

CCAP 2024 Youth Mountain Bike Series Rules

General Rules:

1. A youth racer must be registered with a CCAP regional team or school club for the respective session (spring – MTB, summer – road, fall – cyclocross), to participate in the CCAP Youth Mountain Bike Series.
2. All racers must wear helmets while riding bikes, at the race venue and on the racecourse, whether pre-riding or racing, at all CCAP youth series events.
3. Bikes must be powered by human pedal power only. No e-bikes, electric motors, or any other type of power-assisted bikes of any type are permitted.
4. Headphones and other personal listening devices are prohibited on racecourses.
5. Results from all races EXCEPT ONE weekend race and ONE weeknight School Short Track race count towards individual series standings. Each rider's lowest scoring race will be "dropped" from the calculation of their overall individual series points. Team series points calculation will include ALL races. See Points Tables in Appendix A.
6. To be eligible for final individual series podiums, racers must complete at least 50% of the series races.
7. Starting times and staging procedures for categories will be at the discretion of each race director.
8. There will be no pre-riding or warming up on the course during any race in progress. Racers on the course during another category's race are subject to disqualification from their race, with no refund.
9. It is each racer's responsibility to be aware of and understand these rules.
10. Violation of any of the CCAP Series rules may result in disqualification.

Team Structure:

11. CCAP racers cannot be registered for multiple CCAP regional teams or for multiple CCAP school clubs during the season. Racers can be registered for a regional team and a school club in the same season.
12. CCAP youth racers cannot change teams midway through the season.
13. Racers registered for a CCAP regional team will be scored only in regional team series races, and racers registered for a CCAP school club will only be scored in the CCAP school race series. If a racer is registered for both a regional team and a school club, the points earned in a race will count only towards the series that race is a part of; points earned in a single race cannot be counted towards both series.
14. Each CCAP youth racer must ensure that their respective CCAP team/club name is correct in BikeReg profile and individual series race registration records, otherwise they will not earn any individual or team series points. See CCAP team names in Appendix B.

Category/Upgrade rules:

15. Series winners from the previous season must move up to the next USA Cycling category. In certain cases of small junior categories, exceptions may be made by CCAP.
16. Cat 3 racers - Top 3 finish in 75% of the series races can upgrade to Cat 2.
17. Cat 2 racers - Top 3 finish in 75% of the series races can upgrade to Cat 1.
18. If a junior racer upgrades or downgrades category during the 2024 season, their individual series points will not transfer to the new category with the category change, and their points earned will not count towards team points.
19. A racer's race age for the series is your age as of December 31, 2024 - not age on the day of the race. CCAP youth racers must have a "race age" of 18 or younger on December 31, 2024, to participate in the Junior/High School series category.
20. AGE EXCEPTION: A CCAP youth racer with a "race age" older than 18 may participate in the Junior/High School 15-18 series category of a race only if they are attending high school, are registered for a CCAP regional or CCAP high school cycling club, are registered for the race in the Junior/High School category as member of such club and are wearing such club's jersey during the race.

21. Any CCAP youth racer may compete in their age category based on racing age, or “race up” in next age category (such as a 11-year-old racing in Cat 3 13-14), or “cat up” and race in a higher category (Cat 2 instead of Cat 3, or Cat 1 instead of Cat 2). A CCAP racer racing in an age category below their race age will not earn any individual or team series points.

Racer Support:

22. Self-Supported - Youth racers are expected to be self-supported. All spare parts and tools shall be carried by individual racers and may only be used only by that racer; cannibalizing other bikes is not permitted. Racers can only use spare parts or tools that they started with at the beginning of the race. Racers may not leave the course to make repairs. Racers shall complete the entire event on the same bike they started with. Racers must also finish with the number plate/timing chip that they started the race with. Youth racers must make a good-faith effort to resolve any issues themselves. Only after they have done so, they may request to receive support from others. Bystanders must ask racers before providing assistance. All bystanders must abide by instructions issued by CCAP Directors or race directors.
23. If there is no designated feed zone, then providing riders with food and water during the race is not allowed. At races with feed zones, food and water can be taken only in these designated areas. Only persons providing food and water are allowed in feed zones. Please be courteous and stay clear of the feed zone if your racer is not approaching and leave immediately after a feed. All food and drink must be handed to the youth racer. It cannot be put on the bike, handed in a pack, or put in jersey pockets. No items other than food and drink may be accepted during the race. Feeding a youth racer must not interfere with other nearby racers. Review Event Notes, preview the racecourse and plan accordingly.

Overtaking/Passing:

24. Racers passing or lapping another racer must vocally alert that racer by using such terms as “Passing on your left/right”. It is the responsibility of the passing racer to overtake safely, and racers being passed must yield at the first reasonable opportunity.
25. Racers who are riding have the right of way over racers pushing or carrying their bikes.
26. A racer pushing or carrying their bike can overtake a racer riding their bike if they do not interfere with the riding racer.
27. When two racers are vying for position, the leading racer does not have to yield position to the challenging racer. However, a racer may not bodily interfere, intending to impede another racer’s progress. This is highly unsportsmanlike behavior.

Discipline:

28. Cutting the course short by any racer, whether by accident or not, will lead to disqualification or relegation to last place in their category. The race director will make this decision.
29. The race director reserves the right to warn or disqualify anyone from an event for unsportsmanlike behavior (profanity towards volunteers, other racers, overly aggressive or dangerous riding, throwing one’s bike etc.)
30. Any racer littering the course with food packages or waste will be disqualified.
31. Protests can be made only by and against racers in the same category, and in most cases must be confirmed by a third-party. Protests must be made by junior racers, not parents/guardians.
32. The Protest period is 15 minutes following posting of complete results for each category. It is each racer’s responsibility to verify the results at the race. After the protest period is over, all results are final. Please refrain from contacting race directors about results errors discovered after the protest period, unless it is something that was not apparent at the time the results were posted.
33. The race director and/or CCAP Directors will have final decision and interpretation of rules.

APPENDIX A

CCAP 2024 Junior League MTB Scoring

CCAP League Place	Cat 1 Junior Points	Cat 2 Junior Points	Cat 3 Junior Points	Overall Team
1	40	30	20	40
2	38	28	18	36
3	36	26	16	32
4	34	24	14	28
5	32	22	12	24
6	30	20	10	20
7	27	18	9	16
8	24	16	8	12
9	21	14	7	10
10	18	12	6	9
11	15	10	5	8
12	12	8	4	7
13	9	6	3	6
14	6	4	2	5
15	2	2	2	4
16	2	2	2	3
17	2	2	2	2
18	2	2	2	1
19	2	2	2	1
20	1	1	1	1

- Results from all races except ONE weekend race and ONE weeknight School Short Track race count towards individual series standings.
- Each rider's lowest scoring race will be "dropped" from the calculation of their overall individual series points.
- Team series points calculation will include ALL races.

APPENDIX B

CCAP 2024 Youth Mountain Bike Series Regional Team Names

CCAP Central Wheelers
CCAP Fairfield County Youth Cycling Team
CCAP Farmington Valley Youth Cycling Team
CCAP Petal Power
CCAP Hartford Rolling Anvils
CCAP Rocklandia Rad n Gnar
CCAP RTX MTB Junior Team
CCAP Team HORST Junior Squad
CCAP Waldo Warriors
CCAP Wheelie Warriors
CCAP Hartford Rolling Anvils
NCC Trail Blasters

CCAP 2024 School Mountain Bike Series Club Names

CCAP Tolland High School
CCAP East Hampton MS Bike Club
CCAP James Moran MS Bike Club
CCAP Ledyard MS Cycling Club
CCAP NFA Wildcats Bike Club

APPENDIX C

CCAP 2024 Youth Mountain Bike Series Races

Date	Day	Race	CCAP Spring MTB Series Race	Location	Registration Links
4/21/2024	Sunday	Fat Tire Classic (Winding Trails)	#1	Farmington	
5/1/2024	Wednesday	Moran Middle School Short Track	#2	Wallingford	
5/4/2024	Saturday	Belltown Throwdown	#3	East Hampton	
5/18/2024	Saturday	Breakaway Benefit (not a race)		Bolton	
5/22/2024	Wednesday	Ledyard Middle School Short Track	#4	Ledyard	
5/29/2024	Wednesday	East Hampton Middle School Short Track	#5	East Hampton	
6/1/2024	Saturday	Team Red Dragon	#6	Berlin	
6/15/2024	Saturday	Norbrook Trail Fest	#7	Colebrook	