

**ROPSSAA CO-EDUCATIONAL MOUNTAIN BIKING**

**PLAYING REGULATIONS**

1. **DATE**

- (a) The date of the ROPSSAA Co-Educational Mountain Bike Championship will be set and distributed at the preseason meeting.

2. **LOCATION**

- (a) The location of the Championship will be decided by the Convenor and approved by ROPSSAA Council. The first race will start at 11:00am where possible.
- (b) On the day of the championship, a coaches meeting will be held one hour prior to the start of the first race.

3. **ELIGIBILITY**

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution. The eligibility list must be submitted by the deadline announced at the preseason meeting.
- (b) Competition for boys and girls will take place in three age categories : Midget, Junior, and Senior.
- (c) A midget boy or girl shall not have attained their 14<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held (January 1, 2009, born 1995 or later). In addition they must be in their first year of high school.
- (d) A junior boy or girl shall not have attained their 15<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held (January 1, 2009, born in 1994, or later). In addition they must be in their first or second year of high school, unless this sport level qualifies for Ofsaa competition in which case number of years does not apply.
- (e) A senior boy or girl shall not have attained their 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held (January 1, 2009, born in 1990, or later).
- (f) All competitors must have participated as a member of a bona fide high school program during the season, in a number of practices (6), at a location where the majority of their high school practices are held under the supervision of a teacher coach as certified by the school principal.
- (g) All competitors in the ROPSSAA Championship must have participated in a minimum of 1 regional race, Chico Tuesday Night Race Series Race, or Ontario Cup Mountain Bike Race Series Race.

#### 4. OPERATING STRUCTURE

- (a) The meet will consist of races of approximately the following distances:
- |              |         |
|--------------|---------|
| Midget Girls | 5.5 km  |
| Midget Boys  | 10 km   |
| Junior Girls | 7.5 km  |
| Junior Boys  | 12.5 km |
| Senior Girls | 10 km   |
| Senior Boys  | 15 km   |
- (b) Race distances should be set to target a best time for 45 minutes according to homography

#### 5. ENTRIES

- (a) Entry deadlines will be determined by the Convenor and will be announced at the pre-season coaches meeting.
- (b) Midget Girls', Midget Boys', Junior Girls', Junior Boys', Senior Girls', and Senior Boys' teams shall not be declared in advance. A school's first five finishers (with 4 to count) shall constitute the school's first team; the sixth to tenth place finishers (inclusive) shall constitute the school's second team; the eleventh to fifteenth place finishers shall constitute the school's third team; etc.
- (c) Schools may enter as many individuals as they wish to each event.
- (d) Changes to existing entries are to be submitted at registration the day of the meet.
- (e) No additions to the entry list will be allowed after the entry deadline. Appeals for additional entries after the deadline may be made the Jury of Appeal at registration on the day of the meet.
- (f) Each school, as part of their entry must commit to a task or job at the championship, as outlined at the preseason meeting.

#### 6. EXPENSES

- (a) An entry fee, set by the Convenor in consultation with the bike coaches, will be levied as part of the schools' ROPSSAA fees to cover the costs of the championship.
- (b) Each school is to provide a minimum of 1 volunteer (staff, student or community) to be assigned to a course marshalling responsibility. This is in addition to the already assigned duties (course set up, course take down, start line, finish line and awards). Exception, a school leadership class assumes this responsibility.

7. RULES AND OFFICIALS

- (a) Canadian Cycling Association Rules shall govern competition at the ROPSSAA Championship.

8. AWARDS

- (a) The presentation of ROPSSAA Championship Awards will occur at the conclusion of the meet.
- (b) Gold medallions to the first place individual finishers in each midget, junior, and senior event.
- (c) Silver medallions to the second place individual finishers in each midget, junior, and senior event.
- (d) Bronze medallions to the third place individual finishers in each midget, junior, and senior event.
- (e) Ribbons to the fourth through sixth place individual finishers in each midget, junior, and senior event.
- (f) ROPSSAA team trophies to the top midget, junior, and senior boys and girls teams.

**Note:** Should there be fewer than 6 participating schools or individuals in a sport, gold medallions only will be distributed.

9. UNIFORMS

- (a) Cyclists must have their race number visibly mounted on the front of their bike, as assigned by the Convenor.
- (b) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

- (a) In the individual mountain bike event, places will be determined by time.
- (b) To calculate team placing for individual mountain bike the placing of the 4 fastest riders will be added together. No three-person team will receive a team placing.
- (c) DNF's due to missed check point or broken equipment and failure to complete the course will receive a time one second greater than the last proper time. DQ's (e.g. unsportsmanlike conduct, changing numbers, improper equipment change, etc.) and DNS's will receive no score.

- (d) If, in calculating the team placing, a tie occurs, the lower placing of the fourth racer in the individual race will determine the placing.

11. EQUIPMENT

- (a) The Convenor will be responsible for making sure all elements of the events are met.
- (b) The Convenor will arrange for medical coverage.

12. DEPARTMENT

- (a) Racers are not permitted to wear any equipment that will impede their hearing while on the race course (i.e. iPod or other personal music device).
- (b) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (c) The pacing of riders in a race by any non-entrants or coaches is not allowed.
- (d) Ball and Frisbee playing is not allowed at the park on race day.
- (e) Stereos, radios or other sound equipment may not be played at the park on race day.

13. JURY OF APPEAL

- (a) A Jury of Appeal will be constructed at the pre-season coaches meeting. This Jury will consist of the Convenor and four coaches from the competing schools.
- (b) The Jury of Appeal will handle disputes which do not fall within the jurisdiction of the officials.
- (c) All protests shall be lodged in writing and presented to the Convenor within thirty minutes of the conclusion of the last race.
- (d) A fee of \$25.00 must accompany each written protest and will be forfeited to the Association should the protest not be sustained.

14. OFSAA ENTRY

- (a) Entries will be as per the Ofsaa Mountain Bike Festival playing regulations.
- (b) Schools sending athletes to Ofsaa must send a staff representative to Ofsaa or make arrangements to share equally all costs of those school's staff members who do attend Ofsaa.
- (c) Schools sending representatives to Ofsaa must adhere to the Ofsaa Supervision Policy.
  - (i) For team sports ("A team consists of all athletes for the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
  - (ii) For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
  - (iii) For all sports, where the teacher, as indicated in (i) and (ii) above, is not of the same sex as the athlete(s), and where athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.