This following changes are made for USA Cycling Regulations revision 5•21. The following regulation changes go into effect on 6/15/2021.

Updates to these regulations may be found from time to time. See the revision date (version month/year) on the footer of each page. Schedule of fees, USA Cycling Bylaws, Policies, Records, and updates to the regulations be found on the the USAC website at www.usacycling.org.

Deleted language in indicated by red italicized strikethrough font.

New language is indicated by red italicized font.

The full USA Cycling rulebook contains final text only, with this document serving to show old and new language.
GENERAL UPDATES FOR VERSION 5.21 (EFFECTIVE 6/15/21)

ALL
Wording has been changed to reflect gender neutrality within the regulations. General grammar and layout issues corrected.

GENERAL REGULATIONS

1A Licenses General changes have been made to reflect the different levels of membership/license and the rolling 365-day nature of domestic memberships.

1B Rider Nationality USA Cycling’s regulation now points to the UCI section that covers rider nationality internationally.

1F Clubs and Teams Updates to reflect current UCI nomenclature. Clubs and team must receive USAC approval for certain uses of the USA Cycling logo.

1G Officials Updated Chief Referee event reporting duties to be in line with current permitting and reporting requirements.

1H Entry in Races Revised to show no junior pros in MTB. Clarification that providers approved by USAC may use electronic waivers/signatures. Clarification that riders from some foreign federations must provide permission letters for some events (current FAQ on USAC website). Definition of Category A race as the previous definitions have been removed from the permitting system. Revised various nomenclatures.

1J Rider Uniform Clarification on wearing of national championship jerseys, and that current national champions may not wear their jersey in the subsequent nationals.

TRACK

2B General Track Uses new UCI nomenclature on timed and bunch events. Defines Safety Zone.

2E Elimination Brings USA Cycling rules into alignment with UCI rules for the championship level Elimination race. Non-championship Miss-and-Out moved to 2E7 with flexibility for local event.

2F Sprint Stoppages Alignment with UCI rules on starting position.

2H Keirin Clarifies use of UCI rules at UCI inscripted Nationals. Clarifies penalties for illegal behavior.
**2I-2K Time Trial Restarts** Aligns with UCI rules in restarts in various events.

**2L Team Sprint** Clarifies Championships are run with three riders. Changes to mishap rules.

**2M Points Race** Clarifies sprint intervals on different length tracks. Addresses ties in sprints. Language changes to align with UCI regulations. Clarification of main group. Changes to handling of free laps.

**2N Madison** Addresses ties in sprints.

**2O-2P Omnium and International Omnium** Realignment of the International Omnium and other Omniums. The International Omnium defined by 2O aligns with the UCI regulations and will be used at Championships. An omnium as defined by 2P may be defined at local and regional events to best suit the host track.

**MTB 5E2 Dual Slalom** Defines how riders who don’t qualify for finals are ranked.

**DISCIPLINE**
Tables modified to recognize current race levels. Added sections back that were unintentionally removed from previous versions in an editing error.

**RECORDS**
**9A Qualifications** Clarifies equipment use by younger juniors. Clarifies that USA Cycling recognizes masters hour records.

**9E Attempting Records** Directs those wanting to attempt World Records to the UCI regulations.

**Appendix 4 Permission Letters** Clarifies current requirements for permission letters.

**Glossary** Various updates and clarifications.
DETAILED UPDATES FOR VERSION 5.21 (EFFECTIVE 6/15/21)

This list does not cover: 1) simple grammatical fixes; 2) basic changes to reflect gender neutrality. You are encouraged to review the full regulations, which show all new language in italicized red font.

1A1(e) An annual domestic membership and associated license are valid for one year from the date of purchase. International and technical membership licenses are valid from January 1 through December 31. USA Cycling may choose to begin issuing licenses for the following year prior to January 1st at its discretion.

1A3. Membership and Licensing
USA Cycling issues several membership and licensing options:
(a) Standard and Premium Race Memberships (Race Upgrade) include a domestic racing license valid for participation in domestic events in the United States.
   (i) A Standard membership allows the member to race in the Novice category at any domestic race.
   (ii) A Premium Race membership allows the member to race in any category and class they are qualified for at any domestic race.
(a) Collegiate licenses allow the member to race in any category and class they are qualified for, at any domestic and/or collegiate race. Collegiate licensees must comply with all Collegiate criteria, including categorization for non-collegiate events, in Chapter 6 of these regulations.

1A3(c) One-day licenses may be purchased online through the USA Cycling registration system or onsite at any USA Cycling sanctioned event and are valid for a single day of racing.
   (i) One-day licenses may only be purchased by the lowest category of racer for that discipline; i.e., Novice men and women for road, track, and Cyclocross, and category 1, 2 or 3 Novice for MTB.

1B3. Changes to a rider’s racing nationality are set by the UCI, with current criteria set forth in Part 1 of the UCI Regulations.
A rider may choose another nationality he holds if when electing the first nationality he was a minor. In this case, he must make the switch to a different nationality on his first application for a license after reaching the age of majority.
1B4.-
A rider who acquires an additional nationality may choose this nationality, and
1B5. When a rider switches nationalities per rule 1B4 above, he may represent the new country and compete in its national championships beginning the second year from when he chose the new nationality.

1F. Clubs and Teams
1F1. Annual Registered Clubs and Teams
Riders may belong to the following types of clubs or teams in various cycling disciplines:
(a) UCI WorldTeams
(b) UCI Women’s WorldTeams
(c) UCI Professional Continental Pro Teams
(d) UCI Continental Teams
(e) UCI Women’s Continental Teams

1F3(b) Registered clubs and teams may use the current USA Cycling logo on club or team stationery and clothing provided that the identity of the club or team appears more prominently than the USA Cycling emblem, that the stationery shows no commercial sponsorship and that follows any guidelines set by USA Cycling. Other uses of the USA Cycling emblem require special permission from the USA Cycling.

1G4(g) The Chief Referee shall submit any appropriate occurrence reports on approved forms directly to the USA Cycling office immediately following the race event, along with the waivers for the injured riders, and within five days shall complete USA Cycling’s post event report. Submit a race report, a copy of race results, and all applications for licenses sold on-site directly to the USA Cycling office.

1H4(h) Rider Categories for UCI races. USA Cycling licensees entering UCI races held under a USA Cycling permit are subject to category restrictions. Restrictions may be stated in the race announcement or technical guide. The default USAC category requirements for entering the following UCI classes are:

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1H4(i) (ii) All riders must sign and submit a written entry form which includes the terms of the standard USA Cycling Competitive and Non-Competitive Event Release Form, as then published by USA Cycling, to the Race Director before each race. The signature on the release must be an original handwritten signature; electronic signatures are only acceptable in the case of online registration using USA Cycling’s Online Registration System registration providers approved by USA Cycling. By competing in a race conducted under USA Cycling rules, a rider, or a parent or legal guardian who permits a minor rider to compete, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of the Standard Athlete’s Entry Blank and Release Form (as then published by USA Cycling), and those terms shall be binding even when no proper entry form has been signed and submitted for a rider.

1H7. Registration
(a) In order to compete in USA Cycling races, riders must present a valid racing license from USA Cycling or an international license from another national federation that is affiliated with the UCI, along with any required documentation from a foreign federation. However, the Chief Referee may approve admission of a rider known to be currently licensed or whose licensed status is confirmed by authoritative documentation, including accessing the member’s USA Cycling online account.
(b) Active participants in Category A races (races with prize money for one race of $5000 or more), including officials, riders, team managers, drivers, and mechanics, must hold a USA Cycling license or a license from a governing body that is a member of UCI and must show such license at registration or when called upon to do so by race officials.

1H9(l) Riders on UCI ProTeams Profession Continental, UCI Continental teams and UCI Women’s teams may only enter domestic events that specifically include professionals on the permit and the race flyer (i.e. Pro/1/2), otherwise they are ineligible.

1J5(f) Only current National Champions may wear National Championship jerseys and only in the specialty (road race, time trial, criterium, cyclocross, short track cross-country, marathon, downhill, Madison, etc. and class age group (Junior, Master, U23, Elite) in which the title was won. Age-graded champions may wear the jersey in other age classes within their overall class, age group and discipline; e.g., 15-16 road race champion in a 17-18
road race.

1J5(f)(ii) In stage races, the jersey may only be worn by the current National Champion in the same specialty as the stage; e.g., Criterium Champion in a criterium stage. *For MTB stage races, Marathon National Champion wears their jersey regardless of stage type.*

1J5(f)(vi) The defending National Champion *must not* wear their National Championship jerseys in the subsequent National Championship of the same discipline and class when eligible.

2B18. *For standing start time trial timed events, except the Team Sprint, on tracks greater than 250 meters in length,* the blue band shall be made impractical for riding by the placement of 50 cm long pads every 5 meters from the pursuit line to the exit of each turn. *For the 200 meter time trial only, these pads shall be placed every 5 meters in the corners only.* On 250 meter tracks or shorter, no pads are required on the blue band. For the Hour Record and any special attempt on the track, the blue band shall be made impractical for riding by the placement of pads every 5 meters the entire way around the track.

2B19. **Bunch Events** refers to the following track events:

- Points Race (2M)
- Scratch Race (2C)
- International Omnium (2O3)
- Madison (2N)
- Elimination Race (2E)
- International Tempo Race (2P)

2B20. **Safety Zone**

During all track events, except time trials, Individual Pursuit and Team Pursuit, all support staff shall remain on the infield (off the safety zone and track). During time trials, Individual Pursuit and Team Pursuit, *one coach per rider/team is permitted on the safety zone.* Specific support staff may be permitted to access the safety zone (i.e. a mechanic after a crash) at the discretion of the Officials. Irrespective of the above, 2B17 applies.

2E. **Miss-and-Out and Elimination**

2E1. *An* [miss-and-out and elimination races are a massed start races] in which the last rider over the line on designated laps is eliminated from the race. *Riders may be eliminated every lap, every other lap, or on whatever regular schedule is stipulated before the race.* In championships, sprints occur on every lap on tracks of at least 333 meters in length, and every two laps on shorter tracks. If riders are not
eliminated every lap, each lap that precedes an elimination shall be indicated by a bell. Gaining a lap shall not prevent a rider from being eliminated, and laps gained shall not matter in the final placings.

(a) A miss-and-out concludes when there are three riders remaining, followed by a neutral lap, then the bell and a three-up sprint to determine the final placings.

(b) An elimination race concludes when there are two riders remaining, then an immediate bell followed by a two-up sprint.

A sprint shall be run every third lap on tracks of less than 200 meters, every second lap on tracks of 200 meters to 333.33 meters, and every lap on track of 333.33 meters or more.

If riders are not eliminated every lap, each lap that precedes an elimination shall be indicated by a bell. Gaining a lap shall not prevent a rider from being eliminated, and laps gained shall not matter in the final placings.

In the event that the number of entries exceeds the maximum number allowed on the track, scratch race heats are to be used to reduce the field size. The scratch race heats shall be run is such a way as to qualify up to the track maximum, without necessarily qualifying the maximum number.

All riders not qualifying to participate in the Elimination Final and completing the scratch races heat, shall be jointly placed in last position. Any riders not finishing the scratch race heats, shall not be placed (DNF).

2E2. Judging. The back edge of the rear tire determines the last rider over the line during the portion where riders are being pulled eliminated. If one or more riders are lapped or abandon the race between sprints, they shall be the riders eliminated in the next sprint. The final sprint is judged as a conventional sprint, using the leading edge of the front wheel.

2E3. Race procedure

(a) The Chief Judge shall identify the last rider over the line. In some cases a rider other than the last one across the line may be eliminated (for example passing on the blue band), as decided by the Chief Referee and communicated to the Chief Judge.

(b) The decision on which riders are eliminated must be made and announced before the riders reach the pursuit line on the back straight after the elimination sprint; otherwise no riders are eliminated until the next sprint, as indicated by a green flag displayed at the finish line.

2E4. Eliminated Riders.

Eliminated riders shall withdraw with due caution as soon as it is practical. If a rider does not withdraw as instructed, the Chief Referee may call one or more free
laps (postpone the next elimination sprint) until the rider has retired. The eliminated rider failing to leave the track immediately shall be penalized depending upon the gravity of the situation (relegation with a warning, or disqualification).

2E5. Riders suffering mishaps shall be eliminated and placed ahead of those riders already eliminated. If more than one rider is involved in the mishap, they shall be placed equally. The next sprint shall be postponed one or two laps, depending on the sprint interval. In the case of a recognized mishap by one or more riders, as decided by the Chief Referee, the race shall immediately be neutralized for a maximum distance of the number of laps closest to 1250 meters to allow the affected riders to return to the bunch. In the case where all riders on the track suffer a recognized mishap, the race shall be neutralized for a maximum of 3 minutes to allow the affected riders to return to the race. The neutralization shall be indicated by a yellow flag on the start line and all riders on the track shall ride in a compact group at a moderate speed. The race shall be restarted when affected riders are back on the track or when the neutralization is over and shall be signaled by the firing of the starter’s pistol. The bell shall be rung the following lap to indicate the start of a sprint. Any riders not able to rejoin the race at this point shall be considered as eliminated and their position determined according to the time of their elimination.

2E6. Finish. The miss-and-out may be ridden to the last person or to a specified number of survivors. In the latter case, there may be a free lap followed by a conventional sprint, judged on the order of finish by the front wheels. The format to be used must be explained to all riders before the start of the race. An elimination race concludes when there are two riders remaining, then an immediate bell followed by a two-up sprint. Their placing shall be based on the position of their front wheels on the finishing line.

2E7. Miss-and-Out. A miss-and-out is a non-championship event that may be conducted with riders being eliminated every lap, every other lap or at some other interval specified in the race announcement. The race is generally run under the rules of an elimination race except that a miss-and-out may be ridden to the last person or to a specified number of survivors. In the latter case, there may be a free lap followed by a conventional sprint, judged on the order of finish by the front wheels. The format to be used must be explained to all riders before the start of the race.

2F6(c) Should any rider suffer a mishap at any time during the race, a restart shall be signaled by the starter unless it is obvious that at the moment, the rider concerned had no chance to place. In a reride following a mishap, the starting po-
sitions of the riders are not changed, the opponent shall decide their starting position.

2H1. A **Keirin** is a race in which riders sprint after completing one-half the distance behind a pacer who leaves the track at the pursuit line. The event is run over a number of laps closest to 1.5 km. The race will be 6 laps on a 250 m track, 5 laps on a 333 m track and 4 laps on a 400 m track. If the number of entrants warrants, there may be qualification and/or repechage rounds leading to a final race. Keirin rounds normally contain no more than 6-7 riders. No more than nine riders may compete in a Keirin round, depending upon the safe capacity of a particular track. Normally the pacer rides a derny or motorized pacing bicycle. *For any competition that is run under UCI Rules (Elite National Track Championships and most Junior 17-18 Track National Championships) the competition will be organized according to the table included in Appendix 1.*

2H2(e) In the case when one or more riders pass the leading edge of the front wheel of the pacer before the pursuit line when *he* the pacer leaves the track, the race will be stopped and rerun without the rider(s) at fault, which will be disqualified.

2H2(f) The race will be stopped in the event of illegal behavior by one or more riders while behind the pacer. The race shall be rerun without the rider(s) at fault, who will be disqualified penalized depending upon the gravity of the situation (relegation with a warning, or disqualification).

2I4(b) In the case of a mishap, *if allowed*, the rider shall take a new start whenever possible (generally within 15 minutes or at the end of the same session).

2I5(a) Kilometer and 500 meter TT: placed *equally by the rider who records the best time for the final lap, who shall be declared the winner.*

2I6(b)(ii) The finals. *In the event of a mishap, the race is stopped and restarted immediately. A rider suffering a second mishap shall be considered beaten.*

2J9(b) **Final:** In the first half-lap, in the event of a mishap, the race is stopped and restarted immediately. If a mishap occurs after the first half lap *no mishap will be taken into consideration. The rider that suffers a mishap shall be considered beaten in the finals. But before the last kilometer (half-kilometer for junior women), the race will be stopped and restarted with both riders positioned relative to the last
half-lap lines they crossed; the race leader will be on the line and the other rider a
distance back of the line equivalent to the gap in seconds, given by
\[ B = \frac{G \times L}{2 \times T} \]
where:
- \( B \) = Distance back of the half-lap line for the slower rider;
- \( G \) = Gap in seconds between the time of the faster and slower rider at the
--- last completed half-lap;
- \( L \) = Length of one lap of the track;
- \( T \) = Time of the slower rider in completing the last half-lap.

If either rider suffers a mishap, in the last kilometer, the starter shall stop the race
and the times at the preceding half-lap shall be used to decide the winner.

2K11. Mishaps. (a) Qualifying Round. During the first half-lap, if any team suffers
a mishap the race shall be stopped and restarted immediately. If a mishap occurs
after the first half-lap and only one rider is involved, the team may continue decide
either to stop and ride again at the end, or continue to ride one person short or stop. If the team decides to stop, they must make their intention known within
one lap after the mishap or face disqualification. If the team continues to ride and
finishes one rider short, the resulting time will be used to place them in the next
round. A team forced to stop due to mishaps will ride again at the end. The team
which stopped following a mishap shall restart at the end of the qualifying round,
or at a suitable position that does not disrupt the preparation of other teams, as
decided by the officials, where applicable with another team in the same situation.
If a team suffers a mishap during its subsequent ride, it shall continue with three
riders or be disqualified.

2L1. Team Sprint is a race run by teams of riders, each of whom shall lead for one
lap. The number of riders per team (and total laps) may be specified as either two
or three or two; generally it will be three for men and two for women. In Champi-
onship events, both men’s and women’s events shall be run with three riders over
three laps. The event shall be organized into qualifying heats leading to a final.
The qualifying heats select the four best teams on the basis of their times. In
the finals, the teams with the two best times ride off for first and second and the
other two teams ride off for third and fourth. In three lap events there may be four
riders entered for each team, but no more than three of those riders may compete
in a given round.

2L5(b) First Competition and Finals:
In the event of a mishap, the race shall be stopped and restarted immediately.
involved shall be granted a restart. If the team suffers a further mishap during its subsequent ride, it shall be relegated. After the first half-lap no mishap will be taken into consideration. In such a case, the team must stop and will be relegated to last in the First competition round or considered beaten in the finals.

2M1. A points race is a rolling start scratch race in which the final placings are determined according to accumulated points won by riders during the sprints and by taking laps. In Championship events the sprint interval shall be every 10 laps on tracks 250m or shorter; on longer tracks the interval shall be the number of laps closest to 2km.
- every 12 laps on 166.66 m
- every 10 laps on 200 m
- every 7 laps on 285.714 m
- every 6 laps on 333.33 m
- every 5 laps on 400 m

For all championship points races, if the specified distance for the event cannot be divided evenly by the sprint interval, the distance should be modified slightly so that the number of laps between sprints is the same throughout the race. In each sprint, the first four riders shall normally be awarded points in order of finish as follows: 5 points, 3 points, 2 points, 1 point. *In the case of a tie in the sprint, the riders shall be awarded the same position, with the corresponding points for that position (e.g., if two riders tie for first in a points sprint, they will both score 5 points; there will not be a second place in this case).* Points awarded in the last sprint after the full distance will be doubled (10 points, 6 points, 4 points, 2 points). Any rider who gains a lap on the main field will receive 20 points. Any rider who loses a lap to the main field will lose 20 points.

Sprints shall be run according to the rules governing sprint races.

2M4. Losing Laps.
(a) Riders who lose laps may sprint for points only after being absorbed by the main (largest racing bunch on the track) group prior to the beginning of the sprint lap. A rider may be considered to be absorbed when caught by the lead rider in the main group. Riders may win points regardless of how many laps they have lost.

2M5. Free Laps.
(a) Free laps up to a distance nearest to 1250 meters may be taken in a case of a mishap. Upon returning to the track, the rider will assume the position occupied prior to the mishap.
(b) Riders taking free laps may not return to the track in the final kilometer.
To be eligible to score points in a sprint following a rider’s mishap, the rider must have rejoined the group they were previously a part of before they start the sprint lap.

2N3. Sprints for points shall be held in the same manner as a points race. There shall be an equal number of laps between all sprints, starting from the final sprint, based on track size, as follows:

- <200m, 15 laps
- 200m - < 333.33m, 10 laps
- 333.33m, 6 laps
- ≥ 400m, 5 laps

In the case where the total number of laps is not divisible by the indicated number of laps between sprints, the additional laps required for the overall distance, shall be ridden prior to the first sprint.

Standard distance, laps and sprints based upon track size are indicated in Appendix 1. The Race Director may specify different points allocations provided that the Race Director informs the officials and riders in writing in advance of the race.

The first team in each intermediate sprint shall be awarded 5 points, the second 3 points, the third 2 points, and the fourth 1 point. In the case of a tie in the sprint, the teams shall be awarded the same position, with the corresponding points for that position (e.g., if two teams tie for first in a points sprint, they will both score 5 points; there will not be a second place in this case). Points awarded in the last sprint after the full distance will be doubled (10 points, 6 points, 4 points, 2 points).

2O1 The “International Omnium” is a single competition consisting of four events, which is held over one day in the following order:

(i) Scratch race: 10 km for elite men; 7.5 km for elite women and junior men; 5 km for junior women.

(ii) Tempo Race: 10km for elite men; 7.5km for elite women and junior men; 5km for junior women

(iii) Elimination

(iv) Points race: 25 km for elite men; 20 km for elite women and junior men; 15 km for junior women. The sprint intervals are the same as for championship points races.

All races in the Omnium will be run under the rules specified in the regulations for that particular event, except as noted below.

(a) In competitions for which the number of riders entered exceeds the track limit
and there is no existing qualification system to establish the number of participating riders, their selection shall be determined as follows:

(i) All riders entered shall first participate in qualifying points race heats 15 km for elite men; 10 km for elite women and junior men; and 7.5 km for junior women. The heats shall be run so as to qualify up to the track maximum number of riders without necessarily qualifying the maximum number of riders permitted. An equal number of riders shall qualify from each heat to participate in the omnium.

(ii) All riders not qualifying to participate in the omnium shall be placed jointly in last position. Any riders not finishing any of the qualifying rounds shall not be placed (DNF).

(b) Whenever possible, there shall be an interval of at least 30 minutes between two events.

(c) Any rider failing to start in one of the events shall not be allowed to compete in the subsequent events and will be considered to have abandoned the competition. The rider will be placed last in the competition noting that they did not finish (DNF).

(e) For all of the races, riders shall be lined up in single file along the railing and in the sprinters lane in the order listed on the start list. This order shall be based on the intermediate omnium rankings, except for the Scratch race, which shall be seeded by the Chief Referee or his or her delegate. Riders with odd-numbered placings will start on the rail and riders with even-numbered placings will start in the sprinters lane accompanied by a holder.

(f) Ranking: The winner of the Omnium shall be the rider who has obtained the highest total of points.

(i) A full result shall be produced for the first three events.

(ii) For these three events only, each winner shall be awarded 40 points, each second place shall be awarded 38 points, each third place shall be awarded 36 points, etc. Riders ranked 21st and below shall each be awarded 1 point.

(iii) Prior to the start of the Points Race, a current ranking with the points totals shall be drawn up, and riders will start the Points Race with these points accrued over the first three events. Riders shall add to, and lose points from, their points totals based on laps gained and lost, and points won in sprints, during the Points Race. The final overall Omnium ranking shall evolve through the Points Race.

(iv) Any rider abandoning any of the events shall be considered to have abandoned the competition and shall be recorded in the final classification after the
last placed rider with the provision “DNF” (did not finish).
(v) In the case of the Scratch Race and Tempo Race, a rider losing two laps shall be withdrawn and penalized with a deduction of 40 points in the classification of the Omnium and will be allocated the next available rank determined by the number of riders remaining on the track at the moment the rider is to be withdrawn. If the rider is not withdrawn, they will be classified as though they had been at the point at which they lost their second lap (including the deduction of points).
(vi) In the case of the Scratch Race and Tempo Race, any rider not finishing due to a fall in the final kilometer will be given the next available ranking (and points) considering the number of riders remaining on the track at that moment. In the case of the Points Race, a rider who is not able to return to the track during the final kilometer will have his place in the last sprint determined considering the number of riders remaining on the track at that moment.
(vii) In the event of a tie in the final ranking, the places in the final sprint of the final Points Race shall break the tie.

2P. Omnium
2OP1. An omnium is a set of races in which riders compete for points in each event and final placings are determined by total points in all events. Different numbers of points may be given in different events. The scoring scheme shall be specified in the official race announcement.
2OP2. In case of a tie on total points, the tie will be broken in favor of the rider who has:
(a) The most first place finishes or, if still tied, the most second place finishes, etc., or if still tied;
(b) The highest placing in the last race, or the race nearest the last race of the omnium in which at least one of the tied riders placed.
2O3. International-style Omnium: this is a different event from conventional omniums, with different scoring, tie-breaking, and the requirement that riders must compete in all events. The following rules apply:
(a) The International-style omnium is a single competition consisting of four events, which usually is held over one day in the following order:
   (i) Scratch race: 10 km for elite men; 7.5 km for elite women and junior men; 5 km for junior women;
   (ii) Tempo Race: 10 km for elite men; 7.5 km for elite women and junior men; 5 km for junior women;
   (iii) Elimination race.
(iv) Points race: 25 km for elite men; 20 km for elite women; 20 km for junior men; 15 km for junior women. The sprint intervals are the same as for championship points races.

(b) In competitions for which the number of riders entered exceeds the track limit and there is no existing qualification system to establish the number of participating riders, their selection shall be determined as follows:

(i) All riders entered shall first participate in qualifying points race heats—15 km for elite men; 10 km for elite women and junior men; and 7.5 km for junior women. The heats shall be run so as to qualify up to the track maximum number of riders without necessarily qualifying the maximum number of riders permitted. An equal number of riders shall qualify from each heat to participate in the omnium.

(ii) All riders not qualifying to participate in the omnium shall be placed jointly in last position. Any riders not finishing any of the qualifying rounds shall not be placed (DNF).

(c) Whenever possible, there shall be an interval of at least 30 minutes between two events.

(d) Any rider failing to start in one of the events shall not be allowed to compete in the subsequent events and will be considered to have abandoned the competition. The rider will be placed last in the competition noting that they did not finish (DNF).

(e) For the points, elimination, and scratch races, riders shall be lined up in single file along the railing and in the sprinters lane in the order listed on the start list. This order shall be based on the current omnium rankings. Riders with odd-numbered placings will start in the sprinters lane and riders with even-numbered placings will start off of the railing.

(f) Ranking: The winner of the Omnium shall be the rider who has obtained the highest total of points.

(i) A full result shall be produced for the first three events.

(ii) For these three events only, each winner shall be awarded 40 points, each second-place shall be awarded 38 points, each third-place shall be awarded 36 points, etc. Riders ranked 21st and below shall each be awarded 1 point.

(iii) Prior to the start of the Points Race, a current ranking with the points totals shall be drawn up, and riders will start the Points Race with these points accrued over the first three events. Riders shall add to, and lose points from, their points totals based on laps gained and lost, and points won in sprints, during the Points Race. Final overall Omnium ranking shall evolve through the Points Race.
(iv) Any rider abandoning any of the events shall be considered to have abandoned the competition and shall be recorded in the final classification after the last placed rider with the provision “DNF” (did not finish).
(v) Other than for the Elimination, any rider being withdrawn from any of the events shall be penalized with a deduction of 40 points.
(vi) In the case of the Scratch Race and Tempo Race, any rider not finishing due to a fall, or due to the fact that they may not return to the track in the final kilometer, will be given the next available ranking (and points) considering the number of riders remaining on the track at that moment. Any rider caught by the main peloton must immediately leave the track and his ranking will be determined by the number of riders remaining on the track at that moment.
In the case of the Points Race, rider not able to return to the track during the final kilometer will have his place in the last sprint determined considering the number of riders remaining on the track at that moment.
(vii) In the event of a tie in the final ranking, the places in the final sprint of the final Points Race shall break the tie.

2PQ. International Tempo Race (International Style Omnium)
2PQ1. The International Tempo Race is a specialty in which the final placings are determined according to accumulated points won by riders during the sprints and by taking laps.
2PQ2. Except for the specific details (even implicit) in this sub-section, the rules of the Points Race shall apply equally to the international Tempo Race.
2PQ3. After the first 4 laps, sprints shall be conducted every lap. At the completion of four laps, the bell will be rung to indicate the start of the sprint laps.
2PQ4. The first rider in each sprint shall be awarded 1 point, including for the final sprint.
(a) Any rider that gains a lap on the main field is awarded 20 points.
(b) Any rider that loses a lap on the main field loses 20 points.
(c) Points gained or lost in the International Tempo Race apply only to the standings of this international style omnium event.
2Q5. Variations on the rules noted above are permissible if specified in the race announcement. However sections 2Q1 through 2Q4 above must apply to any Tempo Race held within the International Omnium.

3C6. Category A and B races. The Race Director should do the following in Category A and B races and is encouraged to do them for other road races:
5E2(i) (v) Riders who fail to qualify, but completed qualification runs, will be ranked in order of qualification times. Riders who DNS, DNF or DSQ in the qualification round shall be listed as such.

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.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-18</td>
<td>23 laps (23 riders)</td>
</tr>
<tr>
<td>Elite*</td>
<td>23 laps (23 riders)</td>
</tr>
<tr>
<td>35+</td>
<td>23 laps (23 riders)</td>
</tr>
<tr>
<td>45+</td>
<td>23 laps (23 riders)</td>
</tr>
<tr>
<td>55+</td>
<td>23 laps (23 riders)</td>
</tr>
<tr>
<td>65+</td>
<td>23 laps (23 riders)</td>
</tr>
</tbody>
</table>

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

7D14. Elimination Championships. The following groups shall have Elimination Championships.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-18</td>
<td>17-18</td>
</tr>
<tr>
<td>Elite</td>
<td>Elite</td>
</tr>
</tbody>
</table>

7I6(d) Four points primes occur in the criterium, with a point scale of 7, 5, 3, 2, 1, for first through fourth 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.

<p>| 8A5(a) | Failure to respect instruction of commissaires or race administration | Relegation or DSQ | Rider - $20 to $100 fine Other licensee -- $35 to $150 fine and vehicle sent to rear of caravan or ejected from race | Rider - $20 to $100 fine Other licensee -- $35 to $150 fine and vehicle sent to rear of caravan or removed from the caravan for duration of stage and up to 3 additional stages |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8A5(b)</strong></td>
<td><strong>Unsportsmanlike conduct, including but not limited to, Foul or abusive language; insults and rude behavior</strong></td>
<td>Relegation or DSQ and possible suspension</td>
<td>Relegation or DSQ and possible suspension</td>
</tr>
<tr>
<td><strong>8A5(c)</strong></td>
<td><strong>Starting at an incorrect time or location</strong></td>
<td>DSQ</td>
<td>DSQ</td>
</tr>
<tr>
<td><strong>8A5(d)</strong></td>
<td><strong>Forward progress unaccompanied by a bicycle</strong></td>
<td>Relegation or DSQ</td>
<td>Relegation or DSQ</td>
</tr>
<tr>
<td><strong>8E2(a)</strong></td>
<td><strong>Failing to withdraw when so ordered</strong></td>
<td>DSQ from remaining events and possible suspension</td>
<td>Relegation or DSQ from remaining events and possible suspension</td>
</tr>
<tr>
<td><strong>8E3(b)</strong></td>
<td><strong>Flagrant violation before the sprint has begun</strong></td>
<td>Race stopped and restarted without the rider in question or disqualification</td>
<td></td>
</tr>
<tr>
<td><strong>8E3(k)</strong></td>
<td><strong>Blocking another rider in a 3 up</strong></td>
<td>Relegation or DSQ and race rerun without rider in question</td>
<td></td>
</tr>
</tbody>
</table>

**9A4.** The bicycle used to set a National record must comply with current UCI regulations for bicycles even if the event permit did not require UCI bike compliance. *Junior riders age 14 and under must also comply with equipment regulations as set forth in 115.*

**9E2. Attempting World Records.** Record attempt requests must be made with the UCI based on the timeline as set forth in the UCI regulations. USA Cycling must be contacted at this time to arrange for proper permitting and anti-doping.

- (a) Complete steps 1 through 3 above.
- (b) The UCI will appoint the chief commissaire. UCI requires 60 days advance notice from USA Cycling for making this appointment.
- (c) The athlete setting the record will also have to pay the costs of antidoping controls, facility costs, officiating fees, and professional electronic timing fees.
APPENDIX 4
REQUIREMENTS OF RIDERS
COMPETING OUTSIDE THE UNITED STATES
Licensed riders must obtain permission from USA Cycling to compete outside of the United States, with the exception of Mexico and Canada. Permission to compete is provided only for visits to federations that are affiliated with the UCI.

FOREIGN PERMISSION APPLICATION PROCEDURE
(a) **Proof of Citizenship.** If you are not a US citizen (indicated on your license under “status”) you must provide a passport (copy) or other proof of citizenship.
(b) An applicant must be a licensed rider with a valid International license. If the rider does not have a valid International license, the rider must complete and submit an international license application with the appropriate fee. This form is available from the USA Cycling Membership office, and is available via online application.
(b) As part of the international license process, an applicant must obtain a UCI ID, including establishing their racing nationality.
Note that an FPL is not required to compete in Mexico or Canada.

(d) The letter authorizing competition in a foreign federation will contain:
   (i) Your Name (as it appears on your passport)
   (ii) UCI ID code and country of origin
   (iii) Club and or Team, if you belong to one
   (iv) Racing categories by discipline
   (v) Your UCI class category (Junior, Under 23, Elite, Master)

GLOSSARY
**CATEGORY A RACE:** A race on the Professional Road Tour, designated National Championships and races that have $5000 or more in prize money for the highest paid category.

**UCI TEAM:** Is a team registered with the UCI. These include UCI WorldTeams, UCI Women’s WorldTeams, UCI ProTeams Professional Continental Teams, UCI Continental Teams, UCI Track Teams, UCI Mountain Bike Teams, and UCI Women’s Continental Teams.