

REGULATIONS FOR THE 2023 SCHOOLS FINALS

INTRODUCTION

School Cycling South Africa's (SCSA) focus is to develop grass-roots cycling aiming to foster cycling as an interscholastic team sport.

The Cycle Lab MTB Schools Finals is the opportunity for school teams to challenge each other on a national stage to determine the best interscholastic mountain bike teams in Southern Africa.

With this ruleset, SCSA aims to support our Organisers, Commissaires and other officials to produce a Finals competition that is fair and safe, to all participants and their supporters by giving guidelines to the management of rules, as well as the infractions thereof.

SCSA recognises, and take cognisance of the fact that we are developing athletes that will eventually compete in provincial, national and international XCO environments.

The scholar base and team-sport nature of our series of events requires rules specifically designed to address the special dynamics of the competition, hence the need to adapt certain rules and introduce new ones.

Primarily, the introduction of a consequence matrix is the most important addition to the rules.

This will enable officials in making fair decisions in an environment that is highly charged with adrenaline, stress and emotion.

We continue our heavy focus on sportsmanship and ethical participation. As organisers, managers, parents, officials and sponsors we must all strive to create a program that develop young adults geared to head into life armed with these important life skills. A healthy competition is one where participants drive each other to excellence in their respective performances. Dealing with loss and disappointment is part and parcel of competition and we are important custodians of an environment that can facilitate a child's ability to manage and process these emotions.

SCSA will first and foremost protect the ethos and spirit of the competition, as this is the basis of a healthy program. Inspired performance and ethical play are the cornerstones of the schools cycling.

DEFINITIONS

SCSA - Schools Cycling South Africa

NICA - National Interscholastic Cycling Association (USA)

CSA - Cycling South Africa

XCO - Cross Country Olympic format

AIM OF THE COMPETITION

1.1 The aim of the competition is to determine the best Girls, Boys and Mixed School teams in South Africa.

1.2 Further, the respective Overall Scholar champions in the Sub Junior, Youth 15, Youth 16, Junior 17 and Junior 18/19 categories for both boys and girls will be crowned.

1.3 Finally, a second day of competition will be held to crown the best Southern African Schools' MTB province.

1.4 The Event Title Sponsor and SCSA in its sole discretion, is responsible for declaring the winner of each championship or to withhold such declaration.

2 SPIRIT OF THE COMPETITION

2.1 Sportsmanship, Respect, Friendship, Inclusivity and Fairness shall be the guiding principles of the The 2023 Cycle Lab MTB Schools Finals competition.

2.2 All participants, teams, managers, supporters and officials shall ensure that their actions contribute to inspired performance and ethical play.

2.3 Any action, by any person, that detracts from inspired performance and ethical play shall be deemed as being in conflict of the spirit of the competition.

3. CONTROLLERS OF THE FINALS CHAMPIONSHIP

The Controllers of the FINALS will be the FINALS COMMITTEE assigned to the specific event. SCSA will delegate the management, control and day to day running of the event to the FINALS COMMITTEE. The FINALS COMMITTEE shall include SCSA, CHIEF COMMISSAIRE and TITLE SPONSOR representatives.

4. AMENDMENTS

4.1 The FINALS COMMITTEE reserve the right to amend these rules in consultation with SCSA

4.2 Any additions/amendments may be circulated to provinces and managers prior to any event and will be posted on the official event notice board and at an official Managers Meeting. The onus is on the Team Manager to ensure that he/she has familiarized himself/herself with such a notice.

5. VALIDITY OF THESE REGULATIONS

Applicable to the 2023 National Schools Final.

REGULATIONS

6.1 All races will be held under the general rules for XCO racing as stipulated by Cycling South Africa (CSA). Certain rules have been adapted for schools cycling and are clearly highlighted in this document.

6.2 No rule is intended to exist in a vacuum; each rule should be read in the context of all rules.

6.3 Where rules in this document and those of CSA contradict each other for any reason, the REGULATIONS FOR THE 2023 SCHOOLS FINALS takes preference.

6.4 Any further disputes shall be referred and settled as per Rule 4.1

7. ELIGIBILITY

7.1 The FINALS is only open to Qualifying teams and riders who are selected by their respective provincial bodies using the SCSA selection criteria.

7.2 Sub Junior competitors must attend a high school and turn 13 or 14 in the year of the competition.

7.3 Youth 15 competitors must attend a high school and turn 15 in the year of the competition.

7.4 Youth 16 competitors must attend a high school and turn 16 in the year of the competition.

7.5 Junior 17 and Junior 18/19 competitors must attend a high school and turn 17, 18 or 19 in the year of the competition

7.6 The participation of Homeschooled learners are governed by the SCSA Rules and Regulations available on www.shoolscyclingsa.co.za

7.8 Exchange students

Exchange students, unless enrolled for a full academic season and having participated in a minimum of 3 out of 4 events of the current season, are not allowed to participate for a school. SCSA reserves the right to invite any exchange student to the final, but the student will participate in the name of his/her permanent school and earn any points on the same basis.

If invited, the exchange student may wear the colours of his/her adopted school.

7.9 ACADEMIES

Academies are invited to participate in the SCSA series of events from time to time. These academies are primarily of a developmental nature and SCSA supports participation wherever possible. Although invited as a team, these riders still represent individual schools.

In the interim, while the development academies are not impacting the overall competition, they WILL be allowed, at the discretion of the FINALS COMMITTEE, to participate, and earn points, under the name of the group.

7.10 OTHER RIDERS

The SCSA reserves the right to invite any rider to participate in the competition.

8 SEEDING

8.1 CYCLE LAB MTB SCHOOLS FINALS 2023

8.1.1.1 The start grid at Finals accommodates 10 riders per row.

8.1.1.2 Each start grid position is individually numbered.

8.1.1.3 When called, riders will fill the slot as called.

8.1.1.4 Should a slot not be filled, due to a rider being absent, the slot will remain open until the Start Commissaire gives the 'Fill the Slots!' command. Riders standing behind an empty slot can then, and only then, move forward to fill an open slot.

8.1.1.5 It is expected that certain smaller provinces and nations will not be represented in each row. In this case seeding will automatically be allocated to the next team in order/rank and no slots will be left open in pre-seeding.

8.1.2 The Inter-schools Finals (DAY1 Competition) BOYS and GIRLS categories

8.1.2.1 The first row is made of the previous years' finals top 10 schools in the respective category and 1 place each for visiting nations. (1 Slot per school)

8.1.2.3 The 2nd row is made up of the winning school of each provincial competition and 1 place each for visiting nations. Should 1 row not be enough to seed these riders, they will overflow into the following row. (1 Slot per school)

8.1.2.3 The 3rd row made up of the 2nd best boys or girls school of each provincial competition and 1 place each for visiting nations. (1 Slot per school)

8.1.2.4 The 4th/or following row is made up of the 3rd best boys or girls school of each provincial competition and 1 place each for visiting nations. (1 Slot per school)

8.1.2.5 The 5th /or following row is reserved for the remaining provincial category 'Top 3' riders not already called and 1 place each for visiting nations.

8.1.2.6 The seeding will continue until all riders are seeded.

8.1.2.7 Each school will nominate the rider for any slot.

8.1.3 The Inter-Provincial Finals (DAY2 Competition)

8.1.3.1 The first row is made of the previous years' finals top 10 Provincial Rank and 1 place each for visiting nations. The current provincial champion, or if not in attendance, the following rider in the province based on rank, takes this slot.

8.1.3.2 The 2nd row is made up of 2nd, or next best rider, in that category, in the province, and 1 place each for visiting nations.

8.1.3.3 The seeding will continue until all riders are seeded.

8.1.3.4 Should a Province exhaust their rider allocation during the seeding process, that slot will be filled by the next available province or nation by rank.

8.1.4 All Start lists including seeding positions will be available at the Managers Meeting on Friday 30 September 2023.

8.1.4.1 It is the responsibility of the Team Manager to ensure that his/her rider is correctly ranked.

8.1.4.2 No disputes will be entered into on race morning.

8.1.4.3 Abuse of the seeding system will attract an Orange Level Consequence.

9 RESULTS, TEAMS AND POINTS

9.1 INTER-SCHOOLS COMPETITION

9.1.1 BOYS TEAM COMPETITION

The Boys Team competition will combine the best 5 results of a school, irrespective of category.

9.1.2 GIRLS TEAM COMPETITION

The Girls Team competition will combine the best 3 results of a school, irrespective of category.

9.1.3 MIXED TEAM COMPETITION

The MIXED Team competition will combine the best 3 boys results of a school plus the 2 best girls results, irrespective of category.

9.1.4 TIES

Should 2 teams be tied on results, a count-back is applied. Most 1st places, most 2nd places etc until the tie is broken. Should a tie still exist the 2 teams shall be deemed equal.

9.1.5 INDIVIDUAL COMPETITION

9.1.5.1 A 5 rider podium will be called at the Awards Function

9.1.5.2 The champion of each category receives a trophy and award certificate.

9.1.5.3 Immediately after each race, the top 3 competitors need to attend the Winner's Circle. Team Managers must assist in this regard

9.2 INTER-PROVINCIAL COMPETITION

9.2.1 Only a rider representing his/her province, can earn points for his/her province.

9.4.3 The top 10 results, irrespective of category, is combined to make up the province's tally.

9.2.3 Riders must compete in the Inter-school's competition and cannot compete in the Inter- provincial race only.

9.2.4 Immediately after each race, the top 3 competitors need to attend the Winner's Circle. Team Managers must assist in this regard

10 POINTS ALLOCATION

10.1 Since the 2019 Final, SCSA have adopted the UCI World Cup XCO points allocation model.

10.2 Boys and Girls will use the same points model.

Position	Points	Position	Points	Position	Points	Position	Points	Position	Points
1	250	16	74	31	44	46	22	61	7
2	200	17	72	32	42	47	21	62	6
3	160	18	70	33	40	48	20	63	5
4	150	19	68	34	38	49	19	64	4
5	140	20	66	35	36	50	18	65	3
6	130	21	64	36	34	51	17	66	2
7	120	22	62	37	32	52	16	67	1
8	110	23	60	38	30	53	15	68	1
9	100	24	58	39	29	54	14	69	1
10	95	25	56	40	28	55	13	70	1
11	90	26	54	41	27	56	12	and further	1
12	85	27	52	42	26	57	11		
13	80	28	50	43	25	58	10		
14	78	29	48	44	24	59	9		
15	76	30	46	45	23	60	8		

11. RULES

11.1 CONSEQUENCES

SCSA recognise the challenges faced by our commissaires to apply the rules and deal fairly with any transgressions that may arise.

The below consequence model is adapted from the NICA guidelines available at nationalmtb.org.

11.1.1 Certain rule violations carry specific consequences.

11.1.2 Consequences fall into yellow, orange and red categories.

11.1.3 However, the above consequences can also, at the discretion of the COMMISSAIRES or FINALS COMMITTEE or SCSA TECHNICAL COMMITTEE, be applied in other situations.

11.1.4 Consequences can be applied to an individual or team.

11.1.5 Tiers of Consequence have been developed for Individuals and for Teams.

INDIVIDUALS			
YELLOW LEVEL CONSEQUENCE			
First offence: Warning			
Second offence: 1 Minute Penalty			
ORANGE LEVEL CONSEQUENCE			
First offence: 1 Minute Penalty			
Second offence: 3 Minute Penalty			
Third offence: Disqualification			
RED LEVEL CONSEQUENCE			
First offence: Disqualification from race or from next event should infraction happen between events			

TEAMS			
YELLOW LEVEL CONSEQUENCE			
First offence: Warning			
Second offence: 25 Point Penalty			
ORANGE LEVEL CONSEQUENCE			
First offence: 25 Point Penalty			
Second offence: 50 Point Penalty			
Third offence: Disqualification			
RED LEVEL CONSEQUENCE			
First offence: Disqualification from race or from next event should infraction happen between events			

11.2 APPLICABILITY

The Rules can be applied to any area covered by the event.

ALL SSCA EVENT VENUES ARE TOBACCO, ALCOHOL, RECREATIONAL DRUG AND FIREARM FREE ZONES.

THE USE OF DRONES ARE PROHIBITED UNLESS CONTRACTED BY THE EVENT ORGINSERS.

Any regulated zones allowing the consumption of alcohol within the event venue, for example a sports clubhouse, will be managed on a case-by-case basis.

The consumption of alcohol by any participant, even if of legal age, is prohibited.

The EVENT VENUE or ZONE is any area within the venue precinct under control of the event including the PARKING AREA, general open space, REGISTRATION AREA, the FEED ZONE, the COURSE, VENDING AREA, EXHIBITORS ZONE, any building on site, any Road whether public or private.

11.3 GENERAL RULES

A participant is any learner who enters a SCSA SERIES event. Participants can be referred to as racers, riders, entrants, learners.

Further, the Rules apply to any Manager, coach, supporter or other person connected with any team or rider participating in the event.

11.3.1 HELMET USE

The use of helmets are compulsory whenever any person, rider or not, mounts a bicycle within the Event Zone. **YELLOW LEVEL CONSEQUENCE**

11.3.2 PRACTICE CONTROLLED RIDING

Participants will practice safe riding techniques and ride in a controlled manner at all times. Having a reckless attitude, taking unnecessary risks or endangering another participant will not be tolerated.

This includes keeping your line, especially when sprinting for the line!

YELLOW LEVEL CONSEQUENCE

Depending on the offense the CHIEF COMMISAIRE in consultation with THE FINALS COMMITTEE elevate the offense to

ORANGE LEVEL CONSEQUENCE

11.3.3 LEAVE NO TRACE

Littering on the COURSE or general EVENT ZONE, is not allowed. Riders are allowed to drop wrappers or bottles in the FEED ZONE only.

The throwing of bottles are not allowed as this is dangerous. Bottles will be dropped taking care not to disturb the progress of other participants

YELLOW LEVEL CONSEQUENCE

11.3.4 POSITIVE SPORTING ATTITUDE

Participants, their managers, teams and supporters shall at all times display positive sporting attitude and compete within the rules and Spirit of the Competition.

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

11.3.5 ABUSIVE BEHAVIOUR, DISCRIMINATION AND RACISM

No participant may abuse, assault, or do battery to any other participant, official, spectator, or anyone connected with or attending any SCSA event. An assault is an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another. A battery is any wilful and unlawful use of force or violence upon the person of another. Unsafe racing practices including swerving, suddenly stopping, wilfully crashing into another rider, grabbing another student, or pushing another student may be abusive behaviour, or possibly assault and battery.

Discrimination or bullying based on disability, gender identity and/or race will not be tolerated.

RED LEVEL CONSEQUENCE

11.3.6 SEXUAL HARASSMENT

SCSA strictly prohibit sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment is defined as unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behaviour and includes harassment of a person of the same sex or based on gender.

Sexual harassment includes: unwanted sexual advances or visual conduct such as leering, making sexual gestures, displaying of sexually suggestive objects or pictures; verbal conduct such as making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances or propositions; and physical conduct such as touching or blocking movements.

Any participant who believes he or she has been sexually harassed by an employee, agent, official, supporter or another participant should promptly report the facts of the alleged incident(s) and the name of the individual involved to any adult school or SCSA representative with whom they feel comfortable. That person must report the incident to any member of the Finals Committee.

The initiation of an allegation of sexual harassment by a student will not adversely affect matters pertaining to his or her status in any SCSA program or activity.

If any participant, coach, parent, volunteer, or employee feels they have been sexually harassed at a SCSA event, they should report the incident immediately to the SCSA Coordinator or SCSA representative. If any manager, coach, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery at a SCSA event, they should

report the incident immediately to their Coordinator or SCSA official. All reports will be handled in a confidential manner.

RED LEVEL CONSEQUENCE

11.3.7 HEADPHONES

The use of headphones while riding during practice or racing is prohibited. The use of headphones while riding on stationary trainers is allowed.

YELLOW LEVEL CONSEQUENCE

11.3.8 CAMERAS, GPS TRACKERS ETC

Any bicycle may be fitted with onboard technology equipment (including but not limited to telemetry, transponder units, GPS units and video-cameras) that has the ability and purpose to collect or transmit data, information or images.

Bicycles only may be fitted with such equipment provided that it complies with the following conditions:

1. The system to install the equipment must be designed for use on bicycles and shall not affect the certification of any item of the bicycle;
2. The system to install the equipment must not allow the equipment to be removed during the race and the equipment will be considered non-removable;

YELLOW LEVEL CONSEQUENCE

11.3.8 CELL PHONES

The use of cellphones while riding during practice or racing is prohibited. The rider will stop and move out of the course before taking or making a call.

YELLOW LEVEL CONSEQUENCE

11.3.9 SAIDS BANNED SUBSTANCES

All League participants are subject to all South African Institute for Drug-Free Sport (SAIDS) rules pertaining to anti-doping. The use of performance enhancing substances, as listed

by SAIDS, will result in the immediate disqualification from one full season or the equivalent number of races spanning two seasons. A list of banned substances is available at the SAIDS website — <http://www.drugfreesport.org.za>

RED LEVEL CONSEQUENCE

11.3.10 SUBSTANCE ABUSE

The use of tobacco, alcohol and any other recreational drug by League participants are strictly prohibited.

Any member of the team management including any parent, found engaged in any illegal conduct can incur same or alternative consequence as deemed fit by the Finals Committee.

RED LEVEL CONSEQUENCE

11.4 RACING RULES

Racing is under the control of the Chief Commissaire and his/her team.

11.4.1 THE START

11.4.1.1 Riders shall not start outside of their allocated starting/seeding positions or the position as instructed by the start commissaire.

11.4.1.2 Riders shall start the race with a full waterbottle of minimum 500ml

11.4.1.3 After the 5 minute call all managers/supporters will vacate the starting grid.

11.4.1.4 A 1 minute warning will be followed by a 15 second warning from which point the start official can start the race at any time

11.4.1.5 Riders will keep their line for 50m after the start, unless impeded by a racing incident.

11.4.1.6 Should a rider suffer a mechanical issue in the Start loop, as defined by the route map and signage, he/she can back-track to the Feedzone assuming that it is safe to do so and no other participants' progress is impeded. Any movement to the Feedzone will be allowed on the course only.

ORANGE LEVEL CONSEQUENCE

11.4.2 ON THE COURSE

11.4.2.1 Riders will follow the course as intended. Any indication of unfair play could lead to immediate disqualification

RED LEVEL CONSEQUENCE

11.4.2.2 Just because a section is not taped does not imply that the rider can modify the route.

11.4.2.3 No modification of the course is allowed.

11.4.2.4 The removal of free-moving rocks or logs is allowed, especially where it can be deemed hazardous, unless the terrain is of such a nature that the removal of one rock does not alter the look and feel of the section. Any uncertainty should be addressed to a Race Commissaire.

11.4.2.5 Back tracking of the course is not allowed. A rider must always proceed in the direction of the course and take care not to impede the progress of other racers.

11.4.2.6 No outside assistance, except from fellow participants in the same race, is allowed.

11.4.2.7 The swapping of bikes, with a fellow participant only, will incur a 10 minute penalty.

11.4.2.8 Medical assistance is allowed at any point on the course unless the assistance is of a structured nature (strategic handing of inhalers etc). Should a racer required such structured medical assistance, a timeous application should be lodged with the FINALS COMMITTEE or the Chief Commissaire.

11.4.2.9 Injured riders, who are not intending to complete the race, are allowed to cut the course and follow the shortest route to the Finish area. This action will result in a disqualification.

11.4.2.10 If a rider exits the course for any reason, he/she must return to the course at exactly the same point where they exited.

ORANGE LEVEL CONSEQUENCE

11.4.3 IN THE FEEDZONE

Any rider assistance is only allowed in a designated Feedzone or Technical Zone. Any support outside of demarcated Feed or technical assistance zone attract an Orange level consequence.

If a second assistance zone is created, support may only be of a technical nature and no feeding is allowed in this area.

ORANGE LEVEL CONSEQUENCE

11.4.3.1. Accredited managers, coaches, parents, & volunteers may be feeders.

11.4.3.2. Each team is allowed a maximum of 3 feedzone accreditations.

11.4.3.3 Feeders must stand still while feeding riders.

11.4.4 No throwing food or water at the riders.

11.4.3.5 The Chief Commissaire may rule that, in case of extreme heat, water may be poured on riders. This exception shall be clearly communicated.

11.4.3.6 After feeding, the feeder will move out of the feeding area.

YELLOW LEVEL CONSEQUENCE

11.4.4 THE FINISH

11.4.4.1 Riders shall ensure that their racenumbers are clearly visible at all times

11.4.4.2 Tampering, cutting or modifying the racenumber is not allowed

11.4.4.3 Riders shall at all times have their hands on the grips when approaching and crossing the finish line.

11.4.4.4 A winner's salute is allowed when it is safe to do so.

YELLOW LEVEL CONSEQUENCE

11.4.5 PROTESTS AND COMPLAINTS

11.4.5.1 Only an accredited team manager can lodge a protest.

11.4.5.2 Any racing related protest shall be done in writing and handed to the Chief Commissaire within 15 minutes of results being posted.

11.4.5.3 Any protest deemed to be in poor sportsmanship or detracting from the Spirit of the Competition can, at the discretion of the Chief Commissaire, incur a penalty.

ORANGE LEVEL CONSEQUENCE

11.4.5.4 Complaints can be directed to the Finals Committee or Chief Commissaire at any time. The Finals Committee or Chief Commissaire reserves the right to escalate any complaint.

11.4.5.5 Judgment Calls

SCSA 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 due to the fact that most of the racing takes place on the race course 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 each and every protest that is submitted.

Participants 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 League officials are required to make. It is further expected of participants, family members, and coaches that they 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 and a strong character trait.

12 TEAM MANAGER AND SUPPORTING STAFF CODE OF CONDUCT

12.1 Helmets

All team managers and supporting staff must comply with all helmet rules at all team practices, team events, and League races. In the event a coach is seen riding without a helmet, a 25-point penalty will be applied to his or her team's score.

12.2 Duty of Care

Team Managers have a duty of care to their student-athletes at every event. This duty of care begins at the time designated by the team for the students to arrive and it ends at the conclusion of the event.

12.3 Event Attendance

The team manager, or duly represented person, shall attend every event.

Positive Sporting Behaviour; Race Director Complete Discretion

SCSA officials have complete and total discretion for the implementation of the rules regarding appropriate sporting behaviour. It is required that all managers will demonstrate respect for and deference to the person and the decisions of SCSA officials as it relates to sporting behaviour of riders, parents, other managers or staff, and other League officials, and a failure to do so may result in restrictions imposed on a manager's or rider's participation in the event. Managers will also display mature and positive behaviour during every event and in all interactions at all times with riders, parents, other managers or staff, and League officials. Managers must serve as role models to riders, thereby demonstrating fair and calm response in the event of protests, complaints, conflicts, or emergencies. Managers are expected to be focused not just on winning, but on helping riders develop positive character traits, learn life lessons, and grow into healthy young adults.

Managers are expected to conduct themselves in a professional manner when dealing with riders.

13 PARENT CODE OF CONDUCT

13.1 Helmets

Parents shall comply with all helmet rules at all races. Parents riding bicycles without helmets will receive 1 warning. After a 2nd infraction, the parent's rider

will be penalized 25 points at the race where the infraction occurred. Parents must wear helmets for the following reasons:

1. To set an example for the student-athletes;
2. As a part of risk management due to limited emergency resources on site;
3. The League is concerned about the safety of all our participants and spectators.

13.2 Handling Protests

Parents must handle protests, complaints, and/or conflicts with a positive and respectful attitude.

Parents should keep in mind that League officials have complete and total discretion for the implementation of these rules. It is required that parents will demonstrate respect for and deference to the person of and the decisions of the League officials and failure to do so may result in restrictions imposed on a rider's participation in the League.

13.3 Parents Riding & Providing Support On Course

For purposes of safety and fairness to the participants, the following rules must be observed by all parents, coaches and all others in attendance, other than racers during their race:

1. No riding on the course
2. No running or riding alongside the course or alongside a rider while they are racing.
3. No providing food, water, or support outside of the feed zones.

A violation of this rule will result in a penalty against the team that the Rules Committee determines to be the intended beneficiary of such action.

1. First Offense: 25 point penalty deducted from the team score on race day
2. Second Offense: 50 points penalty deducted from team score on race day
3. Third Offense: 100 point penalty deducted from team score on race day.

13.4 Positive Sporting Behaviour

It is expected that all parents will conduct themselves with a mature and positive sporting attitude during every event. All parents are expected to display mature and positive behaviour during every event and in all interactions at all times with riders, other parents, managers and other staff, SCSA officials.

What parents can do to encourage positive sporting behaviour:

1. Keep your comments positive. Don't bad-mouth managers, staff, riders, or officials. If you have a concern you need to express, discuss it privately with your child's team manager or a League official.
2. Commend good effort and performance, no matter whom it comes from. This is especially when it concerns riders from a "rival" team.
3. Remember that you are the parent. Shout encouragement, not directions, from the sidelines.
4. Be courteous towards other parents, managers, and riders from other teams. Understand that your behaviour sets an example not just for your family, but for everyone else at the event.
5. Look for examples of good sporting behaviour in other riders and point them out to your child. Talk about the bad examples too and explain why they upset you.
6. Emphasize values like teamwork, responsibility, and discipline. Winning comes and goes, but these values persist and are foundational to the physical and educational benefits of youth sports.

This document is designed to be progressive, as is our sport.