



AMATEUR ROAD NATIONAL CHAMPIONSHIPS

JULY 2018 • HAGERSTOWN, MD

The following is a brief overview of USA Cycling National Championship rules. For full details, please see: <https://www.usacycling.org/resources/rulebook>

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

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. 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. You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page. Please note that you may need to verify citizenship and age with USA Cycling to be allowed to compete.

ELIGIBILITY

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](#).

Juniors

11-16	Participants MUST be either U.S. citizens OR permanent residents with a USA Cycling annual license.	Participants MUST race in their respective age groups, subject to category restrictions.
17-18	Participants MUST be U.S. citizens and have a USA racing nationality*	Participants MAY race in both their age group and/or the men cat. 1 races, subject to category and gender restrictions.

U23

19-22	Participants MUST be U.S. citizens and have a USA racing nationality*	U23 participants MAY race in both their age group and/or the Amateur (Cat. 1) races, subject to category restrictions. U23 members of any UCI-registered road trade team (WorldTeam, Professional Continental & Continental) are not eligible if they place as follows in the
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		corresponding USA Cycling Pro Championships: TT (top 10) Road Race (top 15) Criterium (overall winner)
Amateur Men		
Amateur (Cat. 1) 17+	Participants MUST be either U.S. citizens OR permanent residents with a USA Cycling annual license, subject to category restrictions.	<p>Members of any UCI-registered road trade team (WorldTeam, Professional Continental & Continental) <i>are not eligible</i> to compete at the USA Cycling Amateur Road National Championships.</p> <p>Amateur men U23 participants MAY race in both their age group (U23) and/or the men's cat. 1 races, subject to citizenship and category restrictions.</p>

*Note: A rider must be **both** a **U.S. citizen** AND have **USA** indicated as their **cycling nationality** on their license regardless of other citizenship considerations.

CATEGORY REQUIREMENTS

INDIVIDUAL TIME TRIAL	
Open to ALL categories – men's categories 1-5 and women's categories 1-5.	
ROAD RACE	
Junior Men Ages 11 through 14	Open to ALL categories – men's categories 1-5
Junior Women Ages 11 through 18	Open to ALL categories – women's categories 1-5
Junior Men Ages 15 through 18	Restricted to category 1-3 participants only
U23	Restricted to road category 1-2 participants, as well as professionals as noted above
Amateur	Restricted to road category 1 only
CRITERIUM	
Junior Men Ages 11-14	Open to ALL categories – men's categories 1-5
Junior Women Ages 11-18	Open to ALL categories – women's categories 1-5
Junior Men Ages 15-18	Restricted to road category 1-3
U23	Restricted to road category 1-2, as well as professionals as noted above (eligibility)
Amateur	Restricted to road category 1 only

EQUIPMENT RULES

BICYCLE REGULATIONS BY CHAMPIONSHIP:

Men's U23 and Men's and Women's Junior 17-18

1. All UCI rules for bicycles AND components, will be in force for road national championship races in these classes. For more information, reference Part 1, Section 3 of the [UCI Rulebook](#) or watch the following [UCI video](#) for general information.
2. Following is a brief overview of the key UCI bicycle regulations.
 - a. Weight of the bike shall be a minimum of 6.8 kilograms.
 - b. Wheels must be of the same diameter between 55.0 and 70.0 cm.

- c. 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 metal spokes and meet the other specifications of a traditional wheel per UCI regulation 1.3.018.
- d. **Frames** must be of a **double triangle** configuration.
- e. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**
- f. The angle of the saddle must be within 9 degrees of horizontal (up or down), measured by a plane passing through the highest points at the front and rear of the saddle.
- g. The end of handlebar extensions can extend no further forward than 75cm, measured from a vertical line through the center of the bottom bracket, to the end of the handlebars**. The end of the handlebars includes the end of the shifter mechanism in its maximum forward position.
- h. All components (handlebars, seat posts, etc.) must meet the UCI 3/1 aerodynamic ratio rule.
- i. Equipment presented at bike check may not be modified to meet rules. (e.g. no cutting/grinding of frames, no sawn off saddles or shifters).

***Morphological exceptions: One exception is allowed, either for saddle position or handlebar position.*

- For personal fit, the nose of the rider's saddle can be as far forward as the vertical line drawn through the center of the bottom bracket.
- For personal fit, the horizontal measurement of the handlebar extensions may be up to 80 cm as noted above. For riders 190cm or taller this distance may be increased to 85 cm

***No rider can take both morphological exceptions.*

14 & Under requirements

1. Juniors, race age 14 and younger, are restricted to massed-start bicycles in the road race and time trial
2. These bicycles must also have at least 16 spokes and no wheel covers may be used
3. A gear development limit (roll-out) of 26' is in effect (no blocked or restricted gears). Regulation 114(a)
4. Disc brakes are allowed in all events and categories.

Jr. 15-16 and Amateur Men requirements

1. In general, the regulations for bicycles are those of USA Cycling. Please refer to section **11 – Bicycles**, in the USA Cycling rulebook: [Chapter 1 General Regulations](#)

The main points are:

- a. Bicycles may be no more than 2 meters long and 75 cm wide.
- b. 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.
- c. Wheels may be made with spokes or solid construction.
- d. The handlebar ends shall be solidly plugged.
- e. 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.

Per USA Cycling regulations, these additional UCI regulations will be in effect for mass start events and individual time trials:

- f. Bicycle frames must be of double triangle construction.
 - g. Wheels must be of the same diameter, between 55.0 and 70.0 cm.
2. **Junior gear** development (roll-out) is limited to 26' and no blocked or restricted gears are allowed. Regulation 114(a)
 3. Disc brakes will be allowed in all events and categories.