



**ONTARIO
CYCLING**

always in motion

**MOUNTAIN BIKE
EVENT GUIDELINES**

2023

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EVENT SANCTIONING

EVENT SANCTIONS

Types of Sanctioned Events

1. **Weekly Series** events run in a series format weekly under categories tied to age, distance, and/or ability at the discretion of the organizer. License requirements subject to event rules.
2. **General Series** events run in a series format with category structures Beginner, Sportif, and Open unless otherwise agreed to with the OC office. Ontario Cup and category upgrade points are not awarded at these events. License requirements subject to event rules. General Series are events that have a registration cost of \$30 or more per registrant for each event and run every few weeks or once a month. They do not run weekly and have a different set of fees than Weekly Series events.
3. **Cycle For All** events also known as Tours and Gran Fondos may run with any category structure including but not limited to ability-based, age-based, or distance-based. Ontario Cup and category upgrade points are not awarded at these events. License requirements subject to event rules.
4. **Regional Events** run with any category structure including but not limited to ability-based, age-based, or distance-based. Ontario Cup and category upgrade points are not awarded at these events. License requirements subject to event rules.
5. **Ontario Cup Race** events run with age-based categories (see License Requirements below). Ontario Cup and category upgrade points are awarded at these events. License requirements subject to event rules.
6. **Provincial Championship** events are run under Ontario Cup age-based championship categories (see License Requirements below). Ontario Cup and category upgrade points are awarded at these events. License requirements subject to event rules.
7. **National Race** events must run according to Cycling Canada stipulations and sanctioning. License requirements subject to event rules.

SANCTIONED EVENT FEES

All sanctioned Events have the following associated costs:

- Event Permit fee \$140.⁰⁰ +HST
- Insurance Coverage \$200.⁰⁰ +HST (\$50.⁰⁰ +HST for youth only events)
- Event Levies \$3.25 + HST (\$1 +HST for National Events)

Below are the fees associated with each sanctioned event:

1. Event Permit Fees

The Event Organizer will be required to submit an Event Permit Application and Sanction Agreement. The Event Permit fee will be billed to the organizer upon approval of paperwork. If an event must be cancelled, the \$140.00 +HST Permit Fee is non-refundable & non-transferable.

2. Event Insurance

Any organizer hosting an event requiring insurance coverage must complete and submit a Commercial Event Insurance form to [Ontario Cycling](#) and pay \$200.00 +HST Insurance Certificate fee (\$50.00 +HST for youth events). The Organizer will pay the insurance certificate fee for the event prior to event day and reconcile non-member insurance costs (if applicable) based on participation numbers following the event.

Additional insured listed may only include landowners, municipalities, and governments. Sponsors should not be listed within the additional insured list. In general, the names provided to be added as named insured should only be those that have specifically requested to be named (e.g., municipality, landowner, etc.). We will not list those that are providing services as that should be covered under their own liability policy (e.g., first aid, photography services, sponsors, etc.). If you are in doubt or have questions, please contact OC's office. Commercial Event insurance forms can be found on the Ontario Cycling website. Organizers may update their Certificate of Insurance application up to 2 times at no extra cost. Any further updates are subject to a \$25 administrative fee.

Organizers are permitted to secure their own insurance for an event, if there is \$10 million comprehensive general liability coverage, and it is approved by OC insurance broker. This insurance must list OC and Cycling Canada (CC) as additional insured and a copy of the insurance certificate be submitted to OC office.

Insurance permits are for a specific date and may not be transferable. If an organizer is offering insurance for non-members, they may charge the non-member insurance fee in addition to the registration if they wish. Commercial insurance applications are due fifteen (15) business days in advance of the event.

3. **Levies**

Unless otherwise stated, a fee of \$3.25 + HST per event registrants (DNS and DNF included) must be paid to OC. Organizers are expected to follow up with OC post-event, within 3-5 business days, to report final participant numbers and levies owing.

4. **Non-Member Permits**

At OC's discretion, and in agreement with the Organizer on the terms, Non-Member Permits may be available for your race. Non-Member Permits may only be sold during pre-registration (not available onsite) at a cost of:

- \$17.00 for Adults (19+)
- \$14.00 for Youth (18 and under)
- Riders are eligible to purchase a maximum of 3 Non-Member Permits for the season. After the Non-Member Permit limit is reached, a Provincial or UCI Race License will be required to participate in future events. OC will be closely monitoring the number of Non-Member Permits issued per rider.

Individuals purchasing a Non-Member Permit and then looking to obtain a same season OC Provincial or UCI Race License, may apply the cost of one previously purchased Non-Member Permit towards their OC Membership purchase. Individuals interested in doing this will need to contact the OC office to obtain a coupon code for the previously paid Non-Member Permit.

Event Sanction Chart

| Event Type | Sanction Details | | Sanction Fees | | | |
|--|---|--------------------|------------------|--|-------------------------------|--|
| | Category Structure | Ontario Cup Points | Event Permit Fee | Insurance | Levies* | Non-Member Permit |
| Weekly Series | Beginner, Sportif, Open | N/A | \$140.00 + HST | \$200.00 + HST (\$50.00 + HST for youth events) **Events with Non-Member Permits will face a premium | \$3.25 + HST per unique rider | Please contact OC Office for Eligibility |
| General Series | Beginner, Sportif, Open | N/A | | | \$3.25 + HST per rider | Please contact OC Office for Eligibility |
| Cycle For All & Regional Events | Any structure (ability, age, and/or distance-based) | N/A | | | \$3.25 + HST per rider | Please contact OC Office for Eligibility |
| Ontario Cup Race | Agebased | Yes | | | | Not Permitted |
| Provincial Championship | Age-based | Yes | | | | Not Permitted |
| National Race | According to CC stipulations and sanctioning | N/A | | | N/A | N/A |

*Levies are based on published start lists for races and registered entrants for all other events. Organizers to provide final registrant numbers within 3-5 business days and will be invoiced following the event.

OTHER ITEMS

Pre-Ride Insurance

Insurance for pre-riding requires all participants to be registered for the event and have signed an Ontario Cycling waiver to have valid coverage. To ensure that all participants are recorded, it is strongly encouraged that pre-riding days also have a separate online registration. Pre-riding at OCup events in 2023 will require online pre-registration.

Alcohol Insurance

Alcohol is not permitted at events without prior written approval from the OC. This includes samples and prizing. Events that wish to include alcohol must submit a Liquor Liability Application as well as submit a copy of the insurance coverage from the third-party organization responsible for the alcohol. Additional insurance fees will apply. Liquor Liability Application forms can be found on the OC website and must be submitted fifteen (15) business days in advance of the event. We may require copies of Special Occasion Permits and/or evidence of smart serve certificates.

Refundable Registration

CCN Bikes/Interpodia has developed a system where individual participants can register and purchase “upgraded refund terms” as a form of registration protection. This small additional fee will help ensure that if participants are unable to attend an event, for various reasons listed at the link below, their registration fees will be compensated by CCN Bikes. This is not an OC service and should you have any questions or concerns please contact CCN directly. For more information, please review the [Interpodia/CCN Refundable Registration Program](#)

GENERAL GUIDELINES: ALL LEVELS OF EVENTS

ORGANIZER REQUIREMENTS

- All Event Organizers must have a 2023 License
- It is recommended that all Organizers complete a Commissaire training course. For information related to Commissaire courses, please contact OC.

REGISTRATION REQUIREMENTS

1. Online Registration Requirements

CCN Bikes is OC's preferred provider of online registration services. All sanctioned events must use CCN bikes to administer their event registration, unless otherwise approved by OC office. It is the responsibility of the Organizer to set up the online registration, ensure all online waivers are attached and inform CCN that OC requires access to monitor registrations (in case of any license issues that can be resolved prior to the event). Events sanctioned by OC on CCN are linked to the OC database so participant membership status is shown in reports, streamlining the registration process.

Prior to registration going live on CCN, the following guidelines must be adhered to:

- Registration cannot go live until the following has been submitted AND approved:
 - Signed Sanctioning Agreement (Prior to posting on Official Calendar)
 - Completed Event Permit Application (Prior to posting on Official Calendar)
 - Payment of Event Permit fees
- The following items may be completed after the event has gone live
 - Completed Technical Guide
 - Completed Emergency Action Plan
 - Certificate of Insurance Application
 - Payment of Insurance Certificate fee

OC shall be given access to CCN registration to monitor licensing issues. If your event has received approval to utilize other registration software, OC will need to obtain registration lists with enough time to properly verify licenses.

Registration must close on the Wednesday prior to the race at midnight unless other arrangements have been made with the OC office.

The organizer is directly responsible for any expenses incurred due to early registration setup before obtaining permission from Ontario Cycling.

All riders must sign both an OC waiver as well as a Concussion Code of Conduct. To streamline waiver capture, waivers must be built into the registration system for riders to sign off on.

All event waivers and registration must be completed online. Participants who have missing waivers will be contacted in advance by the Organizer to complete before the event. The Organizer is responsible for forwarding to OC scanned PDF copies of those waivers. CCN Bikes has the capability to imbed the waiver as part of the registration process for participants to sign electronically.

2. **Event Registration Requirements**

The following registration standards must be adhered to at the sanctioned event:

- Rider sign-in must be located within 250m of the start line. Organizers are encouraged to limit contact/gathering as much as possible. An online check-in process is encouraged, especially for series events where a number does not need to be given at each event.
- All licenses must be checked however this can be done from a distance either by seeing the person's digital or hard copy version
- *Riders must only race in the category indicated on their license
- *Entry fee caps are in place. Please refer to the entry fee chart in your discipline's appendix
- Pre-registration must be offered through OC's registration system, CCN bikes unless otherwise agreed to
- All events in 2023 will be online pre-registration only
- *Rider sign-in closes 30-minutes prior to the first rider departing. Start lists should be delivered to the Lead Commissaire immediately after rider sign-in closes
- *Prize list must be posted online (if applicable)
- Appropriate number of staff/volunteers at the registration desk to manage rider check-in

*May not apply to Regional, Weekly Series, or Cycle For All events

3. **Membership Requirements**

For all 2023 Events, registration will be open to 2023 Provincial Race License holders or 2023 UCI Race License holders with a valid race category on their card. All memberships (including Provincial Race Licenses) now have an MTB category on it; however, there will still be a minimum age requirement to participate in OCups and/or Provincial Championships.

In addition, organizers may have the option to offer One-Day Permits as part of their event. Please contact the office for more details. This must be done via online registration only. An insurance premium will apply.

SPORT TECHNICAL REQUIREMENTS

1. **Technical Guide**

Technical Guides associated with the event must be submitted for approval and review by OC and Lead Commissaire, no later than 60 days before the event. Published upon approval a minimum of 45 days before the event day. OC reserves the right to withhold sanctioning an event until further review of the event technical guide. Organizers should be prepared to provide further details as requested by OC.

Technical Guide to include the following:

- Sanctioned By OC logo and series-related logo (if applicable). Should also be posted on the event website and registration page.
- Category race information (start time, distance, licensing chart)
- Registration Information
 - Pre-Registration (website, opening/closing dates, cost)
 - Event Day (sign-in location, closing time)
- Race rules and regulations
 - Course rules (bib placement, pre-riding)
- Licensing Chart (see below)
- Course map to scale including a course profile
 - Course maps must be easy to understand for pre-riding
 - Direction to race and parking location
 - Start/Finish close-up

- Safety and emergency action plans and information
 - Direction to the nearest hospital(s)
 - Organization or individual(s) responsible for First Aid
- Prize list and protocol (if applicable)
- Refund/Cancellation Policy

In addition to the Technical Guide, Organizers must also submit the following:

- Image of the start/finish area
- Marshal locations and venue map
- Traffic Management Plan (if applicable)
- Staffing Plan

Note: Weekly Series and Cycle For All events are not required to have a detailed technical guide; however, it is recommended that one be prepared. In all cases, Organizers should be prepared to provide further details as requested by OC. Reduced documentation requirements and simplified structure are not to be confused with standard risk management requirements for the event

2. **Race Course**

The racecourse may include a variety of terrain such as road sections, forest tracks, fields, and earth or gravel paths, and include significant amounts of climbing and descending. Paved or tarred/asphalt roads should not exceed 15% of the total course.

The Start/Finish area must be at least 6 metres wide for at least 50 metres before the start line, and at least 6 metres wide for at least 100 metres after the start line. The course must be marked out (using stakes or banners) and protected for its entire length. Barricades or banners are encouraged at the start/finish area to prevent spectators from crossing the course within the barricaded area. A call-up area which is sufficiently large for riders to queue up together to be called to the line must be provided.

Directional arrows must indicate the route to be followed showing changes of course, intersections, and potentially dangerous features. Arrows must be on the right-hand side of the course except for right turns in which case arrows before and at the turn must be on the left-hand side of the course. An arrow must be located 10 metres before each junction and at the junction to confirm the correct route has been followed. Marshals must be at every intersection of the course with marshals at the control points in radio contact with the organizer. For 2023, for OCups, organizers are encouraged to have shorter loops that prioritize speed vs endurance.

The organizer may provide a bike washing area for participants. Inflatable arches crossing the course are prohibited, unless held up by a solid structure.

3. **Timing & Results**

All events (does not apply to Regional, Weekly Series, Cycle For All events) in 2023 are to be appropriately timed, providing a result for each participant. Timers must be approved by OC in advance.

All official results must be printed by the Timer (with Gold, Silver, and Bronze listed) and signed by the President of the Commissaire Panel.

All results should be forwarded to OC within 24 hours of the completion of the event so that they can be listed on the Results page of OC website. Results must be in either Excel, PDF, or html format, sorted by category, with the following items displayed:

- Placing
- Rider's #
- Rider's Category
- Rider's First and Last Name
- Rider's Club/Team Name
- Rider's Time/Result (Lap times also encouraged)
- Rider's Earned Ontario Cup Points/Upgrade Points (OCup events only)

4. **Post-Event Reporting**

Organizers are required to provide the following within 3-5 business days, following the completion of each event:

- Total number of participants (DNS and DNF participants must be included), broken down by non-members and OC members.
- Sport Injury Report Forms
- Completed waivers (online collection within the registration system)

Failure to comply will result in additional mandatory fees:

- \$50 if past the 5 business days, and before 30 days after the event.
- \$100 if within 31-60 days after the event.
- \$150 if within 61-90 days after the event.

Non-compliance or lack of full payment may result in future cancellation of event permits, fines, or discipline.



MARKETING REQUIREMENTS

Upon approval of the event technical guide and/or payment of the permit fee, OC shall advertise the event on OC website Calendar of Events. Events will not be posted on the calendar until all paperwork is finalized and payment has been received.

Organizers will need to provide content that can be utilized by OC to help promote the event on social media (e.g., logos, photos, videos, etc.) in advance. Collaboration on marketing efforts can result in a greater reach and exposure for your event advertising. If you would like to market your event, reach out to Ontario Cycling's designated Marketing & Communication representative.

ON-SITE REQUIREMENTS

1. Facilities

The organizers shall have a permit for the use of the course/venue and shall ensure that the permit follows all local requirements. The organizer is responsible for ensuring that adequate barriers are in place to keep spectators off the racecourse in the vicinity of the start/finish and other areas of the race course as required.

2. Toilets

Washroom facilities must be available in quantities appropriate to the number of participants. Consideration must also be given to providing nearby access to washroom facilities for officials located at the finish line. In addition, organizers are strongly encouraged to provide barrier-free washrooms especially if a race included para-athletes. Organizers are encouraged to reach out to their local public health unit for information on how many toilets would be required for your event size along with sanitation requirements.

3. Signage

Event sites must have adequate signage. This includes registration, facilities, and course signage including route deviations. All marketing signage online and on-site must show that the event is sanctioned by OC. Please contact OC to receive the appropriate OC logo to be used on signage, both online and on-site. COVID-19 Health and Safety Signage regarding masking and distancing may potentially be required, for more information on signage requirements please contact your local Public Health Unit.

COMMUNICATION REQUIREMENTS

1. Public Address System

A public address system is required for all events in 2023. The public address system should be used for all rider/race announcements as well as during the awards presentation/ceremony. This can be using a microphone, PA system and/or loud hailer.

2. **On-site Communications**

OC shall provide appropriately licensed, 2-Way VHF radios for race management at Ontario Cup and Provincial Championship events. The radios have multiple channels and should be distributed accordingly. Handheld radios for OC staff, Technical Delegate, Lead Commissaire, First Aid and primary Event Organizer. Outside of Ontario Cup and Provincial Championship events, organizers are responsible for any other radio requirements at the event (e.g., race operations of the Organizer).

Note: The Organizer must be able to always contact First Aid and be equipped with the means to effect adequate communication with the lead official over the course of the event. The Organizer must be always available by radio or backup plan and provide a knowledgeable volunteer at the start/finish area to answer race questions, who is always clearly identifiable.

SAFETY REQUIREMENTS

1. **Sport Injury Report Form**

Organizers are responsible for the timely completion of sport injury report forms. All reports must be submitted to OC, by the Organizers within 5 days of the initial incident. Fillable PDF accident report forms can be found on OC website or by clicking the following link [2023 OC Sport Injury Form](#).

2. **First Aid**

In addition to first aid coverage outlined in a fully completed Emergency Action Plan (EAP) form, an onsite first aid person provided by **Odyssey Medical** or approved by OC equivalent must be provided. The designated First Aid person must be readily identifiable and consider spacing themselves throughout the racecourse for better coverage.

Odyssey Medical is the approved medical service provider however, if another approved service is being used, there must be an event representative (Organizer/volunteer) to note all incidents/accidents/crashes/injuries, etc. At a minimum, we require the name (if possible, to attain), bib number, wave of race, and suspected injuries.

3. **Rowan's Law**

Ontario's new Rowan's Law is in effect at all OC sanctioned events in the Province of Ontario. For more information visit [Ontario Rowan's Law Concussion Safety](#). Organizers should be aware of all requirements under the legislation including having athletes under 26 agree to a concussion code of conduct as part of registration. ***It is the Organizer's responsibility to ensure completion of this waiver by all participants under the age of 26.***

- [Example Concussion Code of Conduct \(Word\)](#)
- [Example Concussion Code of Conduct \(PDF\)](#)

4. **Inclement Weather Policy**

Local weather should be monitored by the Event Organizer. Events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. In the event of thunder or lightning, the course must be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle. The President of the Commissaire Panel in consultation with the Organizer will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning, or other extreme weather patterns.

WEEKLY SERIES, CYCLE FOR ALL EVENTS

CATEGORIES & LICENSING REQUIREMENTS

All MTB sanctioned events must ensure participants are licensed, unless approved to offer a Non-Member Permit option. For most events, participants are required to possess one of either an OC Provincial Race License, UCI Race License, or UCI Race License from another province or jurisdiction.

| Sanction | Non-Member Permit | Provincial Race License | UCI Race License |
|---------------|---------------------------|-------------------------|------------------|
| Weekly Series | X <i>(On Application)</i> | X | X |
| Regional | X <i>(On Application)</i> | X | X |
| Cycle For All | X <i>(On Application)</i> | X | X |

TECHNICAL GUIDE

Weekly Series and Cycle For All events are not required to have a detailed technical guide, however it is recommended that one be prepared. In all cases, Organizers should be prepared to provide further details as requested by OC. ***Reduced documentation requirements and simplified structure are not to be confused with standard risk management requirements for the event.***

RESULTS

Organizers are encouraged to provide results for ALL participants. Organizers are responsible for timing, judging, and results. If interested, Organizers may provide results to OC for posting purposes.

OFFICIALS

Weekly Series and Cycle For All events are strongly encouraged to provide a licensed official or person who has successfully completed the Provincial 'C' Commissaire course to help ensure an event remains fair, safe and to help provide a quality racing opportunity.



2023 ENTRY FEES

Organizers are encouraged to set entry fees appropriate for the level of organization of their event. Experience has shown that entry fees that are too high will discourage athletes from participating in your event. Suggested entry fees are shown in the appendixes relevant to your event and discipline type.

Note: A quality event can be run within the fee tables provided and events wishing to charge more must be able to prove value to the participants. These prices may be adjusted upon submission.

ONTARIO CUP EVENTS

ONTARIO CUP MTB SERIES OVERVIEW

The Ontario Cup MTB Series is the premier race series in Ontario. The OC has developed the following standards for these events to assist race organizers, and to ensure that Ontario Cup events are organized to the highest standards. The following is a brief overview of the Series as well as guidelines which all organizers must follow.

ONTARIO CUP SCHEDULE

| Date | OCUP # | Event | Location |
|-------------------------|--------|-------------------------|-------------|
| May 7 th | 1 | Mansfield | Mulmur |
| June 4 th | 2 | Hardwood Ski & Bike | Oro-Medonte |
| July 30 th | 3 | Naughton Trails | Sudbury |
| August 27 th | Prov. | Kelso Conservation Area | Milton |

[Canada Cup](#)
[Provincials](#)

OFFICIALS

Ontario Cup events require a minimum of 3 to 4 officials and OC will work with the Provincial Lead Commissaire to assign them. Officials are to be paid by the organizer including honorariums, mileage, and accommodations as requested, unless otherwise agreed to.

ONTARIO CUP CALL-UP PROTOCOL

Call-ups for OCups are designed to encourage participation in the OCup series by Ontario riders. OCup races use ability-based categories:

1. Call-ups will be done by OCup points only for the first 2 rows.
2. Riders tied with the same number of OCup points will be randomized.
3. After the first 2 rows are filled, the rest of the riders will fill the remaining places on a first-come, first-served basis

4. If the first 2 rows are not filled, other riders can take open positions there.
5. When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.)

Organizers may wish to publicly acknowledge National, World Champions or other celebrity riders in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if the riders save a place and allow another rider to move up to take it (riders may choose any position after their call-up).

Youth Categories (1st OCup of the 2023 series):

- Youth age-based categories will be called up based on OCup points from the 2022 season at the first race of the series moving down through the ability categories used, A Grade, B Grade, C Grade, D Grade, and E Grade until the first 2 rows of each age-based category have been filled (series ties broken randomly).
- When the first 2 rows are filled, the remaining riders will fill the positions on a first-come, first-served basis. If the first 2 rows are not filled, other riders in the same category can take open positions there.
- Each category shall begin in a new row. Half-wheeling between rows is not permitted.
- All youth categories will start together on the same whistle and use the same lap counter unless communicated otherwise.

PROVINCIAL CHAMPIONSHIP CALL-UP PROTOCOL

Call-up rules are as follows:

1. Current Canadian National Champion
2. Outgoing Ontario Provincial Champion
3. UCI ranking (decreasing UCI points)
4. Derived OCup Series Rank (see below) **
5. Random

** Derived OCup Series Rank

Ability-based OCup standings are converted to an age-based ranking as follows:

1. For all OCup riders competing in the same provincial age group, sort them by these two sort keys
 - a) Ability (increasing)
 - b) Then OCup Points (decreasing)

This will sequence riders into groups of ability categories.



2. Within each ability category, riders will then be sequenced by decreasing OCup points.

Call-Ups are for pre-registered riders only

Youth Categories:

The Youth Categories will follow the same call-up sequence as the OCup call-ups. See Ontario Cup Call-Ups section for more information.

ONTARIO CUP POINTS

Ontario Cup points are awarded to all categories. Only riders who purchase their race license through the OC are eligible for OCup points. DNF riders (riders who do not finish) are not entitled to OCup points. Ontario Cup series champions will be decided by season ending Ontario Cup MTB series point totals by a simple tally of all the OCup points earned at OCup events and Provincial Championships for the current year.

The breakdown of OCup points are as follows for each category:

| Place | Points |
|-------|--------|
| 1st | 25 |
| 2nd | 22 |
| 3rd | 20 |
| 4th | 18 |
| 5th | 17 |
| 6th | 16 |
| 7th | 15 |
| 8th | 14 |

| Place | Points |
|-------|--------|
| 8th | 13 |
| 9th | 12 |
| 10th | 11 |
| 11th | 10 |
| 12th | 9 |
| 13th | 8 |
| 14th | 7 |

| Place | Points |
|-------|--------|
| 15th | 6 |
| 16th | 5 |
| 17th | 4 |
| 18th | 3 |
| 19th | 2 |
| 20th | 1 |

Note: OCup points are different than upgrade points.

OC reserves the right to grant double OCup points status to any Ontario Cup event, subject to it being announced at least 30 days in advance of the event in question.

Tie Breaking Policy – Ontario Cup Series Points

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings.

- Most race wins in the series.
- Overall Points Average (number of points divided by events attended).
- Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- Highest placing in the last event of the series.

Upgrading Categories *New for 2023*

New for 2023, upgrade criteria will be used in place of points to determine if a rider is eligible to upgrade categories. With mandatory upgrade category criteria that is easier to achieve, the new upgrade points process will provide greater flexibility for optional movement between categories, while protecting categories against strong riders. Riders will be eligible to earn criteria to upgrade at OCups of the respective discipline they are looking to upgrade in.

| MTB Category | Mandatory | Optional |
|------------------|---|---|
| Expert to Elite* | <ul style="list-style-type: none"> Win 2 OCups Place 3 times on the OCup podium Rider on a UCI/National Trade Team | <ul style="list-style-type: none"> Finish an OCup in the first 20% of your category Elite 1/2 Road or CX Status |
| Sport to Expert | <ul style="list-style-type: none"> Win 2 OCups Place 3 times on the OCup podium | Self-Selection (all riders have the option to self-seed as Sport or Expert) |

*Does not apply to U17, U19, & Master categories.

** You must race the category on your license, please notify the Ontario Cycling office in advance of your event if you are planning to upgrade or downgrade categories. You may be asked to provide additional information such as race results upon submitting a request to upgrade or downgrade.



OCup CATEGORY STRUCTURE & LICENSING REQUIREMENTS

Chart to be included in all OCup Technical Guides (subject to change).

| Category | Age | Provincial Race License | UCI License |
|----------------------------|-------------|-------------------------|-------------|
| 9:00am | | | |
| U11 Squirt Girls/Boys | 8-10 years | X | X |
| U13 Peewee Girls/Boys | 11-12 years | X | X |
| 10:00am | | | |
| U15 Minime Girls/Boys | 13-14 years | X | X |
| U17 Cadet Sport Girls/Boys | 15-16 years | X | X |
| Master Sport Men 55-64 | 55-64 years | X | X |
| Master Men 65+ | 65+ years | X | X |
| U19 Junior Sport Women | 17-18 years | X | X |
| Senior Sport Women 19-34 | 19-34 years | X | X |
| Master Sport Women 35-44 | 35-44 years | X | X |
| Master Sport Women 45-54 | 45-54 years | X | X |
| Master Sport Women 55-64 | 55-64 years | X | X |
| Master Women 65+ | 65+ years | X | X |
| 11:45am | | | |
| U19 Junior Sport Men | 17-18 years | X | X |
| Senior Sport Men 19-34 | 19-34 years | X | X |
| Master Sport Men 35-44 | 35-44 years | X | X |
| Master Sport Men 45-54 | 45-54 years | X | X |
| U17 Cadet Expert Women | 15-16 years | X | X |
| Senior Expert Women | 19-34 years | X | X |
| Master Expert Women 35-44 | 35-44 years | X | X |
| Master Expert Women 45-54 | 45-54 years | X | X |
| Master Expert Women 55+ | 55+ years | X | X |
| 1:30pm | | | |
| U17 Cadet Expert Men | 15-16 years | X | X |
| U19 Junior Expert Men | 17-18 years | X | X |
| U19 Junior Expert Women | 17-18 years | X | X |
| Senior Expert Men | 19-34 years | X | X |
| Elite / U23 Men* | 19+ years | X | X |
| Elite / U23 Women* | 19+ years | X | X |
| Master Expert Men 35-44 | 35-44 years | X | X |
| Master Expert Men 45-54 | 45-54 years | X | X |
| Master Expert Men 55+ | 55+ years | X | X |

EVENT DISTANCE, LAP, & DURATION REQUIREMENTS

Chart to be included in all OCup Technical Guides (subject to change).

| Start Wave # | Time | Categories | Distance | # Of Laps | Duration |
|---------------------|-------------|--|---|---|--|
| 1 | 9:00am | U11 Squirt Girls/Boys U13 Peewee Girls/Boys | 4-5km (U11) 6-8km (U13) | 2 Laps | 20-30min |
| 2 | 10:00am | U15 Minime Girls/Boys U17 Cadet Sport Girls/Boys Master Sport Men 55-64 Master Men 65+ U19 Junior Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 44-54 Master Women 65+ | 12-14km | 2 Laps | 55-70min |
| 3 | 11:45am | Senior Sport Men 19+ U19 Junior Sport Men Master Sport Men 35-44 Master Sport Men 45-54 Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ | 20-22km | 3 Laps | 70-85min |
| 4 | 1:30pm | U17 Cadet Expert Women Elite/U23 Women U19 Junior Expert Women Elite/U23 Men U19 Junior Expert Men U17 Cadet Expert Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men | 14-16km (U17 F) 20-22km (U17 M & U19 F) 26-28km (Expert M & Elite W) 32-34km (Elite M) | 2 Laps (U17 F) 3 Laps (U17 M & U19 F) 4 Laps (Expert M & Elite W) 5 Laps (Elite M) | 45-60min (U17 F) 55-70min (U17 M & U19 F) 75-90min (Expert M & Elite W) 85-100min (Elite M) |

EVENT CATEGORIES & REGISTRATION FEE CAPS

SERIES REGISTRATION (3 Ontario Cups)

| Start Wave # | Time | Categories | Early Bird Registration Up to Sunday February 19 th , at 11:59pm 2 weeks before registration close | Late Entry Registration 2 weeks up to registration close Sunday March 5 th , at 11:59pm |
|--------------|---------|--|--|---|
| 1 | 9:00am | U11 Squirt Girls/Boys U13 Peewee Girls/Boys | TBD | TBD |
| 2 | 10:00am | U15 Minime Girls/Boys U17 Cadet Sport Girls/Boys Master Sport Men 55-64 Master Men 65+ U19 Junior Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 44-54 Master Women 65+ | TBD U15 U17 TBD All other categories | TBD U15 U17 TBD All other categories |
| 3 | 11:45am | Senior Sport Men 19+ U19 Junior Sport Men Master Sport Men 35-44 Master Sport Men 45-54 Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ | TBD | TBD |
| 4 | 1:30pm | U17 Cadet Expert Women Elite / U23 Women U19 Junior Expert Women Elite / U23 Men U19 Junior Expert Men U17 Cadet Expert Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men | TBD U17 Cadet Expert TBD All other categories | TBD U17 Cadet Expert TBD All other categories |

ONTARIO CUPS (Individual Event)

| Start Wave# | Time | Categories | Early Bird Registration Cap Up to Sunday at 11:59pm 2 weeks before race | Late Entry Registration Cap Closes Wednesday before race at 11:59pm |
|--------------------|-------------|--|---|---|
| 1 | 9:00am | U11 Squirt Girls/Boys U13 Peewee Girls/Boys | TBD | TBD |
| 2 | 10:00am | U15 Minime Girls/Boys U17 Cadet Sport Girls/Boys Master Sport Men 55-64 Master Men 65+ U19 Junior Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 44-54 Master Women 65+ | TBD U17 TBD All other categories | TBD U17 TBD All other categories |
| 3 | 11:45am | Senior Sport Men 19+ U19 Junior Sport Men Master Sport Men 35-44 Master Sport Men 45-54 Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ | TBD | TBD |
| 4 | 1:30pm | U17 Cadet Expert Women Elite / U23 Women U19 Junior Expert Women Elite / U23 Men U19 Junior Expert Men U17 Cadet Expert Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men | TBD U17 Cadet Expert TBD All other categories | TBD U17 Cadet Expert TBD All other categories |

PROVINCIAL CHAMPIONSHIPS

New for 2023 All riders who wish to compete at a Provincial Championships in 2023 are required to have participated in 1 or more OCups of the same discipline in the same calendar year. Riders who register for an OCup but do not start (DNS) will not be eligible to compete, only riders who start an OCup: ending in a result, DNF, and/or DSQ from 1 or more OCups in the same calendar year will be able to race at Provincials.

| Start Wave # | Time | Categories | Early Entry | Regular Fee |
|--------------|---------|---|-----------------------------|-----------------------------|
| | | | <i>Before August 13</i> | <i>August 13 - 23</i> |
| 1 | 9:00am | U11 Squirt Girls U11 Squirt Boys U13 Peewee Girls U13 Peewee Boys | TBD | TBD |
| 2 | 10:00am | U15 Minime Girls U15 Minime Boys U17 Cadet Sport Girls U17 Cadet Sport Boys U19 Junior Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 45-54 Master Sport Women 55-64 Master Women 65+ Master Sport Men 55-64 Master Men 65+ | TBD U17 | TBD U17 |
| | | Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ U19 Junior Sport Men Senior Sport Men 19+ Master Sport Men 35-44 Master Sport Men 45-54 | TBD | TBD |
| 3 | 11:45am | Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ U19 Junior Sport Men Senior Sport Men 19+ Master Sport Men 35-44 Master Sport Men 45-54 | TBD | TBD |
| 4 | 1:30pm | U17 Cadet Expert Women U19 Junior Expert Women Elite Women U23 Women U17 Cadet Expert Men U19 Junior Expert Men Senior Expert Men Elite Men U23 Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ | TBD U17 Cadet Expert | TBD U17 Cadet Expert |
| | | Senior Expert Men Elite Men U23 Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ | TBD All other categories | TBD All other categories |

*Categories in **Bold** are Championship eligible