



The following is a brief overview of USA Cycling National Championship rules. For full details, please see: www.usacycling.org/usa-cycling-rule-book.htm.

LICENSE REQUIREMENTS

1. ALL PARTICIPANTS MUST HAVE A CURRENT & VALID USA CYCLING LICENSE WITH THE PROPER CATEGORY AT THE TIME OF REGISTRATION. Riders who attempt to register, but do not hold a current and valid USA Cycling license, will NOT be allowed to complete the registration process until they can provide a valid USA Cycling license number. In order to avoid this situation, please make sure that your USA Cycling profile is current and includes your USA Cycling license number.

ELIGIBILITY

1. At the time of registration, all participants MUST meet the minimum required category for the respective event according to the 2014 USA Cycling Rule Book. Riders attempting to register for an event without having the required category will be removed from the registration list with no refund provided.
2. All participants MUST be either a U.S. citizen or permanent residents (green card).
3. All participants MUST have a racing age of 35 or over (including tandems). Riders with a racing age of 35 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Masters Road National Championships. This includes riders who:
 - Are, or have been, members of a UCI-registered team of any type (road, track, MTB) in the calendar year of the championship.
 - Have competed in the Elite category of a UCI World Championship, Continental Championships or World Cup in the road discipline in 2014.
4. All participants MUST race in the current age class as shown on their 2014 USA Cycling license. Riders MAY NOT race up or down in racing age class.

RULES

1. BICYCLE REGULATIONS: In general, the regulations for bicycles are those of the Union Cycliste Internationale (UCI). Please refer to the UCI rule book:

www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=34033&LangId=1. However, the following exceptions will be made:

- If the handlebars are at 75 cm extension* or less, there will be no measurement of the 5 cm rule for saddle position. If the handlebars are between 75-80 cm extension, then the saddle must be at the 5 cm behind vertical position. For riders 6'3" or taller, extensions can go to 85 cm.
- There will be no requirement that the handlebars be below the saddle.
- * Note that when bar end shifters are used, the extensions are measured from the ends of the shifters and not the pivot bolt. The measurement is taken using an arc made by the shifter, measured in a horizontal direction. Thus, whether the bars are straight or angled up, the measurement will be the same.
- There will not be strict enforcement of the 3/1 rule. The following bicycles are therefore considered legal for masters national championships in 2014:
 - Specialized Transition
 - Specialized Shiv
 - Giant Trinity
 - For any other bicycle that is not UCI legal due to the 3/1 rule, please contact USA Cycling Technical Director, Shawn Farrell (sfarrell@usacycling.org) to make sure it is legal for this event.

All other UCI rules will be enforced, such as minimum weight of 6.8 kg, basic bicycle design based on a double triangle (no softtrides), no wheel covers, standard wheels for massed start races.

2. INDIVIDUAL TIME TRIALS: Are open to ALL categories – men’s categories 1-5 and women’s categories 1-4.

3. ROAD RACE RULES: For master men’s age groups 35-54, riders MUST be Category-3 or higher. For master men’s age groups 55 and above, there are no category requirements. For master women’s age groups 35-44, riders MUST be Category-3 or higher. For master women’s age groups 45 and above, there are no category requirements.

4. CRITERIUM RULES: For master men’s age groups 35-54, riders MUST be Category-3 or higher. For master men’s age groups 55 and above, there are no category requirements. For master women’s age groups 35-44, riders MUST be Category-3 or higher. For master women’s age groups 45 and above, there are no category requirements.

5. TANDEM ROAD RACES: Tandem Road National Championships shall be conducted for men’s, women’s, and mixed teams whose ages’ sum falls into the following categories: 70+, 90+ and 110+. *The one who steers MUST be a Category 1, 2 or 3 rider at the time of registration.*

6. TANDEM TIME TRIALS: Tandem Time Trial National Championships will be conducted for men’s and mixed teams, whose ages’ sum falls into the following categories: 70+, 90+ and 110+ and for women’s teams whose ages’ sum falls into the following categories: 70+ and 90+.