

**SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
CYCLING
PLAYING REGULATION
April 2026**

1. Season of Play

The SSSAA cycling season will begin March 1st or at the end of the previous season's regular season, whichever is later and will end after the first weekend in June.

2. Competitive Dates

The SSSAA cycling season will begin approximately the first week in May and will conclude by the first weekend in June.

3. Season Format

The calendar of events is established each year to reflect weather conditions and evolving participation patterns. This flexibility is not intended to exceed the traditional season or schedule. A typical season includes 4-5 races and a team race.

The season is a series, with the age group champion scoring the best of any three (3) of the four (4) races. Points are awarded to the top fifteen (15) places in each event. In order to be eligible for the final race (race #5), students must have competed in any one race beforehand.

4. Rules of Play

The CCA Road Cycling and Mountain Cycling Rule Books (adapted) are used.

5. Roster & Eligibility

Coaches must register student-athletes electronically using the OFSAA HUB. Additional student-athletes may be added to a team throughout the season by adding them to the OFSAA HUB system prior to the student-athlete being able to compete.

Any student-athletes not registered into the scoring system will not receive a time.

Race Number Ranges:

Hammariskjold: 100-199

La Verendrye: 200-250

St. Ignatius: 500-600

St. Patrick: 300-350

Superior: 1-99

Westgate: 400-450

Other: 900-924

There is no limit to the number of students per age category per school. Students from a school without a coach become eligible only by practising with another school that has a coach, with agreement between both Principals. These students' points will only count toward their home school total.

Before any event, the coach must approve the readiness (technical, physical, psychological) of the student to safely participate. Exceptions may be petitioned in writing and allowed if accepted by a majority of coaches.

Students may compete in only one age category in the Championships for individual events or the team event, but not necessarily the same age category for both.

6. Scoring

Scoring will take place as follows: 1st place = 20 points, 2nd place = 16 points, 3rd place = 13 points, 4th place = 12 points, 5th place = 11 points, 6th place = 10 points and so on to 15th place = 1 point. Race 6 is the Team relay. Event Scores will be doubled.

Individual Titles

Individual titles will count the best 3 of 5 race scores for each student. Tied placings will have points calculated as the average of the positions occupied. A tie for the individual championship will not be broken.

Category Titles

Schools will accumulate points per category (i.e. novice girls, novice boys, etc.) throughout each race. The most racers in a school may count towards a category title in any one race is three (3) racers.

Team Title

Team scores are the total points earned from every race involving every racer from a particular school that scores points. The timed team event is scored as all of the other races and they count only towards team points with one team/ category/ school counting points.

7. Equipment

The intent is that sophisticated equipment not become a requirement for success or even participation in this sport. It is RECOMMENDED that a pump, spare tube, tire levers, and a water bottle be attached. It is the responsibility of the student to maintain their bike in safe road-worthy condition. No kick stands are allowed.

Students must finish with the bike they started with (including wheels).

8. Uniforms

All cyclists must wear a CSA approved helmet whenever cycling (related to all scheduled practices and events). All cyclists must be uniformed in a long-sleeved or short-sleeved shirt. This uniform must be entirely of their school's basic colour(s) and include a school logo. Variations within a team may exist as new uniforms are purchased on a year to year basis. It is

RECOMMENDED that protective eye wear and gloves also be worn. Any student-athlete not in proper uniform will be disqualified.

9. Protests & Penalties

A committee comprised of the convenor(s) and two coaches not directly involved in the protest shall arbitrate on routine infractions of the playing regulations or situations requiring disciplinary action. Major protests follow usual Association bylaws. The consequence to a rider not properly uniformed, or demonstrating unsportsmanlike behaviour or language, will be no entry in that or the next event.

10. First Aid

First Aid supplies must be carried by the coach at every practice and event. A cellular phone is recommended for each remote venue.

11. Supervision & Transportation

Coaches should accompany their team in all bicycle travel, and be present for the entire duration of any event. Students using motor vehicle transportation must complete their appropriate Board transportation forms. The helmet expectation for students must be modelled by coaches.

12. Awards

SSSAA Championship trophies will be awarded to the first-place team in each category (i.e. novice boys, novice girls, etc.). Top 3 individuals will receive medals for individual category standings Gold, Silver, Bronze.

13. Race Cancellation

At 11:00am on race days a message will be placed on www.sssaa.com indicating whether the race will proceed or not.

14. Eligibility and Entries

Entry forms fully completed with proper signatures must be sent in to joseph_newhouse@lakeheadschoools.ca by the date and time specified on the calendar at SSSAA.com.

Eligibility must be submitted through the OFSAA HUB system one day prior to a school's competition.

Substitutions are allowed at the beginning of the SSSAA tournament to a team if there are injuries/no shows and an alternate is available.

Student-athletes may compete in only one division (i.e. junior or senior). No spares are allowed to fill in once the competition has begun.