

## Youth and Junior Upgrade Policy

### ROAD

#### Eligibility

Athletes in the U17 and U19 age categories are eligible to apply for an upgrade (temporary or full-time) to race outside their designated age category. Athletes must have previously competed in their current licenced category prior to submitting an upgrade request (i.e. athletes who have not raced in the U19 category on the road cannot request an upgrade to Elite; U17 athletes must have raced in the 2017 or 2018 Youth Development Road Series prior to requesting an upgrade to U19).

#### **Provincial Championships**

Athletes will be required to race in their age category for Provincial Championships. Requests to participate in provincial championships where that athlete's actual age category does not exist [i.e. U17] will be considered. Specific information related to that process will be provided within the championship technical package.

#### Process

- 1) Coaches must complete and submit the OCA Upgrade Request form below. **Requests not coming from the athlete's coach will not be reviewed.**
- 2) Upgrade requests must be submitted a minimum of seven (7) days prior to the event which the upgrade is being requested for. (An upgrade request for an event on Sunday must be submitted NO LATER than the Monday previous at 9:00am.) If another event is taking place within the seven (7) day period and the applicant would like the result to be considered in the upgrade decision, please indicate this on the application form.
- 3) The committee responsible for reviewing youth and junior upgrades will be comprised of a minimum of three members which may include the OCA Membership Manager, OCA High Performance Manager, and a designate member (unaffiliated with the athlete). Alternate committee members may be used as necessary, provided they are not affiliated with the athlete requesting the upgrade.
- 4) Decisions for upgrade will take into account the following items:
  - a) The athlete's current competitive field
  - b) The athlete's previous/current seasons' results
  - c) The category distance of the race(s) the rider is requesting an upgrade

- d) The athletes sanctioned race history
- e) The impact on the competition field

#### Additional Considerations

- When strong competition exists within a category, the priority will be on maintaining the existing field.
- To ensure alignment with Long Term Athlete Development (LTAD) practices/theories, appropriate race distances will be a strong consideration in the review process. Therefore, riders may be denied an upgrade for one race but approved for another based on the length of the race.
- Exceptions to the above policy may be made to accommodate extraordinary circumstances.

## **Youth/Junior Upgrade Request Form - ROAD**

Please complete this form if you are requesting an upgrade for a Junior/Youth (U17 or younger) rider to upgrade their race category.

Requests should be completed by a NCCP certified cycling coach. The Committee will only consider sanctioned racing events. Events such as Gran Fondos, Tours, Weekly Series or Club Events will not be considered when reviewing the applicant's request.

Requests will be reviewed based on the information provided below. For information on the process or eligibility, please read the **Youth and Junior Upgrade Policy - ROAD** document.

**Email your upgrade request to: [support@ontariocycling.org](mailto:support@ontariocycling.org) a minimum of 7 days in advance of event**

**Athlete Name:**

**Athlete Date of Birth:**

**Coach's Name:**

**Affiliated Club/Team:**

**Event(s) Upgrade Is Requested For:**

**Current Category:**

**Requested Category:**

**Reasoning for Request:**

**Sanctioned Race Results/Race History**