

Youth and Junior Upgrade Policy

MTB

Eligibility

Athletes in the U15, 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 and may not submit a request for more than one age category above their current age category. (i.e. athletes who have not yet raced in the U19 Expert category cannot request an upgrade to Elite; U17 Expert athletes must have raced in the U17 Expert category before requesting an in-season upgrade to Junior Expert.)

Provincial Championships

Athletes will be required to race in their National Code category for Provincial Championships with one exception. Riders who have been granted upgrades from U15 to U17 Expert will be required to race the U17 Expert category at Provincial Championships.

Canada Cups

Athletes will be required to race in their National Code category for all Canada Cup events being held within the province of Ontario in 2018. Categories that this will impact include

- U17/Cadet Expert
- U19/Junior Expert
- U23
- Elite

As a result, all applicants in these categories must race their National Category and regular O-Cup upgrades will not count these events (and the above mentioned Provincial Championships). Riders in the U15 category who have been granted upgrade to U17 Expert will be required for Canada Cups to race U15 (or apply for an event upgrade through Cycling Canada).

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 ten (10) 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 Thursday of the previous week at 9:00am.) If another event is taking place within the ten (10) 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 – MTBXC

Please complete this form if you are requesting an upgrade for a Youth/Junior (U15, U17 or Junior) rider to upgrade their Mountain Bike Cross Country race category.

Requests should be completed by an NCCP certified cycling coach. The Committee will only consider sanctioned racing events including Ontario Cups and Canada Cups. Events such as Gran Fondos, Weekly Series or Citizen 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 - MTB** document.

Email your upgrade request to: support@ontariocycling.org a minimum of 10 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 (Including Link to Results):