



NICA NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

How are NICA “regions” defined?

NICA’s eastern and central leagues are broken into the following geographic groups for the 2025 Regional events:

Eastern:

- Delaware
- Florida
- Maryland
- North Carolina
- New Jersey
- New York
- Ohio
- Pennsylvania
- South Carolina
- Virginia
- West Virginia

Central:

- Arkansas
- Indiana
- Kentucky
- Kansas
- Missouri
- Mississippi
- Nebraska
- Oklahoma
- Tennessee
- Texas
- Wisconsin

Who can participate at NICA’s Regional events?

NICA’s Regional events welcome registered NICA athletes who are in grades 6-12* in the 2025-2026 academic year to participate in Regional events.

- Racing is open to high school athletes, defined as riders in grades 9-12, in their 2025-2026 academic year.**
- Student-athletes will race in their 2025 (fall race season) or 2026 (spring race season) categories.**
- Adventure, GRiT, the event expo, and skills areas are open to all 6th-12th grade athletes.

Licensed NICA coaches are also a key part of NICA Regional events!

**Minimum participation age is 6th grade for NICA Regional events*

***Based solely on current age/grade level – middle school athletes (in their 2025-2026 academic year) may not petition up into Regionals categories, regardless of their league category. Please see the [Regionals Handbook](#) for more information.*

Why are there no middle school race categories at Regionals?

Middle school athletes are all welcome and encouraged to participate at Regionals, including all expo events, GRiT rides, and Adventure rides/activities! However, there are no racing categories for middle school athletes (defined as grades 6-8) at Regional events. As a youth development organization, NICA provides low-pressure exposure to competition via middle-school aged racing experiences in each of our leagues. Racing at NICA Regionals as a high school athlete is something that competitive-minded athletes can work toward and look forward to as an opportunity for when they reach high school age.

...but what if my league allows middle schoolers to petition into high school race categories?

Regardless of league categories, middle school riders who race in a high school category for their league are not eligible for racing at a Regional event. Riders must be in grades 9-12 in order to race at a Regional event.

You can read more about racing and categories in our [Regionals Handbook](#).

What activities are offered at the Regional event?

Racing

Regionals provide a high-quality racing experience against other NICA athletes and use a tiered varsity system. Categories offered are below and are offered for both boys and girls. Space in each category may be limited depending on the venue.

- JV3: a league's entry-level high school racing category. *Formerly a "freshman" category.*
- JV2: a league's third highest ranked high school category. *Athletes that are still developing their high school racing experience.*
- JV1: a league's second-highest-ranked category. *Athletes not yet ready for Varsity.*
- Varsity: a league's highest-ranking high school category.

New for 2025, there are no qualifications for high school athletes to participate in racing at regionals. Race registration will be first-come, first-served.

Racing is open to high school athletes, defined as riders in grades 9-12, in their 2025-2026 academic year. Student-athletes will race in their fall 2025/spring 2026 season categories.

NICA and participating leagues will publicize registration dates widely via league and national email and social media. See below for more information on staging.

Adventure Course

An adventure course (approximately 15 miles) will give athletes a challenge-by-choice opportunity. Ride as much as you like and explore trails with old and new friends. Activities and rides vary by event.

GRiT

GRiT activities at the GRiT tent will build inter-league connections to create community and continue our movement to get more girls on bikes! Expect guest speakers, activities, clinics, pre-rides, and moms-on-bike opportunities! Activities vary by event.

Teen Trail Corps

Regional events feature an expo area dedicated to trail advocacy. See how your league ranks in total hours and hours per student-athlete, or learn more about how to be a steward of the trails. Activities vary by event.

Expo activities

An industry-leading collection of NICA supporters are onsite at every Regional event expo, connecting with families and athletes. Activities include clinics, product demos, fun activities, guest speakers, and more. Spend time at the expo to connect with new people from across NICA leagues, meet other cycling enthusiasts, enjoy local food trucks, or purchase merchandise! This is the biggest collection of NICA fun in one place, with activities for all ages. Expo vendors and activities vary by event.

Skills zone

All Regional events feature the raddest skills zone on the planet! Test your bike handling skills and improve your confidence with various features and challenges.

Camping

RV and tent camping is available at select regional events. Camping is pre-registration only due to limited availability. This is a great opportunity to hang out with friends and family and not miss a moment of the action.

Where will Regional events take place?

Regional events take place at venues across the country. See below for current locations/venues by date .

Eastern Regionals

2023: Fair Hill Natural Resources Management Area – Elkton, Maryland

2024: Fair Hill Natural Resources Management Area – Elkton, Maryland

2025: We're working hard to secure a 2025 Eastern Regionals location. Please stay tuned for more information.

Central Regionals

2025: Centennial Park, Fayetteville, Arkansas

[Where is the Western Regional event?](#)

When will Regional events take place?

The 2025 Central Regional event will take place on Veterans Day weekend, allowing for athletes and families to travel with as little disruption to school as possible. *Note that future regional events may take place on different dates.*

Central Regional Event: November 8-9, 2025

The Tentative Daily Schedule is below:

- Friday - travel for all to the Regional event
- Saturday - Pre-rides, Adventure, GRiT, and TTC activations, alongside partner activations, workshops and the expo
- Sunday - Category racing and awards

How do I register to participate?

Registration

Registration will open in late summer 2025. Be on the lookout for emails and social media updates from NICA. Don't miss any action and be sure to [sign up for our event newsletters](#).

How do I support my closest NICA Regional event?

Volunteer

NICA Regionals are powered by volunteers! Volunteer opportunities will be available and announced in the fall. Opportunities include event setup, tear down, course marshal opportunities and more! Volunteer opportunities will be posted in your region's event guide.

Sponsor the event

NICA needs amazing sponsors and partners to create these unique and unforgettable experiences for athletes and families. [Learn more about being an event sponsor](#) and reach out to our partnerships team today..

Where is the Western Regional event?

There will be no 2025 NICA regional event in the west, but we're working hard to make these events replicable across the country. Please stay tuned for the possibility of future NICA regional events in other areas of the country.

How do Regional events fit into NICA's spring and fall league schedules?

The following information applies to 2025 Regional events:

Spring league participants

- Pre-season rules and team training limits apply for spring athletes, as per the NICA Handbook
- Regionals counts as a pre-season event and participating athletes and coaches **must be registered** in Pit Zone before arriving at the event
- Individual student-athletes must be marked as *practice-ready* in the NICA Pit Zone in order to participate or race

Fall leagues

- Regionals will be considered the final league race of the season, and the season will officially end the day after regionals.

Can a rider participate without a coach present from their team?

If athletes are attending, but a team coach is not, leagues will ensure that all athletes have a league-associated coach for coach-led activities like course inspection/pre-rides and adventure rides.

What is the event refund policy?

Weather

- Mountain bike racing is a weather-dependent activity. NICA Regionals staff will evaluate many factors regarding the impact of moisture, temperature, and other environmental conditions on the safety of participants, spectators, staff, and volunteers along with the long-term impact on the trail systems and venue.

Any decisions regarding canceling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the host league director, venue land manager, lead course marshal, and event director. Often, this decision cannot be made until the morning of the event due to the unpredictable nature of wet or stormy weather, or acts of nature such as lightning, fires, etc.

There are **no refunds** for registration fees for changes or cancellations made due to weather. Registration fees may not be transferred to subsequent races or events for changes or cancellations made due to weather.

Refunds

- There are **no refunds** on any registration payments, even if the event is canceled. In the event of a cancellation, the event will use your event payment to cover costs already incurred to support the event or reinvest those funds into league programming.
- Event insurance can be purchased upon registration through the BikeReg registration portal.