All races run solely under USA Cycling’s regulations, which include UCI Equipment regulations, for USA Cycling Time Trial Record attempts.

The following is a brief overview of USA Cycling National Championship rules.

For complete championship regulations, please see Chapter 7 National Championships.

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 and is also subject to change.

Those individuals pre-riding the course do so entirely at their own risk.

**LICENSE REQUIREMENTS**

ALL NATIONAL CHAMPIONSHIP 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. You may purchase, renew and/or request a category upgrade online on your My USA Cycling page. Please review the license criteria below:

**MASTERS:**
Must be a United States citizen and have a current:
- USA Cycling International License with a USA racing nationality indicated or
- A foreign International License with a USA racing nationality and a UCI ID* or
- USA Cycling Domestic Annual License with a UCI ID*

**OR**
Must be a Permanent Resident (verified) and have a current:
- USA Cycling International License 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-AGE / CITIZENSHIP / SPECIFIC RESTRICTIONS

1. At the time of registration, all participants MUST meet the minimum required category for the respective event according to the USA Cycling Rule Book. Those 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 a verified U.S. citizen or permanent resident (green card).

3. All participants MUST have a racing age of 35 or over. 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, CX) in the calendar year of the championship.
   - Have competed in the Elite category of a UCI World Championship, Continental Championships, Olympic Games or World Cup in the road discipline in 2019.
   - Are further defined as an “Elite” rider per definition in USA Cycling’s Glossary of terms.

4. All participants MUST race in the current age group as shown on their 2019 USA Cycling license. Riders MAY NOT race up or down in racing age groups.

REGULATION REMINDERS

1. BICYCLE REGULATIONS (non-record attempt): In general, the regulations for bicycles are those of USA Cycling. Please refer to section 11 – Bicycles Chapter 1 General Regulations, in the USA Cycling Rulebook.

   The key regulations 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 regulation, the following discretionary UCI equipment regulations are in effect for the event.
   a. Bicycle frames must be of double triangle construction
   b. Wheels must be of the same diameter between 550 and 700 cm.

(The remaining UCI equipment regulations, including saddle and handlebar dimension controls and UCI frame design approvals, are not in effect.)

2. USA CYCLING RECORD ATTEMPT (only) BICYCLE REGULATIONS:
   a) All UCI rules for bicycles AND components, will be in force for those seeking time trail records in their classes. For more information, reference Part 1, Section 3 of the UCI Rulebook or review the following 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.
   b) 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)
   c) Disc brakes are allowed.
   d) Following is a brief overview of the key UCI bicycle regulations.
      i) Weight of the bike shall be a minimum of 6.8 kilograms.
      ii) Wheels must be of the same diameter between 55.0 and 70.0 cm.
      iii) Frames must be of a double triangle configuration.
iv) The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**

v) 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.

vi) 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.

vii) All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.

viii) 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).

ix) ** 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.

x) 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 take both morphological exceptions. All USA Cycling Records must have anti-doping testing to be certified

3. CATEGORY RESTRICTIONS

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

There will be **No** onsite registration for Time Trials.

START ORDER AND TIMES WILL BE POSTED ONLINE & AT PACKET PICK-UP BEGINNING WEDNESDAY, AUG 7th

ROAD RACE AND CRITERIUM: For master men’s age groups 35-54, riders MUST be Category-3 or higher. For master men’s age groups 55 and above, categories 1-5. For master women’s age groups 35-44, riders MUST be Category-3 or higher. For master women’s age groups 45 and above, categories 1-5.

**REGISTRATION TIMELINE**

<table>
<thead>
<tr>
<th>ONLINE REGISTRATION</th>
<th>ONLINE REGISTRATION OPEN – Wednesday June 5, 2019 @ 11:00am ET</th>
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<tbody>
<tr>
<td></td>
<td>Individual Events</td>
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<tr>
<th>ONLINE REGISTRATION FEE – After Wednesday, July 10, 2019 @ 11:59pm PT</th>
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<tbody>
<tr>
<td>Individual Events</td>
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<tr>
<th>ONLINE REGISTRATION CLOSES Friday August 2, 2019 @ 11:59am PT</th>
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<tbody>
<tr>
<td>ONSITE REGISTRATION FEE – Begins Wednesday, August 7, 2019 @ 3:00pm MT</td>
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<td>----------------------------------------------------------------</td>
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<tr>
<td>Individual Events</td>
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<tr>
<th>REGISTRATION &amp; PACKET PICK-UP LOCATION</th>
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<tbody>
<tr>
<td>ONSITE REGISTRATION* &amp; PACKET PICK-UP TIMES (all times local to Colorado Springs, CO)</td>
</tr>
<tr>
<td>210 USA Cycling Point, Colorado Springs, CO</td>
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<tr>
<td>TBD - Hanover, CO</td>
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<tr>
<td>Falcon Stadium, USAFA</td>
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<tr>
<td>Falcon Stadium, USAFA</td>
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<tr>
<td>Banning Lewis Ranch</td>
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*Onsite registration will close the night before each road race and criterium. Day-of registration for an event is not allowed.