



**USA
Cycling**

USCF CATEGORY UPGRADE GUIDELINES

ROAD

Requirements by Category:

- 5 – 4 Experience in 10 mass start races.
- 4 – 3 Need 20 points in any 12 month period; or experience in 25 qualifying races with a minimum of ten top 10 finishes. 30 points in 12 months is an automatic upgrade.
- 3 – 2 Need 25 points in any 12 month period. 60 points in 12 months is an automatic upgrade.
- 2 – 1 Need 30 points in any 12 month period. 60 points in 12 months is an automatic upgrade.

Qualifying Road Races

Category	Class	Road Race	Criterion	Time	Field	Experience
5-4	Men	15 mi	10 mi	45 min	10	10 races
4-3	Men	25 mi	20 mi	1 hr	30	25 races
	Women	25 mi	15 mi	45 min	10	25 races
	Junior	25 mi	15 mi	45 min	10	25 races
3-2	Men	50 mi	20 mi	1 hr	50	
	Women	40 mi	15 mi	45 min	20	
2-1	Men	80 mi	35 mi	1.5 hr	60	
	Women	50 mi	20 mi	1 hr	30	

Points Awarded for Road Placing

Category	Race Type	Points	Places
4 – 3	RR or Crit	7-5-4-3-2-1	1st - 6th
3 – 2	SR / GC	20-17-15-13-11-10-9-8-7-6-5-4-3-2-1	1st - 15th
	RR / SR	10-8-6-5-4-3-2-1	1st – 8th
	RR	10-7-5-3-2-1	1st – 6th
	Crit	7-5-4-3-2-1	1st – 6th
2 – 1	SR / GC	20-17-15-13-11-10-9-8-7-6-5-4-3-2-1	1st - 15th
	RR / SR	10-8-6-5-4-3-2-1	1st - 8th
	RR	10-7-5-3-2-1	1st - 6th
	Crit	7-5-4-3-2-1	1st - 6 th

TRACK

Track upgrades are based on the criteria of ATRA (American Track Racing Association). An upgrade committee consisting of the race director, chief official and an accomplished competitor review all track upgrade requests. Approved requests are submitted to the regional coordinator for processing.

1. Riders finishing the top five in an event at a National Championship, National Qualifier, EDS Track Cup, Cat. A or Cat. B track race will receive 5, 4, 3, 2, 1 points.
 2. Riders finishing the top five in the omnium at a Cat. C, D or E race will receive 5, 4, 3, 2, 1 points.
 3. Events with field sizes smaller than 10 rider do not qualify for upgrade points to Cat. 2 or 3.
 4. Events with field sizes smaller than 20 riders do not qualify for upgrade points to Cat. 1.
- 5 – 4 Complete velodrome safety course
4 – 3 5 race days and 20 points
3 – 2 5 race days and 20 points
2 – 1 5 race days and 30 points

Source: U.S. Cycling Federation Rulebook

NORBA

Riders may advance as quickly as they wish. Riders who feel they can start racing in the Expert category are welcome to do so. However, once a rider is classified, he or she will not be permitted to downgrade to a less difficult category. The upgrading of categories will be noted on the racing license by NORBA. There cannot be more than one-category difference between disciplines, except for Observed Trials.

Beginner riders must move to their appropriate Sport categories after placing in the top five in five races. Failure to do so may result in license suspension.

Sport riders must advance to Expert after five top five Sport category finishes. Failure to do so may result in license suspension.

For upgrading purposes classes must consist of the following competitors:

Class	Men	Women
Junior	10	5
Senior	20	10
Master 30-39	10	5
Master 50+	5	5

In those classes that require a minimum of five competitors, only the top three finishers will be counted for upgrading purposes.

Expert riders may be eligible to upgrade to Semi-Pro (men) or Pro (women) after finishing in the top five in three NORBA National Championship Series (NCS) events or UCI World Cup events on the NORBA calendar.

A resume of race results must be submitted when requesting a Semi-Pro or Pro license.

No rider will be permitted to race Pro or Semi-Pro unless their license indicates the Pro or Semi-Pro category.

Source: NORBA Competition Guide and Rule Book

Resume Format

Please create a resume using the following template. Name, contact info, license number, present category, age and data under each column heading are required for consideration of an upgrade request. Limit race information to one line per event. Do not include details such as bonked, missed the break, crashed on third lap, etc.

Name
Address
City, State Zip
Phone number
Email
License #
Exp Date
Category
Age

Date	Event / Location	Class	Field	Place	Points
5/31/99	Quad Cities Criterium / Rock Island, IL	4/5	60	Field	0
6/5/99	Waterford Hills RR / Waterford, MI	4	45	2	5
7/25/99	Paducah Stage Race / Paducah, KY	4/5	55	DNF	0
8/8/99	Tour of Brookside / Indianapolis, IN	3/4	50	3	4

Note: If you have significant results in mountain bike races, time trials, cyclo-cross, tri-athlon or duathlon that you feel are essential elements of your cycling background, please describe briefly, in a paragraph or two, at the bottom of your road resume.