

From the 2013 USA Cycling rulebook

1E. Rider Upgrading and Downgrading

1E1. General Information

(a) Rider upgrades are handled electronically through USA Cycling via the rider's online account. The request will be sent to the person responsible for the area and/or category.

(b) Only races permitted by USA Cycling or foreign races permitted by a UCI affiliated National Federation will count for upgrading.

(c) Riders who are more than halfway through a series may request a waiver of a mandatory upgrade so that they may finish out the series under the conditions below:

(i) The series is covered by a single permit and one race director.

(ii) The request is approved by the race series director and USA Cycling.

(iii) The waiver is granted for a maximum of three event days.

(iv) Such a waiver may only be used once per rider per category.

Note that for MTB series, subsections (i) and (iii) are not applicable.

1E4. Track Upgrades

(a) Track upgrades and downgrades are made through the Local Associations and Regional Coordinators. All track upgrades are processed using the following criteria:

Cat. 5 to Cat. 4 Complete a velodrome class or 4 race days

Cat. 4 to Cat. 3 5 race days and 20 points

Cat. 3 to Cat. 2 5 race days and 25 points

Cat. 2 to Cat. 1 5 race days and 30 points

Points:

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. If the race ran individual events but did not award omnium prizes, the points are still allocated as though they had run an omnium.

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 4 upgrade points for a category 4 to 3 upgrade and 3 upgrade points for a category 3 to 2 upgrade.

(b) Additional Considerations:

1. Ten-person field minimum for upgrading from categories 3-5, and twenty-person field minimum for upgrade to category 1.
2. Fifty 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.
3. When upgrading to a category 1, points earned need to be from more than one velodrome.
4. 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.
5. Omniums will be counted for upgrading if at least half of the events on the omnium were massed-start.
6. Women and Juniors earn one point for every five race days when upgrading from category 4 through category 2.
7. Races exempt from upgrading are Youth races and races of more than two categories (i.e., "A" and "B" races).

(c) 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.

1E5. Track Downgrades:

(a) A rider who wishes to downgrade may request a downgrade online. Such requests will be evaluated individually.

(b) In no case will a rider be allowed to downgrade to category 5.

(c) A rider will not be downgraded in the same year that he was upgraded.

(d) A rider may be downgraded by an administrator for the following reasons: unsafe riding, lack of ability to compete in current category, or lack of placing within current category.