



# MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 2019 • WINTER PARK, CO

Updated: 3.15.19

The 2019 USA Cycling Mountain Bike National Championships will crown national champions in both endurance and gravity mountain bike events. This document contains qualification requirements for both disciplines of events. Please note if a race has multiple categories listed, categories will be racing against each other and not separated out for awards. Scroll down or [click here for qualification requirements for ENDURANCE EVENTS](#). Scroll down or [click here for qualification requirements for GRAVITY EVENTS](#).

\*\*\*Individuals attempting to pre-ride the course prior to the event or scheduled practice day(s) or times, if any, 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.**\*\*\*

## LICENSING/CITIZENSHIP/RESIDENCY 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](http://www.usacycling.org). You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page.

<p style="text-align: center;"><b>Junior 17-18, U23, Elite/Pro</b></p>	<p>Must be a <b>United States citizen</b> and have a current:</p> <ul style="list-style-type: none"> <li>• <b>USA Cycling International License</b> with a USA racing nationality or</li> <li>• <b>A foreign International License</b> with a USA racing nationality and a <b>UCI ID*</b> or</li> <li>• <b>USA Cycling Domestic Annual License</b> with a <b>UCI ID*</b></li> </ul>
<p style="text-align: center;"><b>Juniors 16 and under, Amateur/Masters</b></p>	<p>Must be a <b>United States citizen</b> and have a current:</p> <ul style="list-style-type: none"> <li>• <b>USA Cycling International License</b> with a USA racing nationality indicated or</li> <li>• <b>A foreign International License</b> with a USA racing nationality and a <b>UCI ID*</b> or</li> <li>• <b>USA Cycling Domestic Annual License</b> with a <b>UCI ID*</b></li> </ul> <p style="text-align: center;"><b>OR</b></p> <p>Must be a <b>Permanent Resident</b> (verified) and have a current:</p> <ul style="list-style-type: none"> <li>• <b>USA Cycling International License</b> or</li> <li>• <b>USA Cycling Domestic Annual License</b> with a <b>UCI ID*</b></li> </ul>
<p style="text-align: center;"><b>Non-Championships</b></p>	<p>Riders must have either a current USA Cycling annual license, valid UCI Foreign Federation license, or purchase a one-day license at race registration.</p>

**\*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**

## USA CYCLING MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS (ENDURANCE EVENTS)

The USA Cycling Mountain Bike National Championships will determine the United States National Champions in the following age classes (category restrictions listed below): Junior 11-16, Junior 17-18, U23, Amateur/Masters 23-54, Masters 55+ , and Elite/Pro in the following disciplines: cross country (XC), short-track cross-country (STXC) and singlespeed (SS).

Non-championship races will be offered for category 2 & 3 athletes in the cross country (XC) discipline.

### DISCIPLINES

Cross Country (XC)	A mass start competition held on a circuit course comprising forest roads, singletrack, or unpaved dirt or gravel roads.
Short-Track Cross Country (STXC)	A shortened cross country style race, designed to be spectator-friendly and easily televised. The course should be 3-4 mins. Per lap. Race times are 10/20 mins + 3 laps.

### CLASSES AND CATEGORIES/QUALIFICATION REQUIREMENTS

#### CROSS COUNTRY (XC) NATIONAL CHAMPIONSHIP RACES

Male	
Pro/Elite	Qualification not required
U23 (19-22) - (no category restrictions)	Qualification not required
Junior 11-14 (no category restrictions)	Qualification not required
Junior 15-18 (category 1 & 2)	Qualification not required
Masters 55+ (no category restrictions)	Qualification not required
Amateur/Masters 19-54 (category 1 & 2)	Must qualify
Singlespeed	Qualification not required

#### Female

Pro/Elite	Qualification not required
U23 (19-22) (no category restriction)	Qualification not required
Junior (11- 14) (no category restrictions)	Qualification not required
Junior (15-18) (category 1 & 2)	Qualification not required
Masters 50+ (no category restrictions)	Qualification not required
Amateur/Masters 19-49 (category 1 & 2)	Must qualify
Singlespeed	Qualification not required

#### NON-CHAMPIONSHIP CROSS COUNTRY (XC) (CATEGORY 2 & 3 ONLY)

Qualification not required
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#### SHORT-TRACK CROSS COUNTRY (STXC) NATIONAL CHAMPIONSHIP RACES

Qualification not required
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### QUALIFICATION PERIOD

For events with qualification requirements, the qualifying period will begin the first Saturday after the 2018 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2019 USA Cycling Mountain Bike National Championships.

<b>Qualification Start Date: July 28, 2018</b>	<b>Qualification End Date: July 21, 2019</b>
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### QUALIFYING EVENTS/QUALIFICATION STANDARDS

<a href="#"><u>USA Cycling Mountain Bike State or Regional Championship</u></a>	Top 15 riders in each category and age-group (class)
<a href="#"><u>American Mountain Bike Calendar (AMBC)</u></a>	Top 15 riders in each category and age-group (class)
<a href="#"><u>Pro Mountain Bike XC Tour (ProXCT)</u></a>	Top 15 riders in each category and age-group (class)
<a href="#"><u>Defending USA Cycling Mountain Bike National Champions</u></a>	All defending national champions in XC are automatically qualified to register
<a href="#"><u>2019 USA Cycling Marathon Mountain Bike National Championship</u></a>	Top 15 riders in each age-group (class)
<a href="#"><u>USA Cycling Sanctioned Cross Country (XC)</u></a>	Riders competing in any three (3) USA Cycling sanctioned cross country (XC)

**Mountain Bike Events** | mountain bike race days will qualify.

## QUALIFICATION GUIDELINES AND RULES

### COMPETITION RACING AGE

Riders will compete in their respective age-group based on their official racing age determined on December 31, 2019.

### U23 RIDER ELIGIBILITY

Any racer between the racing ages of 19-22 who wishes to race in the U23 race does not need to qualify for that race. The U23 XC race will take place on the pro course and within the designated UCI projected finish times.

### PRO RIDERS – MASTERS AGE GROUPS

Pro riders must participate as a Pro/Elite and may not participate in age group championship events

### MASTERS QUALIFYING IN SAME CATEGORY/DIFFERENT AGE-GROUP

Masters racers qualifying in a younger age group and with the same category are eligible to compete only in their official age group and category at the national championships.

### QUALIFIED RIDER LIST- RACE RESULTS SUBMISSION

Qualified rider lists will be posted to the USA Cycling event webpage as they are determined. If results are not submitted to USA Cycling and posted on the USA Cycling website, riders will not appear on the qualified rider list. Please contact the race director if results are not posted to [www.usacycling.org](http://www.usacycling.org).

### QUALIFIED RIDER LIST – NOTIFICATION EMAIL

An email notification of when a rider is qualified will be sent to USA Cycling licensed riders with a current license, an active USA Cycling online membership account, and have opted-in to receive emails from USA Cycling.

### XC CALL-UP PROCEDURES

Racing Class	Total Number & Order of Priority
Pro/Elite	Defending national champion, UCI XCO rankings, ProXCT rankings, USAC rankings
U23 / Juniors 17-18	Defending national champion, UCI XCO rankings, ProXCT rankings, USAC rankings
15-16, 19-54 male/female	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group
Juniors 14 and under	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group
Masters 55+ male / 50+ female	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group

### STXC CALL-UP PROCEDURES

Racing Class	Total Number & Order of Priority
Pro/Elite	Defending national champion, UCI XCO ranking, STXC rankings, ProXCT rankings, USAC XC rankings
Juniors 11-14 male, 11-16 female, 15-16 male	Defending national champion, aged-up national champion, previous year podium, STXC rankings, USAC rankings
Juniors 17-18 male	Defending national champion, aged-up national champion, previous year podium, UCI XCO ranking, STXC rankings, USAC XC rankings
19-40+ male, 17+ female	Defending national champion, aged-up national champion, previous year podium, STXC rankings, USAC rankings

### SINGLE SPEED BIKE RESTRICTIONS

Singlespeed is any type of bicycle possessing **only one rear cog and one front chain ring**. There is no means of altering the gear ratio in any way for the duration of the race. "Blocked out" gears are not allowed at the national championships.

### TEAM RELAY COMPOSITION

Teams of two to four riders will complete a total of four laps on a shortened cross country course. Team make up can be no more than two senior or master male riders, no more than one pro/elite male, and no more than one pro/elite female. If your team has junior riders we will assign a time bonus to equalize the playing field. Time bonuses will be determined once the course has been finalized.

# USA CYCLING MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS (GRAVITY EVENTS)

The USA Cycling Mountain Bike National Championships will determine the United States national champions in the following age classes (category restrictions listed below): Junior 11-16, Junior 17-18, U23, Senior/Masters 19-54, Masters 55+, and Elite/Pro in the following disciplines: downhill (DH), dual slalom (DS) and enduro. Non-championship races will be offered for category 2 & 3 athletes in the downhill (DH) and dual slalom (DS) disciplines.

## DISCIPLINES

Downhill (DH)	A gravity time trial competition consisting of riders racing one at a time, against the clock, down a trail, jeep road, or fire road, or a combination of all three. Downhill races are generally technically challenging with courses often featuring a combination of high speeds, jumps, drop-offs, and other technical features.
Dual Slalom (DS)	A gated gravity competition where two competitors race head-to-head down two similar, but separate, courses. Following a qualification round, riders race against each other in an elimination format (heats) to determine a winner. Dual slalom courses often feature bermed corners, jumps, and other technical trail features.
Enduro	An extended timed descent or multiple timed descents in single or multiple stages over one or more days.

## CLASSES AND CATEGORIES QUALIFICATION REQUIREMENTS

### DOWNHILL (DH) NATIONAL CHAMPIONSHIP RACES

#### Male

Pro	Qualification not required
Junior 11-14 (no category restrictions)	Qualification not required
Junior 15-18 (category 1)	Qualification not required
Masters 55+ (no category restrictions)	Qualification not required
Amateur/Masters 19-54 (category 1)	Must qualify

#### Female

Pro	Qualification not required
Junior 11-14 (no category restrictions)	Qualification not required
Junior 15-18 (category 1)	Qualification not required
Masters 50+ (no category restrictions)	Qualification not required
Amateur/Masters 19-49 (category 1)	Must qualify

### NON-CHAMPIONSHIP DOWNHILL (DH) (CATEGORY 2 & 3 ONLY)

Qualification not required

### CHAMPIONSHIP and NON-CHAMPIONSHIP DUAL SLALOM (DS)

Qualification not required

### ENDURO NATIONAL CHAMPIONSHIP RACES

Qualification not required

## QUALIFICATION PERIOD

The qualifying period will begin the first Saturday after the 2018 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2019 USA Cycling Mountain Bike National Championships.

**Qualification Start Date: July 28, 2018**

**Qualification End Date: July 21, 2019**

## QUALIFYING EVENTS

<a href="#"><u>USA Cycling Mountain Bike State or Regional Championship</u></a>	Top 15 riders in each category and age-group/class
<a href="#"><u>Pro Mountain Bike Gravity Tour (ProGRT)</u></a>	Top 15 riders in each category and age-group/class
<a href="#"><u>Defending USA Cycling Mountain Bike National Champions</u></a>	All defending national champions in DH are automatically qualified to register.
<a href="#"><u>USA Cycling sanctioned Downhill (DH) Mountain Bike Events</u></a>	Riders competing in any three (3) USA Cycling sanctioned downhill (DH) mountain bike events will qualify.

## QUALIFICATION GUIDELINES AND RULES

### COMPETITION RACING AGE

Riders will compete in their respective age-group based on their official racing age determined on December 31, 2019.

### PRO RIDERS – MASTERS AGE GROUPS

Pro riders must participate as a pro/elite and may not participate in age group championship events.

**MASTERS QUALIFYING IN SAME CATEGORY/DIFFERENT AGE-GROUP**

Masters racers qualifying in a younger age group and within the same category are eligible to compete only in their official age group and category at the national championships.

**QUALIFIED RIDER LIST**

Qualified rider lists will be posted to the USA Cycling event webpage as they are determined. If results are not submitted to USA Cycling and posted on the USA Cycling website, riders will not appear on the qualified rider list. Please contact the race director if results are not posted to [www.usacycling.org](http://www.usacycling.org).

**QUALIFIED RIDER LIST – NOTIFICATION EMAIL**

An email notification of when a rider is qualified will be sent to USA Cycling licensed riders with a current license, an active USA Cycling online membership account, and have opted-in to receive emails from USA Cycling.

**DH SEEDING & FINALS PROCEDURES**

Amateur downhill seeding will consider the returning national champion, aged up national champion and then USA Cycling rankings. For the Elite/Pro events, the returning national champion, UCI DHI rankings, Pro GRT and then USA Cycling rankings will be used for seeding.

Riders must start their seeding run in order to advance to finals. Finals will be run based on slowest to fastest seeding.

The rider's race clock starts at his or her assigned start time and will not be adjusted, and no new start time will be assigned. Because of the Racers who miss their assigned start will not be allowed to start their run until the last rider of either their own category or the very end of the competition, depending on available time gaps between categories, this is at the discretion of race management and officials. Decisions regarding this regulation, in cases of force majeure, may be taken by the officials in consultation with the Race Director.