2018 Idaho Rule Amendments:

Middle School:

Middle School Experience:

Middle school participation focuses on fun while developing skills, fitness and trail etiquette as the primary goals. Competition, is a secondary goal.

All NICA rules, as published in the current rulebook apply to the middle school races unless they are specifically addressed here.

Middle School student-athletes are not eligible to upgrade to High School categories

Middle school racers will not earn points toward High School team totals.

Middle School races are not a series. They are a set of individual races. The results from one race do not carry over to subsequent races except for the purpose of staging.

Middle School Category Placement:

There are three middle school categories within each gender:

6th Grade	Current season 6th Graders ONLY
7th Grade	Current season 7th Graders ONLY
8th Grade	Current season 8th Graders ONLY

Race categories that exceed or are expected to exceed 50 participants will be divided at the beginning of the season into A and B (and C if necessary) sub-categories.

The initial placement of individual student-athletes into the A or B start group will be based on the results of the prologue which is held at the time of the first race as described below.

The fastest finishers in the prologue will be placed into the A start group for subsequent races with the remainder being placed into the B start group. The league will consider expected growth and other circumstances when determining the exact dividing line with the intent of balancing the field size.

Student-athletes who are unable to participate in the prologue will be assigned to the B start group.

A/B Group Upgrades or Downgrades

Student-athletes participating in categories that have been split into A and B start groups will be allowed to petition for a group change (subject to the same rules and deadlines as high school students) from 'A' to 'B' or 'B' to 'A' only after the prologue and participating in at least one NICA race. A downgrade request will be considered only based on extenuating circumstances.

All petitions must be submitted by the Team Director to the League Director. A committee will review all petitions and either grant or deny the request based on the information provided.

First Race Prologue:

A prologue time trial will be held during the first race of the season

Prologue starts are individual starts with an approximate interval of 10 seconds between each rider.

Riders will approach the start line where a timer will confirm their number and provide a 3-second count down before starting each rider. Student-Athlete's times will be clocked via RFID chip timing upon crossing the timing mat at the finish line.

Staging and start order for the prologue:

1. Student Athletes meeting the preregistration deadlines will be staged and started using random selection. Student Athletes registering on the day of the race will be staged and started after preregistered riders of their grade in order of sign up.
2. Any rider that misses their placement into the staging group/order will be placed at the end of the line.

Subsequent Race Staging:

Race Two:

Student Athletes will be staged based on the following order:

1. Preregistered Student Athletes based on results in descending order from the Prologue
2. Preregistered Student Athletes who did not race in the prologue based on random selection
3. Non Preregistered Student Athletes based on their last plate number according to a sequence randomly drawn from 0 to 9

There will be a separate call up and staging process for each start group if the category has been divided into 'A' and 'B' fields.

Race Three through Five:

Drop One Methodology:

Staging for race three through five will be based on the cumulative results of race two through four using a 'drop one' points methodology. The lowest race score, *not including the prologue*, will be dropped from the cumulative points in determining these results. A race that was not attended or finished is considered a 0 within the cumulative points and is eligible to be dropped.

Student Athletes will be staged based on the following order:

1. Preregistered Student Athletes based on cumulative results in descending order from the current season.
2. Preregistered Student Athletes who do not have current season results based on random order
3. Non Preregistered Student Athletes based on their last plate number according to a sequence randomly drawn from 0 to 9.

There will be a separate call up and staging process for each start group if the category has been divided into 'A' and 'B' fields.

Middle School Awards and Podiums:

Prologue Awards and Podiums:

Podium depth will be five deep. Awards will be based on the fastest lap times as recorded by the league's timing system. If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.

Race Two Through Five Awards and Podiums:

Each race's result is based on that race only. In other words, there is no consideration of cumulative results when determining the middle school podium.

Any category that has been split into 'A' and 'B' start groups will have separate podiums. Podium depth will be five deep. Awards will be based on the fastest results as recorded by the league's timing system.

If student-athletes on the podium record identical times, then they will be considered to have tied. A 'Strong Jersey' will be awarded to the top finisher in each category.

High School:

Category Placement:

There are four high school categories within each gender:

Freshman	Current season 9th Graders ONLY
Sophomore	Current season 10th Graders ONLY
Junior Varsity	Current season 10th Graders who: • Placed in the top 10% for boys or top 20% for girls in any 2 Freshman races in the prior year, **OR** • Placed in the top 10% for boys and top 20% for girls in any single race **AND** in the same top percentage (10% and 20%) in the overall Freshman standings the prior year, **OR** • Raced JV in prior year but did not qualify to upgrade to Varsity. Current season 11th Graders who did not qualify to upgrade to Varsity. Current season 12th Graders who did not qualify to upgrade to Varsity.
Varsity	Current season 11th Graders who: • Placed in the top 5% for boys or top 10% for girls in any 2 Sophomore races in the prior year, **OR** • Placed in the top 5% for boys and top 10% for girls in any single race **AND** that same top percentage (5% and 10%) in the overall Sophomore standings the prior year, **OR** • Raced Varsity in the prior year. Current Season 10th - 12th Graders who: • Placed in the top 15% for boys or top 30% for girls in any 2 JV races in the prior year, **OR** • Placed in the top 15% for boys and top 30% for girls in any single race and that same top percentage (15% and 30%) in the overall JV standings the prior year, **OR** Raced Varsity in the prior year.

Start Groups:

Any category that exceeds or is expected to exceed 75 student athletes based on that race's pit zone registration will be split into equal start groups (start A, start B, etc) of equal to or less than 75 student athletes. These start groups will be out on the course simultaneously separated by a start time of approximately 3 minutes. Finish order for the category will be determined in descending order by each student athlete's elapsed time on the course.

Example: Eddie is assigned to Start Group A which starts at 10:00am. Jeff is assigned to Start Group B which starts at 10:03am. If Eddie finishes at 11:00am he will have an elapsed time of 60mins. If Jeff finishes at 11:01am he will have an elapsed time of 58mins and will have a higher finish result than Eddie.

Race officials reserve the right to split any category into separate start groups even if there are fewer than 75 registered student-athletes to provide a safe and fair result.

As race registration varies from race-to-race, the start group composition will be determined on an individual race basis. The same staging rules will apply to all start groups. There are no call ups for start group B, C, etc.

Example: A race has 85 registered student athletes. Two start groups would be formed with start group A consisting of the top 43 student athletes and group B consisting of the next 42 student athletes. If the subsequent race has 77 registered student athletes there will still be two start groups, but start group A will consist of the top 39 student athletes. If the following race has 74 registered student athletes there will only be one start group consisting of all 74 student athletes.

First Race Staging:

A staging list based on pre-registration will be published on Thursday after race registration is closed and processed. There is no call up for the first race however staging will take into consideration prior season results for Sophomore, Junior Varsity and Varsity categories. The staging process will differ slightly by category as follows:

Freshman:

Staging for Freshmen at the first race will be based on the following staging groups:

1. Each scoring team may submit the top Freshman male and female rider to be staged first, those racers will be staged by their plate numbers according to a sequence randomly drawn from 0 to 9. Independent riders are not eligible for this process. Submissions must be made by the Wednesday following the pre-registration deadline and must be made from pre-registered student-athletes.
2. All other pre-registered student-athletes will be staged by random assignment
3. Student-athletes who did not pre-register will be staged by their last plate number according to a sequence randomly drawn from 0 to 9.

Sophomore:

Staging for Sophomores at the first race will be based on the following staging groups:

1. Staging starts with pre-registered student athletes who earned points as Freshman from the previous season. They are staged in descending order based upon overall season points from the previous season.
2. Next, pre-registered students who did not earn points in the previous season are staged by random assignment
3. Finally, student athletes who did not pre-register will be staged by their last plate number according to a sequence randomly drawn from 0 to 9.

Junior Varsity:

Staging for Junior Varsity at the first race will be based on the following staging groups:

1. Staging starts with the top 10% returning JV racers, who did not move to Varsity. They are staged based upon overall points from the previous season. (The top 10% JV racers are calculated from the number of all JV racers from the previous season who are returning to JV).

2. Next, the top 10% previous season Sophomore racers, who did not move to Varsity, are staged based upon overall points from the previous season. (Top 10% previous season Sophomore racers are calculated from the number of previous season Sophomore racers who moved up to JV).
3. Next, the Freshman racers who moved up to JV are staged based upon overall points from the previous season.
4. Next, the remaining previous season JV racers are staged based upon overall points from the previous season
5. Next, then the remaining previous season Sophomore racers are staged based upon overall points from the previous season.
6. Next, any racers who petitions to race JV are staged according to previous season points. If they did not race the previous season they are staged based on random assignment
7. Next, all racers who did not earn points the previous season are staged by random assignment
8. Finally, any student athletes who did not preregister are staged based on their last plate number according to a sequence randomly drawn from 0 to 9

Varsity:

Staging for Varsity at the first race will be based on the following staging groups:

1. Staging starts with returning pre-registered Varsity student-athletes. They are staged based upon overall points from the previous season.
2. Next, the previous season pre-registered JV student-athletes who were automatically upgraded based on JV results are staged according to overall points from the previous season.
3. Next, the previous season pre-registered Sophomore student athletes who were automatically upgraded based on sophomore results are staged according to overall points from the previous season.
4. Next any preregistered student athletes who petition to race Varsity are staged according to previous season points. If they did not race the previous season they will be staged based on random assignment.
5. Finally, any student athletes who did not preregister are staged based on their last plate number according to a sequence randomly drawn from 0 to 9

Race Two through Five Call Ups and Staging:

Drop One Methodology:

Call Ups and staging for race two through five will be based on the cumulative results of race one through four using a 'drop one' points methodology. The lowest race score will be dropped from the cumulative points in determining these results. A race that was not attended or finished is considered a 0 within the cumulative points and is eligible to be dropped.

Student-Athletes who have changed categories during the current season can only use points earned in their current category for call ups and staging.

Call Ups:

Call ups are based on the cumulative points in that category in the current season according to rule 6.13 and will be offered to all eligible student athlete regardless if they pre-registered. If a student athlete eligible for call ups is not present at the time of call up, the next eligible student athlete will fill this spot. If the skipped student athlete shows up later, they will be slotted into the spot currently being staged.

Staging:

Staging of non-called up student athletes will be based on cumulative season points in descending order and will be conducted in the following staging group order:

1. Preregistered Student Athletes with points in the current category
2. Newly Upgraded Preregistered Student Athletes with points in a lower category
3. Non-preregistered student athletes based on their last plate number according to a sequence randomly drawn from 0 to 9.

Staging Process:

The staging and start process can be chaotic and stressful for student athletes, officials, coaches and spectators. Coaches should prepare their racers ahead of time to know what staging group they are in and what order their group is going to be staged via the published staging order document. Fifteen minutes prior to the 1st starting time within each wave, a league official will stage racers who have earned a call-up, followed by the staging groups in the pre-determined order. The official will call each pre-registered racer into the staging chute for each field. Racers need to pay attention for their name/number and enter the staging chute immediately after they are called to do so.

Any student-athlete missing their staging announcement will be staged as soon as possible after notifying the race official. They will be staged into the position that is currently being called. Under no circumstances will they be moved forward of the currently called position. If a student-athlete missed their entire group staging, they will be staged after all groups within the category have been staged.

High School Awards, Podiums and Results:

Individual Race Awards and Podium:

Podium depth and awards will be five deep. If there are multiple start groups within a category there will not be separate awards or results for each start group, instead all start groups within a category will be combined.

Race Series Awards and Podium:

Podium depth and awards for the entire race series will be five deep.

Ties:

If a tie occurs for a podium spot multiple awards for that place will be awarded but the total number of podium spots will not be expanded unless the tie is for the last podium spot. This is an unusual circumstance for individual races where position is determined by time, but could occur for end of season results which are based on points.

Example: if there is a two-way tie for 1st place then two 1st place medals will be awarded and no 2nd place medal will be awarded. If there is a two-way tie for 5th place then both student athletes will be awarded a 5th place medal

Bonus Points for Completing all Races:

A Race will be considered completed if the student-athlete is recorded as completing at least one lap of a multiple lap race.

Category Leader' Jersey:

The category leader's jersey will be awarded to the student athlete with the most cumulative points using drop one methodology. If there is a tie, all tied student athletes will be awarded the leader jersey.

All Rules in the 2018 Rule Book not modified by the Idaho Amendments will be in effect as written.

Change Log:

Date Approved	Change
June 26, 2018	Initial Issue
July 30, 2018	Change to Rule 8.8 and 8.9. Podium Depth and Series Awards will be five deep regardless of category size.

Idaho Rules to National Rules:

National Rules Reference	Idaho Rule
3.5A MS Upgrades	No Upgrades to High School
3.5B Category Placement	Idaho allows automatic upgrades to prior year Sophomores
3.6 Petition for a Placement Exception	Middle School may petition to move from A/B after the prologue and completing one race
6.11 Race Staging	Clarification on Staging Process for Races 2-5 for Middle School Clarification on Staging Process for Races 2-5 for High School
6.11/6.13 Staging and Call Ups	Idaho uses 'drop one methodology' for calculating season points for call up and staging for High School Idaho uses 'drop one methodology' for calculating season points for call up and staging for High School
6.14 First Race Staging	Idaho allows first race to freshman based on coach input to enable better fairness and safety Idaho prioritizes returning Student Athletes from same category
8.1 Middle School Series	Idaho Middle School Races are not part of a series
8.4 Bonus Points	Completion of 1 lap in a multi-lap race is counted as a completed race
8.8 Podium Depth	5 deep for all Categories in Middle School 5 deep for all categories in high school races
8.9 Series Awards	5 deep for all categories for series results
8.10 Prologue Rules	Idaho uses a Prologue in place of the first race for Middle School categories only. It is used for creating A/B categories only