**RACING AGE**

Your racing age is determined as of December 31, 2019.

**LICENSING**

ALL PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. 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 annual 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. Please review the license criteria below:

**Junior 17-18:** Must be a United States citizen and have a current
- **USA Cycling International License** or equivalent license from a recognized National Federation, with a USA racing nationality and a UCI ID* or
- **USA Cycling Domestic Annual License** with a UCI ID*.

**Junior 11-16:** Must be a **United States citizen** or **Permanent Resident** (verified) and have a current
- **USA Cycling International License** or equivalent license from a recognized National Federation, with a USA racing nationality indicated with a UCI ID* or
- **USA Cycling Domestic Annual License** with a UCI ID*.

**UCI ID:** To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship/permanent resident status verified. Having verified this information, a **free** UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling “My Account” and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:

Create a copy of your Birth certificate or Passport and Permanent Resident Status (Green Card) as it applies, and Mail, email or fax (719-434-4300) it to USA Cycling

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

- **YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED**

**ELIGIBILITY / CITIZENSHIP / SPECIFIC RESTRICTIONS**

At the time of registration, all participants in the USA Cycling Junior Track National Championships MUST meet the minimum required category for the respective races according to Chapter 7 National Championships.
## Eligibility & Rules

### ELIGIBILITY

**July 2-7 2019**

**JULY 2019 • CARSON, CA**

### JUNIORS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Eligibility Requirements</th>
<th>Race Category Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-16</td>
<td>Participants <strong>MUST</strong> be either U.S. citizens OR permanent residents with a USA Cycling annual license.</td>
<td>Participants <strong>MUST</strong> race in their respective age groups, subject to category restrictions.</td>
</tr>
<tr>
<td>15-18</td>
<td>Participants <strong>MUST</strong> be U.S. citizens and have a US racing nationality*</td>
<td>Participants must meet the same category and citizenship requirements as 17-18</td>
</tr>
<tr>
<td>17-18</td>
<td>Participants <strong>MUST</strong> be U.S. citizens and have a US racing nationality*</td>
<td></td>
</tr>
</tbody>
</table>

*Note that a rider must be both a **U.S. citizen** AND have **USA** as their **cycling nationality** on their license regardless of other citizenship considerations as confirmed by their **UCI ID**.

### CATEGORY REQUIREMENTS

<table>
<thead>
<tr>
<th>TIME TRIAL EVENTS</th>
<th>MASS START EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open to ALL categories – men’s categories 1-5 and women’s categories 1-5.</td>
<td>Restricted to category 1-3 participants only (this is inclusive of the junior men’s keirin and madison)</td>
</tr>
</tbody>
</table>
EVENT RULES

National track championships will be held for men and women in the following events:

**Junior Track Omnium (not the International Omnium)**
Competitions in Junior classes 11-16 shall be conducted as omniums per 7C3. Junior Track Omniums. Final omnium standings include all riders registered for the omnium. Medals will be awarded to the top three finishers in each individual event that make up the Junior Track Omnium. The overall winner of the Junior Track Omnium is the National Champion for that age group and will receive the national championship jersey.

**Junior Track Omnium**

**Women**
- 11-12 500m Scratch, 1km Scratch, 2km Scratch
- 13-14 2 km Scratch, 10 km Points, 4 km Scratch
- 15-16 15 km Points, 6 km Tempo, Elimination, 5 km Scratch

**Men**
- 11-12 500m Scratch, 1km Scratch, 2km Scratch
- 13-14 2 km Scratch, 10 km Points, 4 km Scratch
- 15-16 15 km Points, 6 km Tempo, Elimination, 5 km Scratch

**Sprint**
A sprint competition will be held for men and women in the following age groups. Sprint tournament format shall use the UCI World Championship sprint seeding, modified to accommodate the field size.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18</td>
<td>15-18</td>
</tr>
</tbody>
</table>

**Time Trial**
Standing start time trials will be held for men and women over the following distances and age ranges. The 15-18 events will be one ride finals.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 km TT (15-18)</td>
<td>500 m (15-18)</td>
</tr>
<tr>
<td>3 km IP (15-18)</td>
<td>2 km IP (15-18)</td>
</tr>
</tbody>
</table>

**Omnium Championships**

International-style Omnium will be conducted for Men and Women 17-18 over one day with the following events.

- **Scratch Race** 7.5 km Men 5 km Women
- **Tempo** 7.5 km Men 5 km Women
Elimination

Points Race  20 km Men  15 km Women
Participants must compete in all events to be placed.

Points Race
Shall be conducted in age groups over the specified distance below. Points sprints will be held every 10 laps on a 250m track. The first 4 riders shall be awarded points in order of finish as follows, 5, 3, 2, 1. Except in the last sprint, where points will be awarded as follows, 10, 6, 4, 2.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18 25 km</td>
<td>15-18 15 km</td>
<td></td>
</tr>
</tbody>
</table>

Scratch race
Shall be conducted in age groups over the specified distance below

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-18 10 km</td>
<td>17-18 7.5 km</td>
<td></td>
</tr>
</tbody>
</table>

Keirin
The following classes shall have a championship. Please note that this is a mass start event, and riders will need to meet category restrictions listed above.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18</td>
<td>15-18</td>
<td></td>
</tr>
</tbody>
</table>

Madison
Shall be held for teams of 2 riders each in the following age groups. Please note that there must be a minimum of 5 teams. Sprints will be held 20 laps.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18 100 Laps</td>
<td>15-18 80 Laps</td>
<td></td>
</tr>
</tbody>
</table>

Team Pursuit
For the following age groups with team size and distance as follows. The 15-18 events will be one ride finals.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18 4 km/4</td>
<td>15-18 4 km/4</td>
<td></td>
</tr>
</tbody>
</table>
Team Sprint
For the following age groups with team size and distance as follows. The 15-18 events will be one ride finals.

Men Women
15-18 3 laps/3 riders 15-18 2 laps/2 riders

**EQUIPMENT RULES**

**BICYCLES:**

**Junior Gear Restrictions:**

17-18: Unrestricted
15-18: Unrestricted
15-16: 6.93 meters (22”9’)
13-14: 6.45 meters (21”2’)
9-12: 6.05 meters (19”8’)

**14 & Under requirements**

1. 115, Young Junior/Youth Bicycles. All riders, race age 14 and younger, are restricted to mass-start bicycles as defined in 111(h).
2. Bicycles must have wheels with at least 16 spokes and no wheel covers may be used.

**Jr. 15-16 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:
Eligibility & Rules

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JULY 2019 • CARSON, CA

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.

2. Per USA Cycling regulations, the following UCI regulations will be in effect for the event.

For mass start events and individual time trials:

a. Bicycle frames must be of double triangle construction.
b. Wheels must be of the same diameter between 550 and 700 cm.

Juniors 17-18 (and 15-18 as applicable) requirements

1. All UCI rules for bicycles AND components, will be in force for those seeking time trial records in their classes. For more information, reference Part 1, Section 3 of the UCI Rulebook or review the this link, UCI Equipment and Material page, with detailed information on equipment, verification and measurements of the bicycle that you will encounter. There is a helpful UCI Video that demonstrates the verification of dimensions on this page.

2. Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head. (UCI article introduced on 15.10.18)

3. Following is a brief overview of the key UCI bicycle regulations.

4. Weight of the bike shall be a minimum of 6.8 kilograms.

5. Wheels must be of the same diameter between 55.0 and 70.0 cm.

6. Frames must be of a double triangle configuration.

7. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.

8. 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.

9. 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.

10. All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.
11. Equipment presented at bike check may not be modified to meet rules. (e.g. no wrapping, cutting/grinding of frames, no sawn-off saddles or shifters).
12. **Extensions must be two separate pieces** with no cross section >4 cm. **Elbow pads must be two separate pieces** with a maximum size of 12.5 cm x 12.5 cm and have a maximal inclination of 15 degrees.
13. Height difference between uppermost part of the extension and the elbow pad (center) is 10 cm.

**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 use both morphological exceptions.**

**NATIONAL RECORDS**

All USA and UCI Cycling Records must have anti-doping testing to be certified*.

1. USA Cycling Records will be submitted by the Chief Referee. UCI records must be submitted by the Chief Referee to the UCI. It is the responsibility of the rider setting the record to obtain a copy of the completed record application(s) and maintain a copy of the cover of their anti-doping form for UCI
2. In general, all UCI rules for bicycles AND components, including the 3:1 ratio rule, will be in force for 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:

*Records for riders 16 and younger are not tested.