



LOSSA MOUNTAIN BIKING PLAYING REGULATIONS 2016 - 2017

COMPETITION FORMAT

- Athletes participate as both individuals, and as part of school teams
- There will be six race categories (likely 3 separate race starts) at each event (male and female in midget, junior and senior). There is no limit to the number of athletes a school may enter, but they can collect points for only the top three athletes in each race. Points will be awarded to all finishers as shown (Table 1).
- Schools will collect points for a maximum of 18 athletes (3 athletes in each race category)
 - Ties in the team score will be determined by
 1. adding the next eligible racer(s) in any category (ie a 4th finisher) until there is a winner
 2. Points of top finisher only in each of the 6 categories
 3. Time of top finisher only in each of the 6 categories
- In the event that there are significant differences in participation rates among the categories, we might adjust points to be awarded accordingly. (for example, perhaps the winner in a category with less than 5 competitors might not receive the same 25 points as the winner in a category with 20+ racers). Any changes would be communicated to all coaches/athletic directors at least 60 days prior to the LOSSA Championship race.

TABLE 1: LOSSA TEAM POINTS

Placing	Points
1 st	25
2 nd	23
3 rd	21
4 th	19
5 th – 21 st	18,17...2
All other finishers	1



OFFICIAL RULES

- Approximate distances/race lengths will vary widely based on course conditions, but the following guidelines should be followed:
- Where possible, the course should consist of a lap of 3-5 km that would allow the different categories to do 1-3 laps

Category	Approximate Finish Time of winner	Probable # of laps	Typical Course Length
Senior Boys	35-40 minutes	3	12-14 km
Senior Girls	30-35 minutes	2	8-10 km
Junior Boys	25-30 minutes	2	8-10 km
Junior Girls	30-35 minutes	2	8-10 km
Midget Boys	25-30 minutes	2	8-10 km
Midget Girls	15-20 minutes	1	4-5 km

- All riders must wear school tops. Given the considerable expense of team cycling jerseys and the difficulty in obtaining them for newer team members, a school may choose to have 2 acceptable uniform tops (students without a jersey must wear the same approved alternate top identifying the school-ex: a school athletic T-shirt)
- Individual students will require an OCA Citizen's Permit in order to enter mountain bike races (for insurance purposes). The athlete could (should?) cover this cost of \$30-35 (depending on age), as it also enables him/her to enter other races in the summer. Alternately they may purchase up to 3 one-day licenses for \$5.00/ each
- Riders will compete in their respective age category at LOSSA championships, no rider shall be allowed to move up an age category (eg. junior boy competing as a senior boy)

ELIGIBILITY:

- The team must hold at least 8 practices/training sessions prior to the LOSSA Championship of which at least half should be "on the bike" and at least one should be on the trails. Fall and winter riding and training is eligible.
- A team member must actively participate in the majority of practices of his/her team.
- Each team member must compete in at least one pre-LOSSA race to be eligible to compete at the LOSSA Championships.



RACING RULES

1. All participants at LOSSA events must wear certified CANSI or ANSI helmets properly secured while on the bike either on course, in registration, or in training.
2. Bicycles shall be in good repair with both front and back brakes in good working order.
3. Coaches are encouraged to pre-ride LOSSA courses prior to race and point out technical sections and skills involved in negotiating these obstacles. (Obstacles may include log-overs, rocky descent/ascents, Off camber single-track and sandy sections)
4. All Riders at LOSSA should pre-ride the entire course prior to race participation.
5. Only riders registered in the event will ride on the racecourse during the event. (no “pre-riding” while other races are in progress)
6. Racers shall complete the entire race on the same bicycle. Racers must carry their own spare parts and tools and perform their own repairs.
7. There will be no feed zones. Racers are expected to carry their own food and drink.
8. Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should yield the most ride able portion of the trail when being passed.
9. A racer pushing their bicycle may overtake a riding racer as long as they stay on the course and it does not interfere with the riding racer. Typically this would happen when running up a short steep hill.
10. If a racer is caught by a faster racer in a later start wave, or is being lapped, he/she should yield at the first reasonable opportunity. Riders must verbally alert those they are passing “PASSING ON YOUR LEFT (RIGHT). Riders may not bodily interfere or intend to impede another rider’s progress.
11. Walkmans, iPods, Cell phone devices, or MP3 players shall not be worn in ears either during warm-up or on during LOSSA races, riders doing so can be disqualified.
12. Short cutting the course will result in disqualification.
13. Use of profane or abusive language and unsportsmanlike behavior will result in a warning or disqualification imposed at the discretion of the race director.
14. No littering of empty energy bar or gel packages or water bottles. Respect the property at all times.