



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 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 2015 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 2015.
- 4.** All participants MUST race in the current age class as shown on their 2015 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 USA Cycling. Please refer to section 1I – Bicycles, in the USA Cycling rulebook:

[https://s3.amazonaws.com/USACWeb/forms/rules/2015\\_USAC\\_Rulebook\\_Chapter\\_1.pdf](https://s3.amazonaws.com/USACWeb/forms/rules/2015_USAC_Rulebook_Chapter_1.pdf)

The main points are:

- a. Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long.
- b. Bicycle frames must be of double triangle construction.

- c. There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.
- d. Wheels may be made with spokes or solid construction.
- e. The handlebar ends shall be solidly plugged.
- f. Handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands are permitted only in time trial events.
- g. For Individual Time Trials:
  - a. The weight of the bike shall be a minimum of 6.8 kilograms.
  - b. Wheels must be of the same diameter between 550 and 700 cm.
  - c. There will be no requirement that handlebars be below the saddle.
  - d. There will not be strict enforcement of the 3/1 rule.
  - e. There will not be strict enforcement of the UCI placement of the nose of the saddle, nor the handlebar/extension measurement.

**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+.