



AMATEUR ROAD NATIONAL CHAMPIONSHIPS

JUNE 2021 • CLAY CO., FL

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.

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. In 2021 USA Cycling is pleased to offer 18 and under riders with a free domestic annual license. 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.

Junior 17-18, U23 Men

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** or **Permanent Resident (verified)** 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***

***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

CATEGORY and ELIGIBILITY REQUIREMENTS

At the time of registration, all participants competing in the USA Cycling Amateur Road National Championships MUST hold the minimum required category for their respective races as noted below. Riders will compete in their respective age-group based on their official racing age determined on December 31, 2021. "Racing up", per 1H4(c) is not allowed in this event.

Due to the impacts of COVID, USA Cycling will allow riders who do not meet category restrictions to petition for an exception to compete. Such riders must provide a detailed race resume showing progress in category and experience racing in large and experienced fields. Please [click here to submit a petition](#) to compete.

INDIVIDUAL TIME TRIAL

Open to ALL categories – men's and women's categories 1-4 and Novice.*

ROAD RACE and CRITERIUM

Junior Men 11-14	Open to ALL men's categories 1-4 and Novice.
Junior Men 15-16	Restricted to men's road categories 1-3.
Junior Men 17-18	Restricted to men's road categories 1-3. Participants MAY race in both their age group and/or the Amateur Men's, Cat. 1, race, subject to category restrictions.
Junior Women 11-18	Open to ALL women's road categories 1-4 and Novice.
U23 Men	Restricted to road category 1-2 participants, as well as eligible U23 professionals. U23 members of any UCI-registered road trade team, WorldTeam, Pro Team and Continental, are eligible. U23 participants MAY race in both their age group and the Amateur Men's, Cat. 1, race subject to category restrictions.
Amateur Men	Restricted to road category 1 only. Members of any UCI-registered road trade team; WorldTeam, Pro Team and Continental, are not eligible to compete in the Amateur Men's Road National Championships.

* U23 and Amateur Women's road and criterium competitions are combined and conducted at the Pro Road Championships.

START and CALL-UP PROCEDURES

The below is the call up procedure we have used for past Amateur Road Nationals. With the lack of racing in 2020 and at the start of 2021 we are still determining the system we will use for call ups. This document will be updated shortly with the final call up procedures.

Time Trial	Races will start with unranked riders, followed USA Cycling ranked riders, followed by last year's podium finishers if in the same age group, followed by aged up national champion, followed by the defending national champion.
Road Race and Criterium	Defending national champion, aged-up national champion, previous year podium (top 5), + next highest in USAC rankings in age group.

EQUIPMENT REGULATIONS

Men and Women Junior 17-18 and Men U23	<ol style="list-style-type: none"> 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. 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) Disc brakes are allowed. Following is a brief overview of the key UCI bicycle regulations. <ol style="list-style-type: none"> Weight of the bike shall be a minimum of 6.8 kilograms. Wheels must be of the same diameter, between 55.0 and 70.0 cm. Wheels used in <u>road races</u> (time trial is not a road race) 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.
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	<p>d. Frames must be of a double triangle configuration.</p> <p>e. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**</p> <p>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.</p> <p>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.</p> <p>h. All components, handlebars, seat posts, etc., must meet the UCI 3:1 aerodynamic ratio rule.</p> <p>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.</p> <p>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.</p> <p>k. Height difference between uppermost part of the extension and the elbow pad (center) is 10 cm.</p> <p>**Morphological exceptions: <u>One exception</u> is allowed, either for saddle position <u>or</u> handlebar position***.</p> <ul style="list-style-type: none"> • 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 <p>***No rider can take both morphological exceptions.</p>
15-16 and Amateur Men	<p>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</p> <p><i>The main points are:</i></p> <ol style="list-style-type: none"> Bicycles may be no more than 2 meters long and 75 cm wide. 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). Wheels may be made with spokes or solid construction. The handlebar ends shall be solidly plugged. 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. Brake controls attached to the handlebars and operable with the hands. <p><i>Per USA Cycling regulations, these additional UCI regulations will be in effect for mass start events and individual time trials:</i></p> <ol style="list-style-type: none"> Bicycle frames must be of double triangle construction. Wheels must be of the same diameter, between 55.0 and 70.0 cm. <p>2. Junior gear development (roll-out) is limited to 26' and no blocked or restricted gears are allowed. Regulation 114(a)</p> <p>3. Disc brakes are allowed in all events and categories.</p>
14 and under	<ol style="list-style-type: none"> Juniors, race age 14 and younger, are restricted to massed-start bicycles in the road race and time trial These bicycles must also have wheels with at least 16 spokes and no wheel covers may be used A gear development limit (roll-out) of 26' is in effect, no blocked or restricted gears. Regulation 114(a) Disc brakes are allowed in all events and categories.