

Youth and Junior Upgrade Policy

CX

Youth Categories – Updated for 2021

New for 2021 - Previous 2019 Ability categories have been modified with an updated youth ability system. Athletes 8-16 years of age, can self-seed based on what they, their parent, and/or their coach deem is most appropriate for their ability. Riders unsure of where they should ideally slot can refer to the below chart:

CATEGORY	SUGGESTED SEEDING
A Grade Boys	<ul style="list-style-type: none">• Returning A Grade riders from previous season and top 50% result in B races in 2019.• U17 Expert MTB athletes racing CX for the first time• Youth Road A Grade athletes
B Grade Boys	<ul style="list-style-type: none">• Bottom 50% of B races and top 50% of C races in 2019• U17 Sport & U15 (Minime) MTB athletes racing CX for the first time• Youth Road B & C Grade athletes
C Grade Boys	<ul style="list-style-type: none">• Bottom 50% of C races, D races in 2019• U13 (Pee wee) and U11 MTB athletes racing CX for the first time• Youth Road D & E Grade athletes• New competitive cyclists & youth Non-Members
A Grade Girls	<ul style="list-style-type: none">• Returning A & B Grade athletes and top 25% result in C races in 2019• U17 Sport & Expert and U15 (Minime) MTB athletes racing CX for the first time• Youth Road A & B Grade athletes
B Grade Girls	<ul style="list-style-type: none">• Bottom 75% result in C races, all D Grade athletes in 2019• U13 (Pee wee) & U11 MTB athletes racing CX for the first time• Youth Road C, D & E Grade athletes• New competitive cyclists and youth Non-Members

Riders may move from one Youth Category to another at any time during the season however may be required to obtain a new number. Riders looking to upgrade from A category will need to be approved by the OCA Youth Upgrade/Downgrade Committee and clearly demonstrate a distinct competition advantage over the rest of the category and times that would indicate they can be competitive in the upgraded category.

Eligibility for Upgrade to Junior/Elite categories

U17 Males – Elite 3 Men

2nd year U17 male athletes (Born 2006), as well as some exceptional circumstances, may be given special consideration to upgrade to the Elite 3 Men category. To be eligible for consideration, applicants must clearly demonstrate a lack of competition in the **A Grade Boys** category.

U17 Females – Elite 3 Women

2nd year U17 female athletes (Born 2006), as well as some exceptional circumstances, may be given special consideration to upgrade to the Elite 3 Women category. To be eligible for consideration, applicants must clearly demonstrate a lack of competition in the **A Grade Girls** category.

Junior– Elite 2

All Junior aged athletes (Born 2004 or 2005) must start in the Elite 3 Women’s category for females or Elite 3 or 4 Men’s category for males based on their previous experience in the sport.

RECOMMENDED CATEGORY	SUGGESTED SEEDING
Elite 4 Men	<ul style="list-style-type: none">• New to cyclo-cross racing• Previous B/C/D Grade Experience in cyclo-cross
Elite 3 Men	<ul style="list-style-type: none">• Previous Junior cyclo-cross race experience• Previous A Grade cyclo-cross race experience

To be eligible for consideration to upgrade to Elite 2, applicants must clearly demonstrate a lack of competition in the Elite field they are currently racing in.

Factors Considered for an Upgrade to be Granted

Athletes must have previously competed in their current 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. Male athletes who have not yet raced in the Junior Men’s category cannot request an upgrade to Elite). *Some exceptional circumstances may be given special consideration to upgrade to the Elite 2 Women or Men category at the discretion of the Youth Upgrade/Downgrade Committee.*

Other items that may be considered by the committee when deciding on an upgrade includes:

- Competition within the athlete’s current category
- Lap Times at events the athlete competed in
- Avg. Speed at events the athlete competed in
- Long Term Athlete Development recommended distances for stage of athlete

Provincial Championships

Riders are expected to race their Nationally recognized category at the Provincial Cyclo-cross Championships. The one exception to this rule is under 17 aged riders who have been upgraded to the Elite category for the cyclo-cross season. These riders will be eligible to compete for the Junior Championship (similar to road).

Any requests to upgrade should be submitted no later than Tuesday at 9am the week of the event for consideration.

Eastern CX Challenge National Event

Any upgrades for this event will be subject to Cycling Canada approval. For specific information related to that process please consult the event/championship technical package.

Process

- 1) Coaches must complete and submit the OCA Upgrade Request form below. If the athlete has no coach, a parent may submit a request.
- 2) Upgrade requests must be submitted **no later than Tuesday at 9am** for an event that weekend.
- 3) The committee responsible for reviewing youth and junior upgrades will be comprised of a minimum of three members, all of which are NCCP Trained or Certified Coaches. Any member of the Committee must declare if they have a conflict of interest with any submitted request.
- 4) In this instance, or if the in the absence of a committee member, alternate committee members may be used as necessary, provided they are not affiliated with the athlete requesting the upgrade.
- 5) Decisions for upgrade will take into account the following items:
 - a) Competition within the athlete's current category
 - b) The athlete's previous/current season results
 - c) The athlete's lap times and average speed in events.
 - d) The athletes sanctioned race history
 - e) The impact on the competition field
 - f) Long Term Athlete Development recommended distances for stage of athlete

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 – CX

Please complete this form if you are requesting an upgrade for a Youth/Junior (U17 or Junior) rider to upgrade their Provincial Cyclo-cross 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 - CX** document.

Email your request prior to 9am Tuesday for consideration for that weekend's event:

support@ontariocycling.org

Athlete Name:	
Athlete Date of Birth:	
Coach's Name:	
Affiliated Club/Team:	
Event(s) Request is For:	
Current Category:	
Requested Category:	

Reasoning for Request:

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Sanctioned Race Results/Race History (Including Link to Results):

Date	Race Name	Result	Link to Event Results