

Athlete Categorisation Standards

What's Changed in Version 7.3

June 2026

This document summarises the key changes relevant to athletes and coaches. The full standards document is available at auscycling.org.au/about/high-performance/categorisation.

Overview of Changes

Version 7.3 introduces updates across four areas: BMX Freestyle standards and monitoring expectations, BMX Race Emerging standards, Mountain Bike XCO competition and physiological standards, and a significantly revised definition of the Representative category.

1. BMX Freestyle

Monitoring and Testing (Section 4)

Categorised BMX Freestyle athletes now have formal monitoring and testing expectations:

- **Training Peaks** Use of the national performance tracking platform is recommended, alongside AusCycling's monitoring dashboard and processing software.
- **Field testing and performance trials** Categorised BMX Freestyle athletes will be expected to undertake under the guidance of AusCycling Performance Team staff.

Updated Emerging and Developing Standards (Appendix 1)

Physical performance standards for Emerging and Developing BMX Freestyle athletes have been updated. They specify suggested skill levels, example tricks, movement and landing competency benchmarks, and strength and power benchmarks (CMJ peak power, squat/deadlift/bench press 3RM, aerobic and anaerobic power targets) for both male and female athletes.

New: BMX Freestyle Skill Development Matrix (Appendix 1)

A new eight-level *Skill Development Matrix* has been added for BMX Freestyle. This provides a structured framework describing the trick and skill competencies expected at each level and will be used to contextualise submissions in conjunction with competition results.

2. BMX Race

Updated Emerging Standards (Appendix 2)

The competition standards for Emerging BMX Race athletes have been revised. Specific updates apply to both male and female criteria, with clarified requirements for results at Junior World Championships, Oceania Championships, and National Championships (including age-eligibility conditions).

New: BMX Racing Skills Matrix (Appendix 2)

A five-level BMX Racing Skills Matrix has been added. The matrix covers six skill areas; Pumping, Manualing, Jumping, Gate Start, Cornering, and Race Tactics. Emerging athletes must demonstrate a minimum of Level 4 competency, as assessed by AusCycling coaches.

3. Mountain Bike XCO

Competition Standards (Appendix 3)

Competition performance standards have been updated for the Podium Potential, Developing, and Emerging categories.

Physiological Capabilities

Physiological benchmarks have been updated across all categorisation levels (Emerging through Podium). Updated measures include MMP at 15 seconds, 3 minutes, and 12 minutes, and FTP.

Removal of Bridgeable Gap Supporting Information

The “Calculated Bridgeable Gap of Athletes” supporting data has been removed from Appendix 3.

4. Representative Category

The revised definition of Representative has been updated to provide increased clarity and scope for application.

Scenario 1 – Team Role at a Pinnacle Event (most applicable to Road)

Representative may apply to an athlete who:

- Is integral to a team strategy at a pinnacle event
- Is unlikely to contend for an individual medal themselves
- But materially increases the medal probability for a protected teammate (e.g. an Olympic Road Race domestique performing a defined team function)

Scenario 2 – Quota Contribution

Representative may apply to an athlete who:

- Contributes materially to securing quota places for Australia
- May not ultimately be a medal contender themselves
- Plays a strategic role in qualification campaigns — this must be demonstrably linked to Olympic/Paralympic qualification strategy

What Hasn't Changed

- Representative athletes are not eligible for dAIS funding
- AusCycling support is provided relative to the athlete's potential role
- State Institute support is considered on a case-by-case basis

Questions?

For questions about how these changes may affect your categorisation, you can contact:

- High Performance Network (HPN) Coach and/or National Coach
- Donna Rae-Szalinski, Director of Pathways [donna.rae-szalinski@auscycling.org.au]
- or visit <https://auscycling.org.au/about/high-performance/categorisation>.