

Rule Modification #1

Summary: NICA national has updated race duration guidelines to be in alignment with other interscholastic sports and USAC youth race duration guidelines. In order to comply with the new NICA guidelines, the following change is being made to rule 5.1.

EXISTING RULE

5.1 COURSE LENGTH AND DIFFICULTY

The ideal NICA cross-country race course has a circuit short enough to require multiple laps for a race and includes terrain that can be completed by beginner riders. The number of laps should be determined according to the riders' ability to complete the race within a specific time. The event times should be:

- 45 minutes or less for Middle School boys and girls;
- 45 to 90 minutes, Freshman and JV2 boys and girls, and JV 1 girls;
- 60 to 100 minutes, JV 1 boys and Varsity girls; and
- 90 to 120 minutes, Varsity boys.

CHANGE TO

5.1 COURSE LENGTH AND DIFFICULTY

The ideal NICA cross-country racecourse has a circuit short enough to require multiple laps for a race and includes terrain that can be completed by beginner riders. The number of laps should be determined according to the riders' ability to complete the race within a specific time. The event times should be:

- Not to exceed 45 minutes for Middle School categories;
 - Not to exceed 75 minutes for High School categories;
 - Not to exceed 90 minutes for Varsity.
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Rule Modification #2

Summary: This change is a modification of the rule put in place last season for the self-placement of student-athletes into appropriate race categories. Based on feedback from the SLC, a hybrid option is preferred in which the CPT is used to determine a suggested/default category but TDs and HCs can still submit their own roster of category placement without having to go through the petition process.

EXISTING RULE

3.5 CATEGORY PLACEMENT RULES

- Idaho does not permit middle school student-athletes to participate in high school categories.
- Teams will determine category placement for high school student-athletes into JV2, JV1 and Varsity categories
- Category placement is based on a combination of ability and grade level. A student-athlete's prior performance should be factored into placement.
- Students should discuss their racing categories with their coaches well in advance of the racing season to determine the most appropriate race category based on their ability and personal goals.
- There are no limitations to how many times a student-athlete may switch between categories throughout the season as long as league officials are notified in advance according to the guidelines above.
- For the state championship race, a racer must race in a minimum of 2 regular season races in the desired category. If a racer fails to qualify for JV1 or Varsity they will be defaulted as follows:
 - 9th Grader's default to Freshman
 - 10th, 11th, 12th Grader's default to JV2

Placement Criteria

Placement criteria, excluding petitions, are as follows:

Middle School Categories:

- 6th Grade A, B, C:** 6th graders only and based on grade level and first race time trial results.
- 7th Grade A, B, C:** 7th graders only and based on grade level and first race time trial results.
- 8th Grade A, B, C:** 8th graders only and based on grade level and first race time trial results.

All middle-school category placement will be based on grade level and first race time-trial results. Prior to the first race, all middle school students will be placed in their grade-based category and will compete together in the time trial as one category. Results from the time trial will be used to determine category placement into A, B, C categories for the remainder of the season.

The number of categories within each grade will be determined by the total number of registered student-athletes in that grade as follows:

- <50 = One Category – A
- 51-100 = Two Categories – A, B
- 101-150 = Three Categories – A, B, C
- 151-200 = Four Categories – A, B, C, D

High School Categories:

Freshman:	9 th graders only based on grade level
Junior Varsity 2:	10 th – 12 th graders placed by team.
Junior Varsity 1:	9 th – 12 th graders placed by team.
Varsity:	9 th – 12 th graders placed by team

Teams will be allotted a limited number of varsity spots based on D1 or D2 classification:

- Division 1 Teams – 4 Varsity Male and 4 Varsity Female
- Division 2 Teams – 3 Varsity Male and 3 Varsity Female

Racers who are not in either Freshman or Varsity will need to be split evenly between JV1 and JV2 keeping in mind that 9th graders are not eligible to race in JV2.

It is up to each team to submit a roster of rider category placements on the Monday, 12-days prior to the first race and any changes mid-season the Monday, 5 days prior to each race.

It is not mandatory that each team must fill all available varsity spots if not enough student-athletes desire or have the ability to race at the varsity level.

CHANGE TO

3.5 CATEGORY PLACEMENT RULES

- Idaho does not permit middle school student-athletes to participate in high school categories.
- Previous season results will determine the default category placement for high school student-athletes into JV2, JV1 and Varsity categories. These category placements will be assigned in the Pit Zone by IICL staff using the Category Placement Table (CPT) from the previous season.
- Category placement is based on a combination of ability, grade level and the student-athlete's prior season's race performance.
- Team Directors and/or Head Coaches may place riders in different categories than the default categories at their discretion but must do so using the [IICL Category Change Request Form](#) which can be found at the following link:
 - <https://forms.gle/Sh5Ytji9N8uj8NAD7>
 - This form will be located on the IICL website on the Coach Resources Page.

- Category placement changes must be submitted via the form no later than the Monday, 12-days prior to the first race and any changes mid-season the Monday, 5 days prior to each race.
- Students should discuss their racing categories with their coaches well in advance of the racing season to determine the most appropriate race category based on their ability and personal goals.
- There are no limitations to how many times a student-athlete may switch between categories throughout the season as long as league officials are notified in advance according to the guidelines above.
- For the state championship race, a racer should race in a minimum of 2 regular season races in the desired category. If a racer does not have 2 qualifying races prior to the state championship they will be placed into categories according to the following criteria:
 - 9th Grader's default to Freshman
 - 10th, 11th, 12th Grader's default to JV2

A petition may be submitted for any racer wanting to race in either Varsity or JV1 without having the appropriate qualifying races during the season.

Placement Criteria

Placement criteria, excluding petitions, are as follows:

Middle School Categories:

- 6th Grade A, B, C:** 6th graders only and based on grade level and first race time trial results.
- 7th Grade A, B, C:** 7th graders only and based on grade level and first race time trial results.
- 8th Grade A, B, C:** 8th graders only and based on grade level and first race time trial results.

All middle-school category placement will be based on grade level and first race time-trial results. Prior to the first race, all middle school students will be placed in their grade-based category and will compete together in the time trial as one category. Results from the time trial will be used to determine category placement into A, B, C categories for the remainder of the season.

The number of categories within each grade will be determined by the total number of registered student-athletes in that grade as follows:

- <50 = One Category – A
- 51-100 = Two Categories – A, B
- 101-150 = Three Categories – A, B, C
- 151-200 = Four Categories – A, B, C, D

High School Categories:

- Freshman:** 9th graders only based on grade level
- Junior Varsity 2:** 10th – 12th graders placed by team
- Junior Varsity 1:** 9th – 12th graders placed by team
- Varsity:** 9th – 12th graders placed by team

There are no limits to the number of Varsity or JV1 riders a team can have, however team scoring will be limited as follows:

- Division 1 Teams – Only top 4 Varsity Male and top 4 Varsity Female can count toward the team score
- Division 2 Teams – Only top 3 Varsity Male and Top 3 Varsity Female can count toward the team score
 - Examples
- It is not mandatory that each team must fill all available varsity spots if not enough student-athletes desire or have the ability to race at the varsity level.

Scoring Examples

	# of Varsity Boys	# of Varsity Girls	# of Varsity Boys in Team Score	# of Varsity Girls in Team Score
Example Division 1 Team	6	4	4	4
Example Division 2 Team	3	4	3	3

- Division 1 and Division 2 Teams - JV1 and JV2 riders should be split evenly on the team within each gender. If a team has more JV1 riders than JV2 riders, the maximum number of scoring JV1 riders will be limited to 50% (rounded up) of all combined JV1 and JV2 riders.
 - Examples:

	# of JV1 Boys	# of JV2 Boys	# of JV 1 Boys in Team Score
Example Team 1	5	6	5
Example Team 2	6	4	5
Example Team 3	5	4	5

	# of JV1 Girls	# of JV2 Girls	# of JV 1 Girls in Team Score
Example	0	3	0

Team 1			
Example Team 2	3	0	2
Example Team 3	3	3	3

Rule Modification #3

Summary: This change is a modification of the individual race scoring rule to include a season points winner for each high school category. The idea is that a SA can still be recognized for their accomplishments over the course of the regular season but the state championship race is still standalone.

EXISTING RULE

8.0 INDIVIDUAL SCORING

Student-athletes compete against other racers in the same category. Individual scoring is not divided into Divisions I and II. See categories under Rule 3.

All Races are individual races including the State Championship race. There are no series points maintained other than for staging purposes and assignment of the high school categories leader jersey.

The calculation of results for each race is based on elapsed time from each individual's assigned race starting time until the student-athlete has crossed the finish line after completing the designated number of laps for their category.

CHANGE TO

8.0 INDIVIDUAL SCORING

Student-athletes compete against other racers in the same category. Individual scoring is not divided into Divisions I and II. See categories under Rule 3.

Points from each individual race will be used to determine staging order and for the assignment of the high school categories leader jersey.

Points totals will be calculated using a 'drop one' methodology in which the lowest score for the season will be dropped from the points calculation.

One series points winner per high school category will be recognized based on the student-athlete with the highest number of accumulated points (factoring in a dropped score) within their respective category over the course of the regular season, excluding the state championship race. . In the case of a tie, both student-athletes will be recognized.

Points from the season do not carry over to the state championship race other than to determine staging order. The state championship race will be standalone and results from that race will be the only determining factor for the state champion awards.

Leader jerseys earned during the season should may be worn during the state championship race at the riders discretion.

The calculation of results for each race is based on elapsed time from each individual's assigned race starting time until the student-athlete has crossed the finish line after completing the designated number of laps for their category.

Rule Modification #4

Summary: This change is to modify the team scoring from a standalone state championship team calculation to a series points calculation for overall team awards at the end of the season. This will bring back some importance to the regular season races and give teams a chance to build points over the season to determine their overall results instead of having everything on the line at just the final race. There are individual race team awards.

EXISTING RULE

8.3 STATE CHAMPIONSHIP TEAM SCORING MATRIX

Team awards will only be awarded at the state championship race and will be calculated as follows:

For Division I scoring is based on the top eight point-earners, with a maximum of six of those point-earners scoring in either the boys' or girls' categories.

Division II scoring is based on the top four point-earners, with a maximum of three of those point-earners scoring in either the boys' or girls' categories.

League directors, with approval of their Rules Committee, may make modifications to these scoring rules.

CHANGE TO

8.3 STATE CHAMPIONSHIP TEAM SCORING MATRIX

A team's overall placement is based on team point totals for an entire point series — the lowest score is *not* dropped.

For Division I scoring is based on the top eight point-earners, with a maximum of six of those point-earners scoring in either the boys' or girls' categories.

- **Division 1 Teams – Only top 4 Varsity Male and top 4 Varsity Female can count toward the team score**
- **The maximum number of scoring JV1 riders will be limited to 50% (rounded up) of all combined JV1 and JV2 riders.**

Division II scoring is based on the top four point-earners, with a maximum of three of those point-earners scoring in either the boys' or girls' categories.

- **Division 2 Teams – Only top 3 Varsity Male and Top 3 Varsity Female can count toward the team score**
- **The maximum number of scoring JV1 riders will be limited to 50% (rounded up) of all combined JV1 and JV2 riders.**

League directors, with approval of their Rules Committee, may make modifications to these scoring rules.

Rule Modification #5

Summary: Change to modify the language around neutral support penalties.

EXISTING RULE

4.6 PENALTY FOR OUTSIDE ASSISTANCE

Student-athletes must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc. **If outside assistance, parts, or tools, are provided, a 5-minute penalty will be assessed.** The student must report such an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The student must report to a Scoring Official, Course Marshal, or other Race Official. If a student does not self-report the penalty may be doubled.

No penalty will be assessed for any prescription medical item or device (e.g., inhalers, EpiPens, etc.) given to a rider along the course or in the feed zone for safety or medical reasons.

CHANGE TO

4.6 PENALTY FOR OUTSIDE ASSISTANCE

Student-athletes must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc. **If mechanical support, tools or parts are provided anywhere on the course other than the designated IICL Neutral Support Zone or by any person other than the IICL provided Neutral Support Mechanic, a 5-minute penalty will be assessed.** The student must report such an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The student must report to a Scoring Official, Course Marshal, or other Race Official. If a student does not self-report the penalty may be doubled.

No penalty will be assessed for any prescription medical item or device (e.g., inhalers, EpiPens, etc.) given to a rider along the course or in the feed zone for safety or medical reasons.

No penalty will be assessed for mechanical support received in the race designated "Neutral Support" zone and provided by the race designated mechanic. The Chief Official has discretion to still apply a time penalty based on what assistance is provided and by who.

All support provided shall be documented for review by the Chief Official who has final discretion on any penalties that may be assessed.