



Athlete Code of Conduct

Positive Sporting Attitude

League athletes are expected to display an excellent sporting attitude during all League events and should treat all other riders, coaches, and officials with respect. Fair play and respectful, supportive behavior is expected of all League athletes.

Practice Safe Riding

League athletes must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and with excessive speed will not be tolerated. Athletes that have a risk-taking attitude or are witnessed to take risks will not be tolerated. A risk is defined as willingly attempting anything that is beyond one's ability to control in a safe manner.

Ride Only on Legal Trails

As representatives of the League and our sport, League athletes are expected to ride only on authorized trails. League riders caught riding on illegal trails at ANY time, whether on team rides or own their own, will face consequences as follows:

- 1st Offense** = Disqualification from 1 race
- 2nd Offense** = Disqualification from the League's race season
- 3rd Offense** = Permanent disqualification from the League

Passing

When passing on the race course, do so respectfully and only when it is safe. Actions that purposely compromise the safety of other athletes will not be tolerated. Call out when passing slower racers. "Tracking left" indicates you will be passing on their left, "tracking right" indicates you will be passing on their right.

No Cutting the Course/Riding off Trail

Except in the case of injury, League athletes are not allowed to cut the course, ride off course, or engage in any other behavior that would indicate an intention of unfair play. Cutting the course will result in disqualification, and possibly a loss of all League points.

Wear a Helmet at All Times

Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Athletes must also keep their helmet on when walking or running on the course with a mechanical. Athletes will lose all points for the race at which they were seen riding without a helmet – this includes while riding trainers to warm up.

Headphones

League athletes are not allowed to race with headphones or other portable musical devices.

Mechanical Issues

During the race, flat tires and other mechanical problems should be repaired by the athlete who must carry her/his own tools, tube, pump, etc. If outside assistance is given, a five-minute penalty will be assessed.

You Represent the League and Mountain Biking!

Recognize that, as a League athlete, you represent the NorCal High School Mountain Bike League and our sport. This is true at all times, not just at races—particularly when you are wearing your team or League jersey. Please help give the League and mountain biking a good reputation.

DISRESPECT OF THESE RULES MAY LEAD TO A SUSPENSION FROM RACES AND/OR THE LEAGUE

Print Name

Signature

Date