



Team training limits & preseason events

NICA has training limits for teams. These limits reduce exposure to physical risk and burnout. NICA insurance coverage applies only to the allowable activities during the preseason and regular season. NICA insurance coverage is for NICA sanctioned events and practices only. Teams are limited to the number of weeks during 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.

Any coach working with student-athletes during their off-season that is not sanctioned/insured under another non-scholastic organization may risk the eligibility of the coach, rider, and team to compete in NICA races.

Season timeline

Each year is divided into a preseason, a regular season, and an off-season. Generally, leagues follow the dates noted below; however, league timelines vary so *always check with your local league to confirm your season dates.*

PRESEASON	
Fall league preseason begins April 1	Spring league preseason begins October 15
Allowable preseason activities	
Allowable preseason activities include bike checks, equipment inspections, and bike fit; mechanical workshops; inclusive fun rides; and skills clinics. <i>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.</i>	
Preseason activity limits	
The maximum number of preseason activities is limited to six total activities. <i>Arizona, Idaho, New Mexico and Utah teams may have an additional <u>two</u> activities scheduled to accommodate unpredictable inclement weather conditions in mountain and high desert regions.</i>	
PRESEASON EVENT APPROVAL	
Teams must submit their plans for any preseason events for approval by their league directors. Contact your league director to learn the process for submitting your preseason events.	

REGULAR SEASON

Regular training, which includes up to 4 practices per week, may commence on the following dates:

Fall leagues: **July 1**
Utah: **June 1**
Tennessee: Monday of the week after July 4*

Spring leagues: **December 1**
Texas: **November 1 (2023)**

Allowable regular season activities

The team, club and coaches must be registered with NICA to participate in/conduct activities including meetings, team practice, rides, team skills clinics, basic trail maintenance/upkeep and NICA sanctioned league events. NICA teams may not participate as a team in non-NICA activities at any time. If coaches and student athletes participate as a team at non-NICA events, it must be done under a separately organized, insured, and named team. NICA team jerseys should not be worn at non-NICA events when participating as a non-NICA team.

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.

Racing limits

Teams and clubs may participate in races only during the regular season. NICA insurance coverage is for NICA sanctioned events and practices only. Participation in any events outside of NICA is not covered by NICA insurance.

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.

*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 preseason 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 preseason and regular season periods.
Organized team rides and races are *strictly prohibited* during the off-season.

Limits for off-season activities

The following activities during the off-season will jeopardize a team's eligibility:

1. A league team racing under any NICA-sanctioned team name;
2. Using the NICA team 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;
6. Using the same league team website as an outlet for organizing off-season practices or racing.

NICA respects off-season non-league related 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 league races the following season.

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