

Ontario Cycling 2023 Upgrade/Downgrade Policy (Road/MTB/CX)

Background

This policy provides information on the Upgrade/Downgrade Process for athletes in the Road, Mountain Bike Cross Country and Cyclo-cross disciplines.

Purpose

To provide members clarity on the ability and process for upgrading/downgrading race categories on their OC membership, as well as ensure that developing athletes are provided a meaningful and developmentally appropriate competition opportunity when demonstrating a superior competitive ability to their peers in their current race category.

Eligibility

Athletes are eligible to submit an upgrade/downgrade request based upon the criteria posted in this document by submitting a request using the Upgrade Request Form (link on page 6). Athletes wishing to apply for an upgrade that have not met the posted criteria based on race results must submit a formal request and provide results and reasoning on the Upgrade Request Form as to why they should be considered. The applicant **MUST** demonstrate superior competitive ability to their current race field or in another cycling sport.

Athletes in the U15, U17 and U19 age categories may be eligible to apply for an upgrade to race outside their designated age or ability category within the province of Ontario at Ontario Cup events. Please see discipline specific page on specific eligibility criteria and application process and timelines.

Out-of-Province Riders

Riders from outside Ontario can submit for upgrades for Ontario Cup events, however, they will need to demonstrate a clear ability to be competitive and have coach support. Out-of-province riders are strongly recommended to compete in their current age/ability category prior to requesting an upgrade to gauge their ability level vs Ontario athletes.

ROAD ONTARIO CUPS

Category Eligibility

Athletes (starting with the U17 age category) are eligible to race in Ontario Cup events without an approved upgrade, however certain ability categories (M1, E1/2) do require upgrade approval. See below chart to determine if you require a formal upgrade request form submitted to be eligible.

Road Category	Mandatory	Optional
E2 to E1*	<ul style="list-style-type: none"> UCI Trade Team Status 	<ul style="list-style-type: none"> Finish Top 3 at a Road OCup OR National Trade Team Member
E3 to E2 M2 to M1	<ul style="list-style-type: none"> Win 2 Road OCups OR Place 3 times on podium at Road OCups OR National Trade Team Member 	<ul style="list-style-type: none"> Finish race in top 20% of Road OCup Category OR Elite ½ CX Status or Junior Expert MTB Status (Based on Approval)
E4 to E3 M3 to M2	<ul style="list-style-type: none"> Win 2 Road OCups OR Place 3 times on podium at Road OCups OR Elite ½ CX Status or Junior Expert MTB Status 	<ul style="list-style-type: none"> Self-Selection (all riders have the option to self seed in E4 or E3)

* Not applicable to U17 aged riders

NOTE: ALL riders must race the category on their license. To request an upgrade to your category, please complete the Upgrade Request Form by the deadline indicated for the event in question.

U15 riders

U15 aged riders will not be considered for an upgrade to the Ontario Cup Elite categories unless the athlete is deemed an exceptional circumstance. The threshold for this designation will be quite high and any rider being given this designation must demonstrate a superior competitive ability to their peers in the Ontario Youth Road Development Series AND have times that compare favorably to those posted in Ontario Cup Series events.

Upgrade Process

Requests that meet the criteria in the table on the previous page are automatically approved with the submission of an upgrade request using the form at the link below. Once processed, an updated license (with the upgraded category) will be provided shortly thereafter. Requests that do not meet the posted criteria in the table will be reviewed internally and a decision rendered within 3-5 business days.

Please ensure you understand all of the steps in the process below.

1. Upgrade requests must be submitted by the eligible cut-off date below for consideration. No Exceptions
2. Riders will be asked to supply the name of their cycling coach (should they have one). Youth riders looking to upgrade outside the posted criteria **MUST** have the request submitted by a licensed cycling coach for consideration.
3. Once your request has been submitted, you will receive an email confirmation from Ontario Cycling.
4. Ontario Cycling staff will reach out with the outcome of your request once a decision has been rendered.

Cut-Off Date For Request	Event	Event Date
May 4 th , 2023	OCup #1	May 14 th , 2023
May 31 st , 2023	OCup #2	June 10 th , 2023
June 28 th , 2023	OCup #3	July 8 th , 2023
July 26 th , 2023	Provincial Champs.	August 4 th , 2023

Provincial Championships

U17 aged riders (Born 2007 and 2008) will be eligible to race in the applicable U19 Championship category for the Provincial Road Race and Criterium Championships without an upgrade. A separate U17 Championship category will be available as part of the Provincial Time Trial Championships.

Unsuccessful Upgrades

Athletes who have been granted an upgrade but clearly demonstrate an inability to meet the level of ability and competition at the OCup level may have their upgrade rescinded by Ontario Cycling. They will be eligible to continue to race in the OCup category they previously raced in prior to the upgrade request (if applicable).

Upgrade Penalties

Coaches/Athletes who submit more than two (2) unsuccessful upgrades within the season will be placed on the Upgrade Penalty List for the season and will lose the privilege of submitting upgrades for the remainder of that disciplines season.

2023 Upgrade Request Form

[Click HERE to access the Upgrade Request Form](#)

MOUNTAIN BIKE ONTARIO CUPS

Category Eligibility

Athletes are eligible to apply for an upgrade to race outside their designated age or ability category in Ontario Cup events. Athletes must have previously competed in their current licensed category prior to submitting an upgrade request.**

Road Category	Mandatory	Optional
Expert to Elite*	<ul style="list-style-type: none"> Win 2 OCups OR Place 3 times on the OCup podium OR UCI Trade Team Status 	<ul style="list-style-type: none"> Finish an OCup in the top 20% of your category OR Elite ½ Road or CX Status OR National Trade Team Status
Sport to Expert	<ul style="list-style-type: none"> Win 2 OCups OR Place 3 times on OCup podium OR Elite ½ Road or CX Status OR National Trade Team Member 	<ul style="list-style-type: none"> Self-Selection (all riders have the option to self-seed as Sport or Expert in their age appropriate category)

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

** Riders may request an upgrade to the next age category should they clearly demonstrate a superior competitive ability to their peers in their current category, AND have times that compare favourably to those in the category they are looking to upgrade to. Approval for these requests is at the sole discretion of Ontario Cycling.

Upgrade Process

Requests that meet the criteria in the table on the previous page are automatically approved with the submission of an upgrade request using the form at the link below. Once processed, an updated license (with the upgraded category) will be provided shortly thereafter. Requests that do not meet the posted criteria in the table will be reviewed internally and a decision rendered within 3-5 business days.

Please ensure you understand all of the steps in the process below.

1. Upgrade requests must be submitted by the eligible cut-off date below for consideration. No Exceptions
2. Riders will be asked to supply the name of their cycling coach (should they have one). Youth riders looking to upgrade outside the posted criteria **MUST** have the request submitted by a licensed cycling coach for consideration.
3. Once your request has been submitted, you will receive an email confirmation from Ontario Cycling.
4. Ontario Cycling staff will reach out with the outcome of your request once a decision has been rendered.

Cut-Off Date For Request	Event	Event Date
April 27 th , 2023	OCup #1	May 7 th , 2023
May 25 th , 2023	OCup #2 / Canada Cup	June 4 th , 2023
July 20 th , 2023	OCup #3	July 30 th , 2023
August 17 th , 2023	Provincial Champs.	August 27 th , 2023

Provincial Championships

Riders must race in their appropriate age category regardless of having previously received an approved upgrade. The category a person should race is based on either:

1. The Provincial Championship Category line on their Provincial Race License
2. The National Category on their UCI License

Canada Cups

Athletes will be required to race in their National Code category for the Canada Cup (OCup #2) unless approved by Cycling Canada to ride another category. Categories this could affect include:

- U17 Expert
- U19 (Junior) Expert
- Senior Elite

Unsuccessful Upgrades

Athletes who have been granted an upgrade but clearly demonstrate an inability to meet the level of ability and competition at the OCup level may have their upgrade rescinded by Ontario Cycling. They will be eligible to continue to race in the OCup category they previously raced in prior to the upgrade request (if applicable).

Upgrade Penalties

Coaches/Athletes who submit more than two (2) unsuccessful upgrades within the season will be placed on the Upgrade Penalty List for the season and will lose the privilege of submitting upgrades for the remainder of that disciplines season.

2023 Upgrade Request Form

[Click HERE to access the Upgrade Request Form](#)

CYCLO-CROSS ONTARIO CUPS (CX)

Category Eligibility

Athletes (starting with the U19 age category) are eligible to race in the Elite category at Ontario Cup events without an approved upgrade, however certain ability categories (M2/E1/2) do require upgrade approval. See below chart to determine if you require a formal upgrade request form submitted to be eligible.

Road Category	Mandatory	Optional
E2 to E1*	<ul style="list-style-type: none"> UCI Trade Team Status 	<ul style="list-style-type: none"> Finish Top 3 at a CX OCup OR National Trade Team Member
E3 to E2 M2 to M1	<ul style="list-style-type: none"> Win 2 CX OCups OR Place 3 times on podium at CX OCups OR National Trade Team Member 	<ul style="list-style-type: none"> Finish race in top 20% of CX OCup Category OR Elite ½ ROAD Status or Junior Expert MTB Status (Based on Approval)
E4 to E3 M3 to M2	<ul style="list-style-type: none"> Win 2 CX OCups OR Place 3 times on podium at CX OCups OR Elite ½ ROAD Status or Junior Expert MTB Status 	<ul style="list-style-type: none"> Self-Selection (all riders have the option to self seed in E4 or E3)

* Not applicable to U17 aged riders

NOTE: ALL riders must race the category on their license. To request an upgrade to your category, please complete the Upgrade Request Form by the deadline indicated for the event in question.

Upgrading Age Categories

Riders in the U15 or U17 age category for Cyclo-cross will not be considered for an upgrade to the Ontario Cup Elite categories unless the athlete is deemed an “exceptional circumstance.” The threshold for this designation will be quite high and any rider being given this designation must demonstrate a superior competitive ability to their peers in their existing age category AND have times that compare favorably to those posted in the category they are looking to upgrade to. Approval for these requests is at the sole discretion of Ontario Cycling.

2nd year U15 age riders may request an upgrade to U17 should they clearly demonstrate a superior competitive ability to their peers in the U15 category, AND have times that compare favourably to those in the U17 category. Approval for these requests is at the sole discretion of Ontario Cycling.

Upgrade Process

Requests that meet the criteria in the table on the previous page are automatically approved with the submission of an upgrade request using the form at the link below. Once processed, an updated license (with the upgraded category) will be provided shortly thereafter. Requests that do not meet the posted criteria in the table will be reviewed internally and a decision rendered within 3-5 business days.

Please ensure you understand all of the steps in the process below.

1. Upgrade requests must be submitted by the eligible cut-off date below for consideration. No Exceptions
2. Riders will be asked to supply the name of their cycling coach (should they have one). Youth riders looking to upgrade outside the posted criteria **MUST** have the request submitted by a licensed cycling coach for consideration.
3. Once your request has been submitted, you will receive an email confirmation from Ontario Cycling.
4. Ontario Cycling staff will reach out with the outcome of your request once a decision has been rendered.

Cut-Off Date For Request	Event	Event Date
TBD	OCup #1	TBD
TBD	OCup #2	TBD
TBD	OCup #3	TBD
TBD	Provincial Champs.	TBD

Provincial Championships

Riders must race in their appropriate age category regardless of having previously received an approved upgrade. The category a person should race is based on either:

1. The Provincial Championship Category line on their Provincial Race License
2. The National Category on their UCI License

Unsuccessful Upgrades

Athletes who have been granted an upgrade but clearly demonstrate an inability to meet the level of ability and competition at the OCup level may have their upgrade rescinded by Ontario Cycling. They will be eligible to continue to race in the OCup category they previously raced in prior to the upgrade request (if applicable).

Upgrade Penalties

Coaches/Athletes who submit more than two (2) unsuccessful upgrades within the season will be placed on the Upgrade Penalty List for the season and will lose the privilege of submitting upgrades for the remainder of that disciplines season.

2023 Upgrade Request Form

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