

OCA Ability Based Road Racing Rules and Regulations

**Developed by the OCA Ability Based Road Racing Committee
Approved by the OCA Board of Directors October 28, 2006**

Goals and Objectives

To encourage and provide racers of every age and ability to participate in OCA sanctioned races by providing access to events that reflect their fitness and experience, while at the same time providing a safe and rewarding beginner race experience.

To maintain a reasonable number of categories to allow for organizers the ability to offer a full slate of categories on any given race day.

To maintain the focus of Ontario Road Racing on the development of young riders and growth of new riders by providing them with access to competitive races and learning opportunities.

Overview

Bring back the fourth Senior men's category (Senior 4 or S4). The new category would serve as both as an entry level category to encourage club level riders to take the next step in competitive racing, and provide a competitive category for existing S3 riders who currently find the S3 category too fast. This category would be mandatory for any first time licensee, with the opportunity to upgrade through the current points system used for upgrading.

Restructure the Master aged based system of MA/MB/MC/MD and reorganize into three ability based Master categories: M1, M2, and M3. Upgrades will be handled in a similar way as the current Senior system works. Downgrades will be handled differently.

Increase the upper age limit for Senior men to 35, except for Provincial championships and any Nationally sanctioned event where UCI categories apply. A grandfather clause will be put in place; any 31+ year old in 2007 will have the option to remain a Master rider, however, all 30 year olds in 2007 will have to register as an Ontario Senior for Ontario racing purposes. (They would still have the option to take a UCI/CCA Master A license, with the Ontario Senior category being their default category for Ontario events) A grandfather clause chart will be shown later on in this document and an example of the choices to be made is at the end of the notes.

New Masters Categories

The M1 category would represent the best riders above the age of 35 in Ontario, composed in the first year of a selection of the elite existing Master A, B and C riders. Road races distances would generally be 80 to 110 kms.

The M2 category would represent the next level of ability and provide a large number of racers currently struggling in the MA and MB packs to actively participate in their races instead of simply ‘surviving’ any given race. Road races distances would generally be 70 to 85 kms.

The M3 category would allow for new masters and existing older masters to participate fully in their races. Road Races distances would generally be 50 kms or less.

Approximate category equivalency chart as recommended by the OCA Development Committee. As per the note below, adjustments will be made to ensure the ‘M’ categories are evenly distributed.*

Riders have the ability to choose their desired ability based category in 2007; however, the following chart should be used as a guideline to seed yourself accordingly.

OCA Category in 2007+	Category in 2006
M1	Almost all MA’s in 2006 should race in M1 MB’s with at least one OCUP point in 2006 should race in M1 Several S1/2 riders who are 35+ and want to race Masters
M2	MA’s who struggled to keep up in 2006 should start in M2 Most MB’s are recommended to start in M2 MC’s with 40+ OCUP points in 2006 should race in M2 Some of the best MD’s may start in M2
M3	MB’s who struggled to keep up in 2006 should start in M3 MC’s with less than 40 OCUP points in 2006 should race in M3 Almost all MD’s are recommended to start in M3 New Masters riders or those who have not held an OCA license in the previous 3 years would use M3 as an entry/transition level category.

*Each rider applying for a license in 2007 can choose their desired OCA category; however, the OCA Development Committee reserves the right to move riders around to ensure proper distribution in each category.

Upgrades and Downgrades for Ability based Categories

Downgrading is voluntary upon request and approval of the OCA’s Development Committee; unless the rider was forced to upgrade in the current racing year.

Upgrading: Voluntary and Mandatory

Voluntary Upgrades

Upgrading is voluntary upon request to the OCA’s Development Committee

Mandatory / Forced Upgrades

From M3 to M2: Earning 8 upgrade points results in a mandatory upgrade

From M2 to M1: Earning 6 upgrade points results in a mandatory upgrade.

Points are earned as follows:

- 1st place = 5 points
- 2nd place = 4 points
- 3rd place = 3 points
- 4th place = 2 points
- 5th place = 1 point

**MD's have the right to stay in M3 (no forced upgrades)

**MC's have the right to stay in M2 (no forced upgrades)

NOTE: The upgrade / downgrade system in place for all other categories will remain in place. The only change will be Riders who earn upgrade points out of province, in Canada, will earn points on par. Points earned out of country will be valued at one half.

Race organization and scheduling

For start times at OCUPS, the S3 women will be separated from the S1/2W and be combined with the Master & Junior women. S1/2 women would have their own start time, uncombined. Suggested Start Groupings at OCUPS:

Early morning start START Wave A	Cadet M S4 M3 JR & CadetW MW SR3W	8:30am 8:32am 8:32am 8:34am 8:34am 8:34am	One Days allowed for all of these categories. Citizen Permits allowed for Cadet M, S4, and Cadet W. UCI License required for others.
Late morning start START Wave B	SR ½ W M2 SR3 JRM	11:15am 11:17am 11:19am 11:19am	All racers in these categories must have a UCI license. *
Afternoon start START Wave C	S½M M1	1:30pm 1:32pm	All racers in these categories must have a UCI license.*
			*Some exceptions will be considered. IE. USA Domestic license holders.

Other notes

1. There will be a Provincial Championship Omnium award for each true UCI/CCA category that *does not* have an OCUP. (IE, in Master A,B,C and D, the results of the ITT, Criterium, Hill Climb and Road Race will be combined to declare the overall best MA, MB, MC and MD (based on UCI recognized age categories) in the province).

2. There will be an OCUP for M1, M2 and M3 based on non-provincial championship OCUPS.
3. There will be an OCUP for Senior 3 Men, Senior 3 women, Master A and Master B women. All other OCUPs will remain as is. If a rider is upgrading to the next category mid-season, they will carry 1/3 of their earned OCUP points to the next level.

Ontario Cup Awards	Provincial Omnium Awards
Junior / Cadet Women	Master A Men (30-39)
Senior Women	Master B Men (40-49)
Master 30-39 Women	Master C Men (50-59)
Master 40+ Women	Master D Men (60+)
U17 Men	
Junior Men	
Senior Men	
M1 Men	
M2 Men	
M3 Men	
S3 Men	
S3 Women	

4. Awards and recognition will be given to all the categories at all OCUPs where the category exists. For example, there will be a podium for MB women at all events. There will be a podium for M3 men at OCUPs (but not provincial championship events – in which case there will be podiums for MA, MB, MC, MD)
5. At Provincial Championships, the races offered will be those of true UCI / CCA categories. There will be no OCUP points for Masters at the three Provincial championships.
6. On your UCI license, the true CCA/UCI category will be noted in the proper place in the top left hand side of the license. Special OCA ability based categories will be placed at the bottom right of the license, if required.
7. OCA will endeavor to get all OCUP organizers to provide consistent start times for each category at each OCUP. Please see chart.
8. All other regional road races, unless citizen sanctioned, will have to follow and use the same categories.
9. Grandfather clause for Master Men affected by the age change. Any Master male who is between 31-34 (age as of December 31st of the licensing year) and raced Master in the previous year has the right to remain in the Master racing stream. All other 30-34 year old men must enter the Senior stream for Ontario racing categories. Note: All 30+ men have the option to race Senior instead.

10. Cyclo-Cross will follow the same ability based format with the exception of Provincials which will revert to standard UCI classifications.
11. Category combining when a category does not have enough participants. Pre-registration numbers must show at least 13 people, four days prior to the event in order for that category to have its own event, non-combined. (For example, if there were only 11 Senior ½ women registered on Thursday prior to a Sunday race, they would be combined with one of the other classes in their START Wave.
12. Category combining at smaller regional events. The suggested category combinations will be:
 - a. S4 / M3 / Cadet Men
 - b. M2 / S3 / JRM
 - c. All Women
 - d. M1
 - e. S1/2 Men
13. Category combining at OCUP crits. The suggested category combinations will be:
 - a. Cadet Men (~30 minutes)
 - b. S3W / MA Women / MB Women / JR & Cadet women (~ 30 minutes)
 - c. S4 / M3 (optional second race for Cadet Men)
 - d. M2 / S3 / JRM
 - e. S1/2 Women (optional second race for other women)
 - f. M1
 - g. S1/2 Men
14. At OCUP Crits, there will be mandatory separate race for Cadet Men and the combined category of S3 Women / MA women/ MB women / JR & Cadet women. Each race will be approximately 25 to 30 minutes in length.
15. Women racing twice at crits or racing up at Road Races will be handled on a case by case basis depending upon the ability and experience of the rider making the request. The OCA Development Committee will make this decision. Requests must be made in writing one week prior to the event. Blanket approval for the entire year will be considered if requested.

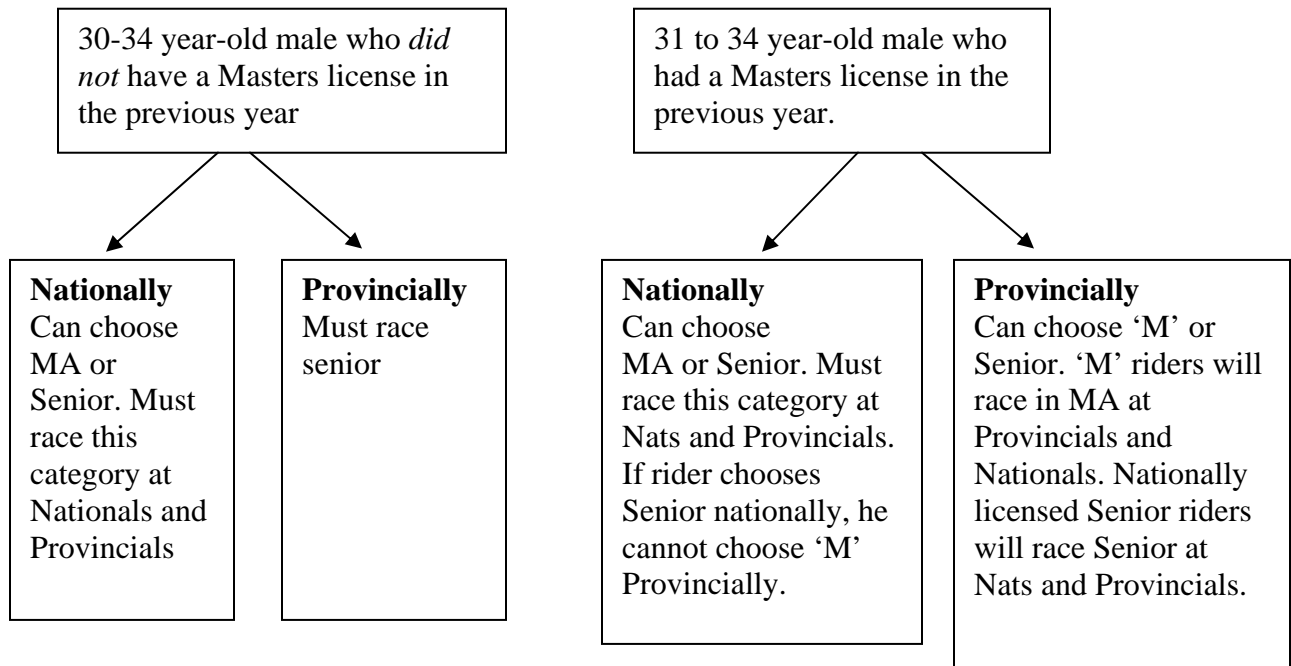
Frequently asked questions

1. *Wheel / Commissaire support?*

If any of the groups on the OCUP start list wish to be further separated (Master women or M3 only) then they may not have wheel/commissaire support. The cadets should always have support.

2. Give me an example of a 31 year old racer and his choice between senior and master for next year? (keeping in mind the grandfather clause)

In 2007, a 31 year old male who was a Master in 2006 would have to make a choice in his licensing. He could choose a UCI/CCA category of MA OR he could choose to race Senior at the National level. Provincially, he could choose Senior or, enacting the grandfather clause, could remain a Master. If he chooses Senior provincially, then he will remain a senior until he turns 35, at which point he could opt for Masters or Senior provincially. Choose carefully as this will affect the category you race at Nationals and Provincial Championships. You have to race in your CCA/UCI licensed category at these events. A 30 year old will **not** have the option to race in the Master stream in OCUP events (not including provincials), as their mandatory OCA category will be in the Senior stream. Please note the difference between CCA/UCI category and OCA domestic category.



3. The OCA has a policy to allow certain riders to race in more than one criterium in a day. In order to do so, the rider who is considering racing in more than one race must first enter and participate in his normal category. Appropriate entry fees for each race must be paid. Here are the categories that can participate in multiple racing in a day:

- 🚲 M1 can also race S1/2
- 🚲 M3 can race M2 (Only with a UCI license)
- 🚲 M2 can race the M1

- 🚴 S3 (35+ years old) can race the M2
- 🚴 S3 Women can race with the S1/2 Women
- 🚴 All other multiple racing opportunities as per previous years.

In 2007, the OCA will urge organizers to charge a more nominal entry fee for the second race to encourage the extra racing.