

SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting of the games in question and awarding of points to the opposing teams.
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
9. Team composition is at the discretion of the school coach as long as it complies with all other rules SSNL rules for that sport on team composition.

10. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
11. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. The SSNL Rep may be used to help with the ruling. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section of this Convenor Manual for more details.
12. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. No cell phones or any person who is not a minor official are permitted at scorer's tables.
15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
16. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
17. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments (if applicable to the sport). There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. Schools who pull out of a Foundation Sport Tournament after registering may be subject to discipline if the reason is not deemed valid by the Varsity Council.

SSNL MOUNTAIN BIKING

TOURNAMENTS & DATES

It is up to the region's schools in conjunction with their SSNL Regional Director to determine when is the best time to hold an SSNL Foundation Tournament.

Schools who are interested in playing in a Foundation Tournament that SSNL currently supports should let their Regional Director know they are interested in playing so that a suitable date can be determined amongst the interested schools and a host identified.

SSNL provides awards for 1 tournament in each region (and in each gender if applicable) for Foundation Sports. If interest in the region is very high or if the geography of the region is great and another tournament is warranted, then more than 1 tournament may be supported with an awards package. All Foundation tournaments are regionally based at this time and there is no SSNL Qualifiers or Provincial Tournament.

EVENTS

Team and Individual Winners will be declared in:

Junior High Male Division

Junior High Female Division

*(Junior High is Grades 7-9)

Senior High Male Division

Senior High Female Division

*(Senior High is Grades 10-12. See exception in Team Composition section below).

RULES

The SSNL Mountain Biking Tech Standards are specific to SSNL tournaments. **It is the responsibility of the tournament Convenor to make sure all Officials are aware of these rules and the responsibility of all teams to familiarize themselves with these rules.** As Mountain Biking is a new sport for SSNL there may be things that come up at a tournament that are not covered in these rules. The Convenor along with the Tournament Committee and/or SSNL rep will deal with anything that is not covered in these rules on a case by case basis and put them forward to be added to the Tech Standards.

SCHOOL TEAM COMPOSITION

1. An individual rider can participate for their school and be eligible for the individual awards.
2. For the purpose of eligibility for team awards, a team is comprised of a minimum of 3 riders in a division.
3. The maximum number of riders permitted from each school will be determined by the convenor after registration deadline and divided evenly among the number of participating schools.
4. A maximum of 2 Junior High riders (Grade 7-9) are permitted to compete for the Senior High Team in each Senior High Division if their school also has grades 10-12 in it, but they cannot also compete for the Junior High Team at the tournament.
5. Junior High riders from a school with grades 9 and below are NOT permitted to race for the Senior High Team of the school they feed into.
6. Students in Grade 6 are NOT permitted to compete in Junior High Races, but if the schedule permits, convenors can hold a separate Grade 6 or Elementary grade race simultaneously. SSNL does not govern this race, however, or provide awards and it shall not negatively impact the ability to properly run the Junior and Senior high races.

FACILITIES & RACE COURSE

1. Course must be approximately 1 to 1.5 KM in length. The course should be a complete or almost complete loop.
2. Course should be a Cross Country style trail, which Cycling Canada describes as: “features a mix of uphill and downhill terrain with technical sections that range from a single track to more wide-open spaces.”
3. The Convenor will be responsible for inspecting the trail and clearing away any loose debris or dangerous objects that might hinder or harm a rider and their bike. They must also provide flagging for trail identification and assign Marshals where necessary.
4. Should the Convenor deem the trail to be unsafe a race may be cancelled.
5. The start area must have a 30-40 metre long open area with a clearly marked 5 metre wide (or what is comfortable to fit 8 riders side by side) start line. The start area then must lead into a single track or narrow trail. The remainder of the course should have a mixture of single trail and areas wide enough for passing.
6. The Finish area mirrors the start area with a wide section suitable for a possible multi-bike sprint before the Finish Line.
7. The Finish line must be a clearly marked 5 metres wide (or what is comfortable to fit 8 riders side by side) and then once crossed the riders should be funnelled into a shoot area and/or be handed numbered sticks (often popsicle sticks) for recording of placing.
8. Washrooms must be on or near race site. If change rooms are not on or near race site then teams should be notified ahead of time to come fully dressed.

RACE FORMAT

Note: The Time Trial race consists of all racers from all divisions while Heats are races consisting of smaller groups, but those groups could be a mix of any division. See below for more details.

PRE-RACE

1. Prior to the Pre-Race guide and open time the course is closed to riders. Racers will be provided an opportunity to partake in a guided ride (guide is appointed by the Convenor) to familiarize themselves with the course before the Time Trial begins.
2. Another 10 minute Open Viewing Time is provided where riders make go through the course on their own/with coaches if they wish.
3. After the 10 minutes of open viewing time has passed the Time Trials will begin.
4. The start line Marshall will briefly look over the racer's bikes and if a bike is deemed unsafe, the rider will be given an opportunity to replace the bike or make necessary alterations, but races will not be unnecessarily delayed to do so. This duty is not a hands on inspection, but rather giving the bike a simple eye test.

TIME TRIAL

1. A Time Trial is held for all racers in order to establish in which heat-group racers will start Heat 1 in.
2. Racers will be sent out onto the course approximately 2-3 minutes apart.
3. As racers finish the course their times will be recorded by the timekeepers.
4. Racers will then be set up in groups of 6-8 based on their proximity to each other's Time Trial finishing times. These groups will make up the 1st heat.
5. See example below of how Time Trials are converted into Heat 1 Groups.

Example Results Of A Time Trial:

Name	Time
Kyle	11:00
Brad	11:10
Lisa	12:20
Mark	11:30
Susan	13:01
Penny	10:50
Alan	13:30
Grace	10:00
Paul	10:20
Todd	12:40
Evan	13:40
Mary	10:40

Example Placing of Time Trail Riders Into Heat 1 Groups:

Heat 1 Group A	Heat 1 Group B
Grace	Mark
Paul	Lisa
Mary	Todd
Penny	Susan
Kyle	Alan
Brad	Evan

HEATS (Three heats will be held in total)

Heat 1

1. Heat 1 contains those riders that were grouped according to their proximity to each other's Time Trial finishing times.
2. These groups should be lettered as Group A (with the best times) on down to the last Group (B,C,D, etc...)
3. Heat 1 groups race one after the other starting with the lowest Group letter (i.e. if there are Groups A,B,C,& D then Group D starts).
4. If the race course does not have the start and finish lines in the same exact place (i.e. a closed loop course) then the next Group can begin their race when the last rider of the Group before them reaches the halfway point. If the the course is a closed loop then the should finish their race before the next group leaves.
5. Riders finishing in the top 2 places of each group in Heat 1 move up a group, the bottom 2 finishers in each group move down a group, and the rest stay in their existing groups. The top 2 finishing riders racing in Group A stay in Group A as they do not have a group to which they can move upto.

Heat 2

1. Heat 2 contains those riders that were grouped after Heat 1 placings were determined.
2. Heat 2 Groups race one after the other starting with the lowest Group letter.
3. Riders finishing in the top 2 places of each group in Heat 2 move up a Group, the bottom 2 finishers in each group move down a group, and the rest stay in their existing groups. The top 2 finishing riders racing in Group A stay in Group A as they do not have a group to which they can move upto.

Heat 3

1. Heat 3 contains those riders that were grouped after Heat 2 placings were determined.
2. Heat 3 groups race one after the other starting with the lowest Group letter.
3. Placings in Heat 3 are the final placings and are used to both determine who wins the individual medals in each division (i.e. whomever has reached the highest placing in the highest Group containing a Senior Girl, for example, is the Senior Girls Individual Gold Medal winner) and which school wins the team competition (see Team Scoring section) in each division.

EQUIPMENT

1. All participants must wear a CPSC (Consumer Product Safety Commission) approved helmet that is properly fit and with straps in use at all times. A racer who does not have their helmet strap on while racing or that finishes the race without their helmet strap attached will be disqualified from that Heat and given a bottom placing in their Heat-Group.
2. All participants will be provided with a race number, either in the form of a bib to be worn or a number plate placed on the handlebars. Numbers must be clearly visible during races.
3. Handlebar ends **MUST** be covered by grips or plugs.
4. All participants **MUST** wear mountain bike shoes or sneakers only.
5. It is recommended that all riders wear gloves, elbow and/or knee pads, and sunglasses.
6. Bicycles **MUST** be in good working order. The Convenor is **NOT** responsible for maintenance of bikes, however, in some cases they may be able to provide tools and/or a bike mechanic in the Pit area. Any bike deemed by the Convenor to be unsafe could be removed from the race at the Convenors' discretion.
7. Athletes are permitted to carry a spare tube, CO2, tire levers, and/or mini pump in a seat bag or secured to the bike. All other tools or spare parts should be located with the coach or in the Pit area.
8. The use of E-Bikes is not permitted.

DRESS CODE

Students should dress appropriately for weather conditions and riding. If possible, school teams should wear similar colour(s), but it is not mandatory. See equipment above for Helmets and other equipment.

TEAM SCORING

1. During the final Heat riders will score points based on how they finished in that heat.
2. A team's total score will be their top 4 riders' score from that final heat added together. Highest score wins. (In a scenario where there are 20 riders, for example, 1st place finisher gets 20pts, 2nd place 19pts, etc...)

RULES

1. In each Heat-Group, racers who are ranked the highest are given first opportunity to select their positioning on the start line for the next Heat, and so on to the last rider in that Group.
2. For the Heats, Groups can begin their race once the last rider in the Group ahead of them has reached the halfway point of the course. If the course has a start and finish line in the exact same location (closed loop course) then the current Group must finish their race before the next Group leaves.
3. Riders must fully cross the finish line with their bike. In the case of a mechanical issue, riders may push or carry their bike to complete the race.
4. Convenors will designate a "Pit" area for performing maintenance. The Pit should be located in close proximity to the racecourse where possible to provide easy access for all racers, but also not interfere with race itself.
5. Riders are responsible for their own bike maintenance, parts, and tools. If the convenor can provide it, a bike stand and tools should be on site and/or a bike mechanic to aid all riders, but this would still be located in the Pit area.
6. Riders are expected to perform their own trail maintenance in the case of mechanical like flat tire, broken chain, etc. Coaches are not permitted to assist riders in performing maintenance while on the course, however, between heats coaches may assist riders with any bike maintenance.
7. When performing bike maintenance on the trail, riders must move to the side of the trail so as not to impede any other riders.
8. Intentional contact during races leading to an unfair advantage, injury, or the inability of another rider to finish a heat is prohibited and could lead to disqualification of a rider. Once all riders are finished the heat, Marshalls will meet with the Convenor(s) and any intentional contact rulings and/or safety issues will be addressed.
9. Repeated or gross misconduct by a rider or coach could result in a rider or school team disqualification. This is the decision of Convenor and the Tournament Committee and/or the SSNL Rep.

SAFETY STANDARDS

1. Each school team is responsible for providing basic first aid and supplies for their own riders, however it is recommended that the host school secure any medical supplies and professional help they can attain for the event or make local medical professionals aware they have an event happening. The host school is responsible for making all participating school teams aware of the race emergency action plan.
2. The Convenor is responsible to clear any reasonable dangerous debris or hazards from the race course (i.e. broken glass, fallen branches that could get caught up in the bike, large loose rocks on the trail, etc... Large rocks or stumps in the ground are not expected to be removed, but consider their placement when looking at the direction of the trail i.e. don't have a stump or large rock be in the middle of the trail at the base of a steep hill for example).

TIE-BREAKING PROCEDURE

1. In the case of any dispute of whether a rider or riders crossed the finish line first, the Marshall at the finishing line shall determine the order of finish.
2. If the finishing line Marshall cannot conclude that there was a clear order of finish between a rider or riders then the placing shall be the same and in the case of it being in the final Heat, the points shall be split (i.e. first place and second place points added together and split in the case of two riders for example)
3. If this happens in determining positioning for the medal placings in the Final Heat, medals shall be awarded to each rider.

OFFICIAL DUTIES

The following officials should be appointed several days prior to the competition and if possible, a briefing should be arranged the day prior to the competition.

Starter (2): The Starter calls for the rider(s) to approach the start line. The Starter or a designated Marshall does a quick look over to make sure there are no obvious issues with a bike and that all riders have their number clearly displayed. Once this is confirmed, the Starter begins with a loud command of "RIDERS ON YOUR MARK" followed by a 2 second pause, and then fires the gun or blows a horn or whistle. In the event of a rider(s) moving forward prior to the starting gun/horn/whistle, all riders are recalled for a 2nd try. The offending rider(s) is warned, and the starting procedure repeated. If a rider, after being warned, repeats the offence, he/she shall be disqualified for that Heat.

COURSE MARSHALS (How many depends on the course, but there should be marshals at each major turn and any elevation drops if possible): Marshals are stationed on the course at various intervals, particularly at turns in the course, and are responsible for ensuring that all riders ride in the correct direction by pointing towards that direction with a RED flag. After the Heat ends Marshals will report to the Convenor/Head Marshal, any rider breaking any rules. A Mid-Marshal must be placed at the middle of the trail and notify the Starter when the last rider of each Heat Group has reached the mid-way point so that the next Heat Group can start.

TIMEKEEPERS (2) Time is only kept during the Time Trials to determine seeding for the first heat. Both timekeepers start their watch when each rider starts and then record finish times only.

FINISH JUDGES (2) In each Heat, Finish Judges record the order of finish by one judge calling the number worn by the participant, and the other recording the numbers as they are called. The chief judge gives a decision in the event of a close call for any placing (see tie-breaker section for details).

FUNNEL CONTROLLER (1) The funnel controller ensure that as soon as a rider(s) has finished the race, they are guided to move along the funnel or area, so that succeeding riders may finish unimpeded. Riders are also moved here so they may pick up their placing disks/sticks from the Disc Distributor.

DISC DISTRIBUTOR (1) The disc distributor hands out a numbered disc or popsicle stick in the order that the riders have been ushered into the funnel once crossing the finish line.

RESULT RECORDERS (1) Upon receipt of their disks/sticks, riders should present their disk/stick to the result recorders, stating their number, name, and school. The recorders record the position of the rider, and then place the disk/stick in a box provided. When all riders have surrendered their disks/sticks, results are tabulated so that all positions are listed by placing, name of school, school team for that Heat. For recording the team results in the final Heat see "Team Scoring" section and also the "Tie Breaker" section.

PROTEST

1. Riders are expected to resolve issues through their coach and/or Teacher Sponsor who can approach the Convenor and Head Marshal.
2. A Coach can protest if the SSNL Mountain Biking Rules were not followed, but cannot protest the decision of a Starter, Finishing Judge, and/or Marshal when comes to discretionary calls like starting prior to the gun, intentional contact or other issue resulting in a disqualification, time recording or race placing dispute, etc....
3. For an Official Protest of the rules not being followed or for issues with the organization of the tournament see the SSNL Handbook for protest protocols. When protesting a race it must follow the conclusion of a race and be resolved on-site as soon as possible so as not to delay the next race.
4. For Disciplinary Infractions also see the SSNL Handbook for steps to follow.

SCHEDULING

Type of tournament allowed:	Time Trial + 3 Heats
Maximum # of riders in a heat group	6
Number of races per day allowed:	Time Trials plus 3 Heats
Minimum time expected between time trial and heats and then between heats.	10-15 minutes
Latest a race can be scheduled	Daylight and safety permitting. Convenor's decision in consultation with coaches.

AWARDS

SSNL will only provide awards for 1 tournament per region per year for any eligible Mountain Biking Foundation tournament unless deemed valid by SSNL (See top of tech standards for explanation).

- 1 Championship Banner (per division)
- 1 Team Sportsmanship Banner (per division)
- 1 set of Team Gold and Silver Medals (12 Medals max provided for each division)
- Individual Gold, Silver, & Bronze Medals (per division)

*No other awards are permitted. Any convenor that breaks this rule will have their school subject to a \$100 fine.

REGISTRATION

\$100 maximum can be charged per school team.

\$10 maximum per rider for schools that do not have a team.

\$2 SSNL fee per athlete.