



New England Youth Cycling 2026 RuleBook

www.newenglandyouthcycling.com



OVERVIEW

O.1 Introduction

This Third Edition of the New England Youth Cycling ("NEYC") RuleBook ("RuleBook") is made effective January 1, 2026, and all prior rules and regulations are hereby superseded. The rules set forth in this RuleBook have been created by NEYC, focus on the operation of NEYC Races, are enforced by Race Officials, and may be interpreted/enforced by the Rules Committee for violations/reports/penalties on Race days, provided that the Board of Directors of NEYC reserves the right to overrule a Rules Committee decision if it is deemed to be in the best interest of the organization. While the majority of the material herein applies to NEYC Races, many rules and other standards or guidelines apply to the broader NEYC ecosystem, specifically including non-Race NEYC Events and Team events such as practices.

O.2 Rules Committee

The Rules Committee shall interpret/enforce the rules set forth in this RuleBook. The Rules Committee shall be appointed by the Board of Directors and such appointment power may be delegated to the Executive Director on Race days. Because time is of the essence on Race day, the hearing, consideration, and decisions by the Rules Committee shall be limited to the first three (3) or more impartial Rules Committee members that report to the Volunteer Tent after members have been called. Deliberations of the Rules Committee shall not be open to the public.

O.3 Questions

Any questions regarding a rule or requests for clarification may be submitted via email to info@newenglandyouthcycling.com.

O.4 Application

This RuleBook applies to all Coaches and Riders during all Events and at all other times, specifically including but not limited to while riding a bike, throughout the NEYC season (March 1 - June 30) or at any Pre-Season Event or Off-Season Event.

O.5 Non-Discrimination in Participation

NEYC recognizes the value of participation in Events, specifically including but not limited to Races, for all Riders and Racers. NEYC prohibits all forms of discrimination, including discrimination based on a Rider's or Racer's race, color, national origin, religion, and actual or perceived sex and gender, including gender identity and expression.

O.6 Select Definitions

- Category is a level of racing (i.e. Open1, Open2, Junior Varsity, or Varsity) within a series (i.e. Junior Series or Senior Series); the Categories are JS-Open1, JS-Open2, JS-JV, JS-V, SS-Open1, SS-Open2, SS-JV, and SS-V (see *also* Chapter 9 - Category Placement).
- Coach is an adult (18 years or older and no longer eligible to be a Rider) who is registered with NEYC as a coach, has completed all the requirements of a coach, and is engaged in coaching in the current NEYC season.
- Event is a practice, skills session, group ride, training ride, training, Race, workshop, gathering, or any other event promoted by, managed by, or run by NEYC or a Team during the NEYC Pre-Season, Regular Season, or Off-Season.
- Head Coach is an adult (18 years or older) who is registered with NEYC as one of two primary contact individuals for a Team (along with the Team Manager), has completed all the requirements of a Coach and Head Coach, may share in the management and administration of the Team, and is engaged in coaching in the current Season.
- Junior Series is the series of Races that includes Racers in grades 5-8.
- Off-Season runs from July 1 to and through November 30 (or later, as applicable).



- Pre-Season runs from December 1 (or later, as applicable) to and through February 28/29.
- Race is an NEYC race available to all Riders and Racers in good standing with their Team and NEYC.
- Race Officials manage the safety, scoring, rule enforcement, and general conduct of Races and include Race Director, Executive Director, Start Line/Finish Line Timing Officials, Course Marshals, Course Sweepers, Rules Committee Members, and Board of Directors Members.
- Racer is a Rider engaged in racing (Riders are not required to be Racers, but Racers must be Riders).
- Regular Season runs from March 1 to and through June 30. If the final Race of the season occurs after June 15 then the Regular Season will end two (2) weeks after the final Race.
- Rider is a registered participant in NEYC in grades 5-12 during the current Season (Riders are not required to be Racers, but a Racer must be a Rider).
- Senior Series is the series of Races that includes Racers in grades 9-12.
- Staging Area is the large area/pen encircled by tape or fencing in which Racers await a Race Official's "call-up" to enter the Starting Chute.
- Starting Chute is the narrow chute/pen lined with tape or fencing in which Racers who have been called-up from the Staging Area by a Race Official line up behind the start line.
- Team is a team of Riders with Head Coach, Team Manager, Coaches, and Riders all registered with and/or approved by NEYC.
- Team Manager is an adult (18 years or older) who is registered with NEYC as one of two primary contact individuals for a Team (along with the Head Coach) and manages (or shares the management of) the administration of the Team.
- Team Tent Area is the area at each Race venue that is designated by NEYC for each Team to place Team tents, Team supplies, Team equipment, and/or Team trailers. The Team Tent Area is ordinarily adjacent to the Staging Area, Starting Chute, and Start/Finish Area.
- Wave is a group of riders that stage at the same time and are on-course racing simultaneously.

Some rules contained in this RuleBook govern the behavior and conduct of persons other than Racers, such as Riders, Coaches, Team Managers, parents and siblings of Riders, and other Event attendees.

O.7 Discipline

NEYC has discretion to take disciplinary action (including but not limited to imposition of red-level consequences) with respect to any Rider, any Rider's family member(s), and/or other Event attendees for failure to comply with the standards set forth in this RuleBook. If such disciplinary action results in suspension then the suspension may extend up to the point where the sanctioned Rider or family member or other Event attendee is no longer eligible to attend or participate in an NEYC Event.

Interpretation and application of this RuleBook and disciplinary action is at NEYC's discretion and shall be administered and exercised by the Executive Director, the Race Director, Rules Committee, and/or the Board of Directors. Any decision of the Rules Committee shall be provided in writing within forty-eight (48) hours of the decision and shall set forth the basis for such decision.

Potential disciplinary actions include, but are not limited to, the following in any order or combination:

- Verbal warning issued by NEYC or a Race Official.



- Written warning issued by NEYC.
- Suspension or immediate ejection from an NEYC Event.
- Suspension from multiple NEYC Events.
- Season suspension or multiple-season suspension from NEYC and/or its Events.
- Permanent prohibition from participation in NEYC and/or its Events.

The rules and guidelines set forth in this RuleBook are in addition to any other rules, policies, and guidelines adopted by NEYC. Nothing contained herein shall be construed to limit, supersede, or override any provision, obligation, covenant, representation, warranty, or other term of any Code of Conduct or any agreement between the Rider (or such Rider's parent or guardian), Coach, and NEYC or any Team, including without limitation any Release of Liability, Assumption of Risk, and Indemnification Agreement.

O.8 People

Board of Directors

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Jonathan E. Goff, President
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Staff

Kelly E. Catale, Executive Director
James W. Grimley, Race Director
Elizabeth A. McDonough, Partnerships & Outreach Manager

O.9 Places

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O.10 Copyright

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*** End of Overview ***



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CHAPTER 1 – VIOLATIONS/PENALTY STRUCTURE

1.1 VIOLATIONS/PENALTY STRUCTURE

Violation of/failure to comply with rules and regulations expressly set forth in this RuleBook may result in consequences as described within the delineated rule or as described in one (1) or more of the following levels: Yellow, Orange, Red, and the chart below provides more complete description.

- Consequences may be applied in situations that are not expressly listed in this RuleBook at NEYC's discretion.
- Race Officials at Races and Coaches and other NEYC representatives (such as vendors at a workshop) at non-Race Events are responsible for enforcing consequences and may also impose sanctions and other penalties that are not specified in this RuleBook but are deemed appropriate, at the discretion of the Rules Committee, as applicable.
- Repeated infractions at a lesser consequence level may accumulate into consequences applied at a higher level (for illustration purposes only, three different (3) orange level infractions during a race or Event may result in red level consequences).
- Repeated infractions (first violation, second violation, third violation, subsequent violation) are counted per season (*not* per Race, *not* per Event, *not* per week, *not* per month, etc).
- Many rules in this RuleBook are formatted to include the applicable consequence level within the rule.
- Yellow, Orange, and Red level consequences are as follows:

YELLOW LEVEL

First Violation	Warning
Subsequent Violation(s)	Five (5) -minute penalty

ORANGE LEVEL

First Violation	Five (5) -minute penalty
Second Violation	Ten (10) -minute penalty
Third Violation	Disqualification from Event

RED LEVEL

First Violation	Disqualification from Event
Second Violation	Ejection from NEYC

- Coaches and Racers should note that (i) there are violations of this RuleBook for which the penalties include the loss of an *individual Racer's points* and (ii) there are violations of this RuleBook for which the penalties include the loss of *Team Points*.

*** End of Chapter 1 ***



CHAPTER 2 – EQUIPMENT RULES AND RIDER/RACER PROTOCOL

2.1 EVERYONE MUST WEAR HELMETS – YELLOW LEVEL

No exceptions. Strictly enforced. Riders and Coaches must always wear an approved helmet while riding a bike during any NEYC Event. Under no circumstances may a Rider be on a bike during any NEYC Event without a helmet fastened to their head, even when riding or gliding a short distance. Riders must also keep their helmets on when walking or running on the Race course while pushing/carrying a bike with a mechanical issue. A non-compliant Racer will not be allowed to start a Race. Helmet standards include:

- Helmet straps must be adjusted to the extent that no more than two (2) fingers can be pushed under the strap.
- Helmets must not have any cracks or dents from previous falls or mishandling.
- Helmets must be the correct size with minimal side-to-side or front-to-back movement.
- Helmet rules/standards are not applicable to Riders warming up on bikes that are securely mounted to stationary trainers and are not located on a Race course or area of ingress or egress thereto.
- Helmets must meet one (1) of the following standards:
 - U.S. Consumer Product Safety Commission (CPSC) standard for bike helmets.
 - Snell Memorial Foundation Standard "B" or "N" series.
 - American Society for Testing and Materials (ASTM) standard F-1447.
 - European Committee for Standardization (CE EN1078) standard for bike helmets.

2.2 MOUNTAIN BIKES ONLY – RED LEVEL

Riders must compete using mountain bikes that have wheels between 24" and 29" with tires not narrower than 1.75". A non-compliant Racer will not be allowed to start a Race. Additional requirements are:

- Tires must be manufactured for off-road use; no "slick" tires are permitted.
- No road bikes.
- No mountain bikes equipped with drop bars.
- No cyclocross bikes.

If a Rider is unable to ride a mountain bike with 24"-29" wheels due to their height or other physical limitation or attribute then, prior to participating in an NEYC Event, such Rider shall submit a petition to the Board of Directors seeking an accommodation to ride a mountain bike with smaller wheels.

E-bikes (or other bikes with forms of motor that replace or add to a Rider's propulsion) are prohibited for Riders at any time. E-bikes are allowed for Coaches only, and Coaches must obey local trail rules regarding e-bike use.

2.3 SINGLE SPEED BIKES – RED LEVEL

Bikes must have multiple functional gears, including a minimum of five (5) cogs in the rear. Racers in SS-Junior Varsity and SS-Varsity may choose to race on a single-speed bike.

2.4 FRONT AND REAR BRAKES – RED LEVEL

- Bikes must have fully operational front and rear brakes.
- Brakes must be properly maintained and adjusted to provide significant stopping power.
- Brake pads must not be worn below recommended limits.
- Bikes should be thoroughly inspected by the Rider before every Race and regularly before each Event.

2.5 HANDLEBAR END PLUGS AND STEM CAPS – YELLOW LEVEL

- For safety reasons, intact handlebar end plugs and stem caps are required at all times.



- No bar ends (forward pointing handle grip extensions), handlebar extensions, or "aero bars" may be used at any Race.
- A Racer riding a non-compliant bike will not be allowed to start a Race.

2.6 PEDESTRIANS AND OTHER TRAIL USERS – YELLOW LEVEL

- All Coaches and Riders shall be respectful to the trail environment and fellow trail users. Riders shall let other trail users know that a Rider/Riders are coming.
- Do not startle other Riders or other persons on the course, on the trails, or attending an Event. A friendly greeting or bell is considerate and works well.
- Show your respect when passing by other trail users, slowing to a walking pace or even stopping is expected.
- Anticipate other trail users around corners or in blind spots.

2.7 ABIDE BY TRAIL STATUS AND LOCAL RULES – YELLOW LEVEL

- When planning to ride a trail, be sure to check the trail status. Trails are often closed for various reasons, such as weather or maintenance.
- Do not ride trails or portions thereof when they are closed.
- Each trail will have local rules and each Coach and Rider is responsible for reading such local rules prior to riding on the trail and complying with such local rules while riding on the trail.
- In the event of a conflict between the rules contained in this RuleBook and any applicable local rules, the local rules shall govern unless the Rules Committee has determined that the local rule does not apply or should be waived for the relevant Race.

2.8 MUSIC PLAYERS AND HEADPHONES – YELLOW LEVEL

- Riders are not allowed to race or ride at NEYC Events with headphones, earbuds, speakers, or other portable musical devices.
- Riders may not play music on their cell phone or other device while riding at NEYC Events.
- A non-compliant Racer will not be allowed to start a Race.

2.9 CELL PHONES – ORANGE LEVEL

- Riders may not answer a cell phone or make cell phone calls while riding a bike.
- Riders may not play music on their cell phone or other device while riding.
- Riders must safely come to a complete stop, have both feet on the ground, and be clear of traffic flow to use their cell phones.

*** End of Chapter 2 ***



CHAPTER 3 – FORMS, POLICIES, AND REGISTRATION

3.1 REGISTRATION

All Riders and Coaches must be fully registered (which includes complete payment for the season) prior to participating in any NEYC Event (this includes team practices). Registration requirements to be completed include:

- Online Participation Agreement, which includes:
 - Signed Release of Liability, Assumption of Risk, and Indemnification Agreement (including Media Release)
 - Signed NEYC Code of Conduct
 - Signed NEYC League Policies
- Riders under eighteen (18) years of age must have the signatures of a parent or legal guardian.
- NEYC Program Registration Fee (also called "League Registration").
- Race Registration prior to racing.
- Race Registration Fee(s) prior to racing.

NEYC reserves the right to modify, supplement, and amend its registration requirements from time to time.

3.2 CONCUSSION RETURN-TO-PLAY POLICY

A Rider who is suspected of sustaining a concussion or head injury during an NEYC Event, or who is suffering the effects of a concussion sustained outside of an NEYC Event, shall be immediately removed from the Event for the remainder of the day and shall not be permitted to return to the Event or any subsequent Event until they are evaluated by a licensed health care provider. If a Rider sustains an injury that requires follow-up care by a doctor then that Rider must provide a letter authorizing "Return to Play" to their Head Coach or Team Manager prior to participatory return to Team or NEYC Events.

To reduce pressure on a Rider's return to participation and to encourage lengthened healing time following a concussion, a concussed Racer may take off a Race or multiple Races, and upon return, will be staged by NEYC at its discretion. NEYC will endeavor to avoid disadvantaging the returning Racer and may take into account the Racer's previous race performances, current fitness level, and input gathered from the Racer's coach(es) and parent(s)/guardian(s). To be granted this accommodation, the Racer's Head Coach or Team Manager must submit an email request to NEYC with a doctor's note attached that unequivocally clears the Racer for contact/physical activity before weekly Race registration closes (*NOT* late registration) for the Race in which the Racer plans to participate.

3.3 BANNED SUBSTANCES – RED LEVEL

Riders are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping. The use of performance-enhancing substances, as listed by USADA, will result in the immediate disqualification from one (1) full NEYC racing season or the equivalent number of Races spanning two (2) NEYC racing seasons.

A complete list of banned substances can be found on the USADA's website:
<https://www.usada.org/athletes/substances/prohibited-list/>

3.4 SUBSTANCE (ALCOHOL AND DRUG) USE – RED LEVEL

The use by Riders, Coaches, Race Officials, and spectators/attendees of alcohol or unprescribed drugs is prohibited at NEYC Events.

First Violation:



- The first violation of the NEYC Substance Use Policy will result in the Rider's loss of eligibility for three (3) Races. If a season ends before completing the three (3) -Race suspension then the loss of eligibility will carry over into the next season.
- If the Rider wishes to continue participation then they must continue to attend and participate in regular practice with their Team throughout the suspension.
- In addition to the above condition, the Rider will be required to attend a minimum of six (6) educational group sessions regarding alcohol and drug abuse. NEYC will approve classes at the time of enrollment, and documentation of attendance/completion must be provided to NEYC as a condition of the Rider's return to racing.

Second Violation:

- The second violation of the NEYC Substance Use Policy will result in the Rider's loss of eligibility for an additional three (3) Races under the same terms and conditions as the First Violation.

Third and Subsequent Violation(s):

- The third and subsequent violation(s) will result in the Rider's loss of eligibility for an additional six (6) Races. If the Rider becomes enrolls in an alcohol and/or drug treatment program then the Rider may be eligible for participation in racing after a minimum period of six (6) weeks regardless of end of/beginning of an NEYC season.

Team Penalties:

A Rider's violation of the NEYC Substance Use Policy may result in the following Team penalties:

- First Violation – 2,500-point penalty deducted from Team score on the immediately subsequent Race day.
- Second Violation – 5,000-point penalty deducted from Team score on the immediately subsequent Race day.
- Third Violation – 10,000-point penalty deducted from Team score on the immediately subsequent Race day.

3.5 TOBACCO AND NICOTINE USE – ORANGE LEVEL

Smoking and vaping are prohibited at all NEYC Events by all Coaches, Riders, Race Officials, volunteers, and spectators/attendees. Use of tobacco and nicotine products by Riders is strictly prohibited at all times.

Riders who use tobacco/nicotine products via smoking, vaping, chew, or any other vehicle will remain ineligible for participation in NEYC Events until they provide evidence that they have enrolled in a tobacco/nicotine cessation class/program to begin immediately. The Rider must participate and complete such class/program, provide written proof to their Coach when they have completed the class/program, and refrain from use of tobacco/nicotine products in the future. Continued use will result in the consequences for violation of the NEYC Substance Use Policy.

3.6 DEFERENCE AND DISCRETION

NEYC prioritizes early recognition and treatment of alcohol, drug, and tobacco/nicotine use/problems.

- Deference to Other Parties: NEYC reserves the right, in its sole discretion, to defer to and support the decision of the Rider's Head Coach, school, school district, social worker/counselor, or relevant law enforcement authorities in responding to any instance of substance use.
- Discretion: NEYC reserves discretion to modify the penalty/penalties prescribed by this RuleBook, including, but not limited to application of a more lenient or more severe penalties/consequences, based on attendant circumstances.



- Voluntary Referral: Any Rider who requests help or is referred voluntarily prior to a violation of NEYC's Substance Use Policy will not be suspended from participation if they successfully enroll in and commence the appropriate in-school/in-community educational program or other treatment program.

3.7 BULLYING, ABUSIVE BEHAVIOR, AND ABUSIVE LANGUAGE NOT TOLERATED – RED LEVEL

- Riders, Coaches, Race Officials, volunteers, and spectators/attendees are required to comply with all applicable laws and regulations. Use of a bike or any other piece of equipment as an instrument to intimidate, threaten, or injure anyone is prohibited.
- Examples of unsafe and abusive conduct include but are not limited to: swerving or sudden braking with the apparent intent to frighten or impede another Rider, willful crashing into another Rider or intentional/reckless contact with another Rider, physical grabbing of another Rider or Rider's bike, or pushing another Rider with any equipment, hand, leg, elbow, shoulder, foot, knee, leg, or any other body part with the apparent intent to intimidate, frighten, threaten, or harm such other Rider.
- Engagement in unsafe and abusive conduct, abusive language, and/or bullying may be grounds for referral to appropriate law enforcement.
- Riders, Coaches, Race Officials, volunteers, and spectators/attendees shall not use vulgar, coarse, threatening, or other inappropriate language or gestures at any time or for any reason.
- Riders, Coaches, Race Officials, volunteers, and spectators/attendees shall avoid actions that may be perceived as bullying or harassment.

3.8 SEXUAL HARASSMENT POLICY – RED LEVEL

NEYC strictly prohibits sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment includes but may not be limited to unwanted sexual advances or propositions; visual, verbal, or physical conduct of a sexual nature; leering; sexual gestures; display of sexually-suggestive objects or pictures; derogatory comments; epithets; slurs; sexual jokes; and physical conduct such as touching or blocking movement of another person. Similar behavior that is not spoken but is written, recorded, or otherwise transmitted on social media is treated similarly under the NEYC Sexual Harassment Policy.

Sexual harassment includes many forms of offensive behavior and is not limited to the specific items delineated in this RuleBook; for the sake of clarity and removing all doubt, harassment of a person of the same sex or otherwise based on gender is sexual harassment.

Any Rider, Coach, Rider's parent, volunteer, employee, Race Official, or any spectator/attendee at an NEYC Event that feels they have been sexually harassed at an NEYC Event then they should report the incident immediately to (i) local authorities, (ii) the U.S. Center for SafeSport (reporting information is below), and (iii) the NEYC Executive Director or a member of the NEYC Board of Directors.

Any Rider, Coach, Rider's parent, volunteer, employee, Race Official, or any attendee at an NEYC Event that feels they have been abused, assaulted, battered, or discriminated against at an NEYC Event then they should report the incident immediately to (i) local authorities, (ii) the U.S. Center for SafeSport (reporting information is below), and (iii) the NEYC Executive Director or a member of the NEYC Board of Directors.

Reports to the U.S. Center for SafeSport can be made using the SafeSport call reporting line at 833-5US-SAFE (833-587-7233) or online at <https://uscenterforsafesport.org/report-a-concern/>. The U.S. Center for SafeSport also has a 24-hour SafeSport Helpline at 866-200-0796, where specialists for the Helpline can provide confidential, one-on-one live support by phone, chat, or mobile app.



All reports shall be handled in a confidential manner by the Executive Director and the Board of Directors.

3.9 SPORTS GAMBLING POLICY – RED LEVEL

NEYC maintains a zero-tolerance policy prohibiting any forms of sports gambling, wagering, or betting on NEYC Events. This policy applies to all Coaches, Riders, Race Officials, volunteers, and spectators/attendees participating in or associated with NEYC. This policy exists to protect the integrity of NEYC Events, uphold the values of youth development and fair play, and ensure that all Racers, Riders, Coaches, Race Officials, and spectators/attendees enjoy a safe and ethical sporting environment free from exploitation or conflict of interest.

Sports gambling or betting includes, but is not limited to:

- Placing, accepting, or facilitating bets or wagers on the outcome, performance, or statistics of any NEYC Event.
- Using inside information obtained through involvement with NEYC or a Team for the purpose of gambling or influencing wagers.
- Encouraging or assisting others in engaging in gambling activity related to NEYC Events.

Any individual who becomes aware of gambling or betting activity involving NEYC Events is required to report it immediately to the NEYC Executive Director or a member of the NEYC Board of Directors. Failure to report known violations may result in disciplinary action.

*** End of Chapter 3 ***



CHAPTER 4 – JERSEYS

4.1 TEAM JERSEYS – RED LEVEL

Each Team must have matching NEYC-approved Team jerseys for its Riders, and every Racer must race wearing their Team jersey.

Racers must wear their Team jersey as their top/visible layer while staging, racing, and standing on the podium.

Team jerseys will be designed in consultation with NEYC (and the NEYC-approved jersey vendor).

- Each Team may choose to include sponsor logos in its jersey design.
- Each Team must include the current NEYC logo and the current NEYC sponsor logos on its jersey in approved jersey template locations.
- All logos and graphics must be appropriate to an audience of school-aged children.

4.2 SERIES LEADER JERSEYS

- In all Categories that offer overall individual series awards (see Section 11.2), Racers with the most individual points for the season (overall) will be awarded a leader jersey at the conclusion of each race.
- Each points leader is expected to wear the leader jersey at all NEYC races, so long as they remain the top points holder.
- In the case of a tie, both Racers shall wear a leader's jersey.
- The overall winner of the Category (a racer who finishes the Category with the leader jersey) shall *not* wear the leader's jersey during the first race of the subsequent season *unless* they are a returning Varsity Category leader returning to the Varsity Category.

*** End of Chapter 4 ***



CHAPTER 5 – RACE COURSE

5.1 CROSS-COUNTRY (XC) RACE DEFINITION

A cross-country mountain bike race is a mass-start competition held on a circuit course comprised of mixed terrain which might include dirt roads, dirt trails, grass, sand, or asphalt with rocks, roots, and other obstacles/terrain features in the course.

5.2 COURSE LENGTH AND DIFFICULTY

NEYC Race courses have a circuit short enough to require multiple laps for a Race and include terrain that can be completed by beginner Racers.

The number of laps per Category shall be determined according to the Race Director's estimate of the general ability of the Riders to complete the race within a specific time. The Race Director targets the average Race durations for each Category as follows:

Junior Series Categories (Grades 5-8)

JS-Open1	35 minutes
JS-Open2	60 minutes
JS-Junior Varsity	55 minutes
JS-Varsity	65 minutes

Senior Series Categories (Grades 9-12)

SS-Open1	35 minutes
SS-Open2	55 minutes
SS-Junior Varsity	70 minutes
SS-Varsity	90 minutes

See also Chapter 9 regarding Category Placement of Racers.

5.3 COURSE SIGNAGE AND MARKINGS

Course markers are posted along the course at least every 1/4 mile and at all intersections to let Racers know that they are on-course. Additionally, signage or course tape may serve to advise Racers of upcoming turns or features.

*** End of Chapter 5 ***



CHAPTER 6 – PRE-RIDE

6.1 PRE-RIDE OVERVIEW

- A pre-ride is a practice ride on the Race course during Race weekends.
- Pre-riding a Race course is strongly encouraged but not required.
- A pre-ride is not a Race or a race. Participants in pre-rides should not ride at an aggressive Race/race pace. *Anyone* riding the course outside of official pre-ride time is riding at their own risk as those times are not part of the Event.

6.2 PRE-RIDE RULES (YELLOW) – YELLOW LEVEL

- Riders on pre-rides on Race weekends must not interfere with Race course setup and should occur during official NEYC pre-ride times.
- Pre-ride times are published at the Coaches meeting and distributed via email to all Race-registered Riders prior to Race weekend.
- There is no guarantee that a Race course will be fully marked or that Race course signage will be fully set up for the pre-ride. Riders understand that Race courses may not be fully marked and that if they pre-ride the course then they do so at their own risk.
- NEYC reserves the right to modify the Race course during or after the pre-ride, generally in response to changing circumstances.

6.3 PRE-RIDE RULES (ORANGE) – ORANGE LEVEL

- DO NOT RIDE THE COURSE BACKWARDS. Riders on pre-rides must ride in the designated direction of the Race during the pre-ride – no backtracking is allowed. If Riders and Coaches must backtrack then they must walk with their bikes and not interfere with any Rider on a pre-ride.
- DO NOT INTERFERE WITH A RACE IN PROGRESS. Riders on pre-rides must maintain a safe distance behind sweepers of any Race in process. Riders on pre-rides must not, under any circumstances, pass sweepers or Racers.
- DO NOT MODIFY THE COURSE. Intentionally adding or removing obstacles deemed by Race Officials to be part of the Race course is prohibited. Riders, Racers, Coaches, and anyone else that observes an extraordinary hazard shall immediately report such extraordinary hazard to a Course Marshal, the Race Director, or other Race Official.

*** End of Chapter 6 ***



CHAPTER 7 – RACING RULES

7.1 ELIGIBLE RACERS

Registration for and participation in NEYC Events (such as Races, practices, and/or other events) is open to all New England residents who are enrolled in grades K-5 (Development Teams), 5-8, or 9-12 at a public school or private school/institution or who are homeschooled in accordance with the approval of the Rider's local school district. Individuals who reside outside of New England may participate in NEYC Events upon application to and approval from NEYC. Racers enrolled below grade 5 may participate in Junior Series Races at the discretion of the team Head Coach and Team Manager.

7.2 BOUNDARIES FOR PARTICIPATION

All Riders must ride on the team to which their "home" zipcode is assigned. The "home zipcode" shall be the zipcode of the Rider's residence; in the event that the Rider does not attend school in the zipcode of the Rider's residence then the "home zipcode" may be the zipcode of the Rider's school. If a Rider relocates/moves then they may elect to remain on their existing Team (i.e. their "old" zipcode) or transfer to the Team assigned to their new zipcode. If a Rider resides in multiple zipcodes (for example without limitation, living with separated parents or seasonal living situations) then NEYC may allow the Rider to ride on the Team associated with one or the other residence.

Riders that live or go to school in a zipcode with no Team assigned to it may elect to ride on the NEYC "League Team" (currently named "Nomads"). After one season as a Nomad, NEYC will strongly encourage and support Nomad Riders/Racers to form a Team in their local area.

A Rider may participate in practices with a Team that is not their registered Team, provided that:

- the Rider meets the participation requirements defined by their registered Team, and
- the Team they are visiting approves of their attendance and has enough coaches to support the Rider's attendance.

7.3 STUDENT AGE AND GRADE

To be eligible to compete in NEYC Races, a Rider must:

- Be enrolled in grades 5-8 or the homeschool equivalent and be no younger than ten (10) years old and no older than fifteen (15) years old at any time during the school year (September - June).
- Be enrolled in grades 9-12 or the homeschool equivalent and be no younger than thirteen (13) years old and no older than nineteen (19) years old at any time during the school year (September - June).
- Not have a high school diploma, general education diploma (GED), or otherwise be graduated from high school.
- A Racer who has skipped or been held back a single grade is placed into the Series according to their current grade level. A Racer who has skipped or been held back more than one grade must consult with the Board of Directors and obtain a decision from the Board of Directors regarding the Racer's placement into a Category.

7.4 PLACEMENT FOR HOMESCHOOLED STUDENTS

Homeschooled Racers shall be placed in the Series (Junior or Senior) that corresponds to the grade level they would otherwise be enrolled in for public school, based on the Rider's age.

7.5 DUAL ENROLLMENT

A Racer enrolled or otherwise taking college classes remains eligible for NEYC Events and Races so long as they have not attained graduation status from high school and are enrolled or taking classes at the college as K-12 students and not as a college student.



7.6 REGISTERED NEYC RIDERS ONLY ON RACE COURSES – ORANGE LEVEL

Only registered Racers participating in their Race (ie: during the time when their Category is actively racing) and authorized Race Officials may be on the Race course on a bike during racing. Family members of Racers, friends of Racers, and any Coaches found on the Race course on a bike during a Race may incur point penalties for that Racer's Team:

- First Violation: 250-point penalty deducted from Team score on Race day.
- Second Violation: 500-point penalty deducted from Team score on Race day.
- Third Violation: 1,000-point penalty deducted from Team score on Race day.

7.7 RACE REGISTRATION – RED LEVEL

- Racers must register and pay the Race registration fee prior to the closing of registration for the Race.
- A Rider who races without having timely paid the Race registration fee will be disqualified from that Race, and such Rider's Team shall be subject to a 250-point penalty deducted from Team score on Race day.

Each NEYC Race is part of the six (6) -race NEYC Race season. Any Team Rider in good standing with their team and NEYC and who has timely registered for the Race may compete in the Race (meaning that there are no additional qualification criteria). Individual points, Team points, and individual awards are distributed at the conclusion of each Race. Individual points and Team points accrue across the six (6) -race season and end-of-season awards for overall performance at both the individual and Team levels occur at the conclusion of the NEYC season.

7.8 STARTING CHUTE AND RACE STARTS – YELLOW LEVEL

Racers must adhere to the following guidelines when lining up/lined up in the Starting Chute for the start of a Race:

- All Racers shall start with one (1) foot on the ground.
- Racers shall not hold onto any person, bike not being ridden by such Racer, fencing, poles, or other facility while inside the Starting Chute.
- Racers shall not pass anyone in the Starting Chute at any time. A Racer may pass another Racer only after the Race has begun, both the passing Racer and the Racer being passed have left the Starting Chute, and the passing Racer has crossed the start line.
- Racers shall follow the staging times posted by NEYC. If a Racer is not in the Staging Area on-time and misses their call-up then that Racer shall be placed at the back of the Category in the Starting Chute.
- Racers must avoid overlapping the wheels of the Racer immediately in front of them while in the Starting Chute (reminder: a Racer may not pass anyone until the Race has begun and they have crossed the start line).
- Racers must enter the Starting Chute from the rear having been called-up by a Race Official or an NEYC staging volunteer. No Racer may pass while in the Starting Chute (reminder: a Racer may not pass anyone until the Race has begun and they have crossed the start line). Any Racer that cuts into the side or the front of the Category being called-up will be pulled and relegated to the back of the Category being staged.
- If a Coach assists a Racer in cutting into the side or the front of the Category being staged then that Racer's Team shall be assessed a 200-point penalty deducted from Team score on Race day. Coaches are required to follow and support the enforcement of the staging rules.

Only the following individuals may be in the Staging Area while a Race is being staged:

- Race Officials and NEYC staging volunteers.
- Racers in the Wave(s) being staged.
- Two (2) Coaches per Team, provided that all Coaches in the Staging Area must be



wearing the Coach-identifying item provided by NEYC (see below re: no Coaches may enter the Starting Chute).

Only the following individuals may be in the Starting Chute when a Race is being staged:

- Race Officials and NEYC staging volunteers.
- Racers in the Wave(s) being staged, and such Racers shall remain in the order in which they were staged (reminder: a Racer may not pass anyone until the Race has begun and they have crossed the start line).

7.9 LISTEN TO PRE-RACE ANNOUNCEMENTS

Racers must be present and attentive during pre-Race announcements. Racers that miss the pre-Race announcements may be required to stay after the start of the Race in order for Race Officials to repeat the announcements for them thereby ensuring that Racers have heard the complete content of the pre-Race announcements. Racers that are disruptive and/or talking over the announcements may be relegated to the back of the Category being staged.

7.10 START LINE CALL-UPS AND STAGING

Junior Series and Senior Series call-ups are as follows:

- Race 1: Racers with points from the previous Race season will be staged (highest to lowest); current national champions may be staged as first call-up in their Category. Female Racers will be staged by their staging points (which may be different than their series points) from the previous season.
- Race 2: In order of points from Race 1 (highest to lowest).
- Race 3: In order of points combined from Races 1 and 2 (highest to lowest).
- Race 4: In order of points combined from Races 1, 2, and 3 with a throwout of the lowest-scoring Race (including DNF, DNS, DSQ (0 points)) (highest to lowest).
- Race 5: In order of points combined from Races 1, 2, 3, and 4 with a throwout of the lowest-scoring Race (including DNF, DNS, DSQ (0 points)) (highest to lowest).
- Race 6: In order of points combined from Races 1, 2, 3, 4, and 5 with a throwout of the lowest-scoring Race (including DNF, DNS, DSQ (0 points)) (highest to lowest).
- At all Races, Racers without points will be staged randomly at the back of the Category.
- Staging procedures may be adjusted by NEYC during the season.

7.11 THE START

- A Race Official will make warning announcements before the Wave is sent, such as "1 Minute", "30 Seconds", "15 Seconds," and "Go."
- The time duration between "15 Seconds" and "Go" may be any time duration from 1 second to 20 seconds.

7.12 BRING THE BIKE – RED LEVEL

- Racers shall not start, progress on the Race course, or finish without a bike.
- A Racer whose bike becomes inoperable during a Race shall progress along the Race course pushing or carrying their bike in the same direction as the Racer traffic to the Start/Finish Area; exiting the Race course with an inoperable bike anywhere other than the Start/Finish Area or Team Tent Area shall result in DNF.
- A Racer pushing or carrying their bike must stay on the Race course but may not obstruct the progress of other Racers.

7.13 FOOTWEAR – YELLOW LEVEL

- Racers must wear appropriate footwear.
- Footwear must be fully enclosed and fastened with either straps, buckles, or laces.
- Racers without appropriate footwear will not be allowed to Race.

7.14 EYE PROTECTION



- Eye protection is strongly recommended but not required.

7.15 CELL PHONE AND COMMUNICATION DEVICES – ORANGE LEVEL

- Racers shall not utilize electronic devices to communicate while racing except when approved by NEYC for a Racer's medical needs (e.g. medical device monitoring during a Race). Use of electronic communication equipment will be considered outside assistance for Racers of all Series.
- Electronic devices with active GPS tracking may be used by Racers for GPS tracking purposes only (for example, a cellphone with GPS capability may be used but only for GPS purposes while racing and not for phone/communication purposes while racing).

7.16 NUMBER PLATES

- Each Racer must affix an official NEYC number plate to the handlebars at the front of their bike with the number plate facing forward during NEYC Races.
- The number plate shall be attached with at least three (3) fasteners and must be visible on the bike during racing (absent the plate being damaged or lost due to a mishap on course while racing).
- Racers maintain the same number plate for the entirety of the NEYC season.
- If a Racer loses their number plate then a new plate must be purchased for a fee of fifty dollars (\$50) or a loaner plate may be available in exchange for temporary collateral (e.g., parent's driver's license). Results may be delayed for any Racer who uses a replacement/loaner plate.

7.17 WALK THE BIKE THROUGH TEAM TENT AREA – YELLOW LEVEL

- Unless specified otherwise at the Coaches pre-Race meeting, all Racers, Riders, attendees, and other persons shall walk their bikes in crowded areas such as the Team Tent Area, infield, or spectator/attendee areas.
- Any Racer, Rider, attendee, or other person riding a bike who demonstrates reckless behavior or creates a risk of harm to any other person may be disciplined including but not limited to individual penalties and Team penalties.

7.18 PRACTICE CONTROLLED RIDING – RED LEVEL

- All Racers, Riders, attendees, and other persons at a Race must practice safe riding techniques and must always be in control of their bikes.
- Riding out of control is not tolerated; exhibiting a reckless attitude or taking irresponsible risks is not tolerated.
- Any Racer, Rider, attendee, or other person riding a bike at an Event who demonstrates reckless behavior or creates a risk of harm to any other person may be disciplined including but not limited to individual penalties and Team penalties.

7.19 HANDS ON BARS – YELLOW LEVEL

- Racers must ride with at least one (1) of their hands holding the bars within reach of the brake levers (absent extenuating circumstances).

7.20 PASSING SLOWER RACERS – YELLOW LEVEL

When overtaking another Racer on the Race course, the passing Racer shall do so safely and respectfully and must:

- Pass only when safe to do so and without making contact with any other Racer, Racer's bike, Race Official, or Race Official's bike.
- Call out "On your left" or "On your right" or use other similar language to indicate on which side the pass will occur.
- Pass in a manner that ensures the safety of other Racers and Race Officials; dangerous passing will not be tolerated.



7.21 LAPPED RACERS MUST YIELD – YELLOW LEVEL

- A lapped Racer is one who is being passed by Racers in their Category who are a full lap ahead.
- Lapped Racers must yield to lapping Racers passing them.
- Lapped Racers being passed by lapping Racers must move over as quickly, efficiently, and safely as possible.

7.22 LEADER OWNS THE TRAIL BUT LEADER SHALL NOT BLOCK – YELLOW LEVEL

- In the event that two (2) Racers are vying for position, the leading Racer is not required to yield to the challenging Racer.
- However, a Racer may not bodily interfere with the apparent intent to impede another Racer's progress.
- Traditional rules of racing apply: the leading Racer "owns the trail."

7.23 BIKE PUSHERS MUST YIELD – ORANGE LEVEL

- Racers riding bikes have the right-of-way over Racers pushing or carrying bikes.
- Whenever possible, Racers pushing or carrying bikes must stay on the least rideable portions of the Race course.
- Pushing or carrying Racers may overtake riding Racers provided that pushing or carrying Racers shall not impede the progress of the riding Racers.

7.24 OUTSIDE ASSISTANCE – ORANGE LEVEL

- Definition: Outside assistance occurs when someone other than the Racer provides the Racer with parts, tools, gear, food, drink, or physical assistance (touching or manipulating the bike).
 - Verbal assistance is *not* outside assistance.
 - The handing to any Racer food and/or drinks *in the Feed Zone* is *not* outside assistance. For the sake of clarity, the providing of parts, tools, gear, or physical assistance (touching or manipulating the bike) anywhere on the course including the Feed Zone *is* outside assistance (and is prohibited for SS-JV and SS-V Racers).
 - The handing of/delivery of any prescription medical item or device (for example, inhaler, EpiPen) to a Racer along the Race course or in the Feed Zone for safety or verified medical reasons is *not* outside assistance.
 - Neutral support in the designated neutral support area of the Race course is available to all Racers and is *not* outside assistance.
- All Junior Series Categories, SS-Open1, and SS-Open2 are allowed outside assistance.
- SS-JV and SS-V Racers are *not* allowed outside assistance on the Race course, except by neutral support in the designated neutral support area. Additional details for SS-JV and SS-V Racers are:
 - Racers must repair their own flat tires and mechanical problems and carry their own tools, tubes, and supplies.
 - Racers may receive assistance and supplies from other simultaneously-racing Racers without penalty.
 - The Racer must report any occurrence of outside assistance to a Race Official if the Racer is still on-course, or if the Racer is off-course then to an on-course Race Official or to a Race Official at the Timing Tent immediately after the finishing the Race or retiring from the Race.
 - Racers shall check the posted preliminary results in order to ensure that the outside assistance has been recorded and penalty deducted.
 - A Racer that does not self-report may be subject to a doubling of the penalty.

7.25 REPAIR BIKES OFF THE TRAIL – YELLOW LEVEL

In the case of a broken bike, a dropped chain, or other mechanical issue, Racers must get themselves, their bikes, and their equipment/supplies/gear off the Race course and clear the



way of any fallen equipment/supplies/gear so that the Race course is (i) not blocked in any way for other Racers and/or (ii) cleared of debris.

7.26 SWITCHING BIKES

- Racers must complete the entire Race on the same bike upon which the Racer began the Race.
- If a Racer needs to switch bikes then they shall continue forward on the Race course with their original bike until they reach the Start/Finish Area or the Team Tent Area at which point the Racer may exchange bikes where convenient. Bikes shall only be swapped at the Start/Finish Area, neutral support tent/area, and Team Tent Area. A Racer that swaps a bike at the Team Tent Area shall return to the Race course from the precise place that the Racer left the Race course.
- The Racer must report any occurrence of bike-switching to a Race Official at the Start/Finish Area or the Timing Tent immediately after the finishing the Race or retiring from the Race.
- A bike-switching Racer shall check the posted preliminary results in order to ensure that the bike switch has been recorded and penalty deducted.
- A bike-switching Racer that does not self-report may be subject to a doubling of penalties.
- A ten (10) -minute penalty shall be assessed for a bike-switching Racer during a Race.

7.27 CUTTING THE COURSE – RED LEVEL

- In the event a Racer goes off the Race course, whether inadvertently or intentionally (for example, to repair a bike), the Racer is not permitted to gain advantage from leaving the Race course and must re-enter the course at the same location that they went off the Race course.
- In the event a Racer re-enters the course at a location different from their exit, if the Rules Committee determines that an advantage (of either time or distance) was gained as a result then a red level consequence shall be imposed.
- Racers must not deviate from the edge of the Race course (as defined either by ribbons, tape, or an obvious change in trail surface or foliage characteristics) by more than three (3) feet.
- When the Race course/trail is clearly on one side of a pole, tree, or other obstacle, the Racer must pass that feature on the trail side of the feature.
- A Racer may not leave the marked Race course unless ordered or permitted to do so by a Race Official or a public authority (for example, ranger, police, fireman, EMT).
- In the event of a mechanical problem, the Racer shall walk along the course (forward, with traffic), pushing or carrying their bike over the finish line.
- In the event of a medical emergency, the Racer shall remain still and wait for a Course Marshal, Race Official, or public authority (ranger, police, fireman, EMT) for medical help. Able Racers should make efforts to report any observed medical issues to a Course Marshal, Race Official, or Sweeper.

7.28 RACE COURSE BLOCKED BY VEHICLE OR EMERGENCY – RED LEVEL

- If the Race course is blocked by a vehicle for an emergency then all Racers shall stop in a single file without changing position and/or follow the directions of the Race Official at the scene.
- Only a Race Official can provide directions to Racers regarding Race protocols, provided, however, that public authorities (ranger, police, fireman, EMT) may direct Racers in medical emergencies or another event threatening Racer safety.
- Racers shall remain in position until instructed to recommence racing at the instruction of the Race Official.

7.29 RACERS MAY BE PULLED



- Race Officials may, when appropriate, pull a Racer who appears to be overheated, hypothermic, dehydrated, overly exhausted, or in any way injured, overstressed, or at risk of injury or observes circumstances that make it unsafe for the Racer to proceed. Race Officials may pull such a Racer at any location on the Race course.
- Race Officials may pull a Racer due to schedule constraints.
- A Racer that is pulled is classified as a DNF and is awarded points accordingly.

7.30 ONE CATEGORY PER RACE DAY

- Racers may participate in only one category on Race day.

7.31 BIKES AND EQUIPMENT ON THE PODIUM

- Bikes and other non-apparel equipment are prohibited from the podium during awards ceremonies. Racers who want to support brands may do so by wearing accessories (i.e. hats, socks) displaying sponsor logo(s). Section 4.1 requires Racers to wear their Team jersey as their top/visible layer while standing on the podium.

*** End of Chapter 7 ***



CHAPTER 8 – TEAM TENT AREA AND FEED ZONE

8.1 GENERAL (YELLOW)

Violations of Chapter 8 are subject to **YELLOW LEVEL** consequences unless indicated otherwise.

8.2 DESIGNATED TEAM TENT AREA

- All Team tents, supplies, equipment, and/or trailers must be set up in the Team Tent Area designated by NEYC. Teams may not erect tents, tables, bike stands, or mechanical stations outside of the area immediately surrounding their Team Tent in the Team Tent Area.
- All Team tents, supplies, equipment, and/or trailers must be set up prior to the start of the first Race scheduled on Race day.

8.3 BIKE PARKING

Coaches, Racers, Riders, and any other attendees must park their bikes out of throughways to avoid impeding or obstructing cars, pedestrians, Racers, Riders, and other attendees.

8.4 CARS/TRUCKS IN THE TEAM TENT AREA

There are no vehicles permitted in the Team Tent Area except during announced load-in/load-out times.

8.5 FEED ZONE(S)

- Only one person per Racer in the current Race is allowed to be in the Feed Zone.
- Racers will be penalized for accepting food or drink outside of the boundaries of the Feed Zone.
- All persons must stand behind the designated feeding boundary (i.e. snow fence, course tape) at all times. Standing directly on the Race course is *not* permitted.
- Bottles and food wrappers may be *temporarily* discarded in/around the Feed Zone and *must* be cleaned up by the person feeding the Racer or by the Racer after their Race.

8.6 NO INTERFERENCE WITH OTHER RACERS

- Feeding one Racer shall not be the cause of any other Racer to slow down, veer off-course, or be impeded in any way.

8.7 FOOD AND DRINK ONLY

- Racers may accept only food and drink items in the Feed Zone.
- Racers may not accept items other than food and drink, specifically including, but not limited to, parts, tools, gear, or physical assistance within the Feed Zone during Races.
- Violation of this restriction constitutes outside assistance, and outside assistance penalties apply to SS-JV and SS-V Racers (i.e. **ORANGE LEVEL**).

8.8 CLOTHING EXCEPTION

- In the event of (i) cold or inclement weather or (ii) a Racer tears/rips/damages clothing while Racing, clothing may be transferred to/from Racers in the Feed Zone. Clothing may *not* be handed to a Racer anywhere else on the Race course and constitutes outside assistance with outside assistance penalties (i.e. **ORANGE LEVEL**) for SS-JV and SS-V Racers, except in the case of torn/ripped/damaged clothing while Racing.

8.9 NO PHYSICAL CONTACT

- All hand-offs in the Feed Zone must be conducted hand-to-hand only – from the hand of the feeder to the hand of the Racer. For the sake of clarity, (i) no person may place water bottles onto the bike of a Racer or hydration packs onto Racers; (ii) no person may deliver anything directly to the Racer's mouth; and (iii) no person may deliver anything



- directly to a Racer's pockets (whether on the Rider's jersey, backpack, or otherwise).
- No physical contact other than hand-to-hand transfer of food and/or drink in the Feed Zone may occur between a Racer and a feeder or any other person is allowed. Other contact may be considered outside assistance with outside assistance penalties (i.e. **ORANGE LEVEL**) for SS-JV and SS-V Racers.

8.10 NO RUNNING IN THE FEED ZONE

- Running in or around the Feed Zone is not permitted under any circumstances. Running increases the risk of collisions and interference with Racers and other feeders.

8.11 FEEDING SIDE

- Feeding Racers traditionally happens on the right side of the Race course and out of the way of other Racers. Some Races may be forced to have a left-hand feed due to venue limitations.
- Regardless of the side of the Race course designated as the Feed Zone, all feeders must feed Racers from that same side.
- Racers being fed must pull all the way over to the feeding side so that those Racers not wanting a stop/pause to feed may pass through the Feed Zone unimpeded.
- After being fed, the Racer must move clear of the Feeding Zone to allow plenty of room for other Racers to be fed.
- After feeding a Racer, the feeder must move clear of the Feeding Zone to allow plenty of room for other feeders.

8.12 NO THROWING WATER ON RACERS

- No person may pour, spray, or throw water on Racers anywhere on the Race course.
- Racers may douse themselves with water on Race course areas other than the Start/Finish Area and the Feed Zone. *Racers shall never douse themselves in the Feed Zone nor in the Start/Finish Area.*
- Under extreme heat conditions, NEYC may designate a specific area for water to be poured, sprayed, or thrown on Racers by persons other than the Racer. If NEYC designates a dousing area then dousing by persons other than the Racer is prohibited outside of that area.
- *Water shall never be poured, sprayed, or thrown on Racers in the Feed Zone nor in the Start/Finish Area.*

8.13 VISIBLE TEAM IDENTITY IN THE FEED ZONE

- Feeders are recommended to wear a shirt, jacket, hat, vest, jersey, or other means of identification with an NEYC or Team identity for the Racer(s) that they are feeding.

*** End of Chapter 8 ***



CHAPTER 9 – CATEGORY PLACEMENT AND PROMOTIONS

See *also* Chapter 5 for a description of Course Length and Difficulty standards for the Categories. See *also* Appendix D for a Category placement guide.

9.1 GENERAL

Category placements for racing must be determined by the Head Coach/Team Manager to ensure each Racer is placed appropriately based on skill and experience and the placement expectations outlined below. Anticipated placements for Racers from the prior season will be provided to Head Coaches by NEYC as a guideline. If a Head Coach disagrees with the anticipated placement then they are encouraged to have a discussion with NEYC to review the Racer's readiness and adjust as needed.

Category promotions recognize a Racer's growth, competitiveness, and readiness for a more challenging race format, and NEYC reserves the right to adjust a Racer's placement if it is found to be inconsistent with the guidelines outlined below. This ensures that all Racers are competing in the appropriate Category based on their skill level and experience.

Female Racers will be promoted if their performance is comparable to the male Racers promoted using the guidelines outlined in Section 9.3 and 9.5.

A Racer is not permitted to downgrade to a lower race category between seasons unless the change is based on a demonstrated need and approved by NEYC.

9.2 JUNIOR SERIES CATEGORY PLACEMENT – THROUGH GRADE 8

The following Category-specific criteria will be used in determining Junior Series Category placement. The criteria for Earned/Recommended Promotions for the Junior Series are in Section 9.3.

- JUNIOR SERIES 1 LAP OPEN (JS-Open1) – 1 LAP
 - JS-Open1 is intended for our youngest Racers with little or no race experience or Racers who have trouble completing two (2) laps.
 - Placement expectations by grade level:
 - 6th, 7th, and 8th Graders should place in the bottom 50% of JS-Open1.
 - 5th Graders and below are generally suited for JS-Open1. However, if a Racer competed in JS-Open1 in a prior season then they are encouraged to move to JS-Open2.
 - Podium positions, if Racers are in the correct Category, should primarily consist of Racers in 5th grade and/or brand-new racers. Racers who exceed these placement expectations may be promoted to JS-Open2 or JS-JV to ensure that they are competing in a Category that best matches their skill level.
- JUNIOR SERIES 2 LAP OPEN (JS-Open2) – 2 LAPS
 - JS-Open2 is intended for Racers who want to race two (2) laps but are not yet ready for the intensity of JS-JV. This Category allows Racers to compete at a two-lap level while focusing on building endurance and experience.
 - Placement expectations by grade level:
 - 8th Graders should place in the bottom 50% of JS-Open2.
 - 7th Graders should place in the bottom 50% of JS-Open2.
 - 6th Graders and below are generally suited for JS-Open2 unless their performance places them in the top 50% of JS-JV.
 - Podium positions, if Racers are in the correct Category, should primarily consist of Racers in 6th grade and below. Racers who exceed these placement expectations may be promoted to JS-JV to ensure that they are competing in a Category that



better matches their skill level.

- **JUNIOR SERIES JUNIOR VARSITY (JS-JV) – 2 LAPS**
 - The JS-JV category is intended for faster Racers who are not yet ready for the three (3) lap distance of JS-Varsity, although most in this Category could likely handle three (3) laps.
 - Placement expectations by grade level:
 - 8th Graders should finish below the top 20% of JS-JV.
 - 7th Graders are generally suited for JS-JV unless promoted to JS-Varsity based on their performance in prior season.
 - 6th Graders and below are appropriately placed if a Racer's finishing position in JS-Open2 would place them in the top 50% of JS-JV.
 - Podium positions, if Racers are in the appropriate Category, should primarily consist of Racers in 7th grade and below. Racers who exceed these placement guidelines may be promoted to JS-Varsity to ensure that they are competing in a Category that better matches their skill level.
- **JUNIOR SERIES VARSITY (JS-V) – 3 LAPS**
 - The JS-V category is intended for the most skilled Racers in 8th grade and below.
 - Placement expectations:
 - This Category is generally suitable for Racers who previously competed in JS-JV and/or who have the Race experience and endurance to maintain pace for three (3) laps.

9.3 JUNIOR SERIES CATEGORY PROMOTIONS -- EARNED/RECOMMENDED

To create a fair and consistent system for evaluating Racer progress, NEYC uses both time-based performance and field-placement data from the previous race season to determine "Earned Promotions" (i.e. required promotions) and "Recommended Promotions" (i.e. optional but highly encouraged) for Category upgrades for returning Junior Series Racers.

Each returning Racer may obtain stars based on how they performed in each Race, and these stars are used to determine whether the Racer qualified for an Earned Promotion or Recommended Promotion. The goal is to recognize strong performance across different types of courses and conditions, while ensuring Racers are evaluated in a way that is consistent and equitable for the purpose of aligning each Racer's ability with each Racer's Category.

For Junior Series Racers, a two-pronged approach is used to award stars with the primary method based on time behind the winner in a Race, and the second method based on the Racer's grade and their finish position in a Race.

Primary Method: Based on Time behind the Winner

For each Race, Racers could obtain stars based on how fast they finished.

- An EARNED star is given to a Racer that finished within a set gap behind the Race winner in the Racer's Category
 - For 2026 upgrades, the set gap is 4:00 minutes or less
- A RECOMMENDED star is given to a Racer that finished within a set gap behind the Race winner in the Racer's Category
 - For 2026 upgrades, the set gap is 4:01-8:00 minutes

Secondary Method: Based on Racer's Grade Combined with Finish Position in Each Race

For each Race, Racers could obtain stars based on their grade combined with their finish position in their Category:

- JS-JV 7th grade Racers in the previous season (8th graders for the current season):
 - An EARNED star is given to a Racer that finished in the Top 20% of the Racer's



- Category
 - A RECOMMENDED star is given to a Racer that finished in the Top 21%-30% of the Racer's Category
- JS-Open2 6th or 7th grade Racers in previous season (7th or 8th grade Racers for the current season):
 - An EARNED star is given to a Racer that finished in the Top 40% of the Racer's Category
 - A RECOMMENDED star is given to a Racer that finished in the Top 41%-50% of the Racer's Category
- JS-Open1 5th, 6th, or 7th grade Racers in previous season (6th, 7th, or 8th grade Racers for the current season):
 - An EARNED star is given to a Racer that finished in the Top 40% of the Racer's Category
 - A RECOMMENDED star is given to a Racer that finished in the Top 41%-50% of the Racer's Category

Each returning Racer's final star count comes from the method that awards each returning Racer the higher number of stars. The maximum number of stars a Racer can be assigned is six (6).

Earned Promotions

If a returning Racer earns a promotion based on their previous season's performance then they are required to race in at least the next higher Category. A Racer earns a promotion if the Racer

- Competed in two (2) or more Races in the previous season, accruing at least two (2) EARNED stars or
- Competed in only one (1) Race in the previous season, accruing at least one (1) EARNED star

Recommended Promotions

If a Racer does not qualify for an Earned Promotion then they may still receive a Recommended Promotion if the Racer

- Competed in two (2) or more Races in the previous season, accruing at least two (2) RECOMMENDED stars or
- Competed in only one (1) Race in the previous season, accruing at least one (1) RECOMMENDED star

Promotions not captured as an Earned Promotion or a Recommended Promotion (above) will follow the grade-based guidelines in Section 9.2. Additional considerations are found in Section 9.8.

9.4 SENIOR SERIES CATEGORY PLACEMENT – GRADES 9 THROUGH 12

The following Category-specific criteria will be used in determining Senior Series Category placement. The criteria for earned/recommended promotions for the Senior Series are in Section 9.5.

- SENIOR SERIES 1 LAP OPEN (SS-Open1) – 1 LAP
 - SS-Open1 is a one (1) lap race for Racers not able to compete at two (2) laps. Approval from NEYC is required for participation in this Category.
- SENIOR SERIES 2 LAP OPEN (SS-Open2) – 2 LAPS
 - SS-Open2 is intended for Racers in 9th, 10th, 11th, and 12th grade who prefer or



require a shorter Race distance due to personal preference or ability level. Racers in this Category will complete two (2) laps, allowing them to compete in an environment that emphasizes skill development and enjoyment over endurance.

- Placement expectations: This Category is suitable for Racers who completed two (2) laps in the previous season without Earned Promotion to a three (3) -lap Category, as well as for new Racers whose age, skills, and ability align with this level of racing.
- SENIOR SERIES JUNIOR VARSITY (SS-JV) – 3 LAPS
 - SS-JV is a three (3) -lap race intended for skilled Racers who are competitive Racers but who are not yet prepared for the elite level and the four (4) -lap distance of SS-Varsity.
 - Placement expectations: This Category is suitable for Racers who would like the challenge of racing three (3) laps.
- SENIOR SERIES VARSITY (SS-V) – 4 LAPS
 - SS-Varsity is intended for the most skilled Racers in NEYC.
 - Placement expectations: This Category is suitable for
 - Prior SS-JV Racers who would like the challenge of racing four (4) laps.
 - Previous JS-V Racers moving to the Senior Series and would like the challenge of racing four (4) laps.
 - Any Racer who has the race experience and endurance to maintain pace for four (4) laps.

9.5 SENIOR SERIES CATEGORY PROMOTIONS -- EARNED/RECOMMENDED

NEYC uses performance data from the previous season to determine "Earned Promotions" (i.e. required promotions) and "Recommended Promotions" (i.e. optional but highly encouraged) for Category upgrades for returning Senior Series Racers.

Note that an SS-Open1 Racer in the previous season is not subject to an Earned Promotion or Recommended Promotion to SS-Open2.

Earned Promotions

If a returning SS-JV Racer earns a promotion based on their previous season's performance then they are required to race in the SS-V Category. A returning SS-JV Racer earns a promotion if the Racer

- Competed in two (2) or more Races in the previous season and finished in the Top-10 in at least two (2) Races or
- Competed in only one (1) Race in the previous season and finished in the Top-10

Recommended Promotions

If a returning Racer does not qualify for an Earned Promotion then they may still receive a Recommended Promotion if

- A returning SS-Open2 Racer in the previous season that had a Top-10 finish in any Race is recommended for promotion.
- A returning SS-JV Racer in the previous season is recommended for promotion if the Racer:
 - Competed in two (2) or more Races in the previous season and finished in the Top-20 in at least two (2) Races or
 - Competed in only one (1) Race in the previous season and finished in the Top-20.

Promotions not captured as an Earned Promotion or a Recommended Promotion will follow any applicable grade-based guidelines in Section 9.4. Additional considerations are found in Section 9.8.



9.6 CATEGORY PLACEMENT BY GENDER IDENTITY

A Racer seeking to compete in a Category consistent with the Racer's gender identity that differs from their sex assigned at birth may do so by notifying the Executive Director in writing at least thirty (30) calendar days prior to the first Race of the season in which such action is sought.

- The Racer's written notification to the Executive Director shall include:
 - A statement that the Racer has genuinely and consistently held/expressed a gender identity different from the sex delineated on the Racer's birth certificate.
 - A brief description of the Racer's gender story, including age at emerging awareness of incongruence between the sex assigned at the Racer's birth and the Racer's gender identity; a brief description of at what stage the Racer is in the gender transition process.
 - Any additional information that the Racer feels is important may be included.
 - A letter of support from the Racer's parent or guardian which, at a minimum shall state that the Racer's gender identity for NEYC Events is consistent with the Racer's day-to-day gender identity (outside of NEYC Events) and may include any other information that the parent/guardian feels is important.
 - A letter of support from a school administrator or a qualified healthcare provider, each with personal knowledge of the Racer; the letter of support, at a minimum, shall state that the Racer's gender identity for NEYC Events is consistent with the Racer's day-to-day gender identity (outside of NEYC Events) and may include any other information that the writer feels is important.
- The Executive Director shall review the materials submitted by the Racer with the Board of Directors, provided that such materials shall be identity-redacted by the Executive Director, and the Board of Directors shall, provided that the Racer's materials are complete and convincing, promptly place the Racer in the Category matching the Racer's gender identity. Placement based on gender identity shall carry over from year-to-year but is subject to review by the Board of Directors upon clear and identifiable indicia that the Racer's gender identity was not genuinely held or has thereafter changed.
- All discussions and documentation regarding a Racer's gender identity shall be kept confidential to the extent permitted by applicable law unless such Racer and/or such Racer's parent/guardian makes a specific request in writing.

9.7 JUNIOR SERIES UPGRADE TO SENIOR SERIES

- A Racer whose age/grade aligns with Junior Series may petition to race in Senior Series. The Racer's Head Coach and/or Team Manager must submit a petition to NEYC in writing requesting the upgrade from Junior Series to Senior Series. Petitions must include detailed evidence that the Racer demonstrates the following qualities:
 - Technical Capability
 - Physical Fitness
 - Maturity
 - Leadership
 - Resilience
- Petitions for upgrading from Junior Series to Senior Series are due two (2) weeks before staging is finalized for the first Race of the NEYC Race season. NEYC will review petitions and determine the appropriateness of an upgrade to Senior Series and to which Category the Racer is assigned.
- A Racer who upgrades to Senior Series is bound by the upgrade rules of that Category



for subsequent seasons' placement.

9.8 IN-SEASON CATEGORY CHANGES

- See *also* Section 9.3 and Section 9.5.
- Mid-season category changes are not preferred; however, NEYC encourages coaches to consider each Racer's development opportunities, which might mean upgrading them. If a Racer's performance indicates that the Racer falls outside of the guidelines set for their then-current Category then NEYC reserves the right to change that Racer's Category at any time in the Race Season.
- NEYC will upgrade a SS-JV Racer and *may* upgrade a SS-Open2 Racer mid-season if they are winning by a noteworthy margin and the Racer is new to the league (and has no racing experience in an NEYC Category). If the SS-Open2 or SS-JV Racer is winning by a noteworthy margin but they are racing according to the pre-season Category placement guidelines then the Racer can stay in their Category but NEYC encourages upgrading to promote Racer growth.
- Head Coaches and Team Managers are expected to review Race results promptly following the publication of results and confirm Category placement for their Team's Racers. A Head Coach may change a Racer's Category if the Racer is not suited for the original Category selected. Category changes must occur before staging is finalized for Race 3 of the season. Category changes must be submitted to NEYC using the Race Timing/Staging Update Form (see Appendix C).
- Category downgrades require NEYC approval.
- See *also* Chapter 11 for a description of how points are handled related to Category changes.

*** End of Chapter 9 ***



CHAPTER 10 – TEAM RULES AND RIDER ELIGIBILITY

10.1 TEAMS MUST REGISTER

- All Teams must register annually with NEYC.
- Teams shall not conduct any Events (specifically including but not limited to practices and training rides) without registering with NEYC and, thereby, obtaining insurance through NEYC.

10.2 ALL RIDERS AND COACHES MUST REGISTER

- All Riders and all Coaches (all levels) must register annually with NEYC.
- Riders and Coaches (all levels) who are not registered are not insured.
- Being registered (and insured) must include at least the following minimums for Rider or Coach:
 - Rider (and their parent or guardian) has completed registration in the online registration system including all liability waivers and agreements signed by the appropriate parties.
 - Rider's registration fee has been fully paid.
 - Coach has completed registration in the online registration system including all liability waivers.
 - Coach has completed the requirements of (at least) Level 1 Coach.

10.3 MID-SEASON TRANSFERS

A Rider may only transfer between Teams mid-season upon application to and approval from NEYC. A Rider who is a Racer and transfers between Teams mid-season shall retain all individual points earned that season prior to the transfer which shall be added to the individual points earned by the transferred Racer after the transfer for determining the transferred Racer's individual standings. The transferred Racer's former Team shall retain all points earned by the transferred Racer before the transfer for determining Team standings. The transferred Racer's new Team shall not be credited with points earned by the transferring Racer prior to the transfer but shall be credited with any points earned after the transfer.

10.4 PROOF OF RESIDENCY AND CATEGORY – RED LEVEL

- At any time whatsoever, NEYC may request proof of a Rider's:
 - Residency (zipcode used for registration) in order to verify a Rider's eligibility for Team membership.
 - Grade or gender identity in order to verify a Rider's eligibility to Race in a specific Category.
- Proof of residency, grade, or gender identity may include:
 - Drivers license, utility bill, and/or a mortgage statement or executed lease of the Rider's parent/guardian.
 - Affidavit affirming Rider's residency.
 - School report card or transcript.
 - Gender identity affirming documentation as outlined in Chapter 9.
 - Any other documentation reasonably requested by NEYC.
- A Rider who has registered for the wrong Team may be removed from that Team.
- Any Team points earned by a Rider who is a Racer that is removed from a Team shall be removed/deducted; alternate points from an alternate/substitute/replacement Racer shall not be substituted.
- Any Rider that is not certain about which Team or Category to join or any Coach with questions about a Rider's residency/eligibility please email info@newenglandyouthcycling.com.

*** End of Chapter 10 ***



CHAPTER 11 – SCORING

11.1 INDIVIDUAL SERIES SCORING

Racers race against all other Racers in the same Series and Category, but Racers are scored only against the same-gender Racers of their Series and Category.

11.2 OVERALL INDIVIDUAL SERIES SCORING

- Overall series awards are awarded only for JS-JV, JS-V, SS-JV, and SS-V. All open categories (JS-Open1, JS-Open2, SS-Open1, and SS-Open2) will not have overall series awards.
- For Categories that award overall series scores:
 - Overall series scoring for individual Racers by gender is based on the best five (5) results (of six (6) in NEYC's six (6) -Race series).
 - The lowest score of each individual Racer is dropped.
 - A missed Race results in zero (0) points and would be the lowest score dropped.
 - In the case of a Race cancellation in NEYC's six (6) -Race series, the lowest score is still dropped – therefore, the individual Racers' scores will be based on the best four (4) results (of five (5) in NEYC's resulting abbreviated five (5) -race series).
 - If there are fewer than five (5) Races in the season/series then no score will be dropped.

11.3 POINT SYSTEM

- Points are awarded to every Racer that finishes a Race; see [Appendix A](#) for the number of points awarded per place in the various Series and Categories.
 - For JS-JV, JS-V, SS-JV, and SS-V Racers, points are used to determine overall series awards (see Section 11.2) and for Race start staging position.
 - For JS-Open1, JS-Open2, SS-Open1, and SS-Open2 Racers, points are used only to determine race start staging position.
- Racers that do not finish (DNF) a Race but have demonstrated the intention to finish the Race will be awarded points equivalent to two (2) places behind the last place Racer in their Category (for illustration, if the last-place finisher in the Category was 32nd place then a DNF Racer will be awarded the points for 34th place). All Racers who DNF in a given Category/Race will be awarded the same number of points. A Racer who demonstrates no intention to finish the Race will be disqualified (DSQ).
- Racers that do not start (DNS) or are disqualified from (DSQ) a Race will not be awarded any points for the Race.
- In the event of a mid-season Category change for a Racer, the Racer's individual points transfer as follows:
 - Promotions/Upgrades:
 - 100% of a promoted/upgraded Racer's individual points transfer from the Racer's "old" Category to the Racer's "new" Category.
 - The promoted/upgraded Racer is awarded the higher of the DNF points (i) in the "new" Category for the Race they completed prior to promotion/upgrading or (ii) the "old" Category for the Race they completed prior to promotion/upgrading.
 - Racers moving from an "old" Category that does not have overall individual series awards (see Section 11.2) to a "new" category that does have overall individual series awards will transfer points equivalent to DNF points in the "new" Category for all the races in which they competed in the "old" Category.
 - Downgrades:
 - 70% of a downgraded Racer's individual points transfer from the Racer's "old" Category to the Racer's "new" Category.
- A Racer's points scored toward Team standings prior to a mid-season Category change remain unaffected.



11.4 RACE SERIES TEAM SCORING

- Team scoring for each Series is based on the top six (6) point-earners on each Team with at least one (1) male Racer and at least one (1) female Racer among the six (6).
- All Team points are earned at each of the NEYC Races through the season.
- No points are dropped for purposes of Team scoring.

11.5 AWARDS AT EACH RACE

- Individual medals are awarded by gender for the top five (5) places for every Category at each Race.

11.6 AWARDS FOR OVERALL SERIES

- Individual medals are awarded by gender for the top five (5) places (total points) for JS-JV, JS-V, SS-JV, and SS-V. All other categories (JS-Open1, JS-Open2, SS-Open1, and SS-Open2) will not have overall series awards.
- Ties in overall scores are broken using the results of the final Race of the NEYC season.
- If the final overall series winner in a Category did not already have a leader jersey then one is awarded.
- A Team overall series trophy is awarded to the top Team for the Junior Series, the top Team for the Senior Series, and the top Team Overall (Junior Series + Senior Series).

*** End of Chapter 11 ***



CHAPTER 12 – RACE OFFICIALS AND PROTESTS

12.1 NEYC RACE OFFICIALS

The safety, scoring, rule enforcement, and general conduct of Races are managed by the following officials ("Race Official" or "Race Officials"):

- Race Director
- Executive Director
- Start Line/Finish Line Timing Officials
- Course Marshals/Course Crossing Marshals
- Course Sweepers
- Rules Committee Members
- Board of Directors Members

12.2 NEYC RULES COMMITTEE/APPEALS

The Rules Committee (see Overview for a brief description) is responsible for the interpretation of this RuleBook at Races and the resolution of any disputes or protests regarding the application and enforcement of the rules at Races. Because time is of the essence on Race day, the hearing, consideration, and decisions by the Rules Committee shall be limited to the first three (3) impartial Rules Committee members that report to the Volunteer Tent after members have been called. Deliberations of the Rules Committee shall not be open to the public.

Racers may appeal any rule, decision, or penalty assessed by a Race Official on Race day to the Rules Committee and, in turn, decisions of the Rules Committee may be appealed to the Board of Directors. Decisions of the Board of Directors are final and may not be appealed.

12.3 REPORTING VIOLATIONS/PENALTIES

- Self-reported violations/self-assessed penalties shall be reported using the NEYC Race Protest Form/Report Form (see [Appendix B](#)) submitted to a Race Official at the Volunteer Tent.
- Violations/penalties reported by a Race Official shall be reported using the NEYC Race Protest Form/Report Form (see [Appendix B](#)) submitted to a Race Official at the Volunteer Tent.

12.4 ON-SITE PROTESTS

- All protests must be completed/filed by *the affected Rider and the affected Rider's Head Coach or Team Manager*.
- Protest forms must be filed at the Volunteer Tent prior to the expiration of the relevant Race's protest period. If the Volunteer Tent is unmanned then the form shall be submitted to a Race Official at the Timing Tent.
- The Rules Committee will communicate with the protesting Racer and protesting Racer's Coach. Parents of Racers are not to be involved with protests. If a member of the Rules Committee needs to speak with a parent of a Racer or a Rider on a Team then the Rules Committee member will contact such parent directly.
- The Race Director shall call a meeting of all available Rules Committee members at a Race in order to review and rule on any protests, penalties, or reports of violation. A quorum of the Rules Committee is met upon the presence of any two (2) or more impartial Rules Committee members. For purposes of this section, "impartial" shall mean that a Rules Committee member reviewing/ruling on any protest, penalty, or report shall not be associated with the same Team as any person involved in the protest, penalty, or report.
- If two (2) or more impartial Rules Committee members are not available then the Race Director may defer a protest/penalty/report ruling until after the Race or Series has concluded on Race day. Such a deferred meeting is targeted to occur same-day as the



- Race but in all events must occur within five (5) calendar days after the Race.
- All results for a Race will be provisional until the protest period has closed and all protests/penalties/reports are reviewed/decided.

12.5 PROTESTS OF PRELIMINARY AND OFFICIAL RACE RESULTS

- Preliminary Results.
 - Preliminary Race results are posted online at the hyperlink provided by NEYC as "live results." Penalties will be assessed as soon as possible after each Category completes its Race.
 - Protests to the preliminary results, opposition to penalties, and reports of violations must be made on the NEYC Race Protest Form/Report Form (see [Appendix B](#)) and submitted to a Race Official at the Volunteer Tent within fifteen (15) minutes of the final Racer in the protesting Racer's Category finishing the Race in which the events of the protest/penalty/report occurred.
- Final Results.
 - After timely protests, penalties, and violations are considered and ruled upon by the Rules Committee, the results on Race day shall be deemed final.
 - Unless otherwise stated in a decision or ruling by the Rules Committee, such decisions and rulings made on Race day regarding protests and penalties are conclusive; provided, however, that decisions or rulings by the Rules Committee are appealable to the Board of Directors (see below).
 - Medals will be awarded based on the final results on Race day.
 - Deferred rulings. As noted hereinabove, decisions of the Rules Committee could be deferred for up to five (5) calendar days. If a deferred decision could affect the podium results for a Race then awards for that Race will not be given out on Race day.
 - Medals awarded on Race day are final.

12.6 JUDGMENT CALLS – ORANGE LEVEL

- Race Officials must often review and decide upon protests, penalties, and reports despite having little or no direct, firsthand information regarding the underlying incident. This condition of incomplete and/or imperfect information is inherent to the sport of mountain biking because most of the Race occurs on a Race course, the vast majority of which is 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 every filed protest, penalty, and report.
- Racers, Racers' families, Coaches, and Racers' teammates are expected to (i) understand these limitations, (ii) understand these challenges to resolving disputes/issues, (iii) understand the difficulty of the decisions that Race Officials are required to make, and (iv) while there is no expectation or requirement that Racers, Racers' families, Coaches, and Racers' teammates *like* the final decisions of Race Officials, there *is* an expectation and requirement that Racers, Racers' families, Coaches, and Racers' teammates accept and respect the final decisions of Race Officials *regardless of the outcome* and demonstrate behaviors of grace and good sportsmanship *regardless of the outcome*.
- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees at a Race must show respect to Race Officials and refrain from publicly and aggressively questioning their decisions at the race or Event venue and from addressing them in a loud, disrespectful, or abusive manner.
- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees shall strive to demonstrate appropriate gestures of good sportsmanship at the conclusion of a race or Event, *regardless of the outcome*.
- All Racers, Racers' families, Coaches, Racers' teammates, and other attendees shall



strive to realize, accept, and practice the principle that a Team's reputation is built not only on its cycling ability or racing results, but also on the good sportsmanship, courtesy, behavior, and citizenship of the Racers, Riders, and everyone involved with the Team.

12.7 APPEAL OF RULES COMMITTEE DECISION

- A decision of the Rules Committee may be appealed to the Board of Directors. Each Team will be limited to two (2) failed appeals to the Board of Directors per season.
- Appeal of a decision of the Rules Committee shall be thoroughly prepared and submitted in writing by the Head Coach or Team Manager via email to the Executive Director within forty-eight (48) hours of the issuance of the decision of the Rules Committee being appealed, and the Executive Director shall immediately distribute the appeal to each and every member of the Board of Directors. The Board of Directors shall review and decide each appeal within seventy-two (72) hours of the Executive Director's distribution of the appeal.

*** End of Chapter 12 ***



CHAPTER 13 – ADDITIONAL RULES FOR COACHES AND PARENTS

13.1 RIDER SAFETY

- Coaches are trained by NEYC to protect the safety and well-being of the Riders on their Team at every Event.
- A Coach's responsibility for the Riders on their Team begins upon arrival of the Rider at the Event, and it ends when the Rider departs at the conclusion of the Event.
- The Head Coach, or someone acting as Head Coach, must remain at the Event venue until the last Rider from their Team has departed and/or is in the care of a parent or legal guardian.

13.2 PRE-SEASON COACHES CONFERENCE

- The Head Coach and the Team Manager from each Team must attend the NEYC Pre-Season Coaches Conference. If neither is available to attend for any reason then alternates shall be appointed by the Team, and the Team shall notify the Executive Director and the Race Director.
- Failure to attend the Pre-Season Coaches Conference shall result in a penalty of 4,000 points deducted from the Team's points total.

13.3 PRE-RACE COACHES CALL

- The Head Coach or the Team Manager from each Team must attend each Race's Pre-Race Coaches Call. If neither is available to attend for any reason then an alternate shall be appointed by the Team, and the Team shall notify the Executive Director and the Race Director.
- Meetings will be recorded and can be accessed for review after the call.
- It is the responsibility of the Head Coach and Team Manager to be aware of the announcements and topics discussed during the call; infractions of rules or expectations due to lack of call attendance (or lack of reviewing the call recording) will not be tolerated.
- Failure to attend a Pre-Race Coaches Call without reviewing the call recording shall result in a penalty of 2,000 points deducted from the Team's points total.

13.4 RACE DAY COACHES BRIEFING

- The Head Coach or the Team Manager from each Team must attend the Junior Series Race Day Coaches Briefing and the Senior Series Race Day Coaches Briefing if the Team has a Rider participating in the series Race. If neither Head Coach nor Team Manager can attend for any reason then an alternate shall be appointed, and the Team shall notify the Executive Director and the Race Director.
- If neither Head Coach nor Team Manager can attend a Race then an Acting Head Coach or Acting Team Manager shall be appointed by the Team, and the Team shall notify the Executive Director and the Race Director.
- Failure to attend a Race Day Coaches Briefing shall result in a penalty of 1,000 points deducted from the Team's points total.

13.5 PARENTS AND COACHES PROHIBITED FROM RIDING AND INTERFERING ON THE RACE COURSE

For purposes of safety and fairness to the Racers, the following rules must be observed by all Coaches, parents, and other attendees during a Race that is in progress:

- Only Racers and Race Officials are allowed on the Race course – no parents or other attendees may be on the Race course during a Race that is in progress.
- Coaches, parents, or other attendees shall not run or ride alongside the Race course or alongside a Racer while they are racing.
- Coaches, parents, or other attendees shall not provide food or water to any Racer outside of the Feed Zone.



- Coaches, parents, or other attendees are not allowed to provide outside assistance to Racers in SS-JV nor SS-V Categories (see Chapter 7).

13.6 SPECTATOR/ATTENDEE ETIQUETTE

- Positive and supportive cheering for all Racers is highly encouraged!
- No industrial air horns, chainsaws, or other extremely loud devices allowed within two hundred fifty (250) feet of the Start/Finish Area and Team Tent Area. Loud devices shall be used in a manner that is respectful of people in the vicinity of such device and shall not be used in a manner that startles a Racer while racing.
- In the event of a medical/emergency incident, the immediate area of the incident and an area with a radius no less than one hundred (100) feet surrounding the incident **MUST** be cleared immediately. All spectators/ attendees asked to vacate the area must do so immediately.

13.7 ELECTRIC BIKES/E-BIKES

- Riders are *not* permitted to ride e-bikes during NEYC Events.
- Coaches are permitted to ride Class 1 electric (pedal assist) bikes during practices and pre-rides (where allowed by permit or standing rules of the venue).
- Prior to using them on the trail, Coaches are required to review and follow all local trail guidelines pertaining to electric bikes.
- Race Officials, including Race sweepers, are permitted to use electric/pedal assist bikes during Races.

*** End of Chapter 13 ***



CHAPTER 14 – SEASON PARAMETERS

14.1 NEYC SEASON

- The NEYC season begins with the opening of registration on December 1. For the Pre-Season (between December 1 and February 29), Teams may hold up to one (1) Team Event per week. These Events may include riding but should be focused on skill building, teambuilding/camaraderie, and fun. For the Regular Season (between March 1 and June 30), Teams may hold up to four (4) Team practices per week.
- The Regular Season ends June 30, but if the final Race of the season occurs on or after June 15 then the Regular Season will end two (2) weeks after the final Race.

14.2 TEAM PRACTICES

- A "practice" is a team Event where physical activity occurs under the guidance of Team Coaches during the Regular Season. A weight workout in the morning and a ride in the afternoon counts as two (2) practices. In order to maintain Team cohesion and manage risk, Riders on teams should participate in Team practices, which include riding, at least two (2) times per week during the Regular Season.

14.3 COACH RATIO

- When Riders are pre-riding at a Race venue or doing trail riding at a practice, each group of Riders should be led by a Coach at a ratio not greater than eight (8) riders to two (2) Coaches. When Riders are participating in static practices (for example, a cross-training or weight workout, a spin class, or a Team meeting), they should be led by a Coach at a ratio that allows the Coach to manage the group safely.
- Teams are not insured for Pre-Season or Regular Season practices outside of these limits.

14.4 OTHER ACTIVITIES/REQUIREMENTS

- Teams may hold special events in the Off-Season. All participants in these Events who are not Riders (i.e. NEYC members) must complete an NEYC Liability Waiver to be retained by the Head Coach or Team Manager.
- Every adult that joins rides with Teams in Pre-Season, Regular Season, and Off-Season must be registered with NEYC and fully qualified as a Level 1 coach (i.e. background check, concussion module, SafeSport module, and coaching module).
- If Team Riders attend and/or participate in non-NEYC races or events then these are *not* considered a part of NEYC and no NEYC insurance attaches. Teams shall never require Riders to participate in non-NEYC races or events and shall never penalize a Rider who does not attend non-NEYC races or events.

*** End of Chapter 14 ***



CHAPTER 15 – COACH/TEAM MANAGER REQUIREMENTS

15.1 GENERAL

- All Teams must have a Head Coach and a Team Manager, each of whom must satisfy the requirements therefor in the schedule below.
- By the start of the 2027 season, all Teams must have at least one (1) Level 2 coach and at least one (1) Level 3 coach actively participating in the Team Events.
- All adults (individuals over 18 years old) who will have direct supervisory contact with Riders during Events (for example, without limitation, Races, practices, skills sessions, group rides, training rides, trainings, workshops, gatherings, or any other event) are required to be registered with NEYC and pass the BCI (background check screening) even if they are not riding a bike.

15.2 HEAD COACHES

- Head Coaches must register as Head Coach each year with NEYC.
- Head Coaches must complete Level 2 Requirements within two (2) years of becoming Head Coach.

15.3 TEAM MANAGERS

- Team Managers must register as Team Manager each year with NEYC.
- Team Managers must complete Level 1 Requirements contemporaneously with becoming Team Manager (and if the Team Manager is also a Coach then they shall timely fulfill requirements for Coaches).

15.4 COACHES

- All Coaches must complete all Level 1 Requirements before riding with a Team or Riders or participating in any Event as a Coach.

15.5 COACH LEVELS

- LEVEL ONE (Support Coach) Requirements
 - Pass the BCI (background check -- CORI/SORI Background Screening).
 - Complete the NEYC-assigned concussion training module from NFHS (within the past two (2) years).
 - Complete the NEYC-assigned SafeSport training module from NFHS or the US Center for Safesport (within the past 2 years).
 - Complete the NEYC Coach Intro module.
- LEVEL TWO (Assistant Coach) Requirements
 - All requirements of a Level 1 Coach.
 - Basic First Aid Certification and CPR Certification.
 - Attend/complete a Bike Skills Coaching *Essentials* in-person training (BCS 1).
 - Complete the NEYC Youth Development Through Cycling Coach Training module.
- LEVEL THREE (Coach Leader) Requirements
 - All requirements of a Level 2 Coach.
 - Complete an Advanced First Aid Certificate Program or a Wilderness First Aid Certificate Program.
 - Complete the Bike Skills Coaching *Intermediate* in-person training (BCS 2).
 - Attend a live/in-person NEYC Coach Leadership Retreat/Summit/Workshop hosted by the NEYC.

15.6 REMOVAL OF HEAD COACH, TEAM MANAGER, OR ASSISTANT COACH

- The NEYC Board of Directors may remove any Head Coach, Team Manager, or Assistant Coach at its sole discretion exercised by the vote of a majority of Directors



voting on such removal, provided that such vote shall require a minimum quorum of two-thirds (2/3) of the current Board members (for example, if there are nine (9) sitting Directors then six (6) shall qualify as a quorum and four (4) shall be required to approve removal). Removal may be accompanied by suspension from all NEYC and Team Events, and return to NEYC and/or Team Events shall require an application from the removed/suspended to the Board and a simple majority vote of approval by the Board.

- The Board may consider written statement(s) by the Head Coach(es), Team Manager(s), and/or Assistant Coach(es) with knowledge of the matter(s), as well as the following (without limitation):
 - level of threat, intentional or inadvertent, to others or themselves including threatening behavior and degree of potential harm;
 - vulgar language or behavior;
 - violation(s), including number and degree, of the NEYC RuleBook or the NEYC Coaches HandBook;
 - inattention, inability, or unwillingness to execute, manage, or otherwise engage the administrative responsibilities at the Team level or the league level, specifically including attending in-person meetings, online meetings, conference calls, and/or in-person or online conferences;
 - inattention, inability, or unwillingness to organize, manage, execute, supervise, or otherwise engage in Team practices, Team activities/events, and/or Races;
 - inattention, inability, or unwillingness to complete the published minimum trainings, specifically including but not limited to concussion training, SafeSport training, first aid, and coaching/riding training; and
 - level of commitment to the Expectations of Head Coaches, Team Managers, and Assistant Coaches (below).
- The above list is intended to be illustrative and is not inclusive of all offenses or standards that could be included in this list of criteria. For the sake of clarity and removing all doubt, failure of a background check or the occurrence of any disqualifying offense after the completion of a satisfactory background check shall be grounds for immediate removal.
- Upon a vote to remove a Head Coach, Team Manager, or Assistant Coach, (i) the NEYC President and/or the Clerk of the Board shall promptly verbally notify the removed and (ii) shall notify the removed in writing and (iii) make the Head Coach and Team Manager aware of the removal, as applicable. The remaining ranking individual on the affected Team shall immediately notify the parents of all Riders on the Team of the removal or request that the NEYC President or the Clerk of the Board do so.

15.7 EXPECTATIONS OF HEAD COACHES, TEAM MANAGERS, AND ASSISTANT COACHES

- All Head Coaches, Team Managers, and Assistant Coaches are expected to:
 - foster a "kid first" environment and place the emphasis on fun and participation, acknowledge effort, celebrate success, offer encouragement at all times;
 - ensure a "safety first" environment and place the emotional and physical well-being of riders ahead of a personal, team, or parent desire to win;
 - recognize that some physical tasks, drills, demands, and features are not appropriate for all Riders and maintain a high level of awareness of potentially unsafe conditions;
 - recognize that Riders may vary greatly in physical, social, and emotional maturation and consider these factors when planning and running practices, rides, Races, and other events and when interacting with the Riders;
 - demonstrate concern for an injured Rider, notify parents of any injury and cooperate with medical professionals;



- ensure that the Riders are provided with adequate adult supervision at practices, rides, Races, and other events;
- treat all Riders, League officials, Race Officials, volunteers, parents, and spectators/attendees with dignity and respect;
- use appropriate language in appropriate tones when interacting with Riders, league officials, Race Officials, volunteers, parents, and spectators/attendees;
- include all Riders in Team activities without regard to race, religion, color, sex, national origin, ancestry, disability, ability, sexual preference, gender identity, or any other legally-protected class;
- encouraging Riders to participate in sports, disciplines, and/or activities other than cross-country mountain biking in order to promote all aspects of their development;
- lead by example in demonstrating fair play and sportsmanship to all Riders and abide by and support the letter and spirit of rules and standards;
- discouraging rules infractions, illegal contact, and intentional or recklessly dangerous play;
- provide a sports environment that is free of drugs, tobacco/nicotine, and alcohol; and
- exercise their authority/influence to affect/control the behavior of Riders (all Riders, not just your Team), parents, and spectators/attendees.

15.8 TEAM ITEMS TRANSFER & HAND-OFF

- Upon departure from the Team, the following items must be handed off by the Head Coach, Team Manager, or Assistant Coach to the next Team leadership members:
 - Any and all documents, files, materials, manuals, and information related to the Team and/or NEYC's operations, whether or not confidential and whether stored in electronic or paper form.
 - Any and all passwords or access codes for the Team or NEYC accounts/pages, specifically including but not limited to admin credentials/logins for social media accounts or other Team-related platforms, if applicable.
 - All other property of NEYC, including but not limited to equipment, parts, clothing, or other items provided by NEYC or purchased with NEYC funds.
- Equipment and supplies purchased collectively by the Team (tools, race day supplies, etc.) and team funds raised. The name, design/logo of the Team and the league are property of NEYC; unauthorized use of the Team name and logo is prohibited.

*** End of Chapter 15 ***



CHAPTER 16 – WEATHER GUIDELINES

16.1 GENERAL

- Generally, NEYC does not cancel, postpone, or alter a Race day due to cold, heat, wind, or precipitation (weather) unless (i) the venue for the Race refuses to allow the Race on Race day or (ii) in the event of lightning.
- Any decisions regarding canceling, postponing, or altering Race start times, lap lengths, number of laps, and/or other Race details will be made by the Race Director and distributed by email and social media. These decisions are often made on the morning of the Race due to the unpredictable and rapidly-changing nature of weather.

16.2 WEATHER IMPACT ON COMPETITION

- Races are held on their scheduled dates unless either (i) the Race course on the day of the Race is deemed unrideable and/or dangerous or (ii) the Race venue refuses to allow the Race due to weather/conditions. NEYC may alter the start of any Race from its published time if weather has created unsafe conditions.
- Race courses and/or lap lengths may be altered or shortened due to weather conditions. Any changes will be announced at the pre-race Coach meeting if changes are known at that time, and last-minute changes will be broadcast to Racers at the start of each Wave via the Race announcer or other Race Official. If conditions require a change in the number of laps during a Race then a Race Official will be stationed at the lap line advising Racers of the change.

16.3 RE-STARTING A RACE STOPPED BY WEATHER

- If a Race has been stopped (and the Race course cleared) due to lightning or another emergency then the Race may be restarted or declared completed depending on the Race day schedule and number of laps completed prior to the stoppage. If time permits then Racers may be able to resume laps beginning from the lap line.

16.4 RACE REGISTRATION FEES (does not apply to Racers that purchased a discounted Race series package)

- If a Race venue is relocated or a Race is rescheduled then Race registration fees paid by a Racer for that Race will automatically be applied to the relocated or rescheduled Race.
- If a Race is canceled due to weather conditions and no reasonable rescheduling is possible then Race fees will not be refunded.

16.5 RACE POINTS: IF A RACE IS CANCELED (NEYC is unable relocate or reschedule a Race)

- No Team points will be awarded, and the Race will not be included in the season's overall Team point standings.
- No individual points will be awarded, and the Race will not be included in the season's overall individual point standings. Racers will still have a "drop race" available from the season's other Races.

16.6 RACE POINTS: IF A RACE IS PARTIALLY COMPLETED (i.e. some Categories complete their races while other Categories do not)

- No Team points will be awarded, and the Race will not be included in the season's overall team point standings.
- Individual points will be awarded in all of the Categories that completed their Race and those Categories will proceed through the season as normal.
- No individual points will be awarded in the Categories in which Races were not completed, and the Race will not be included in the season's overall individual point standings. Racers will still have a "drop race" available based on completion of the other



Races in the shortened season/series.

*** End of Chapter 16 ***



APPENDIX A – INDIVIDUAL POINTS SCHEDULE

2026 Points Schedule

NEYC INDIVIDUAL POINTS 2026						
PLACE		CATEGORY				PLACE
		SS-V	SS-JV	JS-V	JS-JV	
PLACE	1	2000	1800	2000	1800	1
	2	1993	1793	1993	1793	2
	3	1986	1786	1986	1786	3
	4	1979	1779	1979	1779	4
	5	1972	1772	1972	1772	5
	6	1965	1765	1965	1765	6
	7	1958	1758	1958	1758	7
	8	1951	1751	1951	1751	8
	9	1944	1744	1944	1744	9
	10	1937	1737	1937	1737	10
PLACE	11	1930	1730	1930	1730	11
	12	1923	1723	1923	1723	12
	13	1916	1716	1916	1716	13
	14	1909	1709	1909	1709	14
	15	1902	1702	1902	1702	15
	16	1895	1695	1895	1695	16
	17	1888	1688	1888	1688	17
	18	1881	1681	1881	1681	18
	19	1874	1674	1874	1674	19
	20	1867	1667	1867	1667	20
PLACE	21	1860	1660	1860	1660	21
	22	1853	1653	1853	1653	22
	23	1846	1646	1846	1646	23
	24	1839	1639	1839	1639	24
	25	1832	1632	1832	1632	25
	26	1825	1625	1825	1625	26
	27	1818	1618	1818	1618	27
	28	1811	1611	1811	1611	28
	29	1804	1604	1804	1604	29
	30	1797	1597	1797	1597	30
PLACE	31	1790	1590	1790	1590	31
	32	1783	1583	1783	1583	32
	33	1776	1576	1776	1576	33
	34	1769	1569	1769	1569	34
	35	1762	1562	1762	1562	35
	36	1755	1555	1755	1555	36
	37	1748	1548	1748	1548	37
	38	1741	1541	1741	1541	38
	39	1734	1534	1734	1534	39
	40	1727	1527	1727	1527	40
PLACE	41	1720	1520	1720	1520	41
	42	1713	1513	1713	1513	42
	43	1706	1506	1706	1506	43
	44	1699	1499	1699	1499	44
	45	1692	1492	1692	1492	45
	46	1685	1485	1685	1485	46
	47	1678	1478	1678	1478	47
	48	1671	1471	1671	1471	48
	49	1664	1464	1664	1464	49
	50	1657	1457	1657	1457	50

NEYC INDIVIDUAL POINTS 2026						
PLACE		CATEGORY				PLACE
		SS-V	SS-JV	JS-V	JS-JV	
PLACE	51	1650	1450	1650	1450	51
	52	1643	1443	1643	1443	52
	53	1636	1436	1636	1436	53
	54	1629	1429	1629	1429	54
	55	1622	1422	1622	1422	55
	56	1615	1415	1615	1415	56
	57	1608	1408	1608	1408	57
	58	1601	1401	1601	1401	58
	59	1594	1394	1594	1394	59
	60	1587	1387	1587	1387	60
PLACE	61	1580	1380	1580	1380	61
	62	1573	1373	1573	1373	62
	63	1566	1366	1566	1366	63
	64	1559	1359	1559	1359	64
	65	1552	1352	1552	1352	65
	66	1545	1345	1545	1345	66
	67	1538	1338	1538	1338	67
	68	1531	1331	1531	1331	68
	69	1524	1324	1524	1324	69
	70	1517	1317	1517	1317	70
PLACE	71	1510	1310	1510	1310	71
	72	1503	1303	1503	1303	72
	73	1496	1296	1496	1296	73
	74	1489	1289	1489	1289	74
	75	1482	1282	1482	1282	75
	76	1475	1275	1475	1275	76
	77	1468	1268	1468	1268	77
	78	1461	1261	1461	1261	78
	79	1454	1254	1454	1254	79
	80	1447	1247	1447	1247	80
PLACE	81	1440	1240	1440	1240	81
	82	1433	1233	1433	1233	82
	83	1426	1226	1426	1226	83
	84	1419	1219	1419	1219	84
	85	1412	1212	1412	1212	85
	86	1405	1205	1405	1205	86
	87	1398	1198	1398	1198	87
	88	1391	1191	1391	1191	88
	89	1384	1184	1384	1184	89
	90	1377	1177	1377	1177	90
PLACE	91	1370	1170	1370	1170	91
	92	1363	1163	1363	1163	92
	93	1356	1156	1356	1156	93
	94	1349	1149	1349	1149	94
	95	1342	1142	1342	1142	95
	96	1335	1135	1335	1135	96
	97	1328	1128	1328	1128	97
	98	1321	1121	1321	1121	98
	99	1314	1114	1314	1114	99
	100	1307	1107	1307	1107	100



NEYC INDIVIDUAL POINTS 2026					
		CATEGORY			
		SS-V	SS-JV	JS-V	JS-JV
PLACE	101		1100		1100
	102		1093		1093
	103		1086		1086
	104		1079		1079
	105		1072		1072
	106		1065		1065
	107		1058		1058
	108		1051		1051
	109		1044		1044
	110		1037		1037
PLACE	111		1030		1030
	112		1023		1023
	113		1016		1016
	114		1009		1009
	115		1002		1002
	116		995		995
	117		988		988
	118		981		981
	119		974		974
	120		967		967
PLACE	121		960		960
	122		953		953
	123		946		946
	124		939		939
	125		932		932
	126		925		925
	127		918		918
	128		911		911
	129		904		904
	130		897		897
PLACE	131		890		890
	132		883		883
	133		876		876
	134		869		869
	135		862		862
	136		855		855
	137		848		848
	138		841		841
	139		834		834
	140		827		827
PLACE	141		820		820
	142		813		813
	143		806		806
	144		799		799
	145		792		792
	146		785		785
	147		778		778
	148		771		771
	149		764		764
	150		757		757



APPENDIX B – NEYC RACE PROTEST FORM/REPORT FORM

Event: _____ Date: _____
Series: Junior / Senior
Category: Open1 / Open2 / JV / V

Time Received: _____

Received By: _____

Type of Protest/Violation/Action:

- | | |
|---|--|
| <input type="checkbox"/> Protest Racer against Racer | <input type="checkbox"/> Violation, Self-Reported |
| <input type="checkbox"/> Protest by Race Official against Racer | <input type="checkbox"/> Violation, Race Official Reported |
| <input type="checkbox"/> Protest by Racer against Race Authority
(staging, timing, results, other) | <input type="checkbox"/> Appeal of Decision |
| | <input type="checkbox"/> Other |

Protesting/Reporting Person:

Name: _____	Team: _____
Phone: _____	Email: _____
H. Coach/T. Manager Name: _____	Phone: _____
Protested Racer Name: _____	Team: _____
Description of Protested Racer: _____	

Incident:

Where/When: _____

Rule(s) Alleged to Have Been Broken: _____

Witness(es) Name(s): _____

Description of Incident: _____

Signatures:

Protesting/Reporting Person

Head Coach/Team Manager

For Rules Committee Use:

Rules Committee members hearing the Protest/Report: _____

Findings: _____

Decision/Penalty: None (circle) or Description: _____



APPENDIX C – NEYC RACE TIMING/STAGING UPDATE FORM

Note: DO NOT print multiple copies of this page. The paper-based version of this form to be used on Race days will be printed with multiple copies per page and available at the timing tent. This appendix is presented only as reference.

Event:_____		Date:_____	
Series (circle one): Junior / Senior		Day-Of Registration: Yes / No	
Category (circle one): Open1 Open2 JV V			
Request Type (circle one): Did Not Finish (DNF) / Category Change / Loaner Plate			
Racer Plate #:_____		Racer Name:_____	
Team:_____		Coach Name:_____	
New Category (for Category change only):_____			
Loaner Plate # (for Loaner Plate only):_____			
Signature (for DNF or Category Change only):_____			
Head Coach/Team Manager			



APPENDIX D – CATEGORY PLACEMENT GUIDE

JUNIOR SERIES CATEGORY PLACEMENT

	JS-Open1 (1 lap)	JS-Open2 (2 laps)	JS-JV (2 laps)	JS-V (3 laps)
Description	JS-Open1 is intended for the youngest Racers with little or no race experience or Racers who have trouble completing two (2) laps.	JS-Open2 is intended for Racers who want to race two (2) laps but are not yet ready for the intensity of the JS-JV category.	JS-JV is intended for faster Racers who are not yet ready for the three (3) lap distance of JS-V. Most in this category could likely handle three (3) laps.	JS-V category is intended for our most skilled Junior Racers.
5 th Grade & Below	Generally suitable. However, Racers that competed in JS-Open1 in a prior season are encouraged to move to JS-Open2.	Recommended for Racers that competed in JS-Open1 in a prior season.	Required for Racers with 2-lap performance that places them in the top 50% of JS-JV. Recommended for Racers that finished in the top 20% of a JS-Open2 Race in a prior season.	Refer to Section 9.3 for Junior Series upgrade guidelines.
6 th Grade	Expected to place in the bottom 50% of JS-Open1.	Generally suitable for Racers with 2-lap performance that places them in the bottom 50% of JS-JV.	Required for Racers with 2-lap performance that places them in the top 50% of JS-JV.	Refer to Section 9.3 for Junior Series upgrade guidelines.
7 th Grade	Expected to place in the bottom 50% of JS-Open1.	Expected to place in the bottom 50% of JS-Open2.	Generally suitable. However, Racers could be promoted to JS-V based on performance in a prior season.	Refer to Section 9.3 for Junior Series upgrade guidelines.
8 th Grade	Expected to place in the bottom 50% of JS-Open1.	Expected to place in the bottom 50% of JS-Open2.	Expected to finish below the top 20% of JS-JV.	Refer to Section 9.3 for Junior Series upgrade guidelines.



SENIOR SERIES CATEGORY PLACEMENT

	SS-Open1 (1 lap)	SS-Open2 (2 laps)	SS-JV (3 laps)	SS-V (4 laps)
Description 9th Grade through 12th Grade	<p>SS-Open1 is for Racers not able to complete two (2) laps.</p> <p>Permission from NEYC is required for participation in SS-Open1.</p>	<p>SS-Open2 is intended for Racers in grade 9-12 who prefer or require a shorter race distance due to personal preference or ability level. Racers in SS-Open2 will complete two (2) laps, allowing them to compete in an environment that emphasizes skill development and enjoyment over endurance.</p> <p>Suitable for Racers who completed two (2) laps in the previous season without automatic promotion to SS-JV, for new Racers whose skills and ability align with this level, or for racers in Grade 9-12 who want to compete for fun without overall series points.</p>	<p>SS-JV is intended for skilled Racers in grade 9-12 who are competitive Racers but who are not yet prepared for the elite level/four-lap format of SS-V.</p> <p>Suitable for Racers who would like the challenge of racing three (3) laps.</p> <p>Previous JS-V Racers: All JS-V Racers moving to the Senior Series will be placed in SS-JV. These Racers are permitted to elect SS-V.</p> <p>Previous SS-Open2 Racers: All male Racers who had a top-10 finish in any SS-Open2 Race in the prior season is recommended for promotion. Female SS-Open2 Racers whose performance was comparable to the male Racers promoted to SS-JV are also recommended for promotion to SS-JV.</p>	<p>SS-V is intended for the most skilled Racers in grades 9-12.</p> <p>Suitable for Racers with the race experience and endurance to maintain pace for four (4) laps.</p> <p>Previous SS-JV Racers: All male Racers who competed in at least two (2) Races in SS-JV in the previous season and finished in the top-10 in at least two (races) earns a promotion. Or all male Racers who competed in only one (1) SS-JV Race in the previous season and finished in the top-10 earns a promotion. Female Racers whose performance was comparable to the male Racers promoted to SS-V also earn a promotion to SS-V.</p> <p>Previous JS Varsity Racer: JS-V Racers moving to the Senior Series are permitted to elect SS-V.</p>



New England Youth Cycling 2026 RuleBook

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