

Chapter 7

National Championships

RULE BOOK



7. CHAMPIONSHIPS

The following sections apply to National Championships in the disciplines and age groups specified. See section 7J for specific differences between National Championships and State Championships

7A. Organization

7A1. The rights to organize National Championships may be awarded to local Race Directors who meet the requirements established by the CEO.

7A2. Massed start races with fewer than 10 participants may be combined with another category at the discretion of USA Cycling and the Chief Referee with riders being scored separately at the end of the event.

7A3. In National Championship events, the defending National Champion (in that event) shall be given highest priority in call-ups except if the event is run under UCI rules. In track events where heats are required, the defending National Champion must compete in the heats.

7A4. Para-cycling National Championships for cyclists with disabilities may be held in conjunction with other national championships. Classifications of para-cycling riders and regulations of competition will follow the Functional Classification System outlined by the UCI.

7B. National Championship Eligibility

7B1. National Championships are open only to riders who hold USA Cycling rider annual licenses or recognized license from a UCI affiliated federation, and meet other qualifications stated in these rules.

(a) National Championships for Junior 17-18, Under 23, and Elites may only be entered by US Citizens with a USA racing nationality.

(b) Regardless of any general rule pertaining to National Championship eligibility, any National Championship that is a direct qualifier for the World Championships or Olympic Games may only be entered by riders who are eligible under international regulations to enter those events as part of the U.S. team.

(c) In National Championships, women may not enter men's events.

7B2. In order to compete in the National Championships, a rider must meet any established performance standards. However, National Champions may defend their titles without having to qualify provided that they are otherwise eligible.

7B3. Junior Championships are open only to riders in the specified age range of the event who meet other qualification requirements (citizenship and category) stated elsewhere.

7B4. Under 23 (U23) Championships are open only to riders with the racing age of 19 to 22 who are US Citizens with a USA racing nationality, subject to category restrictions shown with the events below.

(a) U23 Championships may be conducted as separate events or as a combined event with other Championships at the discretion of USA Cycling.

(b) When combined, the higher category restrictions of the combined event shall apply.

7B5. Amateur National Championships are open only to riders with a racing age of 17 or higher who are USA citizen, or permanent residents (green card) who hold a USA Cycling annual license, subject to category restrictions shown below.

7B6. Masters National Championships are open only to Masters riders with racing ages in the specified ranges who are USA citizens, or permanent residents (green card) who hold a USA Cycling annual license. Riders with a racing age of 30 and greater, who hold Elite status may not enter Masters Championships.

(a) In Masters Championship events with an age bracket (e.g., 35-39), riders must compete in their proper age bracket. If the age class is open-ended (e.g. 35+), then they may enter one of the age classes per discipline for which they meet the minimum age.

7B7. Mountain Bike Pro Category

(a) All riders with a Pro category on their mountain bike license must compete in the Pro/Elite field in the given mountain bike championship discipline for which they are a Pro, regardless of age.

(b) Pro riders are not required to qualify in order to compete in National Mountain Bike Championships.

7B8. Mountain Bike Qualification: Qualification standards for cross country and downhill national championships will be published 6 months before the National Championships in each discipline.

7B9. Mountain Bike Qualification Guidelines

(a) Riders shall compete in the highest ability category for each respective discipline in which they have qualified for the USAC National MTB Championships. Masters riders who qualify in a younger age-group in the same ability category are qualified, but will compete in their official racing age-group at the USAC MTB National Championships.

(b) The qualification period opens the first Saturday after the National Championship in the respective discipline. The qualification deadline is the last Sunday before each respective National Championship.

7C. Awards

7C1. Podiums. In National Championships categories including Juniors 16 and younger, Collegiate, and Masters, awards shall consist of a first place championship jersey and medals to five places. In National Championships for Juniors 17-18, Under 23, Elites, and Professionals, awards shall consist of a first place championship jersey and medals to three places.

7C2. Masters National Championships are held for riders in five-year age brackets beginning with 30 or 35 years of age, depending on discipline. Jerseys and medals will be awarded for any age group represented. Some events may be run with combined age groups with the awards separated out afterwards.

7C3. Junior Track Omniums.

(a) Competition in classes under 17 shall be conducted as omniums. Final omnium standings shall include *all* riders who *entered*. *Point scoring for each event will be such that first place will receive 1 point, second place will receive 2 points, and so on. The rider with the lowest sum total of points will be the winner. Riders choosing not to start an event will receive last place points plus one point in that event.* The winner of each *Junior Track Omnium* is the National Champion for that age group and receives the National Championship jersey. Medals will be awarded to the top three finishers in each individual event within the omnium, but they will not be designated as National Champions nor receive a jersey.

(b) *In the case of a tie on total individual omnium points among riders, the tie will be broken in the favor of the rider who has:*

(i) The most first place finishes or, if still tied, the most second place finishes, etc.; or, if still tied,

(ii) The highest placing in the last individual race of the event.

11-16 Junior Omnium Events

Women

11-12 500m Scratch, 1km Scratch, 2km Scratch

13-14 1 km Scratch, 2 km Scratch, 8 km Points

15-16 2 km Scratch, 4 km Scratch, 6 km Tempo, 10 km Points

Men

11-12 500m Scratch, 1km Scratch, 2km Scratch

13-14 1 km Scratch, 3 km Scratch, 10 km Points

15-16 2 km Scratch, 5 km Scratch, 7.5 km Tempo, 15 km Points

7C4. Collegiate Omniums. In addition to awarding podiums for each race at a collegiate national championship, full podiums shall also be awarded to each individual and team omnium competition.

7D. Track Championships

7D1. Track Championships shall be conducted over ten events: scratch race, sprint, Keirin, time trial, individual pursuit, team pursuit, team sprint, points race, and Madison.

7D2. Track National Championships shall be held on certified velodromes.

7D3. Category Restrictions. For track mass start national championships classes, riders must

meet the following category restrictions:

Men		Women	
11-16	No Restriction	11-18	No Restriction
17-18	Cat 1/2/3 Only		
Elite	Cat 1/2 Only	Elite	Cat 1/2/3 Only
35-54	Cat 1/2/3 Only	35-54	Cat 1/2/3 Only
55+	No Restriction	55+	No Restriction

7D4. Scratch race championships. The following scratch race distances shall be held.

Men		Women	
17-18	10 km	17-18	7.5 km
Elite	15 km	Elite	10 km
35-49	10 km	35+	5 km
50-59	7.5 km		
60+	5 km		

7D5. Sprint championships.

(a) The following classes shall have sprint tournaments held at championship events.

Men	Women
15-18	15-18
Elite	Elite
35+	35+

(b) Unless stated otherwise on the official race schedule, sprint tournaments will be run in accordance with the Tables shown in Appendix 1

7D6. Keirin championships. The following classes shall have Keirin tournaments.

Men	Women
15-18	15-18
Elite	Elite

7D7. Time trial championships. The following time trial distances shall be held.

Men		Women	
15-18	1000 m	15-18*	500 m
Elite	1000 m	Elite	500 m
35-49	1000 m	35+	500 m
50+	500 m		

7D8. Individual pursuit championships. The following individual pursuit distances shall be held at championship events.

Men		Women	
15-18	3 km	15-18	2 km
Elite	4 km	Elite	3 km
35-49	3 km	35+	2 km
50+	2 km		

7D9. Team pursuit championships. The following team pursuit distances shall be held. The number of riders allowed per team is in parentheses next to the distance.

Men		Women	
15-18	4 km (4 riders)	15-18	4 km (4 riders)
Elite*	4 km (4 riders)	Elite*	4 km (4 riders)
35+	4 km (4 riders)	35+	3 km (4 riders)
45+	4 km (4 riders)	45+	3 km (4 riders)
55+	3 km (4 riders)	55+	3 km (4 riders)
65+	3 km (4 riders)		

**A minimum of 3 eligible teams must compete to be considered a championship for Elites.*

7D10. Team sprint championships. The following team sprint distances shall be held. The number of riders allowed per team is in parentheses next to the distance.

Men		Women	
15-18	3 laps (3 riders)	15-18	2 laps (2 riders)
Elite*	3 laps (3 riders)	Elite*	2 laps (2 riders)
35+	3 laps (3 riders)	35+	2 laps (2 riders)
45+	3 laps (3 riders)	45+	2 laps (2 riders)
55+	3 laps (3 riders)	55+	2 laps (2 riders)
65+	3 laps (3 riders)		

**A minimum of 3 eligible teams must compete to be considered a championship for Elites.*

7D11. Points race championships. The following points race distances shall be held at championship events.

Men		Women	
15-18	25 km	15-18	15 km
Elite	40 km	Elite	25 km
35-44	30 km	35-44	15 km
45-59	20 km	45+	10 km
60+	10 km		

7D12. Madison championships. The following Madison *Championships* shall be run *over the distances in Madison Table in Appendix 1.*

Men	Women
15-18	15-18
Elite	Elite
35-44	
45-54	

(b) A minimum of 5 (6 for Elite) eligible teams must compete for the event to be run.

7D13. Omnium championships. The following groups shall have omnium events held at championship events.

Men	Women
11-16	11-16
17-18*	17-18*
Elite*	Elite*

**Omniums will be run as international-style.*

7D14. Entry into Team Events. Each rider may enter at most one team event per discipline per championship.

7D15. At track championships, **those under suspension**, either by USA Cycling or the UCI, are specifically barred from the infield. Such access may be further restricted as published in advance and approved by the CEO of USA Cycling.

7E. Road Championships

7E1. Road Championships shall comprise four events: road race, criterium, individual time trial, and team time trial.

7E2. National Championships shall follow and adhere to the course characteristics and regulations as outlined in Chapter.

(a) Junior 11-14 Championship courses must be closed to traffic.

7E3. Category Restrictions. For all road race and criterium national championships classes, riders must meet the following category restrictions:

Men		Women	
11-14	No Restriction	11-18	No Restriction
15-16	Cat 1/2/3 Only		
17-18	Cat 1/2/3 Only		
U23	Cat 1/2 Only	U23	Cat 1/2/3 Only
Amateur Cat 1 only			
<i>Pro/Elite Pro/Cat 1*</i>		<i>Pro/Elite Pro/Cat 1/2*</i>	
35-54	Cat 1/2/3 Only	35-44	Cat 1/2/3 Only
55+	No Restriction	45+	No Restriction

**Eligibility for non-professional riders shall be set by USA Cycling*

7E4. Road Race Championships. National road race championships shall meet the following distances.

Men		Women	
11-12	10-30 km	11-12	10-30 km
13-14	15-40 km	13-14	15-30 km
15-16	40-80 km	15-16	30-60 km
17-18	80-120 km	17-18	60-85 km
U23	140-180 km	U23	85-140 km
Amateur 140-200 km			
Pro	150-225 km	Pro/Elite	85-140 km
35-39	60-115 km	35-49	45-95 km
40-49	50-115 km	50-59	35-90 km
50-59	45-110 km	60+	35-80 km
60-69	45-100 km		
70+	45-65 km		

7E5. Criterium Championships. Criterium national championships shall meet the following maximum distances:

Men		Women	
11-12	20 min	11-12	20 min
13-14	30 min	13-16	30 min
15-16	45 min	17-18	45 min
17-18	60 min		
U23	75 min	U23	75 min
Amateur 75 min			

Pro/Elite 90 min	Pro/Elite 75 min
35-44 75 min	35-44 60 min
45-59 50 min	45+ 45 min
60+ 45 min	

7E6. Individual Time Trial Championships. National Time trial championships shall meet the following distances:

Men		Women	
11-14	8-12 km	11-14	8-12 km
15-18	16-24 km	15-18	16-24 km
U23	30-50 km	U23	20-40 km
Amateur 30-50 km			
Pro/Elite	30-50 km	Pro/Elite	20-40 km
35-64	20-40 km	35-54	20-40 km
65+	15-20 km	55+	15-20 km

7F. Cyclo-cross Championships

7F1. Category Restrictions. For all national championships classes, riders must meet the following category restrictions:

Men		Women	
11-16	No Restriction	11-18	No Restriction
17-18	Cat 1/2/3 Only		
U23	Cat 1/2/3 Only	U23	Cat 1/2/3 Only
Elite	Cat 1/2 Only	Elite	Cat 1/2/3 Only
30-54	Cat 1/2/3 Only	30-44	Cat 1/2/3 Only
55+	No Restriction	45+	No Restriction

7F2. Cyclo-cross distances. Cyclo-cross national championships shall meet the following distances:

Men		Women	
11-12	20-25 min	11-12	20-25 min
13-14	20-25 min	13-14	20-25 min
15-16	30 min	15-16	30 min
17-18	40 min	17-18	40 min
U23	50 min	U23	40 min
Elite	60 min	Elite	40-50 min
Singlespeed	40 min	Singlespeed	40 min
30-54	45 min	30-44	40 min
55+	40 min	45+	35 min

7F3. Cyclo-cross national championships qualifying. Qualification standards and callup procedures for cyclo-cross will be published 6 months before the National Championships.

7G. Endurance Mountain Bike Championships

7G1. Endurance mountain bike national championships shall comprise four events: cross-country, short track cross-country, fat bike and marathon.

7G2. Category Restrictions. For all cross-country national championships classes, riders must meet the following category restrictions:

Men		Women	
11-14	No Restriction	11-14	No Restriction
15-18	Cat 1/2 Only	15-18	Cat 1/2 Only
U23	No Restriction	U23	No Restriction
Elite	Pro	Elite	Pro
Singlespeed	No Restriction	Singlespeed	No Restriction
23-54	Cat 1/2 Only	23-49	Cat 1/2 Only
55+	No Restriction	50+	No Restriction

7G3. Cross-Country Championships. The following classes shall have a cross-country national championship event held.

Men	Women
11-12	11-12
13-14	13-14
15-16	15-16
17-18	17-18
U23	U23
Elite	Elite
Singlespeed	Singlespeed
30+ (by 5 year groups)	30+ (by 5 year groups)

7G4. Short Track Cross-Country Championships.

(a) The following classes shall have short track cross-country national championship event.

Men	Women
Pro/Elite	Pro
11-14 (cat. 1-3)	11-16 (cat 1-3)
15-18*	17+*
19-29*	
30+*	

**Riders must be a Cat 1 to enter these events.*

(b) There will be a 50-rider field limit per category/class. If more than 50 riders enter in a category/class, then qualifying heats will be conducted.

7G5. Fat Bike Championships. The following classes shall have a Fat Bike national championship event. Awards will be given only in these classes.

Men	Women
Pro/Open	Pro/Open
11-14	11-14
15-18	15-18
19-29	19-29
30-39	30-39
40-49	40-49
50-59	50-59
60+	60+

7G6. Marathon Championships. The following classes shall have a marathon national championship.

Men	Women
Elite/Open 19+	Elite/Open 19+
Junior 17-18	Junior 17-18
Singlespeed	Singlespeed
19-29	19-29
30-34	30-39
35-39	
40-44	40-49
45-49	
50-59	50+
60+	

(a) All riders must be race age 17 at the time of the event. Anyone under that age will not be allowed to race.

7G8. Non-championship events. Non-championship events may be held at the discretion of USA Cycling, to be in conjunction with the already established national championship events.

7H. Gravity MTB National Championships

7H1. Gravity Mountain Bike National Championships shall be comprised of 2 events: downhill, gated, and enduro.

7H2. Category Restrictions. For all gravity national championships classes, riders must meet the following category restrictions except as stated elsewhere:

Men		Women	
11-14	No Restriction	11-14	No Restriction
15-18	Cat 1 Only	15-18	Cat 1 Only
Elite	Pro	Elite	Pro
19-54	Cat 1 Only	19-49	Cat 1 Only
55+	No Restriction	50+	No Restriction

7H3. Downhill Championships. The following classes shall have a downhill national championship.

Men	Women
Pro	Pro
11-12	11-12
13-14	13-14
15-16	15-16
17-18	17-18
19-24	19-29
25-29	
30-34	30-39
35-39	
40-49	40+
50+	

7H4. Gated Championships. USA Cycling can elect to hold either a dual slalom or four-cross national championship. The following classes shall be run in either of those championships.

Men	Women
Pro	Pro
11-14	All non-pro*
15-18**	
19-29**	
30-39**	
40+**	

*This field is open to all women regardless of category.

**Must be a cat 1 to race this event.

(a) Seeding for Dual Slalom at the USA Cycling National Championships will be based on a competitor's time of one run on the right side and one run on the left side of the course.

(b) Brackets for Dual Slalom are designated in Appendix 3.

7H5. Enduro Championships. The following classes shall have an Enduro national championship event.

Men	Women
Pro/Open	Pro/Open
15-18	15-18
19-29	19-29
30-39	30-39
40-49	40-49
50-59	50-59
60+	60+

7H6. Non-championship events. Non-championship events may be held at the discretion of USA Cycling, to be in conjunction with the already established national championship events.

7I. Collegiate Championships

7I1. Eligibility

To participate in a collegiate cycling national championship:

- (a)** Each rider must have a current USA Cycling Collegiate cycling license.
- (b)** Each rider must submit proof of eligibility in the form of a properly completed “Collegiate Cycling Championship Eligibility Verification Form” at registration, available from the USA Cycling website, proving that s/he is enrolled as a full-time student, as defined by his/her School, and is in good standing financially, academically and disciplinarily:
 - (i) On the date of the national championship, or
 - (ii) During the academic term that immediately precedes it (or in the case of track, precedes* or succeeds it), or
 - (iii) During the majority of events during the conference season for that discipline.

*For collegiate track national championships, the “preceding” term is considered to be the summer, not spring term

- (c)** Exceptions to eligibility standards for the national championships shall be considered by USA Cycling on a case by case basis. Petitions must be received at least two weeks prior to the national championship in question. In the event a national championship commences prior to the championship eligibility period (e.g. track), a rider wishing to compete in that national championship may satisfy the requirements of this section by providing written evidence that they have made the appropriate tuition payment for the championship eligibility period.

7I2. Allocation of Starters

- (a)** For Club teams, conferences are allocated start sports in the mass start road and mountain bike national championships as follows:

- (i) First the host team (if any) qualifies the number of riders a team may enter in that race, so long as the team and its riders otherwise meet the eligibility requirements contained in the rules; then
 - (ii) Each conference qualifies a single rider; then
 - (iii) Each conference qualifies a total number of riders equal to (A) the percentage of total number of category A Club riders in that division in that discipline that are recorded in USA Cycling's membership files on November 30 of the previous year as being members of Club teams that are members of that conference, multiplied by (B) the field limit of each Race reduced by the number of riders qualified pursuant to subsections (i)-(ii) of this section
- (b)** Only points from Category A conference events from a discipline count toward a Club team's and a Club rider's qualification for that discipline's national championship.
- (c)** Subject to the other requirements of the rules, each conference director may decide how to allocate start spots to a national championship among Club teams and riders from their conference
- (d)** If a conference will not use all of its allocated start spots for Club teams and riders, the remainder shall be put back into a pool and redistributed to conferences proportionally based on (iii). A host's schools unused spots are given back to the host conference. These reallocations occur on a continuous basis until all start spots have been filled.
- (e)** Club teams may bring no more than 10 men and 10 women to any single national championship event.
- (f)** For Varsity teams, each Varsity team qualifies the number of riders a team may enter in that race, so long as the team and its riders otherwise meet the eligibility requirements contained in the rules.

713. Call-ups Staging for mass-start races at a collegiate national championship proceeds as follows:

- (a)** Previous year's national champion for the current race; then
- (b)** Conference omnium champion or conference champion for that race format (e.g., criterium or cross country), as determined by each conference director (in a randomly determined order); then
- (c)** One rider per team, called one team at a time in the order of the previous year's team omnium from the national championship in question (for the first wave, to the extent not already staged pursuant to subsections (a) and (b) of this paragraph). Teams that did not attend the previous year's event shall be called up after all other teams have been called up in a random order; then
- (d)** Step (c) is repeated until all riders have been staged.

714. Individual Omnium Scoring

- (a) The points tables for all collegiate cycling national championship races is set forth in Appendix 2.
- (b) When racing a combined division race, the race will be scored as whole, and not as relative to the division of each racer.
- (c) The individual omnium in a national championship is determined for each division (except in the case of combined division races) and gender as follows:
- (i) For each race, each rider is assigned omnium points according to their place in the finish based on the points table and any prime points they scored in that race. They are ranked according to the total omnium points they scored.
 - (ii) The omnium points scored by each rider in all applicable races are totaled and the riders are ranked by this final total.
- (d) In the case of a tie on total individual omnium points among riders, the tie will be broken in the favor of the rider who has:
- (i) The most first place finishes or, if still tied, the most second place finishes, etc.; or, if still tied,
 - (ii) The highest placing in the last individual race of the event.

715. Team Omnium Scoring

- (a) The points tables for all collegiate cycling national championship races is set forth in Appendix 2
- (b) For any combined division race, the team placings and results will be relative to the other teams in their division.
- (c) The team omnium in a national championship is determined for each division as follows:
- (i) For each team that has riders scoring points in that race, the individual omnium points of the top three points scoring riders on that team (including their prime points) are summed.
 - (ii) The teams are ranked in descending order based on the sum of countable individual omnium points.
 - (iii) In the case of a tie on total points among teams in a race, the tie will be broken in the favor of the team that has the highest placed rider in that race.
 - (iv) Team omnium points are assigned to each team according to the points table in Appendix 2.
 - (v) The team omnium points earned by each team in each race of the event are summed and the teams are ranked in descending order based on this sum.
- (d) In the case of a tie among teams based on total Team Omnium Points, the tie will be broken in the favor of the team that has:

- (i) The most first place finishes or, if still tied, the most second place finishes, etc.; or, if still tied,
- (ii) The highest placing in the last individual race of the event.

716. BMX National Championship

- (a)** Club and Varsity teams will be scored together and team omnium results will be determined without regard for division or Varsity/Club status. For the purposes of national team rankings, Club Divisions I and II will be separated along with Varsity Divisions I and II.
- (b)** Men's and women's individual race winners will be determined without regard for Varsity/Club status or division.
- (c)** The men's and women's races shall be Challenge/20" class events.
- (d)** Riders not transferring to the main event will be ranked according to their performance in the rounds they completed, receiving 1 point for each 1st, 2 points for each 2nd, etc. In the event of a tie, the rider with the best finish in the third ride will be the winner, then the best finish in the second ride, etc. Riders are then ranked in ascending order based on these points, and individual and team omnium points will then be assigned based on these rankings.
- (e)** Riders must have completed at least one weekend of racing at a USA BMX event to be eligible for the event.

717. Road National Championship

(a) Road Championship Eligibility. For all road events, riders shall meet the following eligibility standards, in addition to those standards already put forth:

- (i) Must be a collegiate category A for the road discipline for the criterium and road race.
- (ii) For mass-start events, riders must have competed as a category A in at least 3 mass start road events in the current conference season.*
- (iii) To compete in a time trial, riders must have raced at least two A races in the season in any road race discipline in the current conference season.*

*If the conference season is shortened or cannot otherwise reasonably accommodate such requirements for riders, the conference director may lower these requirements with the approval of USA Cycling.

(b) Road Championship Races. The collegiate road championships shall meet the following distance criteria.

	ROAD RACE	CRITERIUM	TEAM & INDIVIDUAL TIME TRIAL
WOMEN	80-115 KM	<i>60-75 min</i>	20-35 KM
MEN	100-160 KM	60-90 MIN	20-35 KM

(c) Each team may enter riders in the road race and criterium as follows:

(i) Varsity teams may enter up to 8 riders in the road race and up to 6 riders in the criterium

(ii) Club teams may enter up to 6 riders in the road race and up to 4 in the criterium

Fixes an issue missed with the changes to collegiate regulations in 2016, and properly assigns the number of possible starters for the new categories.

(d) Six point primes occur in the criterium, with a point scale of 7, 5, 3, 2, 1, for first through fifth place. These points are for the individual omnium, and therefore are included directly in the determination of the individual rider omnium and indirectly in the determination of the team omnium.

(e) Teams for the team time trials shall consist of three or four riders. Teams will be timed on the leading wheel of the third rider. Riders must be of the same gender and from the same team; no composite teams are allowed.

(f) To be eligible for the individual omnium, a rider must score points in both the road race and the criterium.

(g) The individual time trial shall not count toward the team or individual omnium.

(h) Men's and Women's individual race winners, team race, and individual omnium winners will be awarded for Varsity and Club, but not for divisions within those categories.

(i) Team Omnium will be awarded for both Varsity and Club teams and for divisions within those categories.

718. Track National Championships.

(a) Track Championship Eligibility. For all track events, riders shall meet the following eligibility standards, in addition to those standards already put forth:

(i) Riders must produce documented evidence of completion of at least two track events that season to compete in mass-start event (a track event in this case is defined as one day of racing).

(ii) Riders participating in events not classified as mass start must produce documented evidence of completion of at least one track event that season (a track event in this case is defined as one day of racing).

(iii) For mass-start races riders must be a collegiate track category A.

(iv) Additionally, if a rider's conference holds a track season, the conference director may require participation in that season for riders to qualify for the national championships.

	MEN	WOMEN
INDIVIDUAL PURSUIT	4 KM	3KM
POINTS RACE*	30 KM	20 KM
SCRATCH RACE*	12 KM	8 KM
SPRINTS	CHAMPIONSHIP FORMAT	CHAMPIONSHIP FORMAT
TIME TRIAL	1000 M	500 M
TEAM PURSUIT	4KM	4KM
CO-ED TEAM SPRINT	6 LAPS	6 LAPS

*Up to 4 riders from each team may enter.

(b) Track Championship Races. The collegiate track championships shall hold and meet the following distance requirements.

(c) A rider may compete in all races. However, only his or her top 3 scores from individual races will count toward the individual omnium. Any additional placings will be included in the determination of the team omnium.

(d) To be included in the individual omnium standings, a rider must score individual points in at least:

- (i) one of the following: sprints, scratch race, and time trial; and,
- (ii) one of the following: individual pursuit, scratch race, and points race.

(e) Teams for the women's and men's team pursuit shall consist of a minimum of three riders and a maximum of four riders. Teams will be timed on the leading wheel of the third rider. Riders must be of the same gender and from the same Team; no composite teams are allowed.

(f) The Collegiate Coed Team Sprint is a six-lap race that follows the Team Sprint (2L) format, with the following exceptions:

- (i) Each team must field a minimum of two and a maximum of six riders with at least one woman and no more than four men per team.
- (ii) A woman must lead the team for a minimum of two laps.
- (iii) There shall be only one team on the track at a time.
- (iv) The event will be limited to mass-start legal bikes.

(g) For team competitions, teams are limited to one entry per race.

(h) Men's and women's individual race winners, team race, and individual omnium winners will be determined without regard for Varsity/Club status or division.

(i) Team Omnium will be awarded by for both Varsity and Club teams. For the purposes of national team rankings, Club Divisions I and II will be separated along with Varsity Divisions I and II.

719. Mountain Bike National Championships

(a) Mountain Bike Championship Eligibility. For all mountain bike events, riders shall meet the following eligibility standards, in addition to those standards already put forth:

- (i) Must be a collegiate category A for all mountain disciplines the rider is participating in.
- (ii) For endurance events, riders must have competed as a category A in at least 3 endurance mass start events during the current conference season. Team Relay events shall not count as a mass-start event for qualification purposes.*
- (iii) For gravity events, riders must have competed as a category A in at least 3 gravity events during the current conference season. To compete in downhill, at least 2 of those events need to be downhill.*
- (iv) Riders from varsity programs must have participated in at least three weekends (five race days).*

*If the conference season is shortened or cannot otherwise reasonably accommodate such requirements for riders, the conference director may lower these requirements with the approval of USA Cycling.

(b) Mountain Bike Championship Races. The collegiate mountain bike championships shall hold the following endurance events and meet the following distance requirements, in addition to downhill and one other gravity race.

CROSS-COUNTRY	1.5-2 HOURS
SHORT TRACK XC	20 MIN + 3 LAPS
TEAM RELAY	4 LAPS; 3-6 MINS/LAP

- (c)** In the cross-country race, all riders shall finish on the final lap of the race winner.
- (d)** Each team may enter up to six riders in each race except the team relay at the collegiate mountain bike national championships, which is limited to four riders.
- (e)** If the conference mountain bike season would otherwise prohibit riders from qualifying for a given race, the conference director may set alternative minimum requirements for participation in Collegiate Mountain Bike National Championships, so long as those requirements are first submitted to and approved by USA Cycling.
- (f)** To be included in individual omnium standings, a rider must have scored individual points in at least one individual endurance race and one gravity race.
- (g)** Team relay shall not count toward the individual omnium, and shall follow the rules outlined for Collegiate MTB Team Relay Championship Format.
- (h)** Men's and Women's individual race winners, team race, and individual omnium winners will be awarded for Varsity and Club, but not for divisions within those categories.
- (i)** Team Omnium will be awarded for both Varsity and Club teams and for divisions within those categories.

7I10. Cyclo-cross National Championships

(a) Cyclo-cross Championship Eligibility.

(i) To compete at Collegiate Cyclo-cross National Championships, a rider must be at least USAC cyclo-cross category 3 or collegiate cyclo-cross category A. Additionally, if a rider's conference holds a cyclo-cross season, the conference director may require participation in that season for riders to qualify for the national championships.

(ii) Riders must compete with the collegiate team that they were attached to for the majority of the preceding academic term.

(b) Cyclo-cross Championship Races. The collegiate cyclo-cross national championships shall hold the following events and meet the following distance requirements.

CYCLO-CROSS	50 MIN. FOR MEN 20 MIN + 3 LAPS
TEAM RELAY	4 LAPS

(c) Each team may enter up to eight riders of each gender in the collegiate race at the cycling cyclo-cross national championships except the team relay which is limited to two riders of each gender.

(d) Team relay shall count toward the team omnium, and shall follow the rules outlined for Collegiate MTB Team Relay Championship Format.

(e) Men's and Women's individual race winners and team race, will be awarded for Varsity and Club, but not for divisions within those categories.

(f) Team Omnium will be awarded for both Varsity and Club teams. For the purposes of national team rankings, Club Divisions I and II will be separated along with Varsity Divisions I and II.

7J. State Championships

7J1. State Championships are allocated by the Local Associations to race directors based on the criteria that the LA or its administrator shall determine. Local Associations may combine several states into an Association, Regional or District Championship.

7J2. Classes and Categories

(a) USA Cycling encourages State Championships to follow the same formats for disciplines and age groups as are used for National Championships.

(b) Local Associations may offer State Championships for specific categories or events that would not be offered at a National Championship.

(c) Local Associations may offer different combinations of classes and categories than would be found at a National Championship. However, women are not eligible for medals in men's events.

7J3. Eligibility

(a) To be eligible for a State Championship jersey or medal, a rider must hold a current USA Cycling annual license and reside in the state as shown on his license.

(b) State Championships are open to US Citizens and permanent residents (green card) with a USA Cycling annual license.

(c) Members of UCI road teams are not eligible road championships unless there is a separate class for them.

(d) At the option of the Administrators, State Championships may include riders who are ineligible for the championship but championship medals will be awarded only to riders who are eligible.

(e) When a local association comprises more than one state, all riders in the local association are eligible for at least one State Championship, depending on which states offer them. Any questions regarding residency will be determined by USA Cycling.

7J4. For state track championships, states without a suitable track may use one nearby for State Championships or may omit these championships at the discretion of the Local Administrator.