



# 2019 Rules and Race Processes



# Topics

- Round Robin Format
- Ability Based Categories
- Varsity Upgrade Exception
- MS Upgrades
- Composite Team Management
- Standalone rule book
- League Processes
- Passing





# Round Robin Format

- The racing season for each team will consist of **4 of the 5** regular season races and **1** state championship event.
  - Race 1 will not be a bye week—all teams will race.
  - Only Races 2-5 will be round robin races
- Each team will have one **“bye”** week that will be determined prior to the start of the racing season. No member of the team will race during the bye week.
- The bye selection will be based on a random draw order and the team’s priority selection
- ***Reason for the Change: in order to ensure that the race venues are able to safely accommodate the size of the league***



# Round Robin Bye Selection

- Teams that are fully documented and registered in the pit zone on May 1st will be able to submit race venue priority as follows:
  - Home Race: the race venue at which they are guaranteed attendance
  - Race Priority: ranked order, with 1 being highest priority, of the races they wish to attend.
- Teams will be entered into a random draw to assign order of race selection
  - Teams separated for scoring purposes only will be combined into one team for the purpose of venue selection unless requested otherwise by the team director
- League Officials will develop the bye week calendar using the following method:
  - All teams assigned home race venue
  - Race Priority Selection
    - Pass 1: starting with highest draw and proceeding to lowest draw each team will be assigned their top race priority venue
    - Pass 2: starting with the lowest draw and proceeding to the highest draw each team will be assigned their next race priority venue
    - Pass 3: starting with highest draw and proceeding to lowest draw each team will be assigned their next race priority venue
  - Each Race venue is eligible for selection until the sign-ups are equal to or less than the race venue capacity. If a venue is full the next venue with capacity on the team's priority list will be selected.
  - Team size will be based on prior year's season 6-12th grade race participants (not registered team members)
  - New teams will be assumed to have 12 participants (average div 2 team)
- Teams registering after May 1st will have the bye-week race assigned by the League Director to insure race balance
- Independent racers will be assigned a “bye” race by the League Director.
- Each Team will receive a confirmation of their 4 races and the assigned “bye” race weeks by May 15th

# Selection Example



Team	Race 2
3C	31
Jackson/TVC	57
Payette	61
Boise	74
Poatello	55
Sage	37
Idaho Falls	34
Salmon	2
Capital	29
Middleton	23
Magic Valley	60
Timberline	26
Garden Valley	9
Ambrose	19
Wood River	72
Total	589
Capacity	561
Available	-28

## Example:

- All of the teams selected "Race 2" as their highest priority race
- Teams are slotted into the race in order of random draw order (highest to lowest in pass 1)
- Wood River's count of 72 put the race over capacity and their highest priority race would not be granted
- Without Wood River there is a capacity of 44 for Race 2. if the next team in the draw with race 2 as their highest priority has a team size less than 44 then they would be slotted into this race

# Bye Week Scoring



- End of Season scoring will not change.
- Individuals:
  - Cumulative Points for the 5 races they were scheduled with the lowest score dropped plus any bonus points for racing all 5 races that are awarded
  - Leaders Jersey's, Call Ups and Staging during the season will be based on drop 1 average points season to date. Bye weeks are not counted in the average
- Teams:
  - Cumulative points for the 5 races they were scheduled. Team points do not have a 'drop one' nor are bonus points added

# Staging/Leaders Jersey



- The entire category will be staged based on season-to-date results using “drop 1 average” methodology—season pass process means every eligible student-athlete will be called for staging
  - Call ups will be staged by name, all else staged by plate number
  - Race 1 Staging is random for Middle School and Freshman; based on prior season results for JV2, JV1 and V. Process unchanged from 2018
    - Each team is allowed to select one freshman from each gender for priority staging
- Leaders Jerseys will be awarded each race using “Drop 1 Average” methodology
- “Drop 1 Average” methodology:
  - Race 2 = Race 1 results
  - Race 3 = Best 1 results of Race 1-2
  - Race 4 = Average of Best 2 results of Race 1-3
  - Race 5 = Average of Best 3 results of Race 1-4
  - Race 6 = Best 4 results of Race 1-6
- Staging Lists provided prior to race will include staging protocols

# Ability Based Categories



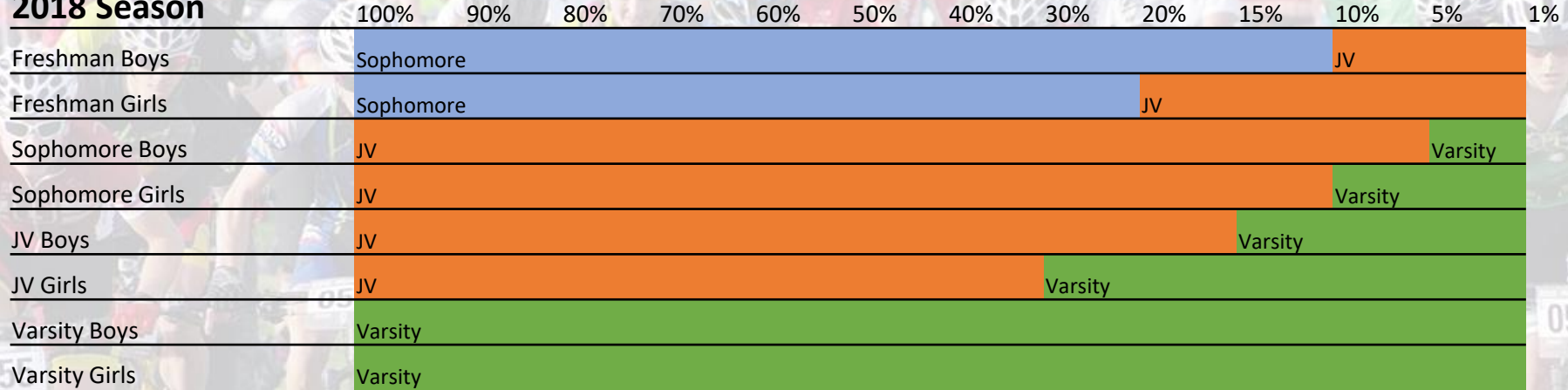
- In 2019 the Idaho Cycling League will be changing to Ability Based categories
  - Freshman Category will continue for all 9<sup>th</sup> grade student-athletes as an introduction to high school racing—series based with longer race durations
  - The Sophomore and Junior Varsity categories will become JV 1 and JV 2
  - Varsity will remain unchanged
- Normal petition process for exceptions will continue to exist
  - Will bias toward seeing results of first race before making decisions
- ***Reason for Rule:***
  - ***Allows riders regardless of grade to race against appropriate competitors***
  - ***Allows 'adventure track' student-athletes to still compete in races but at a less intense level of competition***
  - ***Elevates JV1 category to align better as a progression rather than a catch all***



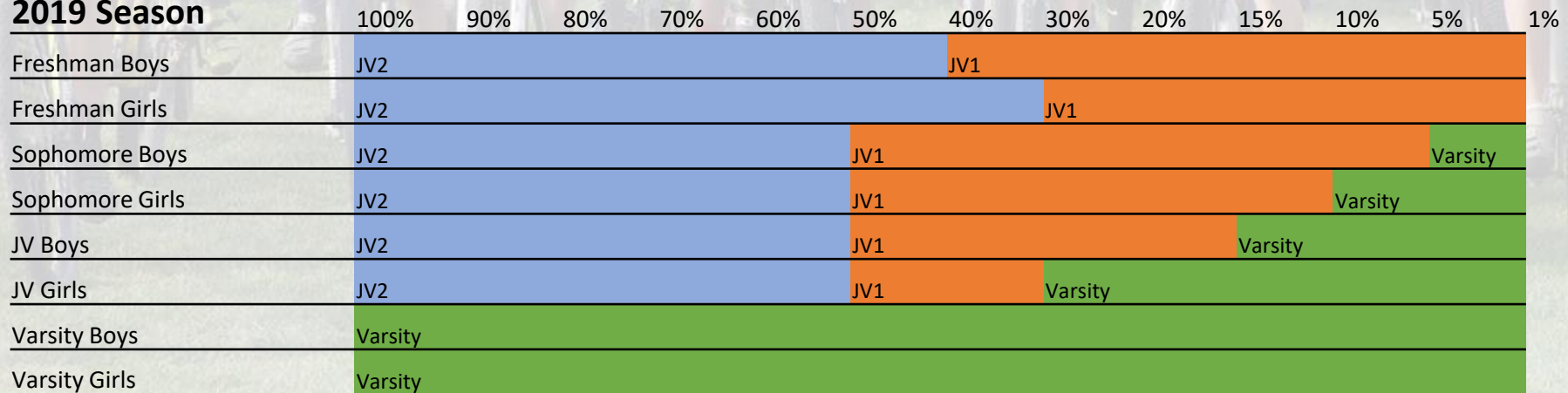
# 2019 Category Placement Criteria



## 2018 Season



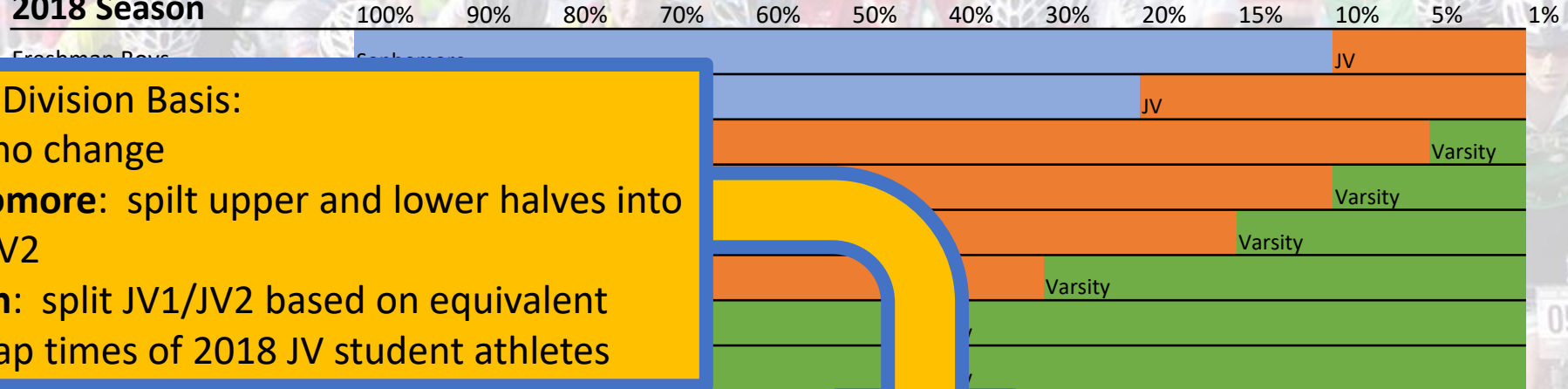
## 2019 Season



# 2019 Category Placement Criteria (Category Division)



## 2018 Season



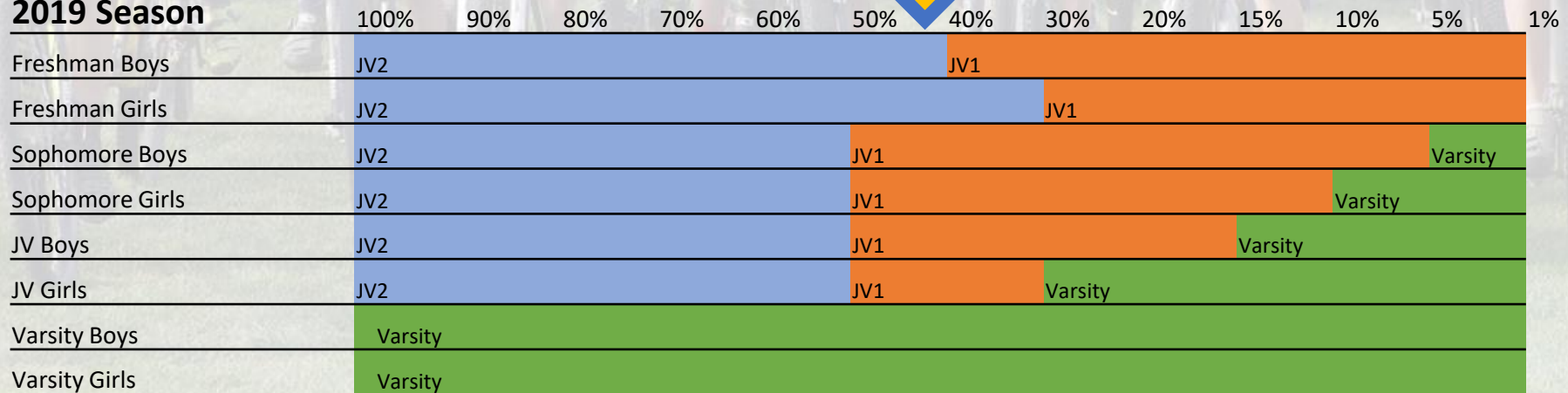
### Category Division Basis:

**Varsity:** no change

**JV/Sophomore:** split upper and lower halves into JV1 and JV2

**Freshman:** split JV1/JV2 based on equivalent average lap times of 2018 JV student athletes

## 2019 Season



# Category Placement Calculation

(no change from prior years)



- Category assignment is based on having either 2 race results OR 1 race result and the overall result meeting the categories criteria
  - Race Result Calculation: 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
  - Overall Calculation: the end-of-season finishing position, based on drop 1 points, is divided by the total number of riders with season results and the quotient is then multiplied by 100

# 2019 Category Placement Criteria (How to Read)



- 1) Find 2018 Actual Race Category
- 2) Compare top two race results AND top race result and overall result against 2018 Performance Scale
- 3) 2019 Race Category is where highest placement from #2 lands

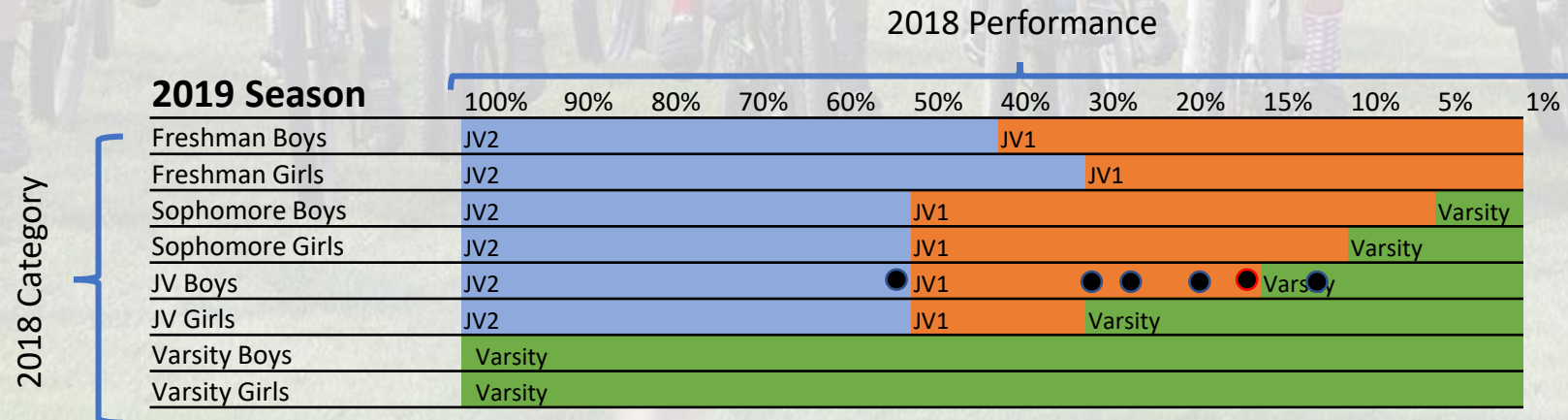
Example: Eddie raced JV Boys in 2018 and had the following race results:

RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	OVERALL
72%	45%	82%	87%	68%	84%

His top two races (#3 and #4) don't both meet the varsity criteria (>85%)

His top race (#4) and his overall don't both meet the varsity

→ Eddie is assigned to JV1 for 2019 Season



# Varsity Upgrade Exception



- Each scoring team may choose to automatically upgrade one student athlete from each gender from JV1 to Varsity
- Requirements
  - Current Senior in High School
  - Currently placed in the JV1 category based on the current CPT or previously approved upgrade requests
  - With the full agreement of the student-athlete and their parent
- Must still submit through petition process to ensure everything is aligned for staging and scoring
- Deadlines: 7/31 to be included in custom race plate; otherwise same deadline as the petition window
- ***Reason for Rule: this gives coaches more control to select a senior from each gender who did not qualify for Varsity through the normal CPT process but who has demonstrated prior to the racing season the ability to compete at the varsity level.***

# Middle School Automatic Upgrade



- Any Middle School Student Athlete in the B or C category finishing on the podium with a faster lap time than the average lap time of an upper category will be automatically upgraded for the next race\*
- ***Reason for the Rule: enables faster student athletes in the B and C categories to race against a more appropriate field***

\*subject to league discretion

# Composite Team Management



- Composite Team will not be forced to break into separate scoring teams until they reach 35 racing high school student athletes
- Any composite team greater than 16 will be scored as a Division 1 team
- Each composite team must still submit a plan for approval to league director
- ***Reason for Rule: to prevent composite teams in variable density areas from being broken apart in ways that leave student-athletes unable to compete due to gender imbalance or size***

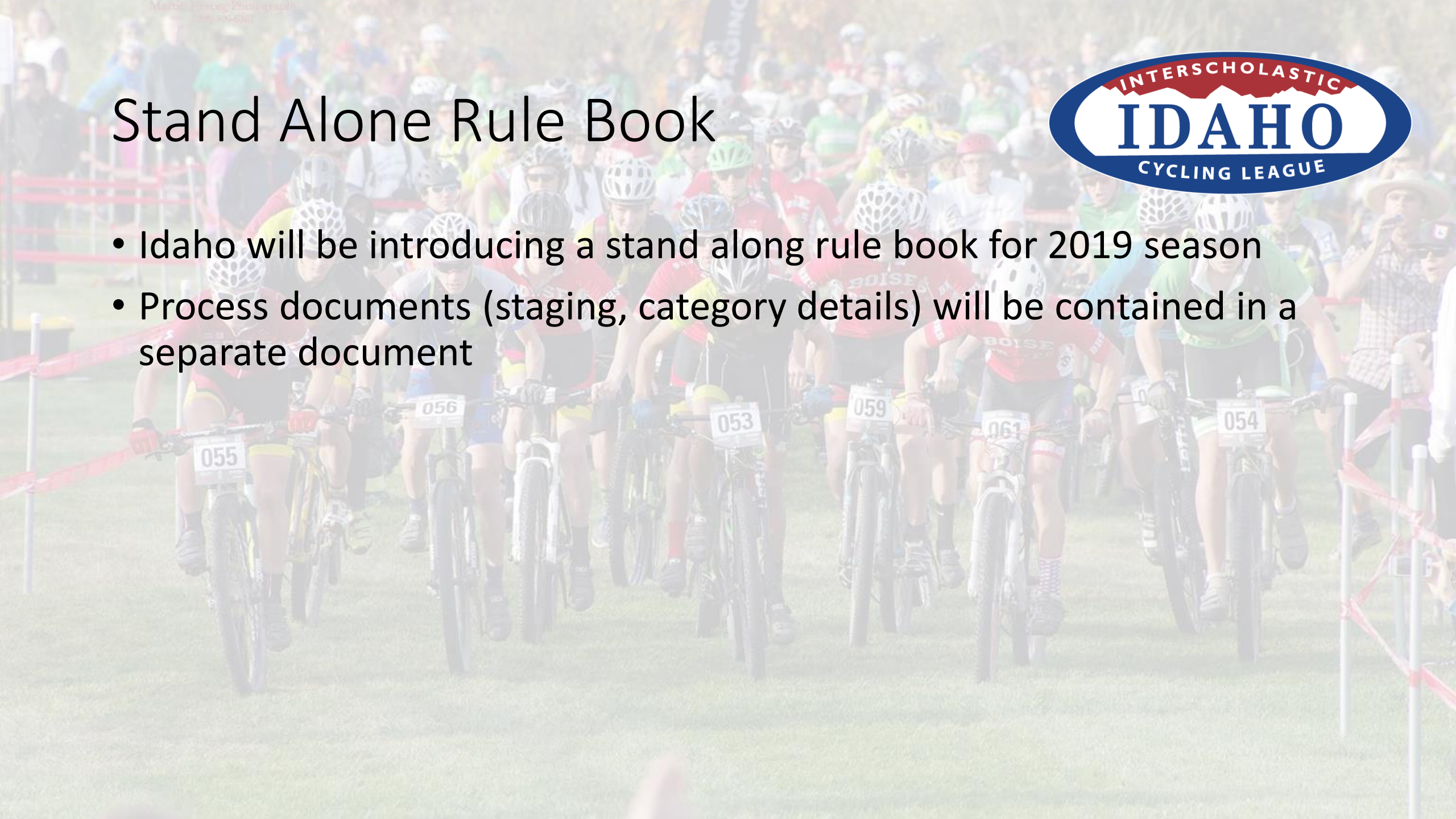
## *Notes:*

- *Overriding philosophy is for teams to grow to the point that they are able to represent their school.*
- *This change does not solve the issue and we will continue to have to make some case by case decisions*
- *Would prefer not to have teams that have already split 'regress' and combine back together*

# Stand Alone Rule Book



- Idaho will be introducing a stand alone rule book for 2019 season
- Process documents (staging, category details) will be contained in a separate document





# Projected Categories for 2019

(no change other than ability based)



Wave	Category	Start
1	Female Varsity	Female Varsity
	Female JV1	Female JV1
	Female JV2	Female JV2
	Female Freshman	Female Freshman
2	Male 8th Grade A	Male 8th Grade A
	Male 7th Grade A	Male 7th Grade A
	Male 6th Grade A	Male 6th Grade A
	Male 8th Grade B	Male 8th Grade B
	Male 7th Grade B	Male 7th Grade B
3	Male 6th Grade B	Male 6th Grade B
	Female 8th Grade	Female 8th Grade
	Female 7th Grade	Female 7th Grade
4	Female 6th Grade	Female 6th Grade
	Male JV1	Male JV1
5	Male Freshman	Male Freshman A
		Male Freshman B
	Male Varsity	Male Varsity
5	Male JV2	Male JV2 A
		Male JV2 B

- Based on current projected category registrations for Fall; high school field splits will depend on actual race registrations
- Middle School Category start gaps will be adjusted to manage course congestion based on number of participants in each category
- High School categories split into multiple fields/starts will compete as one category and will have a single podium per category
- Middle School categories split into multiple fields/starts will compete as INDIVIDUAL categories and will have an individual podium

\*High School Girls and Boys waves will swap each week

\*Middle school categories based on race 2-5; race 1 prologue will be grade based only

\*JV1 is expected to be under 75; if field is >75 then will be split into A/B start groups per rules

Wave: grouping of riders on course at the same time; separated into starts by 3 min intervals (HS Boys V/JV2)

Category: group competing against each other (HS Boys Freshman)

Start Group: grouping of riders who leave the start line at the same time (HS Boys JV2 A)

# Category/Field Assignment

(no change other than ability based)



- High School Fields are dynamic based on number of race registrants
  - If there are multiple fields needed within a category the top half of the field will be assigned to the A field with the remainder assigned to the B field
  - Races with categories of less than 75 registered student-athletes may be raced as a single field (not split) at the league's discretion
  - Student-Athletes with mid-pack results may move from field A to field B from race to race
- Middle School Fields/Categories will be based on prologue results and will only change through petition
  - Student-athletes without results will initially be placed into B

# Lap Counts/Early Finish

(no change other than ability based categories)



- Lap Counts: expecting to use similar lap counts as last year
  - MS : 1 lap
  - Freshman, JV2 and Girls JV1: 2 Laps
  - Girls Varsity and Boys JV1: 3 Laps
  - Boys Varsity: 4 laps
- Early Finish: will apply similar time limits as last year

# Petitions and Protests



- Petition Process is in place to deal with issues in advance
  - Rules clarifications, Category Placements, Exceptions
- Protest Process is in place to deal with issues after they occur
  - Results, Infractions, Rulings
- Informal Process vs Formal Process
- Rules Committee Exists for Petitions and Protests



# Passing Discussion



# Passing Rules



Who You Want to Be

- **RULE 2.10. POSITIVE SPORTING ATTITUDE**

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

- **RULE 6.15. PASSING SLOWER STUDENT-ATHLETES**

- When overtaking a rider on the race course, the passing rider should do so respectfully and must:
  - Pass only when safe to do so and without rider contact;
  - Call out "On your left" or "On your right" or use other similar language to indicate whether the pass will be on the other rider's left or right side.

No, you don't have to get over

- **RULE 6.18. LEADER OWNS THE TRAIL BUT CANNOT BLOCK**

- In the event two racers are vying for position, the leading racer does not have to yield to the challenging racer. However, a racer may not bodily interfere with the intent to impede another racer's progress. Traditional rules of racing apply: the leading racer "owns the trail."

Yes, you have to get over

- **RULE 6.16. BIKE PUSHERS MUST YIELD**

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

- **RULE 6.17. LAPPED STUDENT-ATHLETES MUST YIELD**

- Lapped racers must yield to racers overtaking them. Lapped racers being passed must move over as quickly, efficiently, and as safely as possible



# Passing Rules Interpretations

- On single track, the leading rider does NOT have to move over for a challenging competitor in the same category
- On double track, the leading rider does NOT have to yield the preferred track to a challenging competitor in the same category
- If there is not two-way communication a pass should not be undertaken
- The league expects that the leading rider and the challenging rider WILL communicate with each other. Both directions, two way, is the definition of communication!
- **Discuss with your student-athletes what kind of a competitive space they want**
  - Are they maintaining position for a tactical advantage early or late in the race?
  - Are they maintaining position out of the desire to 'mess' with their competitor?
  - Are they mindful that at the end of competition we are a community of mountain bikers?

