

A GUIDE TO

THE ZAMBIA MTB SCHOOL SERIES

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INTRODUCTION TO THE ZAMBIA MTB SCHOOL SERIES

The Zambia MTB School Series (hereinafter referred to as “the School Series” or “the Series”), is a series of cross-country (XC) mountain bike races designed to provide a platform for school-going riders to develop their mountain bike skills, compete against each other and work towards cycling goals.

The Series is run by Trident College, Solwezi, which also hosts some of the events. Trident College seeks to extend the Series to venues throughout Zambia in order to provide the opportunity for more riders to take part.

NOTE:

1. The organisers of the Zambia MTB School Series are the head of cycling, Trident College, Solwezi assisted by Kansanshi Events members, and associated parents. The organisers are responsible for setting the format, venues and dates of the School Series, together with such rules that they deem fit to apply to the running of the School Series.
2. The organisers are responsible for securing any sponsorship towards the School Series.

SERIES FORMAT

The Series consists of a number of events (currently four) which run from about January/February through to July or September of each year, depending on timetabling constraints. The format is based on the [Spur Schools Mountain Bike League](#) in South Africa. At the end of the Series, a team of riders is normally chosen to take part in the Spur Schools MTB Inter Schools and Inter Provincial Finals, which are held in October in South Africa, and to which Zambia has a regular invitation.

At each Zambia MTB School Series event, riders race a short XC route, with the type of route and the number of laps to be ridden dependent on the age of the rider. Riders earn points according to their placing on the day, with certificates awarded for the top three riders in each age category. Riders accumulate points for each race ridden, with certificates, trophies and awards being made after the final race of the season.



POINTS ALLOCATION AND AWARDING OF CATEGORY PRIZES

Points are awarded on placings as follows:

Position	Number of points
1 st	20
2 nd	15
3 rd	10
4 th	8
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

- Unless otherwise decided by the organisers, riders aged 13 years old and over must have participated in a minimum of 3 of 4 races in order to qualify for an overall category prize at the end of the season.
- Younger riders must have participated in a minimum of 2 of 4 races in order to qualify for an overall prize.
- At the end of the season, a floating trophy award will be presented to the school which has accumulated the most points over the season. number of laps to be ridden dependent on the age of the rider. Riders earn points according to their placing on the day,

SERIES ELIGIBILITY AND CONDITIONS FOR PARTICIPATION

- The School Series is open to all cyclists registered at a recognised school in Zambia.
- Home-schooled cyclists of an appropriate age are also permitted to take part in the School Series. (Please note that home-schooled cyclists are also eligible for selection to the Zambia Schools Team to take part in the Spur MTB League Inter Schools Final only if they are registered with a recognised Zambian school for cycling activities, as per Spur Schools MTB League requirements.)
- Some riders who are no longer at school may be allowed to take part in the Series in order to raise the level of competition for the older school riders (for example members of the Kansanshi Development Team). An unofficial Open category caters for this category of rider. However, participation by such riders is at the organisers' discretion and riders over the age of 19 should contact the organisers for permission before entering the Series.
- All riders who register to take part in the Series must provide proof of their date of birth by providing a copy of their birth certificate, passport or National Registration Card. They shall also pay an annual registration fee (currently ZMW50).
- All riders must have an online entry submitted for them for each race, in order to take part. This includes the completion of an indemnity section. The online entry can be submitted by the riders' parents, guardians, coaches or a member of staff from their school.
- All riders must adhere to the normal rules applicable to any mountain bike event, including but not limited to:
 - Riders must wear a cycling helmet which is securely affixed.
 - Rider must wear appropriate cycling kit and footwear, and must ensure that their bicycle is in good working order before the start of their race.
 - Riders must ride the route as marked out and will be subject to disqualification should they depart from the marked route in a manner which gives them any advantage over their competitors.
 - Riders must comply with the instructions given to them by any Event or Race official, including marshalls on the course.
 - GoPros and similar devices will be allowed, but must be attached securely to the bike, and not on the rider's person (e.g. helmet or body) during races.
 - Trident College and partners reserve the right to post pictures and videos on social media and school websites and publications. Parents who object to this must submit a request in advance in writing to have their child excluded.

RACE CATEGORIES FOR 2020

Each rider will ride in a race category determined by his or her gender and his or her age. The rider's age is based on the age he or she will be as at 31st December of the year of the Series.

Please note the race categories below for 2020. Note that:

1. Riders in the categories highlighted in yellow are eligible for selection to the Zambia Schools Team which is invited to take part in the Spur Schools Mountain Bike League Inter Schools Final.
2. Categories highlighted in blue are considered to be unofficial categories. The Kiddy categories are designed to introduce young children to the concept of the Series and to provide a fun race for them. The Open categories are designed to enable cyclists who have recently left school, to still have a forum in which to compete, and also to allow for the participation of Kansanshi Development Team riders to raise the level of competition for the older school riders.
3. At the organisers' discretion, some riders may be permitted to race in an older age group than one for which they are normally eligible, should they show exceptional ability. This is at the organisers' discretion and will not be permitted for most riders.

RACE AGE CATEGORIES - 2020			
Category Name	Gender	Age on 31 Dec 2019	Year of Birth
Kiddy	Girls	6yrs & under	2014 or after
Kiddy	Boys	6yrs & under	2014 or after
Sub Nipper	Girls	7-8yrs	2012-2013
Sub Nipper	Boys	7-8yrs	2012-2013
Nipper	Girls	9-10yrs	2010-2011
Nipper	Boys	9-10yrs	2010-2011
Sprog	Girls	11-12yrs	2008-2009
Sprog	Boys	11-12yrs	2008-2009
Sub Junior	Girls	13-14yrs	2006-2007
Sub Junior	Boys	13-14yrs	2006-2007
Youth	Women	15-16yrs	2004-2005
Youth	Men	15-16yrs	2004-2005
Junior	Women	17-19yrs	2001-2003
Junior	Men	17-19yrs	2001-2003
Open	Women	20 & over	2000 or before
Open	Men	20 & over	2000 or before

RECOMMENDED RACE LAPS

The Series follows the guidelines set out by the Spur Schools Mountain Bike League. In general, primary school courses should range between 2 and 4 kilometres in length, whilst high school courses should range between 4 and 6 kilometres in length.

Racing times will vary according to the topography of each course, and it is recommended that the organiser of the route have riders of different ages and abilities ride the route before the race to determine the appropriate racing time and number of laps to be ridden in each age group.

Recommended race times are shown below:

RECOMMENDED RACE TIMES PER CATEGORY			
BOYS	TIME	GIRLS	TIME
HIGH SCHOOL			
JUNIOR/OPEN MEN	50-60min	JUNIOR/OPEN WOMEN	40-50min
YOUTH MEN 15-16	40-50min	YOUTH WOMEN 15-16	30-40min
SUB JUNIOR BOYS 13-14	30-40min	SUB JUNIOR GIRLS 13-14	25-35min
PRIMARY SCHOOL			
SPROG BOYS	20-30min	SPROG GIRLS	20-30min
NIPPER BOYS	15-25min	NIPPER GIRLS	15-25min
SUB NIPPER BOYS	15-20min	SUB NIPPER GIRLS	15-20min
KIDDY BOYS	10min	KIDDY GIRLS	10min



SPUR SCHOOLS MOUNTAIN BIKE LEAGUE INTER SCHOOLS FINAL – PARTICIPATION BY ZAMBIA SCHOOLS TEAM

Since 2016, Zambia has been invited to send a Zambia Schools Team to take part in the Spur Schools Mountain Bike League Inter Schools Final. As from 2019, the Team has also been invited to take part in the Spur Schools Mountain Bike League Inter Provincial Final, held the day after the Inter Schools Final, thus making it a two-day event for the Team.

SELECTION FOR THE ZAMBIA SCHOOLS TEAM

1. Cyclists eligible for selection to the Zambia Schools Team must meet the following preliminary criteria:
 - a. They must be aged between 13 and 19 years as at 31st December of the year of the Zambia MTB School Series and Spur School MTB League Series;
 - b. They must have taken part in the Zambia MTB School Series in the year of selection; and
 - c. They must be registered at a recognised school in Zambia, or if home-schooled must be registered for cycling activities at a recognised school in Zambia.
2. Selection of cyclists to the Zambia School Team is at the discretion of the organisers of the Zambia MTB School Series. The selection committee is made up of the Head of Cycling, Trident College, cycling coaches, and Kansanshi Events personnel where appropriate. Selection will mainly be based on performance in the School Series. However, winning one's age category does not automatically qualify one for selection: the riding standard in each category will also be considered, together with the maturity, ability and attitude of individual riders.
3. The organisers reserve the right to exclude any cyclist from selection on grounds of poor behaviour and conduct in whatsoever form.
4. The organisers shall be responsible for arranging for suitable chaperone/s to accompany the Zambia Schools Team, and for arranging the travel and accommodation involved.
5. Participation by the Zambia Schools Team in the Spur Schools MTB League Inter Schools Final is subject to the cost of participation, including whether sponsorship can be sourced to assist cyclists to participate in this event. Should sufficient sponsorship not be obtained, parents of selected cyclists may be requested to contribute towards any or all costs in order for their child to take part in the event.



QUERIES

Any queries about the Series should be directed to Carol.Wilson@educoreservices.com.