

2024 Licence Requirements for Canada Cup/Ontario Cup Cross Country					
Category	Age	Non-Member	Challenge	Compete	UCI
		Permit*	License	License	License
U11 Girls/Boys	8-10 years	✓	✓	✓	✓
U13 Girls/Boys	11-12 years	✓	✓	✓	✓
U15 Girls/Boys	13-14 years	✓	✓	✓	✓
U17 Sport Girls/Boys	15-16 years	✓	✓	✓	✓
U19 Sport Women	17-18 years	✓	✓	✓	✓
U19 Sport Men	17-18 years	✓	✓	✓	✓
Senior Sport Women	19-34 years	✓	✓	✓	✓
Master Sport Women 35-44	35-44 years	✓	✓	✓	✓
Master Sport Women 45-54	45-54 years	✓	✓	✓	✓
Master Sport Women 55-64	55-64 years	✓	✓	✓	✓
Master Women 65+	65+ years	✓	✓	✓	✓
Senior Sport Men	19-34 years	✓	✓	✓	✓
Master Sport Men 35-44	35-44 years	✓	✓	✓	✓
Master Sport Men 45-54	45-54 years	✓	✓	✓	✓
Master Sport Men 55-64	55-64 years	✓	✓	✓	✓
Master Men 65+	65+ years	✓	✓	✓	✓
Senior Expert Women	19-34 years			✓	✓
Master Expert Women 35-44	35-44 years			✓	✓
Master Expert Women 45-54	45-54 years			✓	✓
Master Expert Women 55+	55+ years			✓	✓
Senior Expert Men	19-34 years			✓	✓
Master Expert Men 35-44	35-44 years			✓	✓
Master Expert Men 45-54	45-54 years			✓	✓
Master Expert Men 55+	55+ years			✓	✓
U17 Expert Girls	15-16 years				✓
U19 Expert Women	17-18 years				✓
Elite / U23 Women	19+ years				✓
U17 Expert Boys	15-16 years				✓
U19 Expert Men	17-18 years				✓
Elite / U23 Men	19+ years				✓
<i>*Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration</i>					
<i>Non-Member Permits are \$5 Youth and \$10 Adult</i>					
<i>Non-Members will not be eligible to earn OCup Points and Call Ups.</i>					