



AMATEUR ROAD NATIONAL CHAMPIONSHIPS

JUNE 2019 • HAGERSTOWN, MD

All races are run solely under USA Cycling's regulations, except where specifically noted that UCI regulations prevail.

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:**

Junior 17-18, Men U23: Must be a United States citizen and have a current

- **USA Cycling International License** with a USA racing nationality or
- **A foreign International License** with a USA racing nationality and a **UCI ID*** or
- **USA Cycling Domestic Annual License** with a **UCI ID***

Juniors 16 and under, Amateur Men: 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 or 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

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 Chapter 7. National Championships, of the [USA Cycling Rulebook](#). Please see specific details/restrictions below:

Juniors		
Age	Citizenship	Category/Age Class
11-16	Participants MUST be either confirmed U.S. citizens OR permanent residents .	Participants MUST race in their respective age groups, subject to category restrictions.
17-18	Participants MUST be confirmed U.S. citizens and have a USA racing nationality*	Participants MAY race in both their age group and/or the amateur men cat. 1 races, subject to category and gender restrictions.
U23		
19-22	Participants MUST be confirmed 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 eligible .
Amateur Men		
Age	Citizenship	Category/Age Class
17+	Participants MUST be either confirmed U.S. citizens OR permanent residents , subject to category restrictions.	Category 1 only Amateur men U23 participants MAY race in both their age group (U23) and/or the Amateur (Cat. 1) races, subject to citizenship and category restrictions. Members of any UCI-registered road trade team (WorldTeam, Professional Continental & Continental) are not eligible to compete in the Amateur Men Road National Championships.

*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 **as confirmed by their UCI ID**.

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 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.
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. Disc brakes are allowed.
4. 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 wheel list/UCI's Non-standard wheels list](#)**, or have at least 16 metals 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).
 - j. **Extensions must have two hand holds. 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.
 - k. 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.*

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 wheels with 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. (Tri-bike tool pods, extreme water bottles).
- 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.
- f. Brake controls attached to the handlebars and operable with the hands.

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

- g. Bicycle frames must be of double triangle construction.
 - h. 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 are allowed in all events and categories.