



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](http://www.usacycling.org/usa-cycling-rule-book.htm).

Individuals attempting to pre-ride the course prior to the event or any scheduled practice day may encounter hazards including incomplete course construction or obstructions. The course may also cross private property. Athletes pre-riding the course do so entirely at their own risk.

#### **LICENSE REQUIREMENTS**

1. **ALL PARTICIPANTS MUST BE U.S. CITIZENS (EXCEPT 16 AND UNDER AND MEN'S CAT 1/OPEN – SEE BELOW) AND HAVE A CURRENT & VALID USA CYCLING LICENSE (OR FOREIGN FEDERATION LICENSE) WITH THE PROPER CATEGORY AT THE TIME OF REGISTRATION.** Only riders who have a current and valid USA Cycling license will be allowed to register. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling license, the easiest way to obtain one is via the USA Cycling website at [www.usacycling.org](http://www.usacycling.org). You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page.

#### **ELIGIBILITY**

1. At the time of registration, all participants in the USA Cycling Amateur Road National Championships **MUST** meet the minimum required category for the respective races according to the [USA Cycling Rulebook](#).
2. All participants in the 2015 Amateur Road National Championships **MUST** be a U.S. citizen or permanent resident depending upon the category as outlined below:
  - a. Juniors 9-16: Participants **MUST** be either U.S. Citizens OR permanent residents
  - b. Juniors 17-18: Participants **MUST** be U.S. Citizens\*
  - c. U23: Participants **MUST** be U.S. Citizens\*
  - d. Men Cat 1/Open: Participants **MUST** be either U.S. Citizens OR permanent residents
3. U23 athletes who are on a UCI ProTour roster are not eligible to compete at the USA Cycling Amateur Road National Championships. However, members of UCI Continental teams and Pro Continental teams are allowed in the U23 category.
4. Men over the race age of 22 who are members of any UCI-registered road trade team (ProTour, Professional Continental, and Continental) are not eligible to compete at the USA Cycling Amateur Road National Championships.
5. Age Group/Category Participation:
  - a. Juniors 9-16 participants **MUST** race in their respective age groups, subject to category restrictions
  - b. Men's Junior 17-18 participants **MAY** race in both their age group and/or the Men Cat. 1/Open races, subject to category restrictions
  - c. **Amateur** Men's U23 participants **MAY** race in both their age group and/or the Men Cat. 1/Open races, subject to category restrictions.

\*Note that a rider must be both a U.S. citizen AND have USA as their cycling citizenship. There is no such thing as a dual citizen in cycling.

#### **INDIVIDUAL TIME TRIAL:**

Open to ALL categories – men's categories 1-5 and women's categories 1-4.

## ROAD RACE:

The Juniors 9-14 men's and Junior 9-18 women's road races are open to ALL categories

The Juniors 15-18 men's road races are restricted to category 1-3 participants only

The U23 women's road race is restricted to road category 1-3 participants only

The U23 men's road race is restricted to road category 1-2 participants only

The Men Cat. 1 road race is restricted to road category 1 participants only

## CRITERIUM:

The Juniors 9-14 men's and Junior 9-18 women's criterium are open to ALL categories

The Juniors 15-18 men's criterium are restricted to road category 1-3 participants only

The U23 women's criterium is restricted to road category 1-3 participants only

The U23 men's criterium is restricted to road category 1-2 participants only

The Men Cat. 1 criterium is restricted to road category 1

## RULES

**BICYCLES: All UCI rules for bicycles AND components, including the 3:1 ratio rule, will be in force for men's and women's U23 and men's and women's Junior 17-18 Road National Championship races. For more information, reference Part 1, Section 3 of the [UCI Rulebook](#). The following is a brief overview of the UCI bicycle regulations that will affect bicycles used at all USA Cycling National Championships:**

For road bicycles, the main points are:

1. Weight of the bike shall be a minimum of 6.8 kilograms
2. Wheels must be of the same diameter between 550 and 700 cm.
3. Wheels used in road races must have at least 12 spokes and be listed on the UCI's approved list, or have at least 16 metals spokes and meet the other specifications of a traditional wheel per UCI 1.3.018.
4. Frames must be of double triangle construction.

For time trial bicycles, the main points are:

1. Weight of the bike shall be a minimum of 6.8 kilograms
2. Wheels must be of the same diameter between 550 and 700 cm.
3. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.\*\*
4. The plane passing through the highest points at the front and rear of the saddle shall be horizontal.
5. The distance of the center of the vertical plane of the bottom bracket to the end of the handlebars measured at the end of the shifter arc measured horizontally shall be at most 75 cm\*\*.
6. Handlebars and extensions must remain below the horizontal line of the saddle.
7. All components must meet the UCI 3/1 rule
8. Equipment presented at bike check may not be modified to meet rules. (e.g. no cutting/grinding of frames, no sawed off saddles or aero bars)
9. **Juniors, race age 14 and younger, are restricted to massed-start bicycles. These bicycles must also have at least 16 spokes and no wheel covers may be used.**
10. **Per USA Cycling rule 114, no blocked gears will be allowed for junior gear restrictions.**

For the Men Cat. 1/Open category, the following exceptions will be made:

1. 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.
2. There will be no requirement that the handlebars be below the saddle.
3. There will not be strict enforcement of the 3/1 rule.

**\*\*All riders are entitled to one morphological exception, either handlebar position or saddle position. A saddle morphological exception means the saddle can be as far forward as even with the vertical through the bottom bracket. A handlebar morphological exception means the handlebars can be 80 cm from the vertical through the bottom bracket, or 85 cm in the case of a rider 6'3" or taller. No rider can take both morphological exceptions.**