Overall Junior Series and Senior Series scoring for individual Racers by sex is based on the best five (5) results (of six (6) in NEYC's six (6) -race series).
- The lowest score of each individual Racer is dropped.
- A missed race results in zero (0) points and would be the lowest score dropped.
- In the case of a race cancellation in NEYC's six (6) -race series, the lowest score is still dropped – therefore, the individual Racers' scores will be based on the best four (4) results (of five (5) in NEYC's resulting abbreviated five (5) -race series).
- If there are fewer than five (5) races in the season/series then no score will be dropped.

POINT SYSTEM

- Points are awarded to every Racer that finishes a Race; see Appendix B for the number of points awarded per place in the various Series and Categories.
- Racers that do not finish (DNF) a Race will not be awarded any points for the unfinished Race.
- In the event of a mid-season Category change, individual points do *not* transfer from “old” Category to “new” Category.
- A Racer's points scored toward Team standings prior to a mid-season Category change remain unaffected.

Athletes are unable to switch categories once they have complete (2) NEYC season events

RACE SERIES TEAM SCORING MATRIX

- Team scoring is based on the top six (6) point-earners. Top 5 Male and 1 female - if teams do not have a female then they are only receiving the top 5 scorers.
- All Team points are earned at each of the NEYC Races through the season.
- No points are dropped for purposes of Team scoring.

AWARDS AT EACH RACE

- Individual medals are awarded by sex for the top five (5) places for each

Category at each Race.

AWARDS FOR OVERALL SERIES

- Individual medals are awarded by sex for the top five (5) places for each Category at each Race.
- Ties are broken using the results of the final Race of the NEYC season.
- If the final overall series winner in a Category did not already have a leader jersey then one is awarded.
- A Team overall series trophy is awarded to the top Team for the Junior Series, the top Team for the Senior Series, and the top Team Overall (Junior Series + Senior Series).
- If there is a tie for the Overall series - winner will be determined at the Final race of the season

*** End of Chapter 11 ***

CHAPTER 12: RACE OFFICIALS AND PROTESTS

NEYC OFFICIALS

The safety, scoring, rule enforcement, and general conduct of Races are managed by the following officials ("Race Official" or "Race Officials"):

- Race Director
- Executive Director
- Start Line/Finish Line Timing Officials
- Course Marshals
- Course Sweepers
- Rules Committee Members
- Board of Directors Members

NEYC RULES COMMITTEE/APEALS

The Rules Committee (see Overview for a brief description) is responsible for the interpretation of this Rule Book at Races and the resolution of any disputes or protests regarding the application and enforcement of the rules at Races. Racers may appeal any rule, decision or

penalty assessed by a Race Official on Race day to the Rules Committee and, in turn, decisions of the Rules Committee may be appealed to the Board of Directors. Decisions of the Board of Directors are final and may not be appealed.

REPORTING VIOLATIONS/PENALTIES

- Self-reported violations/self-assessed penalties shall be reported using the NEYC Race Protest Form/Report Form (see Exhibit B) submitted to a Race Official at the Volunteer Tent.
- Violations/penalties reported by a Race Official shall be reported using the NEYC Race Protest Form/Report Form (see Exhibit B) submitted to Race Officials at the Volunteer Tent.

ON-SITE PROTESTS

- All protests must be completed/filed by *the affected Rider and the affected Rider's Head Coach or Team Manager.*
- Protest forms must be filed at the Volunteer Tent prior to the expiration of the relevant Race's protest period. If the Volunteer Tent is unmanned then the form shall be submitted to a Race Official at the timing tent.

- The Rules Committee will communicate with the protesting Racer and protesting Racer's Coach. Parents of Racers are *not* to be involved with protests. If a member of the Rules Committee needs to speak with a parent of a Racer or a Rider on a Team then he/she will contact such parent directly.
- The Race Director shall call a meeting of all available Rules Committee members at a Race in order to review and rule on any protests, penalties, or reports of violation. A quorum of the Rules Committee is met upon the presence of any two (2) or more impartial Rules Committee members. For purposes of this section, "impartial" shall mean that a Rules Committee member reviewing/ruling on any protest, penalty, or report shall not be associated with the same Team as any person involved in the protest, penalty, or report.
- If two (2) or more impartial Rules Committee members are not available then the Race Director may defer a protest/penalty/report ruling until after the Race or Series has concluded on Race day. Such a deferred meeting is targeted to occur same-day as the Race but in all events must occur within five (5) calendar days after the Race.
- All results for a Race will be provisional until the protest period has closed and all protests/penalties/reports are reviewed/decided.

PROTESTS OF PRELIMINARY AND OFFICIAL RACE RESULTS

- Preliminary Results.
 - ²○ Preliminary Race results are posted online at the hyperlink provided by NEYC as "live results." Penalties will be assessed as soon as possible after each Category completes its Race.
 - Protests to the preliminary results, opposition to penalties, and reports of violations must be made on the NEYC Race Protest Form/Report Form (see Exhibit B) and submitted to a Race Official at the Volunteer Tent within fifteen (15) minutes of the final Racer in the protesting Racer's Category finishing the Race in which the events of the protest/penalty/report occurred.
- Final Results.
 - After timely protests, penalties, and violations are considered and ruled upon by the Rules Committee, the results on Race day shall be deemed final.

- Unless otherwise stated in a decision or ruling by the Rules Committee, such decisions and rulings made on Race day regarding protests and penalties are conclusive; provided, however, that decisions or rulings by the Rules Committee are appealable to the Board of Directors (see below).
- Medals will be awarded based on the final results on Race day.
- Deferred rulings. As noted hereinabove, decisions of the Rules Committee could be deferred for up to five (5) calendar days. If a deferred decision could affect the podium results for a Race then awards for that Race will not be given out on Race day.
- Medals awarded on Race day are final.

JUDGMENT CALLS – ORANGE LEVEL

- Race Officials must often review and decide upon protests, penalties, and reports despite having little or no direct, firsthand information regarding the underlying incident. This condition of incomplete and/or imperfect information is inherent to the sport of mountain biking because most of the Race occurs on a race course, the vast majority of which is out of the sight of Race Officials. Nevertheless, every effort is made to reach the fairest and most-informed decisions possible under the circumstances for every filed protest, penalty, and report.
- Racers, Racers' families, Coaches, and Racers' teammates are expected to (i) understand these limitations, (ii) understand these challenges to resolving disputes/issues, (iii) understand the difficulty of the decisions that Race Officials are required to make, and (iv) while there is no expectation or requirement that Racers, Racers' families, Coaches, and Racers' teammates *like* the final decisions of Race Officials, there *is* an expectation and requirement that Racers, Racers' families, Coaches, and Racers' teammates accept and respect the final decisions of Race Officials *regardless of the outcome* and demonstrate behaviors of grace and good sportsmanship *regardless of the outcome*.
- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees at a Race must show respect to Race Officials and refrain from publicly and aggressively questioning their decisions at the race or Event venue and from addressing them in a loud, disrespectful, or abusive manner.
- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees shall strive to demonstrate appropriate gestures of good sportsmanship at the

conclusion of a race or Event, *regardless of the outcome.*

- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees shall strive to realize, accept, and practice the principle that a Team's reputation is built not only on its cycling ability or racing results, but also on the good sportsmanship, courtesy, behavior, and citizenship of the Racers, Riders, and everyone involved with the Team.

APPEAL OF RULES COMMITTEE DECISIONS

- Decisions of the Rules Committee may be appealed to the Board of Directors. Each Team will be limited to two (2) failed appeals to the Board of Directors per season.
- Appeal of a decision of the Rules Committee shall be thoroughly prepared and submitted in writing by the Head Coach or Team Manager via email to the Executive Director within forty-eight (48) hours of the issuance of the decision of the Rules Committee being appealed, and the Executive Director shall immediately distribute the appeal to each and every member of the Board of Directors. The Board of Directors shall review and decide each appeal within seventy-two (72) hours of the Executive Director's distribution of the appeal.

*** End of Chapter 12 ***

CHAPTER 13: ADDITIONAL RULES FOR COACHES AND PARENTS

RIDER SAFETY

- Coaches are trained by NEYC to protect the safety and well-being of the Riders on their Team at every Event.
- A Coach's responsibility for the Riders on his/her Team begins upon arrival of the Rider at the Event, and it ends at the conclusion of the Event.
- The Head Coach, or someone acting as Head Coach, must remain at the Event venue until the last Rider from his/her Team has departed and/or is in the care of a parent or legal guardian.

PRE-SEASON COACHES CONFERENCE

- The Head Coach and the Team Manager from each Team must attend the NEYC Pre-Season Coaches Conference. If neither is available to attend for any reason then alternates shall be appointed by the Team, and the Team shall notify the Executive Director and the Race Director.
- Failure to attend the Pre-Season Coaches Conference shall result in a penalty of 4,000 points deducted from the Team's points total.

PRE-RACE COACHES CALL

- The Head Coach or the Team Manager from each Team must attend each Race's Pre-Race Coaches Call. If neither is available to attend for any reason then an alternate shall be appointed by the Team, and the Team shall notify the Executive Director and the Race Director.
- Failure to attend a Pre-Race Coaches Call shall result in a penalty of 2,000 points deducted from the Team's points total.

RACE DAY COACHES BRIEFING

- The Head Coach or the Team Manager from each Team must attend the Junior Series Race Day Coaches Briefing and the Senior Series Race Day Coaches Briefing if the Team has a Rider participating in the series Race. If neither Head Coach nor Team Manager can attend for any reason then an alternate shall be appointed, and the Executive Director and the Race Director shall be notified.
- If neither Head Coach nor Team Manager can attend a Race then an Acting Head Coach or Acting Team Manager shall be appointed by the

Team, and the Team shall notify the Executive Director and the Race Director.

- Failure to attend a Race Day Coaches Briefing shall result in a penalty of 1,000 point deducted from the Team's points total.

PARENTS AND COACHES PROHIBITED FROM RIDING AND INTERFERING ON THE RACE COURSE

For purposes of safety and fairness to the Racers, the following rules must be observed by all Coaches, parents, and other attendees during a Race that is in progress:

- Only Racers and Race Officials are allowed on the race course – no parents or other attendees shall be on the race course during a Race that is in progress.
- Coaches, parents, or other attendees shall not run or ride alongside the race course or alongside a Racer while he/she is racing.
- Coaches, parents, or other attendees shall not provide food or water to any Racer outside of the Feed Zone.
- Coaches, parents, or other attendees are not allowed to provide outside assistance to Racers in the Senior Series Junior Varsity Category nor the Senior Series Varsity Category (see Chapter 7).

ELECTRIC BIKES/E-BIKES

- Riders are *not* permitted to ride e-bikes during NEYC Events.
- Coaches are permitted to ride Class 1 electric (pedal assist) bikes during practices and pre-rides (where allowed by permit or standing rules of the venue).
- Prior to using them on the trail, Coaches are required to review and follow all local trail guidelines pertaining to electric bikes.
- Race Officials are permitted to use electric/pedal assist bikes during Races.

*** End of Chapter 13 ***

CHAPTER 14: SEASON PARAMETERS

The NEYC season begins with the opening of registration on December 1. No on-bike activities may occur prior to December 1. Between December 1 and February 29 (referred to as the "Pre-Season"), Teams may hold up to one (1) Team Event per week. These Events may include riding but should be focused on skill building, teambuilding/camaraderie, and fun. Between March 1 and June 30 (referred to as the "Regular Season"), Teams may hold up to four (4) Team practices per week.

A "practice" is a team Event where physical activity occurs under the guidance of Team Coaches during the Regular Season. A weight workout in the morning and a ride in the afternoon counts as two (2) practices. In order to maintain Team cohesion and manage risk, Riders on teams should participate in Team practices, which include riding, at least two (2) times per week during the Regular Season.

When Riders are pre-riding at a Race venue or doing trailriding at a practice, each group of Riders should be led by a Coach at a ratio not greater than eight (8) riders to two (2) Coaches. When riders are participating in static practices (ie: a cross-training or weight workout, a spin class, or a Team meeting) they should be led by a Coach at a ratio that allows the Coach to manage the group safely.

The Regular Season ends June 30. If the final Race of the season occurs on or after June 15 then the Regular Season will end two (2) weeks after the final Race.

Teams may hold special events in the "Off-Season" (June 30 (or later, as applicable) through November 30). All NEW participants in these Events must complete an NEYC Liability Waiver to be retained by the Head Coach or Team Manager. Background check for NEW Coaches (not registered with NEYC) guidelines must be adhered to for all Team Events for all adults at all times.

If Team Riders attend and/or participate in non-NEYC races or events then these are *not* considered a part of NEYC and no NEYC insurance attaches.

Teams shall never require Riders to participate in non-NEYC races or events and shall never penalize a Rider who doesn't attend non-NEYC races or events.

*** End of Chapter 14 ***

CHAPTER 15: COACH/TEAM MANAGER REQUIREMENTS

GENERAL

- All Teams must have a Head Coach and a Team Manager, each of whom must satisfy the requirements therefor in the schedule below.
- All adults (individuals over 18 years old) who will have direct supervisory contact with Riders during Events (for example, without limitation, Races, practices, skills sessions, group rides, training rides, trainings, workshops, gatherings, or any other event) are required to be registered with NEYC and pass the BCI screening even if they are not riding a bike.

HEAD COACHES

- Head Coaches must register as Head Coach each year with NEYC.
- Head Coaches must complete Level Two Requirements within two (2) years of becoming Head Coach.

TEAM MANAGERS

- Team Managers must register as Team Manager each year with NEYC.
- Team Managers must complete Level 1 Requirements contemporaneously with becoming Team Manager (and if the Team Manager is also a Coach then he/she shall timely fulfill requirements for Coaches).

COACHES

- All Coaches must complete all Level 1 Requirements before riding with a Team or Riders or participating in any Event as a Coach.

LEVEL ONE Requirements

- Pass the BCI (NEYC Specific - Link obtained upon registration).
- Complete the NEYC-assigned concussion training module from NFHS (within the past two (2) years).
- Complete the NEYC-assigned SafeSport training module from NFHS or the US Center for Safesport (within the past 2 years).
- Complete the NEW Speed Science Intro module.

LEVEL TWO Requirements

- All requirements of a Level 1 Coach.
- Basic First Aid Certification and CPR Certification.
- Attend/complete a Speed Science in-person training.

LEVEL THREE Requirements

- All requirements of a Level 2 Coach.
- Complete an Advanced First Aid Certificate Program or a Wilderness First Aid Certificate Program.
- Complete the Speed Science Coaching Certificate program

REMOVAL

- The Board of Directors may remove any Head Coach, Team Manager, or Assistant Coach at its sole discretion exercised by the vote of two-thirds (2/3) of all of the then-current Board members (for example, if there are nine (9) Directors then six (6) votes to approve shall be required). Removal may be accompanied by suspension from NEYC and Team Events. Return to coaching or participation in/attendance at NEYC Events shall require a written application from the removed/suspended person to the Board of Directors and a simple majority vote of approval by a quorum of the Board.

*** End of Chapter 15 ***

CHAPTER 16: WEATHER GUIDELINES

GENERAL

- Generally, NEYC does not cancel, postpone, or alter Race day due to cold, heat, or precipitation (weather) unless (i) the venue for the Race refuses to allow the Race on Race day or (ii) in the event of lightning.
- Any decisions regarding canceling, postponing, or altering Race start times, lap lengths, number of laps, and/or other Race details will be made by the Race Director and distributed by email and social media. These decisions are often made on the morning of the Race due to the unpredictable and rapidly-changing nature of weather.

WEATHER IMPACT ON COMPETITION

- Races are held on their scheduled dates unless either (i) the race course on the day of the Race is deemed unrideable and/or dangerous or (ii) the Race venue refuses to allow the Race due to weather/conditions. NEYC may alter the start of any Race from its published time if weather has created unsafe conditions.
- Race courses and/or lap lengths may be altered or shortened due to weather conditions. Any changes will be announced at the pre-race Coach meeting if changes are known at that time, and last-minute changes will be broadcast to Racers at the start of each Wave via the Race announcer or other Race Official. If conditions require a change in the number of laps during a Race then a Race Official will be stationed at the lap line advising Riders of the change.

RE-STARTING A RACE STOPPED BY WEATHER

- If a Race has been stopped (and the race course cleared) due to lightning or another emergency then the Race may be restarted or declared completed depending on the Raceday schedule and number of laps completed prior to the stoppage. If time permits then Racers may be able to resume laps beginning from the lap line.

RACE REGISTRATION FEES (does not apply to Racers that purchased a discounted Race series package)

- If a Race venue is relocated or a Race is rescheduled then Race registration fees paid by a Racer for that Race will automatically be applied to the relocated or rescheduled Race.
- If a Race is canceled due to weather conditions and no reasonable

rescheduling is possible then Race fees will not be refunded.

- RACE POINTS: IF A RACE IS CANCELED** (NEYC is unable relocate or reschedule a Race)
- No Team points will be awarded, and the Race will not be included in the season's overall Team point standings.
 - No individual points will be awarded, and the Race will not be included in the season's overall individual point standings. Racers will still have a "drop race" available from the season's other Races.

- RACE POINTS: IF A RACE IS PARTIALLY COMPLETED** (some Categories complete their races while other Categories do not)
- No Team points will be awarded, and the Race will not be included in the season's overall team point standings.
 - Individual points will be awarded in all of the Categories that completed their Race and those Categories will proceed through the season as normal.
 - No individual points will be awarded in the Categories in which Races were not completed, and the Race will not be included in the season's overall individual point standings. Racers will still have a "drop race" available based on completion of the other Races in the shortened season/series.

*** End of Chapter 16 ***

APPENDIX A: RACE #1 STAGING

2024 RACE #1 – STAGING RULES

✓ Based on 2023 Results

- 1st Staging in given category
 - All athletes returning to the category will be staged first based on the 2023 results
- 2nd Staging in Category
 - Athletes that are newly entering the category – will take 80% of the prior season points and staged accordingly within the returning athletes of given category.
- 3rd Staging in Category
 - Athletes that did not participate in NEYC in prior season will be staged randomly at the back of given category.
- 4th Staging in Category
 - Females of the league will be placed based on 1st Staging Criteria and 2nd Staging Criteria in combination with average finishing time.
 - 1st place Varsity Female in 2023 – time finished roughly 15th overall

APPENDIX B: INDIVIDUAL POINTS SCHEDULE