



2017 Canada Summer Games Mountain Bike Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

National Partners/Partenaires nationaux



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**2017 Canada Summer Games
Mountain Bike Technical Package**

1. SPORT: CYCLING – Mountain Bike

2. PARTICIPANTS:

2.1. Competitors:

- 3 Male
- 3 Female

2.2. Staff:

- 1 Coach
- 1 Manager or Mechanic

The coach must be a certified mountain bike coach. As part of the training, the coach must have taken an NCCP mountain bike workshop or have been evaluated as a mountain bike coach.

If female athletes are being sent, one of the staff must be female. If male athletes are being sent, one of the staff must be male.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access:
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Missions process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

Cyclists must hold valid Cycling Canada licenses.

Cyclists must be under 23 years of age and at least 17 years of age as of December 31, 2017 (year of birth 1995-2000).

Note: Athletes born in 2001 who hold Cycling Canada licenses in 2017 may compete if their Provincial/Territorial association applies to and gains permission from Cycling Canada.

4. ELIGIBILITY:

4.1. Coaches:

Any staff listed as coach on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) to at least a Level 3 (theory, technical and practical) or the equivalent in the new NCCP to at least NCCP Competition – Development (Certified) status. These coaches must be certified no later than 90 days before the opening of the Games (May 1st, 2017).

4.2. Competitors:

Excluded from the Canada Games are:

- Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance Program) at any time;
- Athletes that have competed for any nation in any cycling discipline at the Olympic Games. Participation in a Youth Olympic Games does not constitute a reason for exclusion from the Canada Games;
- Athletes who have participated more than one time at the U23 UCI World Championships (mountain bike men & women)
- Senior National Team Athletes*

* Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status, may be deemed eligible on a case by case basis. Requests must be submitted by the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or nomination to an Olympic Team (i.e., no athlete will be excluded if they are granted carding status or named to an Olympic Team after May 1st, 2017).

4.3. Mechanic and Manager:

Team mechanic must hold valid Cycling Canada licenses for the year of the Games (2017).
Team manager must hold valid Cycling Canada licenses for the year of the Games (2017).

5. COMPETITION:

5.1. General Principles:

Each Province/Territory may enter a maximum number of athletes in each event, as follows:

	Max. riders	Number of riders counting to team score	Recommended Distance/Time	
			Men	Women
Cross-Country	3	2	1h30*	1h30*
Relay	3	Team Score	1 lap	1 lap
Sprint	3	2	1 km	1 km

*Estimated time of winner

5.2. Sequence of Events:

Day	Events
Friday	Training
Saturday	Training
Sunday	Competition
Monday	Training
Tuesday	Competition
Wednesday	Training
Thursday	Competition

5.3. Specific Rules:

While the competitions will be run under the UCI and Cycling Canada's current competition rules for elite competitions, some specific rules will apply to the Canada Games events.

5.3.1. Bicycles:

Each competitor can only use one (1) bicycle. If an athlete is competing in both Mountain Bike and Road Cycling events, the athlete can use one (1) bicycle for the Road Cycling events and one (1) bicycle for the Mountain Bike events. Bicycles must be registered at the time of license presentation. A seal will be applied to the main part of the bicycle and this seal will be checked at each start and finish. If the seal is not intact, the rider will be disqualified.

Some parts of the bicycle may be changed from one event to another: wheels, handlebars, pedals, etc, but the frame must remain the same for all events. In case of a structural breakdown of the frame, as recognized by the Chief Official, a replacement frame may be used.

5.3.2. Gear Restrictions:

There will be no gear restriction.

5.3.3. Radio Communications:

Radio communication between riders and coaches will **NOT** be permitted as per UCI rules.

5.3.4. Start Order:

RELAY START ORDER

There is a maximum of three (3) riders per Province/Territory.

All Provinces /Territories are awarded a start position based on the Province/Territory final Mountain Bike ranking at the 2013 Canada Summer Games. The best Province/Territory will be seeded first. The Provinces/Territories must choose the order in which their riders start and submit it at the managers' meeting before the start of the competition. A Province/Territory must secure at least 2 riders per gender to enter the relay. In such cases, one of the two riders will have to do 2 laps of the course. That rider will need to be identified at the coaches/managers' meeting.

CROSS-COUNTRY START ORDER

There is a maximum of three (3) riders per Province/Territory.

All Provinces/Territories are awarded a start positions based on the Province/Territory final Mountain Bike ranking at the 2013 Canada Summer Games. The best Province/Territory will be seeded first. This sequence of Provinces/Territories will be repeated until all riders are given a start position.

As there are three (3) riders per Province/Territory, the start order sequence is repeated three times. The Provinces/Territories must choose the order in which their riders start and submit it at the managers' meeting before the start of the competition.

CROSS-COUNTRY SPRINT START ORDER

There is a maximum of three (3) riders per Province/Territory.

All Provinces/Territories are awarded a start position from the qualifying time trial based on the Province/Territory's final Mountain Bike ranking at the 2013 Canada Summer Games. The best Province/Territory will start last. This sequence of Provinces/Territories will be repeated until all riders are given a start position.

As there are three (3) riders per Province/Territory, the start order sequence is repeated three times. The Provinces/Territories must choose the order in which their riders start and submit it at the coaches/managers' meeting before the start of the competition. If a Province/Territory is missing a rider, they will skip the first rotation.

Based on their time trial qualifier, riders will be seeded for the elimination rounds. The fastest seeded riders will face the slowest seeded riders based on their time trial results. The elimination round will be as follows:

¼ finals = 6 waves of 5 riders with best 2 moving on to the next round;

½ finals = 2 waves of 6 riders with best 3 moving on to the final and last 3 moving on to the consolation final;

Consolation final (B) = 1 wave of 6 riders to determine position 7 to 12;

Final (A) = 1 wave of 6 riders to determine position 1 to 6.

6. SPORT SCORING:

- Competitors are ranked in the order they cross the finish line in the Cross-Country. The top 2 finishers per Province/Territory will count for sport scoring. Sport scoring is awarded for places 1st through last based on the chart below.
- Provinces/Territories are ranked in the order they cross the finish line in the Relay. Sport scoring is awarded for places 1st through last based on chart below.

- Competitors are ranked in the order they cross the finish line in the Sprint final rounds (A and B). The riders who did not move on to the final rounds (A-B) will be scored based on their time trial qualifier. The top 2 finishers per Province/Territory will count for sport scoring. Sport scoring is awarded for places 1st through last based on the chart below.

Sport scoring for CROSS COUNTRY and SPRINT events is as follows:

Position	Pts
1 st	100
2 nd	97
3 rd	94
4 th	91
5 th	88
6 th	85
7 th	83
8 th	81
9 th	79
10 th	77
11 th	75
12 th	74
13 th	73

Position	Pts
14 th	72
15 th	71
16 th	70
17 th	69
18 th	68
19 th	67
20 th	66
21 st	65
22 nd	64
23 rd	63
24 th	62
25 th	61
26 th	60

Position	Pts
27 th	59
28 th	58
29 th	57
30 th	56
31 st	55
32 nd	54
33 rd	53
34 th	52
35 th	51
36 th	50
37 th	49
38 th	48
39 th	47

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 98.5 points $(100+97)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Sport scoring for RELAY event is as follows:

Position	Pts
1 st	150
2 nd	140
3 rd	130
4 th	120

Position	Pts
5 th	100
6 th	90
7 th	80
8 th	70

Position	Pts
9 th	50
10 th	40
11 th	30
12 th	20
13 th	10

If there is a tie, points will be shared equally between teams (i.e. If tied for first then each team would receive 98.5 points (100+97)/2). If a team does not finish or is disqualified, the team does not receive any points.

7. PROVINCIAL/TERRITORIAL RANKING:

Rankings will be established by adding sport scoring points from all events in both mountain bike and road cycling (see Road Cycling Technical Packages for road cycling sport scoring details) disciplines. Men and women will be ranked separately.

Points for the Games Flag will be awarded as follows:

Position	Pts
1 st	10
2 nd	9
3 rd	8
4 th	7
5 th	6

Position	Pts
6 th	5
7 th	4
8 th	3
9 th	2 ½
10 th	2

Position	Pts
11 th	1 ½
12 th	1
13 th	½

8. TIE BREAKING RULE – COMPETITION:

Union Cycliste Internationale (UCI) tie breaking rules apply.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

If a tie exists in the overall Provincial/Territorial Ranking, the higher standing will be awarded to the Province/Territory with the most event first places (across both mountain bike and road cycling), and if the tie still exists, the most event second places and so on.

10. MEDALS:

Total: Gold: 10 Silver: 10 Bronze: 10

11. COMPETITIVE UNIFORM:

Provincial/Territorial colours must be worn. The Canada Games Council's Commercialization Policy regarding advertising on uniforms will be in effect.

As per UCI rules, competition wear is mandatory for podium presentations.

12. EQUIPMENT:

Please see section 5.3.1. (Bicycles), 5.3.2. (Gear Restrictions), and 5.3.3. (Radio Communications).

13. APPENDICES:

The attached appendices are an integral part of this technical package.

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out

for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

Performance Cycling Competition Development			
	<u>Module</u>	<u>Offered by:</u>	<u>Status achieved upon completion:</u>
Step – 1 Cycling Modules	Analyzing Performance (7.5h)	Cycling Canada	In-Training
	Performance Planning (7.5h)	Cycling Canada	
	Manage a Program (Part 1) (3h)	Cycling Canada	
Step – 2 Multi-sport Modules	Coaching & Leading Effectively (11.5h)	Association P/T des entraîneurs	Trained
	Developing Athletic Abilities (7.25h)	Association P/T des entraîneurs	
	Prevention and Recovery (7.5h)	Association P/T des entraîneurs	
	Leading Drug Free Sport (3.5h) + CAC Online Evaluation	Association P/T des entraîneurs	
	Psychology of Performance (5h)	Association P/T des entraîneurs	
	Managing Conflict (5h)	Association P/T des entraîneurs	
Step – 3 Cycling Evaluations	Make Ethical Decisions Online Evaluation- Competition Development	Coaching Association of Canada (CAC)	Certified
	Plan a Project- online module (3h)	Cycling Canada	

	Manage a Program (Part 2)- module (3h)	Cycling Canada	
	Evaluation #1: Training Camp Project	Cycling Canada	
	Evaluation #2: Competition Project	Cycling Canada	

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.



[Canada Games Performance Pathway](#) (As of Aug 19/15)

The following guidelines are provided as a recommended pathway and program for Cycling athletes participating in Canada Games. These are not intended to be selection criteria, which are set by the individual provinces and territories.

	Can Games -3 years	Can Games -2 years	Can Games -1 year	Can Games year
LTAD stage	Late Train to Train	Late Train to Train	Late Train to Train	Early Train to Compete
Years in sport	3 to 5 years in cycling	Early Train to Compete	Early Train to Compete	5 to 8 years in cycling
Age	Age 15-18	3 to 6 years in cycling Age 16-19	4 to 7 years in cycling Age 17-21	Age 17-22
MTB performance	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs or Nat-level XC events within 120% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs or Nat-level XC events within 120% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 3 Nat Champs or Nat-level XC events within 115% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 3 Nat Champs or Nat-level XC events within 115% of WT
Road performance	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs of Nat-level RR: demonstrated ability to finish in top 50% of category Nat Champs or Nat-level TT events within 120% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs of Nat-level RR: demonstrated ability to finish in top 50% of category Nat Champs or Nat-level TT events within 120% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs of Nat-level RR: demonstrated ability to finish in top 50% of category Nat Champs or Nat-level TT events within 115% of WT 	<ul style="list-style-type: none"> P/T Champs: Top 5 Nat Champs of Nat-level RR: demonstrated ability to finish in top 50% of category Nat Champs or Nat-level TT events within 115% of WT
Competition level	<ul style="list-style-type: none"> Prov/Terr Championships Prov/Region Games National Championships* 	<ul style="list-style-type: none"> Prov/Terr Championships Prov/Region Games National Championships Nat/Internat level events & selection events (Jr)* 	<ul style="list-style-type: none"> Prov/Terr Championships* National Championships Nat/Internat level events & selection events (Jr/U23) 	<ul style="list-style-type: none"> Prov/Terr Championships* National Championships Nat/Internat level events & selection events (Jr/U23)
Training environment	<ul style="list-style-type: none"> Cycling club/team Prov/Terr Team selection* Cert Comp Int or Comp Dev coach Ideally, train with same and later-stage athletes of equal and better performance 	<ul style="list-style-type: none"> Cycling club/team Prov/Terr Team Program National dev't projects* Cert Comp Dev coach Ideally, train with same and later-stage athletes of equal and better performance 	<ul style="list-style-type: none"> Cycling club/team Prov/Terr Team Program National dev't projects Cert Comp Dev coach Train with same and later-stage athletes of equal and better performance 	<ul style="list-style-type: none"> Cycling club/team Prov/Terr Team Program National U23 projects Cert Comp Dev coach Train with same and later-stage athletes of equal and better performance
Training volume	<ul style="list-style-type: none"> Periodized annual plan Cycling specialized, may include winter sport Train 5-6x per week/10+ hr Sessions 1 – 3.5 hrs long 	<ul style="list-style-type: none"> Periodized annual plan Cycling specialized, may include winter sport Train 5-6x per week/12+ hr Sessions 1 – 4 hrs long 	<ul style="list-style-type: none"> Periodized annual plan Cycling specialized, may include winter sport Train 6-7x per week/14+ hr Sessions 1 – 4.5 hrs long 	<ul style="list-style-type: none"> Periodized annual plan Cycling specialized, may include winter sport Train 6-7x per week/15+ hr Sessions 1 – 5 hrs long

Note: Items marked * are optional (that is, if possible/available)

