

ARIZONA BICYCLE RACING ASSOCIATION REQUIREMENTS & PROCEDURES FOR USA CYCLING RACER CATEGORY UPGRADE

GENERAL:

- Road, Track and Cyclocross category upgrades through Category II will be handled by ABRA, through its Administrator, Paul Domingue. All applications and supporting documentation should be submitted to him online via your USA Cycling account. A response can be expected within one week. Upgrades to Category I are handled directly by USA Cycling. Contact your Regional Coordinator.
- ***To apply for an upgrade:***
 - Sign in to your Account page at USACycling.com
 - Open the License tab
 - Find your Racer License and in the right column click Upgrade/Downgrade
 - Make the entries for the change you are requesting
 - In the text box, state clearly which upgrade standard you are using to calculate your eligibility
 - Then write your supporting documentation/resume into the text block and click Submit

REQUIREMENTS FOR DOCUMENTATION / RESUME:

List each event separately and include ***ALL*** of the following.

- ✓ Race name
- ✓ Race date
- ✓ State
- ✓ Category ridden
- ✓ Field size
- ✓ Placing
- ✓ Points earned

Applications will not be considered unless ALL required information is supplied for EACH event.

UPGRADE REQUIREMENTS – by CATEGORY AND DISCIPLINE:

5 to 4	<i>Road</i>	Finish 10 mass start races
	<i>Track</i>	Complete a certified track class or complete 4 race days
	<i>Cross</i>	Experience in 10 races is a mandatory upgrade.

4 to 3	Road	20 points; or experience in 25 races with a minimum of 10 top-10 finishes with fields of 30 riders or more; or 20 pack finishes with fields over 50. 30 points in 12 months is a mandatory upgrade. USA Cycling-sanctioned rider camps and clinics that are approved by the Local Associations for upgrading will count as a maximum of three upgrade points when upgrading from category 4 to 3.
	Track	5 race days and 20 points
	Cross	Voluntary upgrade with 10 points. Fifteen points or two wins if the field had at least 30 competitors is a mandatory upgrade.
3 to 2	Road	30 points; 40 points in 12 months is a mandatory upgrade. (Junior riders are exempt from the mandatory upgrade rules on the road.)
	Track	5 race days and 25 points
	Cross	Voluntary upgrade with 15 points. Twenty points or two wins if the field had at least 30 competitors is a mandatory upgrade.
2 to 1	Road	35 points**; 50 points in 12 months is a mandatory upgrade. (Junior riders are exempt from the mandatory upgrade rules on the road.) (For category 1 upgrades, only 10 of the points may be earned in races that are part of a training series or may be earned in masters races.)
	Track	5 race days and 30 points
	Cross	Voluntary upgrade with 20 points. Twenty-five points or two wins if the field had at least 40 competitors is a mandatory upgrade.

TRAINING CLINICS:

- USA Cycling sanctioned and approved rider education clinics (at least half day), will count as three qualifying races for category 5 to 4 upgrades up to a maximum of 5 qualifying races. It will also count as 3 upgrade points for a category 4 to 3 upgrade. Riders upgrading to cat 4 will receive two race-days credit for participating in a mentored-race experience, where the mentor is at least a cat 3 rider and has been approved by the Local Association.

DOWNGRADES:

- A rider who wishes to downgrade may request a downgrade online. Such requests will be evaluated individually. In no case will a rider be allowed to downgrade to category 5. A rider will not be downgraded in the same year that he was upgraded.

ROAD:

QUALIFYING DISTANCES FOR ROAD UPGRADES:

- To qualify for upgrading points, races must meet distance standards. Races shorter than the minimum distance do not qualify for upgrading. However, if a road race is less than the road race minimum but above the criterium minimum, it will count for upgrading using the criterium points schedule.

	Category	Road Race	Criterium
Men	5 to 4	15 miles	10 miles/20 minutes
	4 to 3	25 miles	15 miles/30 minutes
	3 to 2	50 miles	20 miles/40 minutes
	2 to 1	80 miles	30 miles/60 minutes
Women	5 to 4	15 miles	10 miles/20 minutes
	4 to 3	25 miles	15 miles/30 minutes
	3 to 2	40 miles	15 miles/30 minutes
	2 to 1	50 miles	20 miles/40 minutes

HOW POINTS ARE AWARDED FOR ROAD RACES:

- For the tables that follow, note that if the field contains mixed categories (e.g., cat 3-4), then the number of starters is the number of riders that are the same category or higher as the person requesting the upgrade (e.g., in a cat 3-4 combined field, all riders count for a 4-3 upgrade, but only the 3s count for a 3-2 upgrade).
- When categories are combined, such as in a 3-4 race, the finish place is always the raw finish across the finish line, not taking into account the category of the rider. In other words, the category 3 riders are not subtracted out so that the category 4 rider appears to have a higher finishing place. The only time a category is subtracted out for this purpose is if the prize lists were awarded separately for a combined field.

criteriums:

	Number of Starters			
Placing	5-10	11-20	21-49	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4
4		1	2	3
5			1	2
6				1

Road Races:

	Number of Starters			
Placing	5-10	11-20	21-49	50+
1	3	7	8	10
2	2	5	6	8
3	1	4	5	7
4		3	4	6
5		2	3	5
6		1	2	4

7	1	3
8		2
9		1

Stage Races (3 to 2 and 2 to 1 upgrades only):

Placing	Number of Starters			
	10-19	20-35	36-49	50+
1	5	7	10	20
2	3	5	8	18
3	2	3	6	16
4	1	2	5	14
5		1	4	12
6			3	10
7			2	9
8			1	8
9				7
10				6
11				5
12				4
13				3
14				2
15				1

- *For points earned in stage races, general classification and stage places both count for points, but only up to a maximum of 20 points for a cat 1 upgrade or 15 points for a cat 2 upgrade from a single stage race.*

TRACK:

HOW POINTS ARE AWARDED FOR TRACK RACES:

- *National championships, Category A, B, or C track race will be 7, 5,3,2,1 for each event.*
- For all other events, upgrade points are 5,3,2,1 and are based on an omnium of the event's races.
- Attendance at a USA Cycling Deveklompok Camp will count as one qualifying race for Category 5 to 4 upgrade. It will also count as four upgrade points for a Category 4 to 3 upgrade and three upgrade points for a Category 3 to 2 upgrade.
- *10-person field minimum for Category 3-5 and 20-person field minimum for upgrade to Category 1.*
 1. 50 percent of upgrading points and number of times raced will be carried over to the next year. Points do not carry over to the next category.
 2. When upgrading to a Category 1, points earned need to be from more than one velodrome.
 3. A race day is defined as one full day of racing. A race day can include a number of events such as a kilometer, sprints or time trial, but it only counts as one race day.

4. Omniums will be counted for upgrading if atleast half the events on the omnium were massed-start.
 5. Women and Juniors earn one point for every five race days when upgrading from Category 4 through Category 2.
 6. Races exempt from upgrading are Youth races and races of more than two categories (i.e.: “A” and “B” races).
- With the approval of USA Cycling, riders who are Pro or category 1 on the road may be upgraded to category 2 on the track, and riders who are category 2 on the road may be upgraded to category 3 on the track, without first having to begin at category 5 for men and category 4 for women.

Track Race Points:

Placing	Number of Starters			
	5-10	11-20	21-50	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4
4		1	2	3
5			1	2
6				1

CYCLOCROSS:

REQUIREMENTS FOR UPGRADING:

- Cat 5 to 4: Experience in 10 races is a mandatory upgrade.
- Cat 4 to 3: Voluntary upgrade with 10 points. Fifteen points or two wins if the field had at least 30 competitors is a mandatory upgrade.*
- Cat 3 to 2: Voluntary upgrade with 15 points. Twenty points or two wins if the field had at least 30 competitors is a mandatory upgrade.*
- Cat 2 to 1: Voluntary upgrade with 20 points. Twenty-five points or two wins if the field had at least 40 competitors is a mandatory upgrade.
- **Juniors are exempt from this mandatory upgrade*

Cyclocross Race Points:

Placing	Number of Starters			
	5-10	11-20	21-50	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4

4	1	2	3
5		1	2
6			1

CYCLOCROSS CONVERSION

- Cyclo-cross categories may also be upgraded by conversion from a rider's earned road or mountain bike cross-country category. If during the season a rider upgrades his or her road category or mountain bike category, the cyclo-cross category can be upgraded to match the road or mountain bike category shown below by request of the rider or by request of the administrator. There is no cyclo-cross category 5 for women, so all new female cyclo-cross riders start as category 4.

ROAD CATEGORY	MTB XC CATEGORY	CX CATEGORY
Pro/1	Pro	1
2	1	3
3	2	4
4	3 (<i>women only</i>)	5
5	3 (<i>men only</i>)	5

FINAL NOTES:

Time trials, Cyclocross, Track and MTB races DO NOT count for road upgrade points

FOR HELP:

Contact the USA Cycling Local Association Representative / ABRA Administrator

Paul Domingue

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