



GET OUTSIDE AND RIDE



2024 RULE BOOK

RULE BOOK OVERVIEW

This edition of the Georgia Cycling Association Rule Book is made effective March 1, 2024. All prior rules and regulations are superseded as of this Effective Date.

The rules set forth in this document have been created by the Georgia Cycling Association Rules Committee: Mark Legaspi, Dave Ablashi, Marty Speight, Christie Hunt, and Steve Herlocher. The Executive Director and Georgia Cycling Board of Directors reserve the right to supersede a Rules Committee decision should doing so be deemed in the best interest of the organization.

Rules Committee members serve a minimum two-year term. Candidates will be invited as applicable, by the existing members of the Rules Committee, Executive Director, or Board of Directors. The Rules Committee is open to all adult members of the Georgia Cycling Community, regardless of their role within the community. Candidates interested in serving on the Rules Committee should contact the Rules Committee, rules@georgiacycling.org or the Executive Director for consideration.

Should you have a question regarding a rule or wish to seek clarification for the purpose of understanding, you should submit your question via email to rules@georgiacycling.org

Throughout this rulebook, registered Students and Coaches are referred to in the singular as a “Rider” and in the plural as “Riders.” These rules apply to all Riders during all practices, races, individual training rides, and at all other times while riding your bike during the Georgia Cycling preseason and regular season.

The Georgia Cycling preseason and regular-season schedules are generally set each year as follows:

Pre-season: April 1 – June 30

Regular Season: July 1 and concluding two (2) weeks after the last race event

In addition to rules applicable to Riders, some rules contained herein (for example, Chapter 5) govern the behavior and conduct of other persons, such as parents, relatives and siblings of Riders and other event attendees.

Georgia Cycling has the discretion to take disciplinary action 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 rulebook. There are detailed level(s) of consequences associated with specific rules within this document. Specific rules will be clearly marked with the level of consequence if failure to comply. The levels of consequence are listed in Appendix A. (Penalty Structure) of this document.

The rules and guidelines set forth in this rulebook are in addition to any other rules, policies, and guidelines adopted by Georgia Cycling as well as those of the specific venue for the event or sanctioned activity. A Georgia Cycling sanctioned event is defined as any Georgia Cycling sponsored event during preseason activities and regular season activities to which are approved by Georgia Cycling. Nothing contained herein shall be construed to limit, supersede, or override any provision, obligation, covenant, representation, warrant or other term of any Code of Conduct or any agreement between the Rider (or such Rider’s parent or guardian) and Georgia Cycling or any Georgia Cycling team, including without limitation any Release of Liability, Assumption of Risk, and Indemnification Agreement.

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TABLE OF CONTENTS

CHAPTER 1: Forms & Policies

CHAPTER 2: Team Rules & Rider Eligibility

CHAPTER 3: Equipment Rules & Rider Protocol

CHAPTER 4: Racing Rules & Event Conduct

CHAPTER 5: Race Course

CHAPTER 6: Race Venue Pre-Ride

CHAPTER 7: Pit Zone & Feed Zone

CHAPTER 8: Category Placement

CHAPTER 9: Scoring

CHAPTER 10: Event Weather Guidelines

CHAPTER 11: Race Officials and Protests

APPENDIX A : Penalty Structure

APPENDIX B: Individual Point Scale

CHAPTER

1



*GET OUTSIDE
AND RIDE*

CHAPTER 1: FORMS & POLICIES

RELEASE FORMS

All Riders must complete Georgia Cycling's registration process within CCN prior to participating in Georgia Cycling sanctioned events.

- The registration process requires each Rider to complete Release of Liability, Assumption of Risk and Indemnification Agreement, Code of Conduct, Insurance Summary, and Refund Policy.
- Riders under 18 years of age require the signature of a parent or legal guardian.

CONCUSSION & INJURY RETURN-TO-PLAY POLICY

A Rider who is suspected of sustaining a concussion or head injury in a Georgia Cycling activity, or who is suffering the effects of a concussion sustained outside of Georgia Cycling activity, shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to the activity until he or she is evaluated by a licensed health care professional and provided a [Return to Play Clearance Form](#). See Concussion Management Policy for additional information.

Should a Rider sustain any injury requiring a visit to a healthcare provider, that Rider must provide the [Return to Play Clearance Form](#) to their Head Coach or Team Director prior to their participatory return to team events.

BANNED SUBSTANCES

Georgia Cycling student-athletes 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 full season or the equivalent number of races spanning two seasons. A complete list of banned substances can be found on the [USADA's website](#).

ALCOHOL AND DRUG USE

ORANGE LEVEL CONSEQUENCES - Appendix A

The use by middle school or high school Riders of alcohol or illicit drugs (including without limitation cannabis or unprescribed pharmaceutical drugs) at any sanctioned Georgia Cycling event or activity is prohibited.

FIRST VIOLATION

The first violation of the Georgia Cycling Substance Use Policy will result in the student's loss of eligibility for three races. If a season ends before completing the three races, the loss of eligibility will carry over into the next season.

- If the Rider wishes to continue participation, he or she must continue to attend and participate in regular practice with his/her team.
- In addition to the above condition, the student will be required to attend a minimum of six educational group sessions regarding alcohol and drug abuse. Georgia Cycling must approve classes at the time of enrollment. Documentation of attendance must be provided to Georgia Cycling before the student is permitted to return.

SECOND VIOLATION

The second violation will result in the student's loss of eligibility for an additional three races.

THIRD AND SUBSEQUENT VIOLATION(S):

The third and subsequent violations will result in the student's loss of eligibility for an additional six races. If the Rider becomes a participant in an alcohol and/or drug treatment program on his or her own volition, the Rider may be eligible for participation after a minimum suspension of six weeks.

TOBACCO AND NICOTINE USE

ORANGE LEVEL CONSEQUENCES - Appendix A

Smoking of any kind (including vaping) by a registered Rider is prohibited at all Georgia Cycling events. Use of tobacco and nicotine products by student athletes is strictly prohibited.

Student athletes who use tobacco products (which includes vaping) will remain eligible for participation only if they provide evidence that they have enrolled in a tobacco cessation class to begin immediately. They must participate, provide proof to their coach when they have completed the class, and refrain from use in the future. Continued use will result in the consequences laid out above for Alcohol and Drug Use.

LIST OF OTHER BANNED SUBSTANCES

ORANGE LEVEL CONSEQUENCES - Appendix A

Caffeine is an addictive substance that enhances performance. Georgia Cycling deems caffeinated sports products as inappropriate for young Riders.

- Caffeinated sport products such as bars, gels, and sport drinks, are banned before or during Georgia Cycling races, practices, and other activities.
- Creatine, Guarana Root, and Taurine are also substances banned from consumption at Georgia Cycling events.

FAILURE TO MAINTAIN POSITIVE SPORTING BEHAVIOR

ORANGE LEVEL CONSEQUENCES- Appendix A

It is required that all coaches, parents, and guardians demonstrate respect for and deference to the person and the decisions of Georgia Cycling officials as it relates to the sporting behavior of student-athletes, themselves, and other Georgia Cycling officials. A failure to exhibit respectful behavior may result in restrictions imposed on the coach, the parent, or a student athlete's participation. Georgia Cycling officials have complete and total discretion for the implementation of the rules, regarding sporting behavior.

Coaches, parents, and guardians must always display mature and positive behavior during every event and in all interactions with student-athletes, other parents, other coaches, and Georgia Cycling officials. Coaches, parents, and guardians are role models to student-athletes and must demonstrate a fair and calm response in the face of protests, complaints, conflicts, or emergencies. Coaches, parents, and guardians are expected to be focused on helping student athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

UNPROFESSIONAL BEHAVIOR /ETIQUETTE

RED LEVEL CONSEQUENCES - Appendix A

- 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: intentional 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 pushing another Rider with your body or any equipment 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.
- Throwing or spitting an object, fluid, or debris of any kind at an athlete in the proximity of the race course.
- Coaches, student athletes, and attendees at Georgia Cycling events are expected to maintain situational awareness at all times in the vicinity of the racecourse infield and marked racecourse. Everyone must adhere to course markings, only cross at official course crossings, and must obey the volunteers manning the course crossings for the safety of the riders on course.

SEXUAL HARASSMENT POLICY

RED LEVEL CONSEQUENCES - Appendix A

The Georgia Cycling Association 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, visual, verbal or physical conduct of a sexual nature, leering, making sexual gestures, display of sexually suggestive objects or pictures, verbal conduct such as making or using derogatory comments, epithets, slurs and sexual jokes, verbal sexual advances or propositions, and physical conduct such as touching or blocking movement of another person.

Sexual harassment includes many forms of offensive behavior, including harassment of a person of the same sex or based on gender.

If any student, coach, parent, volunteer, or employee feels they have been sexually harassed at a Georgia Cycling event, they should report the incident immediately to the Georgia Cycling Executive Director.

If any Rider, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery during a Georgia Cycling event, it should be reported, in writing, immediately to the [Executive Director](#). All reports will be handled in a confidential manner.

NON-DISCRIMINATION IN PARTICIPATION STANDARDS

RED LEVEL CONSEQUENCES - Appendix A

Georgia Cycling teams are co-ed.

The Georgia Cycling Association recognizes the value of participation in Georgia Cycling events for all Riders. Georgia Cycling prohibits all forms of discrimination, including discrimination based on a Rider's race, religion, actual or perceived sex and gender.

As an interscholastic sport with school-based teams, Georgia Cycling is obeying state law and aligning with the Georgia High School Association's Constitution. As such, a participant's sex/gender is determined by the sex noted on his/her certificate at birth.

Georgia Cycling will attempt to accommodate requests for private restroom or dress room facilities for students requesting such accommodations at Georgia Cycling hosted events. These requests must be submitted, in writing, at least 30 days prior to the event date. All requests are subject to review and approval by Georgia Cycling. No student shall be required to utilize the private facilities.

Riders who race in the wrong category shall be disqualified from that race.

CHAPTER

2



*GET OUTSIDE
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CHAPTER 2: TEAM RULES & RIDER ELIGIBILITY

GEORGIA CYCLING DIVISIONS

Teams are assigned to divisions based on the composition of the team. Division I teams are all school-based teams meaning that all student Riders on the team attend the same high school or are middle school students who will feed into or plan to attend that high school. Division II teams are all composite teams. Composite teams are restricted in the number of high school racers they may have on their team and are composed of student Riders from a specific geographic area.

The Georgia Cycling Association is divided into Division I and Division II and are scored independently:

- Division I = high school teams
- Division II = composite teams

TEAM COMPOSITION

SCHOOL-BASED TEAMS

- Composed of full-time students from the high school they attend or will attend in the future.

COMPOSITE TEAMS

- Must be composed of full-time students from more than one school and must include “composite” in the team’s name.
- Homeschool students may join Composite Teams according to the location of the school they would attend if not homeschooled.
- Two or more Composite Teams may not overlap in a geographical region, nor may they draw student Riders from the same schools.
- Composite Teams must comply with the following:
 - Teams are limited to a maximum of eleven (11) high school student-athletes
 - A team that exceeds eleven (11) high school student-athletes will be subdivided into teams of eleven (11) or less.
 - Five (5) or more high school student-athletes from the same high school will be subdivided into a Division I, school-based team.
- A request for exclusion from the maximum number of high school student-athletes on a Composite Team shall be submitted in writing with justification to the Georgia Cycling Rules Committee, rules@georgiacycling.org, for consideration.
- Upon subdivision, student-athletes shall be placed on teams based on the following:
 - First- Riders attending or who will attend the same school must be on the same subdivided team; and
 - Second- Riders shall be placed on subdivided teams according to the proximity of their school.
 - Teams will not be subdivided based on the experience and ability of the Riders.

COUNTY-BASED HOMESCHOOL TEAMS

Homeschoolers may organize teams of students (homeschoolers only) who live within the same county or other geographic proximity.

GEORGIA HOMESCHOOL PARTICIPATION IN PUBLIC SCHOOL SPORTS

Georgia Senate Bill 163 was signed into law at the end of 2021. This bill represented a change in the ability of

homeschooled students to participate in sports and clubs with public schools.

Home study (homeschool) students can now participate in extracurricular activities and sports with public schools within criteria established by the General Assembly in the new law. Click [here](#) to view the criteria for a homeschooled student to join a school sports team or extracurricular activity.

For participation in Georgia Cycling programs, students will need to complete the process to enroll at a school as required by the law and provide documentation of school enrollment to the Georgia Cycling Programs Department.

Once enrolled at a school, the student would join the school-based team or the composite team for that high school. If a homeschooled student chooses to attend a public school for a portion of the coursework, they must join the team for that school.

TEAM RECRUITING AND MID-SEASON TRANSFERS

- A Rider who transfers teams mid-season shall retain all points earned that season prior to the transfer to be calculated with points earned after the transfer for determining individual standings.
- The prior team shall retain all points earned by the Rider before the transfer for determining team standings.
- The new team shall not be credited with points earned prior to the transfer.

PROOF OF ATTENDANCE

- Proof of school attendance may be requested for a Rider at any time.
- This proof may be in the form of a school ID, a report card, or some other form of proof.

RIDERS MUST JOIN SCHOOL TEAMS

- Riders who are enrolled at a school that has a team in good standing with Georgia Cycling must join and compete as a member of that team.
- Riders may not compete as members of another team, nor may they compete as independent Riders.

PETITION TO DEVIATE FROM ASSIGNED TEAM

Georgia Cycling policy states that a student-athlete must participate on a team, either composite or school-based, as established by the high school they currently or will attend. We recognize that under certain conditions, participating on a student's assigned team may create a hardship for a family that jeopardizes that student's overall ability to participate in the program.

Therefore, we have established a process for families to petition to deviate from their assigned team.

- **Composite Team Participants are eligible to utilize this petition.** Families may outline their hardship in a petition to move to a different composite team.
- **School-based Team Participants are not eligible to utilize this petition.** Participation on a school-based team is restricted only to students who attend the team's high school or who will attend the team's high school following middle school. Therefore, student-athletes are not allowed to join a school-based team if they are not a student at that school. Likewise, student-athletes are not allowed to join a composite team if there is a school-based team formed at their high school.

The following are examples of potential hardships that will be considered:

- Extended and unmanageable drive time to the team's practice location that threatens student's ability to participate.

- Siblings that reside in the same house but have been assigned to different Georgia Cycling teams - seeking to have both students on the same team.
- Enrollment in a daily after school program that is an extended distance away from the evening practice location.
- Short-term or temporary living arrangements.

All petitions must be reviewed and approved before any deviation takes place. For a deviation to be approved, it must be demonstrated that participation with the student's assigned team creates an extraordinary burden on the family. Team deviations are considered extremely rare, and Georgia Cycling has intentionally set the bar high to prevent a ping pong of student transfers, which would cause a burden on volunteer coaches.

The petition to deviate from the assigned team can be found [here](#).

ONE SCHOOL, ONE TEAM

Only one team may represent a school.

ACTIVE TEAMS MUST REGISTER

- All new teams must have a Team Director and Head Coach attend a full 2-day Coaches Summit before the start of the team's second season.
- All teams must register annually with Georgia Cycling.
- Teams must not conduct any practices without registering and obtaining insurance through Georgia Cycling.
- The deadline for annual Team Registration is June 30th, except in the case of teams forming out of existing composite teams, in accordance with the Team Composition guidelines outlined in this document.

ALL STUDENT RIDERS AND COACHES MUST REGISTER

Riders and coaches who are not registered are not insured. Registration must include the following:

- The Riders program registration fee must be paid.
- The Rider must be registered in CCN and have their liability waiver signed.
- The Coach registration fee must be paid.
- Coaches must register in CCN and have their liability waiver signed.
- Coaches (all levels) must complete their annual background check and, at a minimum, complete the level 1 Coach Licensing training requirements within CCN.
- All registration is conducted online through CCN.

OFFICIAL SCHOOL STATUS NOT NEEDED

- School-based teams are not required to be officially or otherwise formally affiliated as a club or sports team with the school in which its members are enrolled.
- Teams are responsible for obtaining permission from schools related to the team's use of school names, colors, mascots, logos, and other identifying school-related imagery or graphics.

RIDER CHANGE OF ADDRESS NOTIFICATION

It is the responsibility of a student rider's parent or guardian to keep contact information (email address, mailing address and phone) up to date in Georgia Cycling's registration system. Any changes should be updated within CCN as soon as possible.

Since team eligibility is based on where a student rider goes to or will go to high school, it is essential that

Georgia Cycling be made aware of any change of school. Following such a change, a student rider's parent, Coach, or legal guardian must provide the new school information and details to the Georgia Cycling Programs Department within 30 days of said change. The details should be emailed to support@georgiacycling.org

SCHOOL CHANGE DURING RACE SERIES

The following eligibility rules apply to student-athletes who are registered for the full-season race series and change schools after the completion of Race #1.

- **Completed Race #1 as a member of a composite team and has changed to a school that feeds to a composite team:** Student-athletes may finish the race series with their original team.
- **Completed Race #1 as a member of a composite team and has changed to a school that has a school based team:** Student-athletes must join the school-based team immediately and will finish the race series as a team scoring member of their new school-based team.
- **Completed Race #1 as a member of a school-based team and has changed to a school that feeds to a composite team:** Student may finish the race series as a non-team scoring member of their original school based team provided Georgia Cycling has written approval from the Head Coach or Team Director. Local school district eligibility rules may prevent such a situation from occurring. In that case, Georgia Cycling will follow the school administration's lead.
- **Completed Race #1 as a member of a school-based team and has changed to a school that has a school based team:** Student-athletes must join the school-based team immediately and will finish the race series as a team scoring member of their new school-based team.

SENIOR STAY EXCEPTION

The following eligibility rules apply only to a student-athlete who has participated in multiple Georgia Cycling seasons and who has experienced a school change prior to or during their senior year.

- If the student-athlete has been participating as a member of a composite team and has moved to a school that feeds to a different composite team, that student will be allowed to complete their senior year as a team scoring member of their original composite team.
- If the student-athlete has been participating as a member of a composite team and has moved to a school with a school-based team, that student is required to join the school-based team for their senior year.
- If the student-athlete has been participating as a member of a school-based team and has moved to a school that feeds to a composite team, that student may seek approval from their current Head Coach or Team Director to remain on their current team as a non-team scoring member.
- If the student-athlete has been participating as a member of a school-based team and has moved to a school that has a school-based team, that student must join their new school-based team for their senior year.

CHAPTER

3



*GET OUTSIDE
AND RIDE*

CHAPTER 3: EQUIPMENT RULES & RIDER PROTOCOL

WEARING HELMETS IS STRICTLY ENFORCED

YELLOW LEVEL CONSEQUENCES - Appendix A

Riders must always wear an approved helmet. Under no circumstances should a Rider or any person be on a race course or on a bicycle without a helmet securely fastened to their head, even when riding a short distance. Riders must also keep their helmet on when walking or running on the course with a mechanical issue.

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 are not required to wear a helmet.

Rider helmets must adhere to the following standards:

- Helmet must meet one of the following standards:
 - U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
 - Snell Memorial Foundation Standard “B” or “N” series.
- Helmet straps must be adjusted to the extent that two fingers can be pushed under the strap, whereas insertion of three fingers would not be reasonably possible.
- Helmets may not have any cracks or dents from previous falls or mishandling.
- Helmets must be the sized correctly to the Rider’s head with minimal side-to-side or front-to-back movement.

Full-face helmets are not allowed without prior written permission. Requests to wear full face helmets may be submitted via email to the [Georgia Cycling Rules Committee](#). All requests must clearly state the need need to wear a full face helmet and include a picture of the helmet along with the brand and model number.

All requests will be evaluated on a case-by-case basis. No Rider shall use a full-face helmet until they receive written approval from the Georgia Cycling Rules Committee. Please keep in mind the following:

- Full face helmets increase risk to safety and health of riders in the areas of limited visual field of view, audiological constraints, and reduction of cranial cooling.
- Medical conditions which warrant the use of a full face helmet will require medical documentation / endorsement to accompany a written request,
- Examples of full face helmets that reduce the three primary safety risks are helmets that provide significant air cooling, provide the capability to hear clearly while riding, and provide at least a 180 degree field of view. These key characteristics for a full face helmet serve as mitigation safety measures to the rider wearing the full face helmet and other riders in the vicinity.
- Full face helmets that are designed to be worn for the “Down Hill” discipline increase risk to riders participating in Cross Country “XC”.

FOOTWEAR

Riders must wear appropriate footwear that is fully enclosed and fastened with either straps, buckles, or laces.

EYE PROTECTION

Eye protection is strongly recommended. Unless wet, foggy, and/or muddy lenses impair vision, Riders should ride and race with protective eyewear.

NUMBER PLATES

Riders must affix an official Georgia Cycling number plate to the front of their bikes and affix the rear race plate on the Riders back during Georgia Cycling races and pre-ride.

The number plate should be attached with at least three fasteners and must always be on the bike before and after competing, including the pre-ride, and should also remain on the bike at any time the Rider is riding at the event.

MOUNTAIN BIKES ONLY

Bicycles should be thoroughly inspected by the Rider before every race, and team coaches shall oversee and assist in such inspection processes.

Riders must compete using mountain bikes that have 26-to-29-inch wheels with tires not narrower than 1.75 inches. Additional requirements are as follows:

- Tires must have off-road tread (knobbies) – no slick tires are permitted.
- No road bikes or mountain bikes equipped with drop bars.
- No cyclocross bikes.

If a Rider is unable to ride a mountain bike with 26- to 29-inch wheels due to his or her height or other physical limitation or attribute, prior to participating in a Georgia Cycling race or event, such Rider shall submit a request

in writing to the [Georgia Cycling Rules Committee](#) seeking an accommodation to compete on a mountain bike with smaller wheels.

FRONT AND REAR BRAKES

- Bicycles 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.

HANDLEBAR END PLUGS AND STEM CAPS REQUIRED

For safety reasons, intact and undamaged handlebar end plugs and stem caps are required.

TEAM JERSEYS

YELLOW LEVEL CONSEQUENCES - Appendix A

Teams must have matching jerseys or t-shirts for their Riders, and all team members must wear their team jerseys or team t-shirts when on course at all Georgia Cycling events.

- All logos and graphics should be appropriate to an audience of middle and high school aged children.
- Teams may choose to include sponsor logos on their jerseys. Sponsor logos are permitted within the identified areas of the graphic shown below.

LEADER JERSEYS

The Riders in the 8th grade category and all high school categories with the most individual points during the season will be awarded a leader jersey.

- Each points leader is expected to wear the jersey at all Georgia Cycling races, so long as they remain the top points holder.
- In the case of a tie, both Riders wear the leader's jerseys.
- The overall winner of the series is not permitted to wear the leader's jersey during the first race of the next season.

PROHIBITED EQUIPMENT AND ITEMS

SINGLE-SPEED BIKES

Bikes must have multiple functional gears, including at least five (5) cogs in the rear.

E-BIKES

RED LEVEL CONSEQUENCES - Appendix A

- E-Bikes and any bike modified for pedal assistance are prohibited for student use in races, practices, and any Georgia Cycling hosted event.
- Coaches and Georgia Cycling designated race officials are permitted to ride class 1 electric (pedal assist) bicycles during practices and pre-rides for racecourses.
- Coaches are required to review and follow all local trail guidelines pertaining to electric bicycles, prior to using them on the trail.

MUSIC PLAYERS & HEADPHONES

ORANGE LEVEL CONSEQUENCES - Appendix A

- Riders are not allowed to race or ride with headphones, earbuds, speakers, and other portable musical devices.
- Riders are not allowed to play music on their cell phone while riding.

CELL PHONES

ORANGE LEVEL CONSEQUENCES - Appendix A

- Riders may not answer a cell phone or make cell phone calls while riding a bike.
- 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.
- The exception to using a cell phone while riding is a coach utilizing hands free capability for team management or safety purposes.

CHAPTER

4



*GET OUTSIDE
AND RIDE*

CHAPTER 4: RACING RULES & EVENT CONDUCT

ELIGIBLE STUDENTS

The Georgia Cycling Association Race Series and all other sanctioned practices and events are open to all Georgia residents who are enrolled in middle school (grades 6-8) or high school (grades 9-12) at a public or private institution or who are homeschooled and registered with Georgia Cycling Association.

BOUNDARIES FOR PARTICIPATION

All Riders and teams must live within the state of Georgia to participate in Georgia Cycling programs and events. Any exceptions must be approved by the Georgia Cycling Rules Committee rules@georgiacycling.org.

STUDENT AGE AND GRADE

To be eligible to compete in a fall school year season, a Rider must:

- Be enrolled in middle school (grades 6-8), or the homeschool equivalent, and be no younger than 10 and no older than 15 years of age at any time during the entire school year.
- Be in high school (grades 9-12), or the homeschool equivalent, and be no younger than 13 and no older than 19 years of age at any time during the entire school year.
- Not have a high school diploma, general education diploma (GED), or otherwise be graduated from high school.

Riders who have skipped or been held back:

- A single grade is placed into categories according to their grade levels, so long as age eligibility requirements are met.
- Any Rider who has skipped or been held back more than one grade must consult with the Georgia Cycling Rules Committee and obtain a ruling from the Georgia Cycling Rules Committee regarding placement into the appropriate categories.

CATEGORY PLACEMENT FOR HOMESCHOOLED STUDENTS

Homeschooled Riders shall be placed in categories that correspond to the grade level they would otherwise be enrolled in for public middle school or public high school, based on the Rider's age. The Georgia Cycling Rules Committee must consider such age-based placement in the event homeschooled Riders seek alternative placement under the Category Placement Rules.

DUAL ENROLLMENT

Riders enrolled or otherwise taking classes in a college remain eligible to compete so long as they have not attained graduation status at their middle or high school and are enrolled or taking classes at the college as middle or high school students and not as college students.

REGISTERED GEORGIA CYCLING RIDERS ONLY ON RACE COURSES

To participate in a pre-ride or a race event, a Rider must be fully registered by having purchased and completed the Georgia Cycling registration.

REQUIREMENTS FOR RIDER REGISTRATION

Riders must register with the Georgia Cycling Association. Registration requirements include:

- Online Registration Forms
- Georgia Cycling Program Registration Fee
- Signed Release of Liability
- Signed Medical Form
- Signed Media Form
- Signed Code of Conduct Form
- Complete Race Registration (see next section)

The Georgia Cycling Association reserves the right to modify, supplement and amend its registration requirements from time to time.

RACE REGISTRATION

RED LEVEL CONSEQUENCES - Appendix A

- Riders must register and pay for the race prior to the race.
- Riders may purchase the race series package or register for an individual race by visiting georgiacycling.org and clicking on CCN at the top of the page
- Penalties apply if Riders compete without registering or payment.

STATE CHAMPIONSHIP QUALIFICATION CRITERIA

The Georgia Cycling Peach State Championship is open to all 8th grade and high school student-athletes that start three of the four conference series races AND meet one of the requirements below:

- Be a Varsity Rider
- Be among the Top 50 JV1 Riders within the student-athlete's conference (Top 50 from East and Top 50 from West)
- Be among the Top 50 JV2 Riders within the student-athlete's conference (Top 50 from East and Top 50 from West)
- Be among the Top 50 Freshman Riders within the student-athlete's conference (Top 50 from East and Top 50 from West)
- Be a Senior
- Be among the Top 50 8th Grade Riders within the student-athlete's conference (Top 50 from East and Top 50 from West)

A list of students who have qualified for the Peach State Championship will be published the Monday prior to the Peach State Championship.

STATE CHAMPIONSHIP REGISTRATION

During the 2024 season, students who choose to register for the full Race Series (all four conference races on a single transaction) will receive complimentary registration for the Peach State Championship. For students who qualify for the Peach State Championship, registration will be automatic once the list of qualified riders has been published. All other qualifying student-athletes may register by following the directions announced when the list of qualifying riders is published.

STAGING AND RACE START

YELLOW LEVEL CONSEQUENCES - Appendix A

Riders must adhere to the following guidelines when lining up at the start line for the start of a race:

- All Riders must start with one foot on the ground.
- Holding onto the snow fence inside the starting zone is prohibited.
- Riders cannot pass other Riders until they cross the starting line. The starting line is located at the front of the start zone snow fence and is marked with bright orange paint.
- Riders must follow the staging times posted on the race flyer. If a Rider is not in staging on time and misses their call up, they will automatically be placed in the back of the field with no exceptions.
- Riders must position themselves in designated start lanes without overlapping the wheels of the Rider in front of them.
- Riders must enter the staging area at the designated entrance for their category. Riders cutting into the side or front of the group will be required to start in the last row.

If a coach assists a Rider in cutting into the side or front of the group or if a Rider in clear view of his or her coach is breaking the staging rules without intervention, **a team point penalty of 200 points** shall be applied to that Rider's team.

PRE-RACE ANNOUNCEMENTS

Pre-race announcements address critical information regarding rules and course specific information. Riders must be present and attentive during pre-race announcements at race staging, race start line up, and race start. Riders who miss the pre-race announcements may be required to stay after the start to hear the announcements. Riders that are being disruptive and/or talking over the announcements may be relegated to the back of the group.

RACE CALL-UPS

At the first race of the season, the call-ups are based on the points from the previous season, regardless of the category where the points were earned. At all subsequent races, the call-ups are based on the Rider's ranking number.

- Start line call-ups for all riders take place at each race.
- First race of the season, all High School categories call-ups are based on the series points from the previous season, regardless of the category where the points were earned, and all Middle School categories call-ups are in order based on the Team's randomly assigned staging number.
- At all subsequent races, the call-ups are based on the Rider's current ranking number which is derived from the season's collective finishing place per race during the current season. A Rider's ranking number can change throughout the season based on the previous race finishing place.
- All details pertaining to staging and call-ups including the rank numbering formula can be found here:

Please [download](#) and familiarize yourself with the Georgia Cycling staging and call-ups policy.

STATE CHAMPIONSHIP CALL-UPS

The call-ups for the State Championship will be based on the conference series points from highest to lowest after the final race for each conference. Riders with the same number of points will be staged in alphabetical order by last name.

HANDS ON BARS; NO BAR ENDS

YELLOW LEVEL CONSEQUENCES - Appendix A

- All Riders must race with their hands holding the bars within reach of the brake levers.
- No bar ends (forward pointing handle grip extensions) may be used.

PASSING SLOWER RIDERS

YELLOW LEVEL CONSEQUENCES - Appendix A

When overtaking a Rider on the racecourse, the passing Rider should do so respectfully and must:

- Pass only when safe to do so and without Rider contact utilizing the **Four Step Process for Passing**:
 1. **Approaching Rider** - Announces loudly "Rider Back. Can I Pass?"
 2. **Lead Rider** - Replies either "Yes. Pass left/right" or "No. Not safe."
 3. **Approaching Rider** - Acknowledges "OK." If given the OK to pass, "Passing left/right."
 4. **Lead Rider** - Holds line to allow the pass. Both riders say, "Thank you."
- Passing in a manner that compromises the safety of other Riders will not be tolerated.

RIDERS BEING PASSED MUST YIELD

YELLOW LEVEL CONSEQUENCES - Appendix A

- Riders being passed must yield to Riders overtaking them.
- Riders being passed must move over as quickly, efficiently, and as safely as possible while still progressing forward.

LEADER OWNS THE TRAIL BUT CANNOT BLOCK

YELLOW LEVEL CONSEQUENCES - Appendix A

- In the event two Riders are vying for position, the leading Rider does not have to yield 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 trail."

BIKE PUSHERS MUST YIELD

YELLOW LEVEL CONSEQUENCES - Appendix A

- Riders riding bicycles have the right of way over Riders pushing bicycles.
- When practical, Riders pushing must stay on the least rideable portion of the trail when being passed.
- Riders pushing or carrying bicycles may overtake Riders riding their bicycles provided pushing Riders do not impede the progress of the riding racers.

CONTROLLED RIDING

ORANGE LEVEL CONSEQUENCES - Appendix A

- All Riders must practice safe riding techniques and must always be in control of their bicycles.
- Riding out of control is not tolerated.
- Exhibiting an intentional reckless attitude or the assumption of dangerous risks is not tolerated.

PENALTY FOR OUTSIDE ASSISTANCE

ORANGE LEVEL CONSEQUENCES - Appendix A

- High School Riders must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc.

- If outside assistance, parts, or tools, are provided, a 5-minute penalty will be assessed.
- The Rider must report such an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The report must be filed with a Scoring Official, Course Marshal, or other Race Official.
- If a student does not self-report, the penalty may be doubled.
- Although it is highly encouraged for 6th, 7th, and 8th grade student-athletes to repair their own flat tires and mechanical problems and carry their own tools, etc., there will not be a penalty applied to reasonable outside mechanical assistance provided to riders in 6th, 7th, or 8th grade.
- Reasonable outside assistance is “a joint action between the Rider and the person providing assistance” to fix the issue or assistance to address an apparent safety issue.
- No penalty will be assessed for any prescription medical item or device (e.g., inhalers, EpiPen’s, etc.) given to a Rider along the course or in the feed zone for safety or verified medical reasons.

PARENTS, COACHES, AND SPECTATORS ARE PROHIBITED FROM RIDING AND PROVIDING SUPPORT ON THE RACE COURSE

ORANGE LEVEL CONSEQUENCES Team point infraction model: Appendix A. Penalty Structure

For purposes of safety and fairness to the participants, the following rules must be observed by all parents, coaches and all other persons in attendance. During a race that is in progress:

- Only registered student Riders and Georgia Cycling designated race officials can ride on the course.
- No running or riding alongside the course or alongside a student while they are racing.
- No providing food, water, or support outside of the Feed Zone.

A violation of this rule will result in an orange-level penalty against the team that the Georgia Cycling Rules Committee determines to be the intended beneficiary of such action.

CUTTING THE COURSE NOT PERMITTED

RED LEVEL CONSEQUENCES - Appendix A

- In the event a Rider goes off-course, whether intentionally, inadvertently, or to switch or repair a bike, he or she is not permitted to gain advantage from leaving the course and must make best efforts to re-enter the course at the same location he or she went off-course.
- In the event a Rider re-enters the course at a different location, if the Rules Committee determines that an advantage was gained as a result, without considering the time taken for a bike switch or bike repair, a time penalty shall be assessed against the ride.
- Riders must not deviate from the edge of the trails (as defined either by ribbons or an obvious change in surface or foliage characteristics) by more than 3 feet.
- When the trail is clearly on one side of a pole, tree, or other obstacle, the Rider must pass that feature on the trail side of the feature.
- A Rider may not leave the marked course unless ordered or permitted to do so by public authorities or a race official.
- In the case of mechanical problems, Riders shall progress forward along the course to the finish line.
- In the case of medical emergencies, Riders shall remain still and wait for a course marshal or medical help.

BIKE ACCOUNTABILITY ON RACE COURSE

- Riders must not progress on the racecourse without a bike.
- In the case of a bike which becomes inoperable during a race, Riders may safely progress along the course with their bike to the finish line.
- Riders must stay on the course and may not obstruct the progress of other Riders.
- Riders who are progressing the course with a mechanical or any situation that impacts riding his or her

bike, must be attentive and not create safety issues when other Riders attempt to pass.

REPAIR BIKES OFF THE TRAIL

In the case of a broken bicycle, a dropped chain, or other mishap, Riders must clear the way and not block the trail for other Riders.

SWITCHING BIKES

- Riders must complete the entire race on the same bicycle upon which the race was begun.
- A 10-minute penalty applies for switching bicycles in a race.

RACE COURSE BLOCKED BY VEHICLE OR EMERGENCY

- In the event a racecourse is blocked by a vehicle for an emergency, all Riders should stop in a single file row without changing position.
- Only a race official can provide these instructions to Riders.
- Riders should remain in those positions until instructed to recommence racing.
- At the time the Riders receive instructions by a race official to stop racing, they must follow instructions to start back up from the race official.

RIDERS MAY BE PULLED

- Race Officials may also, when appropriate, opt to pull a Rider who appears to be overheated, hypothermic, overly exhausted, or in any way injured, overstressed, or at risk of injury.
- At a race official's discretion, a Rider may be pulled from a race at any location on the course due to circumstances that make it unsafe for the Rider to proceed.
- Riders that are pulled out of the race must not continue and will be given last place points based on the number of laps completed.
- Lapped Riders and Riders outside the race time limit may be pulled from the race at the finish line.
- If a Rider is pulled due to time limit, they will receive the finishing position and points based on the place they are in when pulled from the race.

TIME LIMITS MAY BE IMPOSED

- Riders may be asked to withdraw at the finish line after time limits have been reached.
- Time limits are provided to the Head Coach of each team prior to the start of each race season.
- Race officials reserve the right to change these time limits at any time for safety concern.
- Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, muddy conditions, clearing the course, and relieving course marshals.
- Course closures may be announced at any time without advance notice.
- If a Rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason, and is not pulled by a Race Official, it is considered a DNF.

RIDER SAFETY

- Coaches are trained by Georgia Cycling to protect the safety and well-being of the Riders on their team at every Georgia Cycling event and race.
- A coach's responsibility for the Riders on his or her team begins upon arrival of the Rider at the race or event, and it ends at the conclusion of the event.
- The Head Coach, or acting head coach, must remain at the race or event venue until the last Rider from his or her team has departed, except in the case of any Riders who are in the care of a parent or legal guardian.

RACE ATTENDANCE

- A Head Coach or Team Director must attend each race.
- If the Head Coach or Team Director cannot attend a race, an interim Coach shall be appointed, and the Programs Director must be notified.

CHAPTER

5



*GET OUTSIDE
AND RIDE*

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 consisting of forest roads, forest or field trails, and unpaved dirt or gravel roads.

RACE COURSE

The race course components are the following, but not limited to:

- Infield area consists of the following defined areas: staging, timing, start line, race exit gate, weather, announcer, results and podium, neutral mechanical support, emergency medical and feed zone.
- Established marshaling points/checkpoints at various portions on the race course with Georgia Cycling race officials.
- Emergency medical ingress and egress routes.
- Race Director and Chief Referee on site.

COURSE STRUCTURE AND LEVEL OF DIFFICULTY

The ideal Georgia Cycling racecourse has a circuit short enough to require multiple laps for a race and includes terrain that can be completed by beginner Riders. Each race category will be its own mass start and Riders will stage and position in a five (5) row start line up. Each race category will be separated by a set time between each start.

The number of laps should be determined according to the Riders' ability to complete the race within a specific time. The event times should be:

- 45 minutes or less for Middle School
- 45 to 90 minutes, Freshman and JV2
- 60 to 100 minutes, JV1
- 90 to 120 minutes, Varsity

The average distances and laps are subject to change at the discretion of Georgia Cycling.

- Average lap distance: 4.5 miles for Middle School and 5.5 miles for High School.
- 1 lap, Middle School
- 2 laps, Freshmen Boys, JV2 Boys, Freshmen Girls, JV2 Girls, JV1 Girls
- 3 laps, JV1 Boys, Varsity Girls
- 4 laps, Varsity Boys

Each race category will be its own mass start and Riders will stage and position in a five (5) row start line up.

COURSE SIGNAGE AND MARKINGS

The race course is marked where applicable to ensure all Riders understand the course route, provide situational awareness of critical areas such as technical/elevated risk obstacles, specific zones, such as the feed zones, course crossings, and course marshaling points. Georgia Cycling signs are posted along the course at least every mile to let the Riders know that they are on course.

START ZONE POINT OF NO RETURN BOUNDARY LINE

- The Start Zone Point of No Return Boundary Line is a designated line marked on the course that defines an area past the start line in which a Rider can exit the course between this line and the start line to receive neutral support.
- Once a Rider passes the Point of No Return Boundary Line, they must continue forward progress on the course and complete a full lap in order to receive neutral support.
- The Point of No Return Boundary Line is only active at the start of a race / first lap
- A Rider must exit and enter at the same location within this area on the course after receiving neutral support assistance.

COURSE CROSSINGS

ORANGE LEVEL CONSEQUENCES - Appendix A

The race course is set up with designated course crossings at high traffic points for attendees to cross through the official race course safely and not endanger a Rider on course. Course crossings are established at select areas of the race course in the vicinity of the infield. Race attendees must cross at designated points that are operated by Georgia Cycling crossing guards. The course crossing will be open when the race course is clear to cross and closed when Riders are present and re-opened when it is safe to cross. Attendees will adhere to all instructions from the course crossing guard and failure to follow instructions will result in an applicable penalty.

CHAPTER

6



*GET OUTSIDE
AND RIDE*

CHAPTER 6: RACE VENUE PRE-RIDE

RACE VENUE PRE-RIDE OVERVIEW

A pre-ride is a regularly scheduled practice ride on the racecourse. All Riders must be accompanied by a registered Georgia Cycling coach (see Pre-Ride Requirements Below). There is no guarantee that a course will be fully marked or that course signage will be fully set up for the pre-ride.

- A pre-ride is not a race. Participants in pre-rides shall not ride at an aggressive race pace.
- Riders will be given the opportunity to participate in a practice ride whenever possible.

RACE VENUE PRE-RIDE RULES

ORANGE LEVEL CONSEQUENCES - Appendix A

- Pre-rides on event weekends must be confined to the time designated by the Georgia Cycling.
- Pre-rides that are conducted prior to race day must comply with the rules and regulations regarding trail use at the race venue.
- Riders who violate the rules and restrictions regarding pre-riding will be subject to penalties, which may also impact such Rider's team.
- Pre-ride times are published on race event pages of georgiacycling.org
- Pre-ride pace at which Riders are conducting the pre-ride will be a controlled and lower intensity pace. The lap pace will not be performed at a race day level pace. A wide range of Rider experience levels will be on the course simultaneously and a high intensity pace by more experienced Riders increases risk of injury to either Rider.

RACE VENUE PRE-RIDE REQUIREMENTS

ORANGE LEVEL CONSEQUENCES - Appendix A

- Riders must pre-ride with at least one Georgia Cycling registered coach. The same coach to student ratios that are required in practices apply to all pre-rides; 6:1 or 8:2
- Riders understand that courses may not be fully marked and that if they pre-ride the course, they do so at their own risk.
- Riders should be familiar with the course by reviewing a map, if one is available

RIDING THE COURSE BACKWARDS IS PROHIBITED

ORANGE LEVEL CONSEQUENCES - Appendix A

Pre-Riders must ride in the designated direction of the race during the pre-ride — no backtracking is allowed. If Riders and coaches must backtrack, they must walk with their bikes and yield to other Riders.

MODIFYING THE COURSE IS PROHIBITED

ORANGE LEVEL CONSEQUENCES - Appendix A

Intentionally adding obstacles or removing obstacles deemed by Officials to be part of the racecourse is prohibited. Riders are required to report all extraordinary hazards to a Course Marshal or other race official.

NUMBER PLATES ARE MANDATORY

ORANGE LEVEL CONSEQUENCES - Appendix A

Riders and coaches must always have number plates properly and securely affixed to their bicycles when they are on the course.

CHAPTER

7



*GET OUTSIDE
AND RIDE*

CHAPTER 7: PIT ZONE & FEED ZONE

DESIGNATED PIT ZONE AREAS

- Teams are randomly assigned predetermined areas in the race Pit Zone. All team equipment and trailers must be set up within the assigned areas. Teams may not erect tents, tables, bike stands, or mechanical stations outside of their areas in the Pit Zone. Team tents must be staked down and secured at all times in the Pit Zone.

RIDING BIKES IN DESIGNATED PIT ZONE AREAS IS PROHIBITED

ORANGE LEVEL CONSEQUENCES - Appendix A

- All Riders must walk their bikes in crowded areas such as the Pit Zone or spectator areas.
- Having one foot on the pedal and using the other foot to push off and glide on a bike is not permitted.
- Riders who demonstrate reckless behavior or create a risk of harm to other Riders or spectators will be penalized.

ELECTRIC / MOTORIZED VEHICLES IN PIT ZONE

ORANGE LEVEL CONSEQUENCES - Appendix A

- Electric vehicles such as one-wheels, scooters, skateboards, or other similar vehicles are not authorized for use in the pit-zone.
- Only Georgia Cycling support vehicles that aid in event operations are authorized for use in and around the pit zone and event operating grounds.

EMERGENCY MEDICAL VEHICLES

ORANGE LEVEL CONSEQUENCES - Appendix A

- Only Georgia Cycling support vehicles that aid in event operations are authorized for use in and around the pit zone and event operating grounds.
- Attendees in the vicinity of the race course, infield, and pit zone shall move to provide a clear pathway for the ingress and egress of emergency medical vehicles. Failure to comply may result in injury or delay of response to a medical situation.
- Emergency access routes are considered off limits zones to attendees. Failure to comply may result in injury or delay of response to a medical situation.

BIKE PARKING

Coaches and Riders must park their bikes out of the through ways to avoid obstructing cars, pedestrians, and other Riders.

PIT ZONE VEHICULAR ACCESS

There are no vehicles permitted in the Pit Zone except during announced load in/load out times. The race will not be allowed to start if the vehicles are not removed. Entry into the Pit Zone requires a Pit-Zone pass for the corresponding race event.

PIT ZONE GENERATORS, GRILLS, FIRE PITS, & HEATERS

- Commercial or high decibel output generators are not permitted for use in individual team pit zone areas as they create a noise disturbance to other adjacent teams. Generators advertised or marketed as “quiet generators” are acceptable.
- Grills are acceptable for use in individual team pit zones. Due to fire and personal injury hazards, an

active grill must never be left unattended. Position grills in an acceptable location away from objects which could ignite or melt due to flames or heat. All users must be courteous to adjacent teams on the placement of the grill apparatus.

- Fire pits and heaters are acceptable for use in individual team pit zones. Fire pits and heaters must be clear of objects that could ignite or melt due to flames or heat. Gas fire pits are preferred for use as open flame wood fire pits increase the risk of fire and smoke. Certain venues may not permit the use of open flame wood fire pits. Weather wind advisories or environment conditions may limit or not permit the use of a fire pit.

FEED ZONE

ORANGE LEVEL CONSEQUENCES - Appendix A

LIMITED FEEDERS PER TEAM

Each team is allowed a limited number of feeders in the Feed Zone as indicated below. The number is based on the number of Riders that are competing in the current wave. Failure to comply with team limits will result in a team point penalty.

| # RIDERS | # FEEDERS |
|-----------------|------------------|
| 5 or less | 2 |
| 6-10 | 3 |
| 11-20 | 4 |
| 21 or more | 5 |

- Coaches, parents, or other volunteers may only hand Rider's food and drinks in the Feed Zone, while Riders are in progress.
- Riders will be penalized for accepting food or drink outside of the Feed Zone boundaries.
- All bottles and food wrappers must be discarded in the Feed Zone. Failure to do so will result in a penalty

VISIBLE TEAM IDENTITY IN THE FEED ZONE

Feeders must wear a shirt, jacket, hat, vest, jersey, or adhesive name tag that identifies the team of the Riders they are feeding.

FEED ON RIGHT HAND SIDE

- Feeding Riders traditionally happens on the right side of the course. This allows those Riders not wanting a stop to pass through the Feed Zone unimpeded.
- Some races may be forced to have a left-hand feed, due to venue limitations.
- Feeders must adhere to the feed zone boundaries and designated hand off limit lines.
- After feeding a Rider, the feeder must move clear of the Feeding Zone to allow plenty of room for other feeders.
- Feeding one Rider must not cause other Riders to slow down or veer off course.

NUTRITION, DRINK AND COLD WEATHER CLOTHING ONLY HAND OFFS

ORANGE LEVEL CONSEQUENCES - Appendix A

- Riders can receive food, drink, and in the event of cold or inclement weather, clothing in the Feed Zone only. Riders may not accept items (such as tools, gear, or parts) within the Feed Zone boundaries during races. Violation of this restriction constitutes outside assistance, and outside assistance penalties of 5 minutes per violation shall apply.

NO PHYSICAL CONTACT

ORANGE LEVEL CONSEQUENCES - Appendix A

- All hand-offs must be conducted hand-to-hand only — from the hand of the feeder to the hand of the Rider.
- No other physical contact between Riders and feeders is allowed. Such other contact will be considered outside assistance and a penalty will apply.
- It is not permitted for a feeder to place water bottles onto the bike or hydration packs onto Riders nor may items be put into the Rider's mouth or a Rider's the pockets (whether on the Rider's jersey or otherwise).
- Riders who require assistance to move off course by a coach due to a medical condition / emergency will not be subject to the No Physical Contact penalty.

NO RUNNING IN THE FEED ZONE

ORANGE LEVEL CONSEQUENCES - Appendix A

- The feeder must stand (feet in stationary position) when conducting a hand off to a Rider.
- Running in the Feed Zone is not permitted under any circumstances. Running increases the risk of collisions and interference with Riders and other feeders.

NO THROWING WATER ON RIDERS IN FEED ZONE

ORANGE LEVEL CONSEQUENCES -Appendix A.

Throwing water on Riders in the feed zone or the area immediately preceding the Feed Zone is not authorized as it could obstruct the Riders field of view or contribute to losing control of the bike and cause injury to other Riders in the feed zone.

CHAPTER

8



*GET OUTSIDE
AND RIDE*

CHAPTER 8: CATEGORY PLACEMENT

Category placement and division rules are designed to facilitate and promote fair, safe, and challenging competition. Placement of Riders is based primarily on their race results, end-of-season rankings from the preceding year and grade during the race season. Riders do not choose their category but are placed into categories according to the rules below. Riders seeking an alternative placement may petition the Programs Director.

CATEGORIES

There are multiple divisions with the same grade level categories. Georgia Cycling categories are as follows:

Boys Categories: 6th Grade, 7th Grade, 8th Grade, Freshman, Junior Varsity 2, Junior Varsity 1, Varsity

Girls Categories: 6th Grade, 7th Grade, 8th Grade, Freshman, Junior Varsity 2, Junior Varsity 1, Varsity

RACING IN THE WRONG CATEGORY

Riders are responsible for knowing, understanding, and following the category placement rules and the placement criteria. Any questions should be directed to the Rules Committee.

CATEGORY PLACEMENT RULES

- Categories are based on grade and ability level. A Rider's prior performance may factor into placement. Individual race results and a Rider's end-of-season overall standings dictate placement from season to season.
- To calculate the finishing percentile, for each separate race the finishing place is divided by the total number of Riders, including DNFs, and the quotient is then multiplied by 100. Do not round off the percentile up or down.
- Riders should discuss their racing categories with their coaches well in advance of the racing season to determine if submitting a petition might be appropriate.
- Riders who did not compete in the prior year and have no results are placed into the category that corresponds to their grade level, except 10th, 11th, and 12th graders with no prior results are placed into Junior Varsity (JV 2).
- Petitions for exceptions to the category placement criteria are limited for each grade level to certain categories.

PETITIONING FOR A PLACEMENT CRITERIA EXCEPTION

In general, exceptions to the Placement Criteria are discouraged and should be granted only under extraordinary circumstances.

- Middle School – Only 8th graders can petition to race in the Freshman category only.
- All 9th graders will auto set to the Freshman category and must petition otherwise.
- 9th graders may petition to race JV 1.
- 10th – 12th graders may petition to race JV 2, JV 1 or Varsity.

Parents may not directly submit a petition. Petitioning for a placement criteria exception may only be requested by a Head Coach or Team Director (*see section below titled "Process for Submitting a Petition for Consideration"*).

GEORGIA CYCLING PLACEMENT CRITERIA:

| | |
|------------------|---|
| 6th Grade | 6th graders only |
| 7th Grade | 7th graders only |
| 8th Grade | 8th graders only |
| Freshman | 9th graders and petitioned 8th graders |
| Junior Varsity 2 | 10th -12th graders |
| Junior Varsity 1 | Petitioned 10th graders who meet one of the following criteria: |

- Placed in the top 25% for boys or top 35% for girls in a single Freshman race in the prior year AND placed in the top percentile (25% for boys; 35% for girls) for the overall standings in the prior year.
- Raced JV1 in the prior year but did not qualify for Varsity.

11th graders who meet one of the following criteria:

- Placed in the top 25% for boys or top 35% for girls in any two JV2 races in the prior year.
- Placed in the top 25% for boys or top 35% for girls in a single JV2 race in the prior year AND placed in the top percentile (25% for boys; 35% for girls) for the overall season standings in the prior year.
- Raced JV1 in the prior year but did not qualify for Varsity.

12th graders who meet one of the following criteria:

- Placed in the top 25% for boys or top 35% for girls in any two JV2 races in the prior year.
- Placed in the top 25% for boys or top 35% for girls in a single JV2 race in the prior year AND placed in the top percentile (25% for boys; 35% for girls) for the overall season standings in the prior year.
- Raced JV1 in the prior year but did not qualify for Varsity.

Varsity

Petitioned 10th – 12th graders and those who meet one of the following criteria:

- Placed in the top 25% for boys or top 35% for girls in any two JV1 races in the prior year.
- Placed in the top 15% for boys or top 30% for girls in a single JV1 race in the prior year AND placed in the top percentile (15% for boys; 30% for girls) for the overall season standings in the prior year.
- Raced Varsity the prior year

It is Georgia Cycling's policy that Riders compete in appropriate competitive peer groups and to prevent strategic gamesmanship in category placement. Petitions for an upgrade in categories should, therefore, only be granted to requests that can demonstrate both statements below are true:

1. The Rider's performance and experience level clearly exceed the level of all other Riders competing in the category designated under Chapter 9 Placement Criteria — i.e., no other Rider in the same category has a reasonable chance of being competitive with the Rider seeking the upgrade.
2. The upgrade will place the Rider into a more appropriate competitive peer group.

Riders can petition down under certain circumstances.

Successful petitions are subject to revocation at any time at the Rules Committee's discretion, in which event the Rider shall be placed in the appropriate category according to the Placement Criteria. Individual and team penalties may be assessed at the Rules Committee's discretion for any change in categories for a Rider that is subsequently revoked on grounds that the change was contrary to Georgia Cycling's policies.

PROCESS FOR SUBMITTING A PETITION FOR CONSIDERATION:

Petitions for an exception to the Placement Criteria and requests for placement in another category may be submitted to the Georgia Cycling Programs Director.

- To petition for such an exception, only the Head Coach or Team Director can complete and submit the petition form. This form is found within our learning management platform (Canvas).

- The petition requires a coach's comments and signature.
- Petitions must be submitted with sufficient time for consideration. Last-minute petitions cannot be rushed. Pending the outcome of the petition, the petitioning student must compete in the category determined by the Placement Criteria.
- The deadline for the final petition of the season is Friday following the first race at midnight.

CHAPTER

9



**GET OUTSIDE
AND RIDE**

CHAPTER 9: SCORING

INDIVIDUAL RACE SCORING: CONFERENCE RACES & CHAMPIONSHIP RACE

- Georgia Cycling is responsible for providing the place finished for individual Riders only.
- When possible, Georgia Cycling will provide race finishing times.
- Riders compete against other Riders in the same category.
- Individual race scoring is not divided into Divisions I and II.

OVERALL INDIVIDUAL SERIES SCORING

- Overall Series scoring for individuals is based on the best 3 races out of all 4 conference races.
- The lowest score is dropped.
- A missed race would be the lowest score dropped.
- In case of a race cancellation in the four-race conference series, the lowest score is not dropped.

OVERALL TEAM SCORING

A team's overall placement is based on team point totals for the entire four-race conference series; the lowest score is not dropped for team scoring purposes.

POINT SYSTEM

- Points are awarded to all finishers; See Appendix B on Page X for Individual Point Scale.
- Riders that do not finish (DNF) a race will not be awarded any points for that race.
- In the event of a successful petition to change categories, individual points earned in one category do not transfer to another category.
- All points earned in the lower category are forfeited and the upgraded Rider loses standing in the lower category.
- A Rider's points scored toward team standings prior to the change in categories remain unaffected.
- Riders who successfully petition to be placed in a lower category are, by default, ineligible to score team points in that lower category for the duration of the season.
- A Rider who petitions to change to a lower category may state extenuating circumstances in the petition to be allowed to score points in the lower category.

POINT BONUS FOR COMPLETING ALL RACES

- All Riders who complete all races during a given season shall be awarded an additional 25 Season Bonus Points.
- If a race is canceled, it will not count as a season race and Season Bonus Points shall still be awarded if all other season races are completed.
- In the event a Rider does not complete a race due to a mechanical, crash, illness, or other similar circumstances out of his or her control, that is considered an incomplete and no Season Bonus Points will be awarded.
- Season Bonus Points are awarded to individuals following the calculation of overall series points after the final race.
- Season Bonus Points are not added to points scored in the final race nor are they added to the team score.

LEAGUE SCORING MATRIX

- Division I and II scoring is based on the top four point-earners, with a maximum of three of those point-

earners scoring in either the boys' or girls' categories.

- The team's score is the highest score possible out of the following boy-girl combinations: BBBG, BBGG, BGGG

AWARDS AT EACH RACE

- Individual medals are awarded five places deep for each category at each race, including the State Championships.
- Team trophies are awarded at least three places deep in each division at each race, including the State Championships.
- Riders are not permitted to bring to the podium during the awards ceremony any sponsorship, advertising, or product placement items including, without limitation, their bicycles.

AWARDS FOR OVERALL SERIES

- Individual overall series medals are awarded five places deep in 8th grade and all high school categories for the conference series.
- Team overall series trophies are awarded three places deep in each division for the conference series.
- Riders are not permitted to bring to the podium during the awards ceremony any sponsorship, advertising, or product placement items including, without limitation, their bicycles.

CHAPTER

10



*GET OUTSIDE
AND RIDE*

CHAPTER 10: EVENT WEATHER GUIDELINES

The Georgia Cycling Association has laid out detailed guidelines for how the league will conduct races in challenging weather. Our primary consideration is always the safety of our riders along with race support staff and race visitors. We must also take into consideration any potential damage to the race venue: trails and infield.

Our Weather Committee is headed by longtime National Weather Service (NWS) Meteorologist, Kent McMullen, along with six Core Staff members. This committee is in constant communication in the days leading up to a race. The team will look at any potential weather threats that could impact a race weekend, develop any emergency plans, and send out safety information based on the type of impending weather.

Any decisions regarding canceling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the weather committee and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather.

WEATHER IMPACT ON COMPETITION

- Races are held on their scheduled dates unless the racecourse on the day of the race is deemed unrideable and/or dangerous. Georgia Cycling will have the option to alter the start of a race from its published times if the weather has created unsafe conditions.
- 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 the changes are known at that time. Last-minute changes will be broadcast to riders at the start of each wave via the race announcer. If conditions require a change in the number of laps during a race, a person will be stationed at the lap line advising riders of the change.
- 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 the changes are known at that time. Last-minute changes will be broadcast to riders at the start of each wave via the race announcer. If conditions require a change in the number of laps during a race, a person will be stationed at the lap line advising riders of the change.

RE-STARTING A RACE STOPPED BY WEATHER

If the race has been stopped (and the course cleared) due to lightning or another emergency, the race may be restarted or declared over depending on the schedule and number of laps completed prior to the stoppage. If time permits, racers will be able to resume laps beginning from the lap line.

RACE REGISTRATION FEES

- If a race venue is moved or a race is rescheduled, race registration fees will automatically be applied to the moved or rescheduled race.
- If a race is canceled due to weather conditions, fees will not be refunded.

RACE POINTS – IF A RACE IS CANCELED: Unable to be moved or rescheduled

- 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. Riders will still have a "drop race" available from the remaining races and the 25 series bonus points will be awarded based on completion of all races in the shortened series.

RACE POINTS – IF A RACE IS PARTIALLY COMPLETED: Some compete their races while others 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 the fields that completed their race and those fields will proceed through the season as normal.
- No individual points will be awarded in the fields where races were not completed, and the race will not be included in the season's overall individual point standings. Riders will still have a "drop race" available from the remaining races and the 25 series bonus points will be awarded based on completion of all races in the shortened series.

CHAPTER

11



*GET OUTSIDE
AND RIDE*

CHAPTER 11: RACE OFFICIALS AND PROTESTS

APPROVED GEORGIA CYCLING OFFICIALS

The general conduct, safety, scoring, and enforcement of rules is managed at races by the following officials:

- Chief Referee
- Start/Finish Line Official
- Chief Scoring Official
- Number Plate Spotters
- Number Plate Recorder
- Chief Course Marshal
- Course Marshals - both roving and stationary
- Course Sweeper
- Rules and Appeals Committee Members

GEORGIA CYCLING RULES COMMITTEE

- The Georgia Cycling Rules Committee is responsible for the interpretation of the rulebook and the resolution of any disputes regarding the application and enforcement of the rules.
- Riders may appeal any rule decision or penalty assessed by an official to the Georgia Cycling Rules Committee.

ON-SITE PROTESTS

- All protests must be filed by the Head Coach or Team director. Protest forms must be filed prior to the protest period expiring at the registration tent.
- Parents are not to be involved with protests. The Georgia Cycling Rules Committee will communicate with the Rider and coach. In the event a member of the Georgia Cycling Rules Committee needs to speak with a parent, they will contact them directly.
- The Chief Referee will handle any protests arising at the event.
- The Chief Referee may call a meeting of all available Rules Committee members at an event to rule on any protests.
- If no members are available, the Chief Referee may defer a protest ruling until after the event.
- Such a deferred meeting must occur within five days after the race.
- If a meeting cannot be convened within five days, the Chief Referee shall act in its place to render a timely decision.

PROTESTS OF PRELIMINARY AND OFFICIAL RESULTS

- Preliminary results. Preliminary race results and penalty assessments are posted at the race venue, at or near the scoring tent, as soon as possible after each event. The posting time shall be stated on the results and penalties sheets.
- Protest period deadline on race day. Protests to the preliminary results and opposition to penalties must be submitted, using the forms provided, to a race official at the registration tent within 15 minutes of the posting time.
- Official results. After the timely protests and opposition to penalties are considered, ruled upon, and approved by the Chief Referee, the results on race day shall be official and posted at the scoring tent. Unless otherwise stated in a decision or ruling, such decisions and rulings made on race day regarding protests and penalties are conclusive. Medals will be awarded based on the official results on race day.
- Deferred rulings. At the discretion of the Georgia Cycling Rules Committee or Chief Referee, the decision and ruling on a protest or opposition to a penalty may be deferred until after race day. If such a deferred decision affects the podium results for an event, medals will not be awarded. The medals awarded on race day are final.

JUDGMENT CALLS

- Georgia Cycling Rules Committee officials must decide and rule upon protests despite often having little direct, firsthand information available regarding the underlying incident. This is inherent to the sport of mountain biking because most of the racing takes place on the racecourse 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 protest that is submitted.
- Riders and their families and coaches are expected to understand these limitations and the challenges inherent to resolving disputes of this nature, and the difficult decisions Georgia Cycling Rules Committee officials are required to make.
- It is further expected of students, family members, and coaches that they must be willing to accept what they may consider to be an unfair result. Unfair results are part of every sport no matter the efforts to avoid them and accepting them when they go the other way is considered a sign of good sportsmanship.
- All Riders, their families, spectators, and the coaches must show respect to race officials and refrain from publicly questioning their decisions at the race or event venue and from addressing them in a loud, disrespectful, or abusive manner.
- All Riders, their families and the coaches should strive to demonstrate appropriate gestures of good sportsmanship at the conclusion of a race or other event, win or lose. Nobody should interact in a negative fashion with race officials, spectators, Riders, the Riders' families, or coaches of the opposing team.
- All Riders, their families, spectators, and coaches should strive to realize, accept, and practice the principle that a team's reputation is built not only on its cycling ability, but also on the good sportsmanship, courtesy, and citizenship of the Riders and everyone involved with the team.

APPENDIX

A



*GET OUTSIDE
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APPENDIX A : PENALTY STRUCTURE

Georgia Cycling has the discretion to take disciplinary action 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 rulebook. If such disciplinary action results in suspension, the period of suspension may extend up to the point where the sanctioned Rider, family member, or other event attendee is no longer eligible to participate in a Georgia Cycling event.

Disciplinary action is at Georgia Cycling's discretion and shall be administered and exercised by the Rules Committee. All decisions will be documented in writing, setting forth the basis for a period of such decision(s). Potential disciplinary actions include, but are not limited to, the following in any order or combination:

- Verbal warning issued by Georgia Cycling, organization, or school official.
- Written warning issued by Georgia Cycling, organization, or school official.
- Suspension or immediate ejection from a Georgia Cycling event.
- Suspension from multiple Georgia Cycling events.
- Season suspension or multiple season suspension.
- Permanent prohibition from participation in Georgia Cycling events.

Failure to comply with rules and regulations expressly set forth in this rule book may result in consequences at one or more of the following levels: Yellow, Orange, and Red. (See chart below for complete explanation.)

- Consequences may also be applied in other situations not expressly listed in this rulebook at the Georgia Cycling official's discretion.
- Chief Referees and the Georgia Cycling Rules Committee are responsible for enforcing consequences and may also impose sanctions and other penalties that are not specified in the rulebook but are deemed appropriate, at the discretion of the Chief Referees and Georgia Cycling Rules Committee, as applicable.
- Repeated infractions at a lesser consequence level may cumulate into consequences applied at a higher level (e.g., three orange-level infractions during a race or event may result in red-level consequences).
- These rules and guidelines are formatted with the applicable consequence level immediately following the rule or guideline.

YELLOW LEVEL CONSEQUENCES

First Offense: Warning

Subsequent Offense(s): 5 minute penalty

ORANGE LEVEL CONSEQUENCES

First Offense: 5-minute penalty or 25-point team penalty as applicable

Second Offense: 10-minute penalty or 50-point team penalty as applicable

Third Offense: Disqualification from race or 100-point team penalty as applicable

RED LEVEL CONSEQUENCES

First Offense: Disqualification from the race or event in which the infraction occurs, or the next race if the infraction occurs between races

Second Offense: Ejection from Georgia Cycling Association and disqualification from future participation in any Georgia Cycling sanctioned events

APPENDIX

B



*GET OUTSIDE
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APPENDIX B: INDIVIDUAL POINT SCALE

| Place | Varsity | JV1 | All Others |
|-------|---------|-----|------------|
| 1 | 575 | 555 | 525 |
| 2 | 565 | 545 | 515 |
| 3 | 556 | 536 | 506 |
| 4 | 547 | 527 | 497 |
| 5 | 539 | 519 | 489 |
| 6 | 531 | 511 | 481 |
| 7 | 523 | 503 | 473 |
| 8 | 516 | 496 | 466 |
| 9 | 509 | 489 | 459 |
| 10 | 502 | 482 | 452 |
| 11 | 495 | 475 | 445 |
| 12 | 489 | 469 | 439 |
| 13 | 483 | 463 | 433 |
| 14 | 477 | 457 | 427 |
| 15 | 471 | 451 | 421 |
| 16 | 465 | 445 | 415 |
| 17 | 460 | 440 | 410 |
| 18 | 455 | 435 | 405 |
| 19 | 450 | 430 | 400 |
| 20 | 445 | 425 | 395 |
| 21 | 440 | 420 | 390 |
| 22 | 435 | 415 | 385 |
| 23 | 431 | 411 | 381 |
| 24 | 427 | 407 | 377 |
| 25 | 423 | 403 | 373 |
| 26 | 419 | 399 | 369 |
| 27 | 415 | 395 | 365 |
| 28 | 411 | 391 | 361 |

| Place | Varsity | JV1 | All Others |
|-------|---------|-----|------------|
| 29 | 407 | 387 | 357 |
| 30 | 404 | 384 | 354 |
| 31 | 401 | 381 | 351 |
| 32 | 398 | 378 | 348 |
| 33 | 395 | 375 | 345 |
| 34 | 392 | 372 | 342 |
| 35 | 389 | 369 | 339 |
| 36 | 386 | 366 | 336 |
| 37 | 383 | 363 | 333 |
| 38 | 381 | 361 | 331 |
| 39 | 379 | 359 | 329 |
| 40 | 377 | 357 | 327 |
| 41 | 375 | 355 | 325 |
| 42 | 373 | 353 | 323 |
| 43 | 371 | 351 | 321 |
| 44 | 369 | 349 | 319 |
| 45 | 367 | 347 | 317 |
| 46 | 365 | 345 | 315 |
| 47 | 364 | 344 | 314 |
| 48 | 363 | 343 | 313 |
| 49 | 362 | 342 | 312 |
| 50 | 361 | 341 | 311 |
| 51 | 360 | 340 | 310 |
| 52 | 359 | 339 | 309 |
| 53 | 358 | 338 | 308 |
| 54 | 357 | 337 | 307 |
| 55 | 356 | 336 | 306 |
| 56 | 355 | 335 | 305 |