

## Youth and Junior Upgrade Policy

### MTB

#### **Eligibility**

Athletes in the U15, U17 and U19 age categories may be eligible to apply for an upgrade (temporary or full-time) to race outside their designated age or ability category within the province of Ontario at Ontario Cup and events with a similar ability category structure. 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.)\*

*\*Exceptional Circumstances may be considered.*

#### **Provincial Championships**

Athletes will be required to race in their Nationally recognized Championship Category. Riders who have been granted an upgrade for the National MTB-XC Championships will be required to race the upgraded category at Provincial Championships. (i.e. U15 riders granted National Championship Upgrades to U17 Expert must race Provincial Championships as a U17 Expert)

#### **Canada Cups**

Athletes will be required to race in their National Code category for all Canada Cup events being held within the province unless approved by Cycling Canada. Categories that this could impact include

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

All applicants in these categories must race their National Category (unless approved for a Canada Cup Series upgrade by Cycling Canada) and regular O-Cup upgrades will not count at these events.

Specific information related to that process will be provided within the event technical package.

#### **Process**

1) Coaches must complete and submit the OCA Upgrade Request form below. If the athlete does not have a coach, a parent or team manager will be considered.

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 or delegate, an OCA Coach, a Coach from outside the organization, and/or 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 season results
- c) The category distance of the race(s) the rider is requesting an upgrade
- d) The athlete's 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.
  - Due to COVID-19, the committee may consider out of province results from the 2020 or 2021 season to help in their assessment of the rider however because a rider raced in an upgraded category out of province does not guarantee they will be approved for that category in Ontario without showing sufficient results in the upgraded category.

**\*\* The contacting of Committee Members regarding upgrades or downgrades is STRICTLY PROHIBITED. Failure to adhere to this rule may result in the Athlete's Coach/Parent losing the privilege to request other athlete upgrades. \*\***

**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](mailto:support@ontariocycling.org) a minimum of 10 days in advance of event**

<b>Athlete Name:</b>	
<b>Athlete Age (As of end of the year):</b>	
<b>Coach’s Name:</b>	
<b>Affiliated Club/Team:</b>	
<b>Event(s) Upgrade Is Requested For:</b>	
<b>Current Category:</b>	
<b>Requested Category:</b>	
<b>Current Upgrade Points:</b>	

**Reasoning for Request:**

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

<b>Date</b>	<b>Race Name</b>	<b>Result</b>	<b>Result Weblink</b>