



Team Training Limits

National Interscholastic
Cycling Association
(510) 524-5464
www.nationalmtb.org

NICA has strict training limits for NICA League Teams and NICA Indie Clubs. These limits protect student-athletes and create a supportive environment, as well as reduce exposure to physical risk and burnout. While NICA is 100% committed to supporting its student-athletes and coaches who suffer injuries, insurance coverage applies only to the allowable activities described below.

League teams and clubs are limited to the number of weeks in which they can participate in, and conduct the allowable activities described below. Insurance coverage is not provided for any activities outside of these time limits.

Each year is divided into a pre-season, a regular season, and an off-season. Unless otherwise specified for a particular league, Fall Leagues are leagues with races in the fall, and Spring Leagues have races in the spring.

Pre-season

- **Start Date:** Teams and clubs can commence limited pre-season team activities on the following dates:

Fall Leagues.....	April 1
Spring Leagues	October 15

- **Allowable Pre-season Activities:** The team, club and coaches must be registered with NICA to participate in, and conduct activities. Only the following pre-season activities are permitted and must be pre-approved by the league director (approval form attached below):
 1. Bike checks and bike fit;
 2. Mechanical workshops;
 3. All inclusive fun rides; and
 4. Skills clinics.

- **Activities Limit.** The maximum number of pre-season activities is:

Fall Leagues.....	6
Spring Leagues.....	6
Colorado, Utah*.....	8

**Due to unpredictable inclement weather conditions in mountain and high desert regions.*

Regular Season

- **Start date:** Regular training, to include up to 4 practices per week, may commence on



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the following dates:

- Fall LeaguesJuly 1
- Spring LeaguesDecember 1
- ColoradoAugust 1
- TennesseeMonday of the week after the week of July 4*

- **Racing Limits.** Teams and clubs may participate in races only during the regular season.
- **End of Season.** No team or club rides, or any other training activities, may take place following the 14th consecutive day after the final NICA league race of the season. Special summer or post-season activities and rides after this two-week period may be approved and allowed by the league director (use the approval form below).

**The two-week period including the week prior to the week of July 4 and the week of July 4 is defined as the Summer Dead Period under the Tennessee Secondary School Athletic Association Handbook, during which no regular season or pre-season or activities may take place, and is part of the Tennessee League’s off-season.*

OFF-SEASON

The off-season is defined as periods not within the applicable pre-season and regular season periods. Organized team rides and races are strictly prohibited during the off-season. The following activities during the off-season will jeopardize a team or club’s eligibility:

1. A league team racing under the school name;
2. Using the school jersey at races as a team;
3. Having practices that meet on school grounds;
4. Having regular meetings at school that organize activity for off-season training and racing;
5. Using any league team property without a letter of permission from school administration; and
6. Using the same league team website as an outlet for organizing off-season practices or racing.

NICA respects off-season non-league racing activities. However, all off-season coaching activity must be done under a separately organized, insured, and named team. Teams found to be racing as a high school team during the off-season will be ineligible to compete in NICA league races the following season.



Pre-Season Activity Approval Form

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During the pre-season period teams are allowed to have up to six (6) scheduled activities (bike checks and/or fits, mechanical workshops, fun rides, or skills clinics). These activities must be pre-approved by the League Director. Please send the following information to the League Director at least five (5) days in advance of the first activity. Thank you.

1. Team Director Name: _____
Phone/email: _____
2. Team Name: _____
3. Dates of each activity: _____
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
4. Description of each activity (what, where, how far, etc.) (attach more sheets if necessary):
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
5. Number of adults expected at each activity: _____
6. Number of students expected at each activity: _____
7. Do you have current NICA waivers for all student and adults? _____
8. Are all adult riders joining club/team rides licensed by NICA? (Level 1, Level 2 Level 3). NICA requires that all adults regularly participating in sanctioned rides hold NICA licenses. Adults without licenses are not insured. _____

Please complete this form and email to your league director. Please check your league website for the email address. Please contact your league director if you have any questions about these requirements or the insurance coverage.