

Welcome!

On behalf of USA Cycling, we hope that you are looking forward to a new year of bike racing. We are glad that you are a member and hope that you will find many opportunities to enjoy bike racing of all kinds.

Good luck with your racing!

Rev. 10/18/2013

On the cover: Former World Champion and Olympian, Kyle Bennett was the symbol of professionalism in BMX. He helped pave the way for the discipline's inclusion in the Olympic Games. He was a gentleman and friend to all who knew him.

This Rulebook is published by USA Cycling. It is organized as follows:

Chapter 1 –	General Regulations
Chapter 2 –	Track
Chapter 3 –	Road and Stage Racing
Chapter 4 –	Cyclo-cross
Chapter 5 –	Mountain Bike
Chapter 6 –	Collegiate
Chapter 7 –	Championships
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Chapter 10 --	Gran Fondo (online only)
Glossary	
Appendices	

Copies may be downloaded from the USAC website at www.usacycling.org. Officials are sent a hard copy. Other members may request a hard copy by sending a self-addressed mailing label and note that says "rulebook" to the address below:

USA Cycling/ Attn: Technical Director
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919

Schedule of fees, USA Cycling Bylaws, Policies, Records, and Results of National Championships may be found online at www.usacycling.org

Unfortunately, the English language does not have a neutral gender personal pronoun. Please understand that, where applicable, the use of the terms "he", "his" and "him" may equally refer to "she" and "her".

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Important Rule Changes for 2013

- 1E1(c)** A new rule allowing riders to finish a limited series in the same category if they have mandatory upgrade points.
- 1E2:** Road upgrade procedures changed so that the voluntary upgrade points no longer need be acquired in a 12 month period.
- 1E6:** Category 5 established for men in cyclo-cross and upgrade system changed to resemble the road more. There will be voluntary upgrades and mandatory upgrades based on points. Cat 5 to cat 4 upgrade by experience only.
- 1F3(c):** Registered clubs may have commercial advertising. This eliminates the old concept of active or sponsored clubs.
- 1F4(b):** Riders may belong to one registered club per discipline.
- 1H4(c):** Riders may now enter **single-day** time trial events in their proper category or a higher category at their discretion.
- 1H4(i):** Electronic signatures on entry forms and waivers are acceptable if and only if USA Cycling's online registration system was used.
- 1H7(a):** Presenting a hard copy license at registration is not necessary if the rider's status can be documented electronically. This is to encourage use and allowed use of the USA Cycling membership app for smart phones.
- 1H10:** The requirements for prize breakdowns have been deleted. It is now up to the race directors to decide how to best distribute the prize list at their events.
- 1I5:** All riders 14 and under are now required to ride massed-start legal bicycles in all disciplines (no aero equipment).
- 1N13:** "other intoxicants" added to alcohol as something not to be consumed by people in positions of

- responsibility at bike races. Acknowledges some recent legal changes in Colorado and Washington.
- 103:** Clarifies procedures for results protests and timing.
- 2B13:** Adopts UCI rule specifying that electronic readout devices cannot be visible during a track race.
- 2E1:** Distinguishes between a miss and out and an elimination race.
- 2H2(d):** Clarifies what happens when the lead rider passes the pacer during a Keirin.
- 2I2:** Specifies the total distance, including warm up laps, for flying start time trials on the track
- 2L3(d):** Adopts new UCI rule for what constitutes a legal exchange in team sprint.
- 2M7:** Summary of how stoppages and restarts are handled in points races.
- 2N10:** Summary of how stoppages and restarts are handled in Madisons.
- 2O3:** Clarification of International Omnium procedures.
- 3E6(c):** Modifies rules regarding passing in a time trial to match international rules.
- 3H:** Stage race rules now in road chapter instead of separate.
- 3H3(a):** Clarifies prologue time trial rules for stage races
- 5D4:** Adds rules for Multi-Stage Races.
- 5D9:** Adds rules for cross country eliminator
- 5E4:** Adds rules for enduro
- 6E4:** Specifies that riders must wear team clothing on national championship podiums.
- 6G6:** Establishes rules for mixing of categories in team time trials
- 6G9:** Establishes rule that collegiate categories can be mixed with other categories at the discretion of USA Cycling and the conference director
- 6H4 – 6H7:** Modifies points system for collegiate conference racing

6J2 – 6J3:

Establishes rules for varsity recruiting and how transfers are handled.

7C1: Changes podium rule such that UCI classes have a three-person podium. Non-UCI classes still have a five-person podium.

7D9: Establishes team pursuit for 15-16 year old juniors.

7I1(b): Clarification of eligibility requirements for collegiate riders on various academic calendars

7I2(d): Specifies that unused host team start spots at collegiate championships are first returned to the host conference

7I6: Clarifies the scoring of collegiate BMX championships.

7I7: Adds an individual time trial to collegiate road championships that does not count toward team or individual omnium

7I8(b): Lengthens collegiate women's team pursuit to 4km

7I9: Adds a team relay to collegiate MTB championships

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Chapter I

General Regulations

1. General Regulations

The material in this chapter is applicable to all cycling disciplines unless specifically excluded. In case of conflict, a more specific rule in a discipline-specific chapter supersedes a general rule.

1A. Licenses

1A1. Generalities

(a) A **license** is an identity document that indicates its holder has voluntarily agreed to abide by the regulations, policies, bylaws, code of conduct, and decisions of USA Cycling. It permits the licensee to enter any event for which the licensee is qualified, for which a permit has been issued by USA Cycling, and for which the licensee has properly registered and paid an entry fee.

(b) The license or electronic proof thereof must be presented whenever requested by a duly authorized person (race official, race director, USA Cycling staff). If the license does not have a photograph on it, then the licensee must also be prepared to provide a photo I.D.

(c) The license shall be issued to and used under the exclusive responsibility of the licensee or, in the case of a minor, the licensee's parent or legal guardian.

(d) The issuing of a license is subject to payment of a license fee as established each year in the Schedule of Fees.

(e) An annual license is valid for one year, from January 1 through December 31. However, USA Cycling may choose to begin issuing licenses for the following year prior to January 1st at its discretion.

(f) A license holder may not hold a USA Cycling license in the same year that he holds a license from another country.

(g) USA Cycling issues annual licenses only to licensees who reside in the United States. Licensees residing in foreign countries must be licensed by that country.

(h) Annual racing licenses are available to members who have a minimum chronological age of 6.

1A2. License Functions

USA Cycling issues annual licenses for the following functions

(a) Rider, Coach, Manager, Mechanic, Official, Soigneur, Doctor, Paramedic, Team Director, Driver, Race Director, Agent.

(b) A licensee carrying out multiple functions must be duly licensed for each function.

1A3. License Types

USA Cycling issues three types of licenses:

(a) Domestic licenses are annual licenses valid only for participation in events in the United States.

(b) International licenses are annual licenses valid in the United States or any country for events sanctioned by a cycling federation affiliated with the UCI.

(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. One-day licenses may only be used for races open to the lowest category of racer for that discipline; i.e., category 5 men for road, track, and cyclo-cross, category 4 women on the road, track and cyclo-cross, and category 2 or 3 for MTB. One-day licenses may not be used for Championship events.

1A4. Issuing Procedure

(a) USA Cycling licenses may be purchased either manually by filling out and signing a hard-copy application or electronically through a member's USA Cycling online account.

(b) Liability Release. All persons applying for a license are required, as a condition of issuance of the license, to read, agree to, and sign an agreement and release of liability in a form determined by USA Cycling.

(c) All persons who are under the age of 18 years, or who are minors under the laws of their home state at the time they apply for a license, must also have their parent or legal guardian read, agree to, and sign an agreement and release

of liability in a form determined by USA Cycling. A parent or legal guardian of a minor may revoke that minor's license by written notice to USA Cycling.

1A5. License Format

Licenses will have the following characteristics:

(a) The license is in the form of an identification card with information on the front and back.

(b) The color of the license shall differ from year to year in the following order:

2013: yellow

2014: blue

2015: red

2016: green

2017: white

etc.

(c) The front of all licenses indicate the member's name, license number, date of birth, gender, and state or full address.

(d) The back of all licenses carries the statement that the member is agreeing to abide by the rules and regulations of USA Cycling as well as the anti-doping policies of USADA and WADA.

(e) A racing license also indicates the racing age of the rider, citizenship status, UCI code, the affiliated club(s) and race team(s), if any, of which the rider is a racing member, and the rider's racing categories.

(f) An international license also includes the rider's nationality, a space for a photo, and spaces for the rider's signature and the signature of the President of USA Cycling.

1B. Rider Nationalities

1B1. Riders have a nationality that specifies for which country they may compete internationally and in whose National Championships they may participate. This nationality

is specified on their international licenses by a three letter code established by the UCI.

1B2. A rider holding multiple nationalities shall choose between them on the first application for a license. This choice is final for the rider's entire career barring the specific changes as indicated below.

1B3. 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 this choice must be made at the latest on the second application for a license after acquiring the new nationality. Such a choice is final.

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.

1C. Rider Classes

1C1. Age-based Classes

All riders are classified according to age as shown below. All ages are based on racing age, which is the year of the event minus the rider's birth year:

(a) Youth riders are riders with a racing age of less than 10.

(b) Juniors are riders with a racing age between 10 and 18.

(c) U23 riders have a racing age from 19 through 22.

(d) Senior/Elite riders have a racing age of 23 through 29.

(e) Master riders have a racing age of 30 and over. However, master riders may choose to hold elite status. Professional riders are always considered Elite and not Master even if they are over 30.

1D. Rider Categories

1D1. Riders are assigned to one of the following categories with smaller numbers representing increasing rider proficiency and ability:

(a) Road, Track, and Cyclo-cross: 5, 4, 3, 2 and 1 for men; and 4, 3, 2, and 1 for women.

(b) Mountain Bike: 3, 2, 1 and Pro. A MTB rider with a Pro category must hold an international license.

1D2.

(a) Rider categories are assigned by USA Cycling based on a rider's experience and performance. Riders are assigned to the lowest ability category until a higher category has been earned.

(b) For MTB, a rider may choose to be a category 2 or 3 without having to earn points. Once such a choice is made, the rider may not drop back to a lower category without first requesting and receiving a downgrade.

(c) Categories indicate cycling abilities relative to riders of the same sex without regard to age.

1E. Rider Upgrading and Downgrading

1E1. General Information

(a) Rider upgrades are handled electronically through USA Cycling via the rider's online account. The request will be sent to the person responsible for the area and/or category.

(b) Only races permitted by USA Cycling or foreign races permitted by a UCI affiliated National Federation will count for upgrading.

(c) *Riders who are more than halfway through a series may request a waiver of a mandatory upgrade so that they may finish out the series under the conditions below:*

(i) The series is covered by a single permit and one race director.

(ii) The request is approved by the race series director and USA Cycling.

(iii) The waiver is granted for a maximum of three event days.

(iv) Such a waiver may only be used once per rider per category.

Note that for MTB series, subsections (i) and (iii) are not applicable.

(d) Points for all voluntary upgrade requests may only date back to January 1, 2012.

1E2. Road Upgrades

(a) Guidelines and Notes by Category:

5-4: Finish 10 massed-start races.

4-3: *(1) 20 points; or,*

(2) experience in 25 qualifying races with a minimum of 10 top ten finishes with fields of 30 riders+; or,
(3) 20 pack finishes with fields over 50.

30 points in 12 months is a mandatory* upgrade.

USAC-sanctioned rider Camps and Clinics that are approved by the Local Associations for upgrading will count a maximum of 3 upgrade points when upgrading from category 4 to category 3.

3-2: *30 points*

40 points in 12 months is a mandatory* upgrade

2-1: *35 points***

50 points in 12 months is a mandatory* upgrade

* Junior riders are exempt from the mandatory upgrade rules on the road.

** For category 1 upgrades, only 10 of the points may be earned in races that are part of a training series or may be earned in master's races.

(b) USA Cycling may add additional requirements for upgrading at their discretion. Any such changes shall be made available on the website.

(c) USA Cycling sanctioned and approved rider education clinics (at least half day), will count as three qualifying races for category 5 to 4 upgrades up to a maximum of 5 qualifying races. It will also count as 3 upgrade points for a category 4 to 3 upgrade. Riders upgrading to cat 4 will receive two race-days credit for participating in a mentored-race experience, where the mentor is at least a cat 3 rider and has been approved by the Local Association.

(d) Qualifying Distances for each category

To qualify for upgrading points, races must meet distance standards shown below. Races shorter than the minimum distance do not qualify for upgrading. However, if a road race is less than the road race minimum but above the criterium minimum, it will count for upgrading using the criterium points schedule.

Category	Class	RR	Criterium
5 – 4	Men	15 mi	10 mi/20 min
4 – 3	Men	25 mi	15 mi/30 min
	Women	25 mi	15 mi/30 min
	Junior	25 mi	15 mi/30 min
3 – 2	Men	50 mi	20 mi/40 min
	Women	40 mi	15 mi/30 min
2 – 1	Men	80 mi	30 mi/60 min
	Women	50 mi	20 mi/40 min

(e) Points awarded for Criteriums

Number of Starters				
Placing	5-10	11-20	21-49	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4
4		1	2	3

5	1	2
6		1

(f) For the table above and those that follow, note that if the field contains mixed categories (e.g., cat 3-4), then the number of starters is the number of riders that are the same category or higher as the person requesting the upgrade (e.g., in a cat 3-4 combined field, all riders count for a 4→3 upgrade, but only the 3's count for a 3→2 upgrade).

(g) When categories are combined, such as in a 3-4 race, the finish place is always the raw finish across the finish line, not taking into account the category of the rider. In other words, the category 3 riders are not subtracted out so that the category 4 rider appears to have a higher finishing place. The only time a category is subtracted out for this purpose is if the prize lists were awarded separately for a combined field.

(h) Points awarded for Road Races

Placing	Number of Starters			
	5-10	11-20	21-49	50+
1	3	7	8	10
2	2	5	6	8
3	1	4	5	7
4		3	4	6
5		2	3	5
6		1	2	4
7			1	3
8				2
9				1

(i) Points awarded for Stage Race G.C. (Cat 3 → 2 and Cat 2 → 1 upgrades only)*

Placing	Number of Starters			
	10-19	20-35	36-49	50+
1	5	7	10	20
2	3	5	8	18
3	2	3	6	16
4	1	2	5	14
5		1	4	12
6			3	10
7			2	9
8			1	8
9				7
10				6
11				5
12				4
13				3
14				2
15				1

*For points earned in stage races, GC and stage placings both count for points, but only up to a maximum of 20 points for a cat 1 upgrade or 15 points for a cat 2 upgrade from a single stage race.

1E3. Road Downgrades

(a) A rider who wishes to downgrade may request a downgrade online. Such requests will be evaluated individually.

(b) In no case will a rider be allowed to downgrade to category 5.

(c) *A rider will not be downgraded in the same year that he was upgraded.*

1E4. Track Upgrades

(a) Track upgrades and downgrades are made through the Local Associations and Regional Coordinators. All track upgrades are processed using the following criteria:

Cat. 5 to Cat. 4	Complete a velodrome class or 4 race days
Cat. 4 to Cat. 3	5 race days and 20 points
Cat. 3 to Cat. 2	5 race days and 25 points
Cat. 2 to Cat. 1	5 race days and 30 points

Points:

National championships, Category A, B, or C track race will be 7,5,3,2,1 for each event.

For all other events, upgrade points are 5,3,2,1 and are based on an omnium of the event's races. If the race ran individual events but did not award omnium prizes, the points are still allocated as though they had run an omnium.

USA Cycling sanctioned and approved rider education clinics (at least half day), will count as three qualifying races for category 5 to 4 upgrades, up to a maximum of 5 qualifying races. It will also count as 4 upgrade points for a category 4 to 3 upgrade and 3 upgrade points for a category 3 to 2 upgrade.

(b) Additional Considerations:

1. Ten-person field minimum for upgrading from categories 3-5, and twenty-person field minimum for upgrade to category 1.
2. Fifty percent of upgrading points and number of times raced will be carried over to the next year. Points do not carry over to the next category.
3. When upgrading to a category 1, points earned need to be from more than one velodrome.
4. A "race day" is defined as one full day of racing. A race day can include a number of events such as a kilometer, sprints or time trial, but it only counts as one race day.
5. Omniums will be counted for upgrading if at least half of the events on the omnium were massed-start.
6. Women and Juniors earn one point for every five race days when upgrading from category 4 through category 2.
7. Races exempt from upgrading are Youth races and races of more than two categories (i.e., "A" and "B" races).

(c) With the approval of USA Cycling, riders who are Pro or category 1 on the road may be upgraded to category 2 on the track, and riders who are category 2 on the road may be upgraded to category 3 on the track, without first having to begin at category 5 for men and category 4 for women.

1E5. Track Downgrades:

(a) A rider who wishes to downgrade may request a downgrade online. Such requests will be evaluated individually.

(b) In no case will a rider be allowed to downgrade to category 5.

(c) *A rider will not be downgraded in the same year that he was upgraded.*

(d) A rider may be downgraded by an administrator for the following reasons: unsafe riding, lack of ability to compete in current category, or lack of placing within current category.

1E6. Cyclo-cross Upgrades and Downgrades

Cyclo-cross categories are upgraded similarly to road category upgrades using the system below:

(a) Requirements for upgrading:

5-4: Experience in 10 races is a mandatory upgrade.

4-3: Voluntary upgrade with 10 points. Fifteen points or two wins if the field had at least 30 competitors is a mandatory upgrade.*

3-2: Voluntary upgrade with 15 points. Twenty points or two wins if the field had at least 30 competitors is a mandatory upgrade.*

2-1: Voluntary upgrade with 20 points. Twenty-five points or two wins if the field had at least 40 competitors is a mandatory upgrade.**

*Juniors are exempt from this mandatory upgrade

** For category 1 upgrades, only 10 of the points may be earned in races that are part of a training series or may be earned in master's races.

(b) Points awarded for Cyclo-cross Races

Placing	Number of Starters			
	5-10	11-20	21-50	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4
4		1	2	3
5			1	2
6				1

(c) USA Cycling may add additional requirements for upgrading at their discretion. Any such changes shall be made available on the website.

(d) Cyclo-cross Conversion

Cyclo-cross (CX) categories may also be upgraded by conversion from a rider's earned road or mountain bike (MTB) cross country (XC) category. If during the season, a rider upgrades his or her road or XC category, the cyclo-cross category can be upgraded to match the road or XC category shown below by request of the rider or by request of the administrator.

CX category based on road or XC category		
Road Category	MTB XC Category	CX Category
Pro/1	Pro	1
2	1	3
3	2	4
4	3	5
5	3	5

1E7. Mountain Bike Upgrades

(a) Riders may advance as quickly as they wish up to category 2.

(b) Guidelines and notes by category

- 3-2: Five top-five finishes is a mandatory upgrade.
- 2-1: Five top-five finishes is a mandatory upgrade. Riders may choose to upgrade with two top-five finishes
- 1-Pro: Riders may be eligible to be upgraded to Pro after two top-three or three top-five category 1 finishes according to finish time (including all classes in category 1) at USA Cycling National MTB Calendar Events.

Upgrades will be based on a rider's placings in a rider's category. AMBC and international events may also be considered. Overall finish times are factored into upgrade requests. Riders must submit their upgrade requests through their USA Cycling online membership account.

(c) For mandatory upgrading purposes, classes must consist of the following competitors:

<u>Class</u>	<u>Men</u>	<u>Women</u>
Junior 15-18	10	5
Senior	15	10
Master age 30-39	15	10
Master age 40-49	10	5
Master age 50+	5	5

(d) *USA Cycling reserves the right to upgrade Category 1 riders to Pro at any time.*

(e) USA Cycling reserves the right to downgrade riders from the Pro category at any time.

(f) Riders who finish in the top-five in the Category 2 and 3 categories at the US National MTB Championships must move up to the next higher category immediately. Category 1 riders who place in the top-three in the 19-24, 25-29, and 30-34 age groups will automatically be eligible to upgrade to Pro for the remainder of the current season and following season. Riders must verify that they wish to upgrade to Pro by submitting an upgrade request through their USA Cycling online membership account.

1E8. Mountain Bike Downgrades

A rider who feels he has advanced too quickly or is otherwise no longer competitive in his category may ask for reclassification by submitting a written request to USA Cycling identifying his results and reasoning.

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 Pro Teams*

(b) *UCI Professional Continental Teams*

(c) *UCI Continental Teams*

(d) *UCI Women's Teams*

(e) *UCI Mountain Bike Teams*

- (f)** UCI Track Teams
- (g)** UCI BMX Teams
- (h)** USA Cycling Domestic Elite Road Teams
- (i)** USA Cycling Domestic Elite MTB Teams
- (j)** USA Cycling registered cycling clubs
- (k)** USA Cycling registered cycling teams

1F2. Temporary Teams

Riders may also, from time to time, be members of the following types of teams for a particular event:

- (a)** USA Cycling National Team
- (b)** Regional Team
- (c)** Composite Team
 - (i) To eligible to be part of a composite team, riders should have a letter of release from the club/team listed on their license.*

1F3. Cycling clubs and Teams may register with USA Cycling on an annual basis. Club or team registration requires the paying of an annual fee described in the Schedule of Fees.

(a) Registered clubs and teams are prohibited from using names, inscriptions, or publicity that may tend to confuse the distinction between them and National Teams of USA Cycling. Terms such as "National" and "USA" generally lead to such confusion. Only Registered clubs and teams may be named after a commercial organization.

(b) Registered clubs and teams may use the USA Cycling emblem on club or team stationery and clothing provided that the identity of the club or team appears more prominently than the USA Cycling emblem and that the stationery shows no commercial sponsorship. Other uses of the USA Cycling emblem require special permission from the USA Cycling.

(c) *Only registered clubs and teams may have clothing bearing commercial sponsorship in addition to the manufacturer's logo and club name.*

1F4. Club Membership

(a) Licensed riders must register with a club and USA Cycling before they are eligible to present themselves as a member of

that club. This includes, but is not limited to wearing a club's jersey or entering a race as a member of the club.

(b) Riders are only permitted to be a licensed member of *one registered club per discipline*, which is shown on the racing license.

1F5. Teams. Registered clubs may register one or more race teams. Teams may be based on factors such as discipline, gender, region, class, and sponsorship.

1F6. Race team membership.

(a) Riders may belong to a racing team. Generally this is a team organized by their licensed club, for which they compete throughout the season. However, riders may be on different racing teams for particular disciplines (road, track and cyclo-cross), including teams organized by other clubs.

(b) A rider's team affiliations must be registered with USA Cycling and will be shown in USAC member data, either on the racing license or on the USAC website. Riders whose team affiliation is not printed on their license should be prepared to show documentation at registration.

1F7. Additional team matters. Clubs and teams may also do the following:

(a) Add one or more guest riders to a team for a particular event

(b) Form a mixed team to compete in a particular event. The mixed team may take on additional sponsorship for that event.

(c) When a team is participating in a race where entry is by team and there is a limit on how many race teams may be entered by any registered club or team, no rider may participate independently of his team or as a guest rider on another team.

1G. Officials

1G1. Licensing and Categories of Officials.

(a) Officials are licensed and categorized according to the positions of responsibility to which they may be appointed. Categories C through A represent increasing proficiency, with separate categories for different disciplines. Beyond Category A are the designations National Commissaire and International Commissaire.

(b) Whenever practicable, the assignment of duties shall be rotated between equally qualified officials.

(c) Any licensed official, in order to remain in good standing with USA Cycling, must pay any license fees *and complete any required training*.

(d) For selection, nomination and evaluation of officials, the primary characteristics to be considered include, but are not limited to, an individual's abilities to apply USA Cycling regulations impartially, decisively, and correctly, and to effectively and reliably manage cycling competitions in a manner that fosters respect for the sport of cycling.

1G2. Assignment.

(a) The duties of the chief officials (referee, judge, starter, and registrar) shall be performed by licensed officials. One person may perform more than one duty.

(b) Licensed officials who are assigned by USA Cycling, the Regional Technical Commissions, or the Local Associations, and who attend a race event for the sole purpose of officiating, shall be paid in accordance with the Schedule of Fees. Payment shall be tendered by the Race Director before the conclusion of the race event.

***(c)** The fact that an official has been trained and licensed does not imply that he has the right to any particular race assignment.*

1G3. Uniform. All officials shall wear the designated uniform while acting as an official at an event. A "USA Cycling Official" emblem shall be visible on the front of the uniform. All officials at a given race should wear the style of uniform specified by the Chief Referee.

1G4. Chief Referee.

(a) The Chief Referee supervises the general sporting aspect of each race. The Chief Referee is empowered to interpret and enforce the rules of USA Cycling and to make a ruling on any point that is not specifically covered in the rules.

(b) The Chief Referee may neutralize, shorten, suspend, or cancel any race if dangerous conditions or hazardous weather or any other “force majeure” arises.

(c) The Chief Referee has the power to penalize or recommend suspension of any licensee who refuses to obey instructions of officials or who commits other offenses.

(d) The Chief Referee shall invoke penalties for infractions of the rules except suspension. A decision of the Chief Referee under the racing rules is final, subject only to the hearing of a protest.

(e) The Chief Referee will assign duties for each event to the other officials and may delegate authority to them.

(f) The Chief Referee shall prepare an invoice for payment of officials of the race event and the USA Cycling insurance surcharge, and on-site license sales, and confirm that all officials are paid prior to the conclusion of the race event, in accordance with USA Cycling rules.

(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 submit a race report, a copy of race results, and all applications for licenses sold on-site directly to the USA Cycling office.

(h) No person who is a member of a club that organizes or sponsors a given race shall be appointed as Chief Referee of the same event unless there are no other qualified officials available.

1G5. Assistant Referees.

(a) The assistant referees shall act in an advisory capacity to the chief referee. They shall position themselves so as to best observe any infractions of the rules, watch closely, and report to the chief referee at the end of the race. They shall report

all rule violations whether or not a protest is received. Reports of infractions shall be made in writing and signed by the official.

(b) The assistant referees shall inspect bicycles as needed, both before the race and in the case of apparent mishaps, and report infractions to the Chief Referee.

1G6. Starter.

(a) It is the Starter's responsibility to see that riders are called at the appropriate time and to inform them of the distance they will ride and of any special rules governing the race. If the finish line is at a different place than the start, the riders must be informed of its exact location.

(b) Starter should ensure that riders reporting to the starting line are properly attired, and that their numbers are in good condition and properly placed. The Starter shall not permit riders to start whose uniforms or equipment do not conform to the rules.

(c) The Starter shall alert other interested officials and staff when the race is about to begin, shall judge whether there has been a valid start, and shall stop the race when called for by the rules.

1G7. Chief Judge.

(a) The Chief Judge is in charge of the overall results process at a race. This includes determining the finish order of the race, finish times of the riders as appropriate for the discipline, number of laps completed, any mid-race competitions, and any additional rankings of the riders, such as omnium or stage race standings.

(b) Protests may be made to the Chief Judge concerning preliminary postings of results, but the decision of the Chief Judge on finish order and time is final.

(c) The Chief Judge will maintain a record of riders entered in the race, and will provide a report of riders starting the various events to the Chief Referee so that charges and fees owed to USA Cycling may be calculated.

(d) The Chief Judge works with the Registrar to develop the start list, the Starter to ensure that there is a record of which riders started, the Secretary (in track, cyclo-cross and mountain bike events), and the Chief Referee to be certain that the results reflect any penalties assessed by the Chief Referee.

1G8. Assistant Judges. The assistant judges assist the Chief Judge in the results process. A timing/photo-finish operator is considered to be an assistant judge.

1G9. Registrars. The registrars shall confirm that each entrant has presented a valid racing license (or direct electronic proof of said license via their USA Cycling account), is the person named on the license, and is qualified and properly entered according to the rules of the race event.

1G10. Race Secretary

(a) Shall work closely with the Chief Referee, Chief Judge and Starter in the seeding of riders and is responsible for ensuring the start lists produced by such seeding are generated.

(b) Shall work closely with the results company and is responsible for ensuring the accuracy of start lists and race results generated by the results company.

(c) Shall ensure that a log is kept of the identifying number assigned to each of the communiqués generated, start lists, race results, and Race Jury/Chief Referee communiqués.

(d) Shall work closely with the Race Director to ensure all communiqués are copied and distributed appropriately.

(e) Shall be responsible for keeping a complete set of all the communiqués issued and results and, at the completion of the event, producing a book for the Race Director, USA Cycling, Chief Referee, and Chief Judge.

1G11. Judge-Referee (Track)

The Judge-Referee is used in the sprint, the Keirin, the points race, the scratch race and the Madison. The Judge-Referee shall solely monitor the conduct of riders in the race and their conformity with the racing regulations. On this issue he shall, alone

and immediately, impose penalties and take any other decision required under the regulations.

1G12. Assistant Chief Referee

An Assistant Chief Referee may be appointed when there are two (or more) distinct competitions held under the same permit. The scope of responsibility will be specified in the appointment, but the Assistant Chief Referee generally runs one or more of the competitions and assists with event management and paperwork.

1G13. Minimum Age for Officials

An official who is a minor may not perform the function of a Referee, Registrar, or Chief Judge.

1H. Races

1H1. Race Permits USA Cycling issues permits to organize USA Cycling-sanctioned events. The issuance of an event permit is solely within the discretion of USA Cycling in accordance with its rights and responsibilities as the National Governing Body of cycling.

1H2. Race Titles

(a) Only championships listed in these Racing Rules may use the term "**championship**" in their race titles.

(b) The term "**international**" may be used in a race title only for races in which invited representatives of foreign national Federations compete.

(c) Except for events authorized by the United States Olympic Committee, the term "**Olympic**" may not be used in a race title.

(d) The term "**National Tour**" may be used only for those events so designated by the CEO.

(e) Invitational races may be held on certain occasions, subject to the approval of the CEO. They must not dominate the local racing program.

- (i) Invitations may be extended to (a) individuals,
- (b) teams, or (c) any combination thereof.

- (ii) USA Cycling invites representatives of foreign national federations, the Race Director invites all others.

1H3 Team-limited Races. USA Cycling may designate a race as team-limited. At such events USA Cycling may specify an upper limit on the number of entries to be accepted from any club or team. This applies whether entry is on an individual or team basis. This information must be included in the official race announcement.

1H4. Entry in Races

(a) A Club Race may be organized by only one affiliated club. A licensed rider may enter such a race only if the rider's license shows membership in the organizing club

(b) It is the rider's responsibility to enter a race in the proper class and category. The fact that the registrar accepted the incorrect entry will not be taken as an excuse.

(c) *Riders may choose to enter single-day individual time trials in their proper category or any higher category, but not a lower category.*

(d) Team entry in races.

The following applies by default to teams in events with individual classification; e.g., stage races. Race Directors may choose to hold team events (team time trials, Madisons, etc.) with these restrictions, but it must be specified in the race announcement.

- (i) Races that have team entry, or are team-limited events, are covered by the following general rules concerning entry:

(a) Each racing team or club may enter only one team.

(b) When a racing team or club has entered a team, additional team/club members may not enter as individuals, guest riders on other teams, or on a mixed team.

(c) By entering, each team implicitly agrees that it is racing on its own behalf, and not in the interest of another team.

(ii) When entries are received from closely related entities; e.g., two racing teams from the same club, a racing team and the general ridership of the same club, or two teams with a common sponsor, the Chief Referee/race jury will decide whether to permit both entries. The basis for the decision will be whether the teams can be expected to race as separate entities. Criteria to be used include:

- (a) separate management and support;
- (b) geographical separation (in the case of multiple club teams or shared sponsors);
- (c) skill level and experience (club professional teams versus general club riders, or professional teams versus regional development teams);
- (d) major or minor sponsorship (in the case of shared sponsors).

(iii) Teams may petition USA Cycling to establish that they are sufficiently distinct entities for the season, rather than on a race-by-race basis. Such a decision is still subject to review based on personnel changes or conduct at races.

(iv) Entry having been accepted, teams must still ride in a manner consistent with their being a distinct entity. Riding in the interest of a related team is subject to discipline, up to disqualification.

(e) Club Membership Fraud. No rider may enter a race as a member of a club who is not a member in good standing of that club and, if licensed, is licensed as a member of the club.

(f) Any rider who enters a race while under suspension will become liable to additional penalties.

(g) National and World Champion race entry.

Current UCI World or U.S. National Champions, who enter category A, B or C races (except National Championships) by the specified pre-registration closing date, shall be refunded their entry fee (**not including insurance fees and surcharges**) provided that they are eligible to wear their championship jersey in the race, and do so.

(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:

	Elite men	Elite women	Juniors
road:	1	1/2	1/2/3
track:	1	1/2	1/2/3
cyclo-cross:	1/2	1/2/3	1/2/3

(i) Acceptance of Risk.

(i) All those who compete in any of the events authorized under these rules do so at their own risk, whether or not they are licensed by USA Cycling, and no liability shall attach to USA Cycling or any of its officials with respect to any loss or injury sustained or caused by anyone competing in events.

(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*. 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.

1H5. Maximum Field. Entries shall be accepted in order of receipt by the Race Director up to the field limit and subsequent entries shall be returned. The maximum field limit in any youth race or a road event exclusively for category 5 men shall be 50 riders. The maximum field for a road event that includes category 5 men with other categories shall be 75. The maximum field limit for a women's race that includes Category 4 (either alone or combined with other categories) shall be 75. For other road and for cyclo-cross events, if no field limit is given in the official race announcement, a field limit of 100 shall be used.

1H6. Minimum Field. If the number of entries for a given race is less than the minimum field size stated in the race announcement at the close of entries or within 30 minutes of the starting time, whichever is earlier, the Race Director may optionally cancel the race and refund the entry fees and surcharges of those who have entered, or may combine the race and as many prizes from its prize list as there were riders who registered for the canceled race with another race on the program. If no minimum field size was given in the official race announcement, "one" shall be assumed for time trials and "four" for other events.

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. 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, 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.

1H8. Withdrawal. After having entered a race, a rider may not withdraw and compete in another race until the race first entered is completed, except with the written consent of the Race Director.

1H9. Mixing of Classes, Categories, and Genders

(a) Eligibility. No rider may race in a class or category other than that which is stated on his or her license, other than as allowed below.

(b) UCI Team members are not allowed to enter Masters Races.

(c) Masters may compete in any races for their age or younger, subject to category restrictions but not races exclusively for **Under 23s** or **Juniors**.

(d) Under 23 and **Junior** riders may compete in any races for their age or older, subject to category restrictions but not Masters races.

(e) Youth riders may enter only youth races.

(f) In mountain bike endurance races, **junior riders** age 14 and younger who ride with older Juniors may only enter races for riders up to category 2.

(g) Women may enter any men's race for which they are eligible by age, category, and any performance requirements. They may also enter categorized races for men that are up to one category lower than their women's category. For road, track, and cyclo-cross events, category 1 women may enter men's races up to two categories lower.

(h) Master women may compete in men's masters races as follows:

- (i) category 1 and 2 master women may enter men's events for riders up to 10 years above their racing ages;
- (ii) category 3 and 4 master women may enter men's events for riders up to 20 years above their racing ages.

(i) A Race Director may offer races for combined classifications and categories but the categories in a given race must be the same for all age groups. However, Youth races may include only riders from ages 6 through 9. **(j)** Riders with foreign Elite licenses and riders classified as Elite may not enter Masters races in a discipline for which they have Elite status.

(k) Registered riders of UCI Continental Teams and UCI Women's teams may enter any road, track, or cyclo-cross Elite event that is open to category 1 riders, except as restricted for Championship events. This rule does not apply to registered riders of UCI Professional Continental Teams or UCI Pro teams, which may only enter UCI races.

1H10. Prizes

(a) The complete Prize list, with values for each place, shall be available to competitors on the first day of the event. Prize evaluations shall be based on the retail prices.

(b) No Disincentives. No prizes or primes of value greater than the last place prize may be offered for poor performance, such as a prize for the last rider across the finish line.

(c) In youth races and races exclusively for category 5 men, no prizes (including primes) of commercial value may be awarded – only such things as trophies, medals, ribbons, and certificates.

(d) In club races, individual prizes may not exceed a \$50 value.

(e) In MTB races, a race that offers a Pro category must also offer a cash purse for that category.

1I. Bicycles

1I1. Bicycles used in competition must be propelled solely by the rider's legs and shall have the following characteristics:

(a) Dimensions. Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long

(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.

(c) Wheels may be made with spokes or solid construction. No wheel may contain special mechanisms to store and release energy

(d) The **handlebar** ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering. In road, track, or cyclo-cross races, 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 and pursuit events (not in Team Sprint); however, attachments that point upward on the brakehoods of road bicycles are allowed if the distance between them is greater than 25 cm (9.8 inches).

(e) Bicycles must meet current UCI technical regulations at events that select 17-18, U23 and Elite riders for international competition or national teams. All bicycles used in National Championships (for age 17 and older riders) and NRC races must comply with the current UCI regulations. At the discretion of USA Cycling, UCI rules may be adopted or modified for Masters National Championships.

(f) Bicycles commonly known as **recumbent** may not be raced in USA Cycling races unless there is a separate race for this category of bicycle, and then may be used only in that category.

(g) A massed-start bicycle is a road or track bicycle that is legal in all events within the road or track discipline, rather than a bicycle that is restricted to particular events. Handlebars for massed-start bicycles may not have forearm supports nor handlebar extensions or attachments that point forward.

(h) Time trial events may restrict the competitors to mass-start bicycles in one or more classes, provided that the restriction is stated in the race announcement and technical guide. This includes time trials in stage races.

(i) A **Single Speed** is any type of bicycle possessing only one rear cog and only one front chainring and with no means of altering the gear ratio in any way during the race.

112. Riders are responsible for their selection of competition equipment and for taking reasonable precautions to ensure that its condition is adequate and safe for use in competition.

(a) To maintain compliance with these regulations, the equipment and uniform of one or more riders may be examined at any time to discover the use of items which are not allowed or which are obviously improperly adjusted, insecurely fastened, or which may present a danger to the rider(s). The Chief Referee shall prohibit the use of any such items discovered during the examination. Such examinations are conducted at the discretion of the Chief Referee. An examination of every rider's equipment is not required.

(b) USA Cycling and any Race Director or sponsor, and their respective agents, officials, employees and volunteers, shall not be liable for any damages or injuries arising from or connected in any way with the condition or adequacy of any rider's competition equipment or uniform, regardless of whether or not such competition equipment or uniform was examined or was not determined to be in violation of the rules.

113. Bicycle Types

(a) For **track races**, only a bicycle with a single cog fixed wheel and without derailleurs, brakes or quick releases may be used. However, in pursuit and time trial events that are not championships or selection events, brakes, freewheels, quick releases, and derailleurs may be installed on the bicycle so long as only one gear is functional.

(b) For **road, cyclo-cross and MTB races**, only a bicycle with a freewheel and one working brake on each wheel shall be used, except as allowed elsewhere in these rules.

(c) In **roller races**, either road or track bicycles may be used. All classes are restricted to a development of 7.69 meters (25 feet 3 inches) and cranks must be at least 165 mm long.

(d) A **handcycle** is a 3-wheeled cycle with standard bicycle drivetrain and standard bicycle crankarms. The cycle must be operated by pedaling and shifting using only the upper body to perform said functions. The maximum wheelbase for a handcycle is 72 inches. Handcycles must have a chainring guard to protect the rider from the drivetrain. All handcycles must have 2 separate working brake calipers (or discs) and a fully-functional lever for each.

114. Youth/Junior Gears. The maximum chaingear ratio for Junior riders is based on age and discipline. Blocked gears will be allowed, except in National Championships or selection events for international competition. All tests for compliance shall be done using the "roll-out method." There is no restriction for cyclo-cross or MTB races.

(a) For road and track the limits are:

Road

6-18: 7.93 meters (26')(52x14)*

Track

17-18: Unrestricted

15-16: 6.78 meters (22'3")(48x15)

13-14: 6.36 meters (20'10.5")(48x16)

10-12: 6.00 meters (19'8")(48x17)

(b) The gear limit for a rider is determined by the age of the rider and the discipline, and applies in all events in that discipline subject to the notes shown below:

(c) For 16 year old juniors who are competing in Championship Keirin or Madison, the 17-18 (unrestricted) gear limit applies.

* Note that the gear combinations listed are merely suggestions – the distance rolled out is the governing standard.

115. Young Junior/Youth Bicycles

All riders aged 14 and under are restricted to massed-start bicycles as defined in 1I1(g). These bicycles must also have at least 16 spokes and no wheel covers may be used.

1J. Rider's Uniform

1J1. Helmets. At all times when participating in an event held under a USA Cycling event permit, including club rides, any rider on a bicycle or motorcycle shall wear a protective, securely fastened helmet that satisfies the standards specified in USA Cycling Policies. (Policy I, Sections 1 and 2 – see appendices.) "Participating in an event" means riding a bicycle in the vicinity of a race at any time between the beginning of registration and the last awarding of prizes, but does not apply to riding rollers or stationary trainers in order to warm up.

1J2. For MTB **downhill and 4X events**, a full-face helmet must be worn. ***Full-face helmets must also be worn for Dual Slalom at National Championships.***

1J3. For all MTB gravity events, additional padding is strongly recommended. Examples: body armor, elbow and kneepads and full finger gloves

1J4. Motorcycle helmets meeting U.S. Department of Transportation standards must be worn by all motorcycle drivers and passengers in races and club rides.

1J5. Jerseys must be worn in all races and shall cover the shoulders.

(a) Sleeveless jerseys are allowed only in non-international MTB races and individual time trials. Skin suits may not be worn in Pro gravity events per UCI rules.

(b) No additional equipment, whether worn over or under a rider's uniform, which has the effect of reducing wind resistance is permitted, except in the case of inclement weather, additional covering designed solely to protect against precipitation or cold may be worn. However, shoe covers are permitted in any conditions.

(c) Advertising may appear only on the uniform, including caps, shoes, and helmet of riders who are licensed members of registered USA Cycling clubs or teams.

(d) UCI Teams and Category 1 & 2 riders who are members of the same team or club must wear identifiably similar uniforms when competing in a massed start race except where different uniforms are called for by USA Cycling regulations. This also applies to over garments such as vests, jackets, and rain jackets, which must be transparent or identifiably similar.

(e) Club Jerseys. In competition, no rider shall wear the emblem, inscription, or uniform of any club or team which the rider is not eligible to represent

(f) Only current National Champions may wear National Championship jerseys and only in the specialty (road race, time trial, criterium, cyclo-cross, track, MTB endurance, MTB gravity) and 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 age group; e.g., 15-16 road race champion in a 17-18 road race.

(i) In Elite races, only the USA Cycling Elite champion, Professional champion, and U23 champion may wear the jersey in the appropriate specialty.

(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.

(iii) Members of registered clubs/teams may place advertising on the jersey. Riders or teams that create their own National Champions jerseys must

have the design approved by USA Cycling. The design concept must include a blue field with stars on the top half of the jersey and vertical red and white stripes on the bottom half of the jersey. All National Champion's jerseys must comply with UCI rules for advertising as follows:

- (a) Front and back of the jersey in a rectangle 10 cm high
- (b) On the shoulders or sleeves in a single line a maximum of 5 cm high
- (c) On the sides of the jersey in a band 9 cm wide.
- (iv) Only former National Champions are permitted to wear the Stars and Stripes pattern on the trim of their jerseys. The Stars and Stripes pattern may be worn in all disciplines, not just the discipline in which it was won.
- (v) A National Champion in one discipline (mountain bike, collegiate etc.) may not wear the jersey in events of another discipline, except as noted above.
- (vi) National Champion jerseys may not be worn in the subsequent National Championship.*

(g) National Team Jerseys. Members of National teams must wear the uniform designated by USA Cycling. This uniform may be worn only while actually representing the USA.

(h) In stage races, omniums, and race series, the race leader or those heading other categories must wear a special jersey if it is provided by the Race Director, but only for the duration of the race and as long as the leadership lasts. The jersey may bear only the name of the race, the special classification, and the Race Director's sponsors on the upper two thirds of the front and back panel of the jersey. The lower third of the front and back panel shall be in a plain background available for the rider's club or UCI team.

(i) No rider shall wear a **World Championship jersey** or colors (blue-red-black-yellow-green stripes in any order) in a race unless entitled to do so under international rules. Only former world champions are permitted to wear the world championship colors on the trim of their jerseys.

(j) Jersey priority. For all disciplines, unless otherwise stated in the regulations, should various provisions requiring the wearing of different jerseys apply to the same rider, the order of priority shall be as follows:

- (i) The leader's jerseys of the stage race
- (ii) The series leader's jersey
- (iii) The world champion's jersey
- (iv) The continental champion's jersey (not mandatory)
- (v) The national champion's jersey

116. Riders may not use radios, telephones, or other such communication devices. No earpieces may be worn; audio playback devices are expressly forbidden.

117. Racing numbers.

(a) Racing numbers are provided by the Race Director, who may require a deposit that shall be refunded on return of the numbers in good order. The figures shall be printed in block letters using black waterproof ink. Numbers shall be constructed from materials sufficiently durable to last the race without tearing or disintegrating, even in adverse weather. The name of the race or race sponsor may appear on a competitor's number. Race Directors who fail to provide numbers meeting the above requirements to all riders shall be fined as specified in the Schedule of Fees.

(b) Riders shall place their numbers as prescribed by the Race Director or officials and in such a way that they are visible when the rider is in a racing position. When shoulder numbers are provided for cyclo-cross, they are worn on the upper arm to be visible from the front. Hip numbers shall be attached securely at least at the four corners and no accessory or hair may obstruct a clear view of the number. If shoulder or frame numbers are provided, they too shall be

placed as prescribed. Numbers may not be folded, trimmed, or otherwise defaced.

(c) A Local Association may impose additional number requirements.

Numbers size table (minimum sizes -- all dimensions are in centimeters)

Type of Number	Height	Length	Digit Height	Digit Line Width	Minimum Border
Body	20	20	12	1.5	3
Frame	9	13	6	0.8	2
Shoulder	11	12	7	0.8	2

Numbers required per event (minimum):

Event	Body Numbers	Shoulder Numbers	Frame Number
Track			
Track Time Trial	1		
Individual Pursuit	1		
Team Pursuit	1		
Team Sprint	1		
Sprint/200 Meter Time Trial	2		
All other Track Events	2		
Road			
Category A Road	2		1
Road Time Trial	1		
All Other Road Events	1		
Cyclo-cross			
Category A Cyclo-cross	1	2	
All Other Cyclo-cross Events	1		

1J8. Chip Timing/Scoring

(a) Chips for timing/scoring are provided by the Race Director, who may require a deposit that shall be refunded on return of the chips in good order.

(b) Riders shall place the chips as prescribed by the Race Director and in such a way that they will activate the chip sensor upon passing the line.

1K. Racing Rule Generalities

1K1. Scope

(a) For Olympic and other international events, and the activities of UCI teams, the applicable regulations of the UCI shall take precedence over USA Cycling regulations.

(b) National Championships for 17-18, U23 and *professional* riders will be run under UCI rules, except as specifically noted elsewhere in these rules. At the discretion of USA Cycling, other races for 17-18, U23 or *professional* riders that are used to qualify riders for national teams or international competition may use UCI rules, either completely or in part.

(c) These Racing Rules apply to all races authorized by USA Cycling, including national championships.

(d) Whenever a specific rule is in conflict with a more general rule, the specific rule takes precedence.

(e) Exceptions to these rules may be made only with prior approval of the CEO in a particular race event. A request for exception should be made in writing to the CEO.

(f) Time Period. An entrant in an event held under USA Cycling regulations shall be subject to these rules from the beginning of registration for the first event to the completion of the event, including the last awarding of prizes.

1K2. Violations of Rules

(a) Penalties. The following actions may be taken when USA Cycling regulations are broken, in general order of increasing severity: warning, fine, relegation, disqualification, suspension. Riders may be disqualified from all subsequent

events in a race series held under a single event permit for a period of up to 10 days.

(b) Recommended penalties for first offenses under normal circumstances are given in Chapter 8.

(c) A rider who is disqualified after having collected prizes for an event must promptly return any prizes and prizes won in the event, though this obligation shall be stayed while a protest or hearing is pending.

(d) Fines issued to licensees or teams must be paid to USA Cycling directly. Licensees who fail to submit their fine within 15 days shall be suspended per USA Cycling Policy III.

1L. Start of a Race

1L1. Starting Time. No heat or race may be started before the time stated in the official race announcement except with the consent of all registered riders in the heat or race. It is the rider's responsibility to report at the appointed time and location for the start of the race.

1L2. No Delays. No licensee may unnecessarily delay the start of a race. However, a brief delay to replace a punctured tire may be allowed if a replacement wheel, ready for immediate use, is available at the starting line.

1L3. Starts or the resumption of racing shall be signaled by a single gunshot, whistle, or waved flag. The Starter alone judges the validity of the start. The stopping or neutralizing of the race because of a false start or other conditions specified in the rules shall be signaled by a double gunshot or double whistle.

1L4. All competitors shall be **started in the same manner**, either all with holders, all with one foot on the ground, or all with a rolling start. Holders may not step over the starting line at the start of a race.

1M. Finish of a Race

1M1. Judging. The finish of a race shall be judged when the front tire first penetrates the imaginary vertical plane passing through the leading edge of the finish line.

1M2. The **beginning of the last lap** of a race will be announced by ringing a bell and display of the number 1 on the lap card. If the finish line is off the immediate course, the bell shall be sounded at the point of departure on the preceding lap.

1M3. Should the **bell be rung by error** on the wrong lap, the judges shall record the order of the finish at the end of that lap. The Chief Referee shall decide whether to declare these results final or rerun some or all of the race. The Chief Referee may bar from the rerun any rider who appeared to have no chance to win a prize had the bell been rung on the proper lap.

1M4. Dead Heats

(a) Should two or more riders make a dead heat for a qualifying place in a trial heat, they shall be allowed to enter the final, subject to more specific rules of each discipline.

(b) Should two or more riders make a dead heat for first place only, they shall reride the final sprint for 1,000 meters to determine the winner or may ride a shorter distance considered sufficient by the Chief Referee to allow for a fair settlement. If the dead heat is for any other place, the riders concerned shall be declared equal and the prizes for those places shall be added and equally divided or duplicated at the discretion of the Race Director.

1M5. Early Finish. After the first competitor has finished, the Chief Referee may excuse one or more riders from completing the distance in order to secure a place, which would clearly have been won by finishing. The Chief Referee may also excuse from completing the distance a rider who, by accident or withdrawal of others, is the only competitor left in the race.

1M6. Results tabulation.

- (a)** The Chief Judge assigns places to as many finishers as possible, including timing data as appropriate. If a group of riders cannot be separately placed, they are given an equal placing.
- (b)** Riders who fail to take the start line are entered as “did not start” (DNS).
- (c)** Riders who withdraw from the race of their own accord are entered as “did not finish” (DNF).
- (d)** Riders who are unable to finish because of a mishap, or because they are out of contention and withdrawn by the officials are generally entered as DNF, except in the specific cases noted in these rules. However, in some instances the Chief Referee may instruct the Chief Judge to assign places to riders withdrawn by the officials, and to include them in the results. If so, the Chief Judge shall place the riders based on their relative positions at the time that they were withdrawn.
- (e)** It is the responsibility of the Race Director to provide resources appropriate to the scale of the race for results production. The Race Director’s staff is responsible for reproduction and distribution of the results.
- 1M7. Results posting.** The Chief Judge will inform the riders of the time and place where the results will be posted or announced, and the Chief Judge shall be available there to resolve any protest. Prizes may not be distributed until all protests which affect the podium and awards have been answered and at least 15 minutes have passed since the results were announced.

1N. Conduct

1N1. No rider shall benefit from his or her misconduct. Misconduct on the part of a team member or support person may result in penalties to any member of the team.

1N2. General Misconduct. The following offenses may be punished by suspension or lesser penalties:

(a) Acts of theft, fraud, dishonesty, or grossly unsportsmanlike conduct in conjunction with a sporting event;
(b) Offering, conspiring, or attempting to cause any race to result otherwise than on its merits.

1N3. Identity Fraud. No licensee may enter a race under an assumed name nor conspire to allow another rider to enter a race under an assumed name. This includes fraudulent use of another rider's license, racing numbers, or timing/scoring chip.

1N4. Rules and Course. It is the rider's responsibility to familiarize themselves with the rules of the event and the race course before the start of the race. Riders may not take any other route or short cut.

1N5. Withdrawal. Riders must immediately follow a Referee's order to withdraw from the race.

1N6. Abuse.

(a) No rider or other licensee may be disrespectful toward anyone at a race.

(b) No rider or other licensee may use foul or abusive language or conduct during a race event.

(c) No licensee may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any event held under a USA Cycling permit.

(d) Violent assault and/or battery as described in 1N6(c) committed by a licensee against a race official at a USA Cycling permitted event shall be subject to additional penalties.

1N7. No rider may make an **abrupt motion** so as to interfere with the forward progress of another rider, either intentionally or by accident.

1N8. Dangerous Rider. Any rider who appears to present a danger to the other competitors may be disqualified by the Chief Referee, either before, during, or after a race.

1N9. Pushing or pulling among riders is prohibited in all races except the Madison and then only between members of

the same team. No rider may hold back or pull an opponent by any part of his or her clothing, equipment or body.

1N10. Competitors may make no progress unaccompanied by a bicycle. In the case of a crash, they may run with their bicycles to the finish line, staying on the course.

1N11. A licensee may be penalized for causing a crash or spill through inadequate tightening or adjustment of a bicycle component, including gluing of tires.

1N12. Non-Competitor on Course. A rider may not be on the track or course during a race for which he has not entered and registered, or from which he has withdrawn or been directed to withdraw.

1N13. No person with official responsibilities at a race (including, but not limited to, race officials, marshals, race directors, timing or results companies, and race announcers) shall consume alcoholic beverages *or other intoxicants* while races are in progress and any such person who appears to be under the influence of alcohol or other *intoxicating* substances shall be promptly relieved of responsibilities.

1N14. No person with official responsibilities at a race (including, but not limited to, race officials, race announcers, marshals, timing or results companies, or Race Directors) may lay a wager on the outcome of the race they are participating in.

10. Protests and Hearings

101. All protests concerning the order of finish shall be examined and resolved by the Chief Judge.

102. All protests regarding the qualification of riders or bicycles or the regularity of entries or classifications should be lodged with the Chief Referee before the race.

103. Procedure. The above protests may be made verbally and no deposit is needed. All other protests must be in writing, signed by the protestor, and accompanied by a deposit as specified in the Schedule of Fees on the USAC

website. Protests in single events must be made within the following time limits:

(a) A protest of foul riding or any other irregularity taking place during the race must be made within 15 minutes after the protestor's finish time.

(b) *A protest regarding the final results must be made within 15 minutes after the announcement of results in order for riders to be eligible for prizes.*

(c) *For any protests made after the awards ceremony, any rider's right to prizes is waived.*

(d) *Once the results have been finalized onsite and the awards have been given out, any further results protests may be submitted directly to USA Cycling, who will consider them at its discretion. Any such results protests must be submitted at the latest 30 days after the results are posted on the USA Cycling website.*

104. All protests, other than those regarding results and placings, shall be heard and decided either by the Chief Referee or by a jury composed of an odd number of race officials that includes the Chief Referee.

105. Hearings. Administrative, eligibility, and disciplinary hearings are processed according to USA Cycling Policy III. Field of Play decisions made by race officials are not subject to review by a hearing panel, even if those decisions affect eligibility.

Chapter 2

Track Racing

2. Track Racing

2A. Track Markings

All lines on the track above the blue band shall be of uniform width between 4 and 6 cm.

2A1. The following shall be placed circumferentially around the track:

(a) The **measurement line** shall be black or white, to contrast with the track, and shall be placed with its inner edge 20 cm from the inner edge of the track. It shall be marked off at every 5 meters and numbered at every 10 meters going counterclockwise from the finish line. The official length of the track is to be measured on the inner edge of this line.

(b) The **sprinters line** shall be red and shall be placed with its outer edge 90 cm from the inner edge of the track.

(c) A **blue band** at least 20 cm wide shall be placed below the inner edge of the track all the way around.

(d) A **stayers line** is a blue line that is drawn at one third of the total width of the track or 2.45 meters (whichever is greater) from the inner edge of the track, the distance being measured from the inner edge of the stayer's line.

2A2. The following lines shall be placed perpendicular to the inner edge:

(a) The **finish line** shall be black and placed in the middle of a 72 cm wide white strip for contrast.

(b) The **200 meter line** shall be either black or white to contrast with the track and shall be placed 200 meters before the finish line. This line is used for sprint timing only.

(c) Two **pursuit finish lines** shall be red and located exactly in the middle of the two straights, even with each other, and shall extend from the inner edge halfway across the track.

(d) Where the starting lines for 3 km and 4 km pursuit events do not coincide with other markings, they shall be red and shall extend from the lower edge of the track to the sprinters line.

2B. General Track Rules

These rules apply to massed start races, except as noted.

2B1. Leaders must occupy the sprinters lane unless far enough in the lead so as not to interfere with competitors seeking to pass. If the leader is below the sprinters line, the following riders may not pass underneath.

2B2. A competitor **overtaking** another must pass on the outside unless the rider ahead is riding above the sprinters line. A rider who passes another must not in any way impede the progress of the passed rider.

2B3. In the homestretch on the last lap, the leader(s) must ride a straight line parallel to the edge of the track.

2B4. Blue Band. In all races it is permissible to ride below the measurement line, but never below the track surface on the blue band, unless done so involuntarily.

2B5. When a rider has a **crash** that does not present a danger to the other riders, the race will not be neutralized. In case of a crash that causes a hazard to the other riders, the starter may neutralize the race. While the race is neutralized, all riders must ride slowly around the top of the track, maintaining their relative positions. The starter will signal resumption of racing when it becomes safe.

2B6. Riders who suffer a **mishap** may be assisted in restarting. They shall resume the race at the point where they left the track.

2B7. The **number of riders on a track** shall in no case exceed:

20 (15 teams for Madison) on a 200 m track

24 (18 teams for Madison) on a 250 m track

36 (20 teams for Madison) on a 333.33 m track

40 (20 teams for Madison) on a 400 m track

2B8. Where a massed **rolling start** is used, there shall be a neutral lap to ensure that the riders are sufficiently together to provide a fair start in the judgment of the starter.

2B9. Rerides and Replacements. Unless prevented by unavoidable circumstances, any riders qualifying for a reride or for any of the final rounds of a race shall start the reride or the next round. When qualification for the second round is based on time, if qualified riders are unable to start, they may be replaced by riders who had the next best times. No replacements are allowed after the second round.

2B10. In track races, should two or more riders make a dead heat for a place for which there is a prize, they may again ride the distance to decide the race or may ride a shorter distance considered sufficient by the Chief Referee to allow for a fair settlement. This rule may be precluded by a specific rule for a given discipline.

2B11. Warning – disqualification.

Any misconduct not specifically penalized may be punished with a warning. A rider receives only one warning in all rounds of a competition (e.g., sprints) before disqualification. If a rider is relegated in the competition, that relegation may also carry with it a warning, depending on the gravity, intent and impact of the fault. A rider receiving a second warning or being relegated for a second time is disqualified. The warning and disqualification are specific to each competition (e.g., sprints, keirin etc.). This rule applies to all track competitions.

2B12. Riders shall refrain from any **collusion**, maneuver, or movement that hinders another rider or distorts the result of the race. In addition, while riding on the track, riders shall at all times be in firm control of their bicycle and have at least one hand on the handlebar (or extension).

2B13. Riders may carry no object on them or on their bicycles that could fall onto the track. *Any electronic device with a display (speedometer, power meter, etc) must be hidden such that the riders cannot read it while riding.*

2C. Scratch Race

2C1. A **scratch race** is one in which all riders compete over the same distance. The race shall be run over a specified distance or number of laps.

2C2. Lapped riders not in contention are normally removed. When lapped riders are not removed, they will finish on the same lap as the leaders and shall be placed according to the number of laps they are down and then their position at the finish. Riders not finishing will not be placed.

2C3. Riders are classified according to the order in which they cross the line during the final sprint, taking into account laps gained.

2C4. Free laps up to a distance of 1300 meters may be taken in a case of a mishap. Upon returning to the track, the rider will assume the position (s)he occupied prior to the mishap. Riders taking free laps may not return to the track in the final kilometer. Riders who suffer a mishap and do not return to the track will not be placed.

2C5. The race may be stopped in the case of a mass fall. The officials shall decide whether the race will be restarted or start with the remaining distance prior to stoppage. If a race is restarted with the remaining distance, that distance may not be less than 1500 meters. The same rules shall apply where the race has to be stopped due to inclement weather.

2D. Handicap Race

2D1. A **handicap** race is a race in which the stronger riders are given either a greater distance to travel or a later start so as to equalize competition.

2D2. The **starting positions** or the time allowances must be announced to all participants before the start of the race. The official handicapper shall decide what distance or time allowance is to be granted to each competitor. The competitor must supply accurate information to the handicapper.

2D3. Starts will be made on the track itself unless the banking is too steep for safety, in which case the competitors shall start on the blue band.

2D4. Concurrent Starts. If two or more riders are to start from the same point, they may be placed one after the other or side by side, whichever is safer. The holders may be allowed to run with their riders for a short distance at the start, provided this is clearly stated before the race.

2D5. After the start, the race shall be run as a scratch race.

2E. Miss-and-Out and Elimination

2E1. A miss-and-out and elimination races are 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 free 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.

2E2. Judging. The back edge of the rear tire determines the last rider over the line during the portion where riders are being pulled. *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).

(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.

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.

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.

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.

2F. Sprint

2F1. Track Sprints involve a series of races, each with a small number of riders. The number and composition of the races is organized by the chief referee to meet the needs of the racing program for the number of riders. The sprint rounds may be preceded by a flying start 200 meter time trial to seed or select riders who will take part in the sprint heats. If two or more riders make the same time during a seeding time trial, the tie will be broken by the drawing of lots by those

involved. The official race announcement shall state the format and seeding method to be used.

(a) In championship format sprints, riders compete in qualifying and succeeding rounds in such a way that the fastest riders shall meet in the final race. Appendix 1 shows standardized sprint seeding tables used for championship events.

(b) In round robin format sprints, which are only practical with a small number of riders, each entrant competes against every other entrant.

(c) Exhibition sprints follow the format of championship sprints, but may vary in the number of competitors allowed in the qualifying and final rounds and in the distance of the sprints. **Repechage** rounds and the requirement that a rider lose twice before being eliminated may be omitted.

2F2. When rider seeding is based on a **time trial**, only bicycles that meet sprint standards shall be used.

2F3. In round-robin format events, each rider is matched against every other rider; the winning rider of each pairing shall receive one point. The overall placings are determined by the number of points gained in all matches. Each rider shall either ride once against each of the others or, when there are five or fewer entrants, may ride in succession against each of the others, then against each of the others a second time and, as needed, a third time to determine the winner of each pairing. If a rider does not complete the entire series of matches, then any points gained by or at the expense of that rider are canceled. In case of a tie, the tie will be broken in favor of the rider who:

(a) Scored the greatest number of points in the matches against the other tied riders; or,

(b) If still tied, has the highest placing in an additional sprint in which all riders who are still tied compete.

2F4. Distance. Sprints are run over two laps on a track of 333.33 meters or greater, or over three laps on a smaller track.

2F5. The **starting position** of each rider shall be decided by the drawing of lots.

(a) The rider on the inside of the track, unless overtaken, shall lead until reaching the pursuit line (the middle of the back straight) on the opposite side of the track. The lead rider shall not stop before reaching the pursuit line. After reaching the pursuit line, a maximum of two standstills shall be permitted for each race. The maximum period for a standstill shall be 30 seconds, following which the leading rider shall be directed by the starter to continue. If that rider fails to do so, the starter shall stop the race and declare the other rider the winner of the heat. In a three or four-up race, the race shall be immediately rerun as a two or three-up race, without the relegated rider.

(b) Should the race be run in two heats, each rider shall lead one heat. A further draw shall be made if a third and deciding heat proves necessary.

2F6. Stoppage. Once the start has been given and judged valid by the starter, the race shall not be stopped without a legitimate reason.

(a) During the slow part of the race, the starter shall stop the race if a rider falls or touches the track surface, the outside fence or railing, or an opponent. The rider responsible shall lead the re-ride.

(b) If the starter observes a flagrant violation before the sprint has begun he may stop the race and either relegate or disqualify the rider committing the violation. In a two-up sprint the other rider is declared the winner; in a three or four-up race it shall be rerun without the offending rider.

(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 positions of the riders are not changed.

(d) Should a race be stopped because of an apparent mishap that turns out to not be legitimate, the race shall be restarted without the rider at fault.

2F7. Before the sprint has begun riders may utilize the full width of the track, but must leave room on the right for riders to pass and avoid movements that could cause a collision, a fall, or force a rider off the track.

2F8. Once the sprint has begun (the riders are moving at full speed or near full speed):

(a) No rider may attempt to overtake an opponent using the blue band, either while passing or pulling out of a passing maneuver;

(b) The leader must always leave room on the right for other riders to pass. The leader is not obligated to leave room on the left, but may not enter the sprinters lane if it is occupied, except with a clear lead, and in no case may force an opponent off the track;

(c) If the leader is below the sprinters line, he or she must stay below the sprinters line until the finish and all following riders must pass on the right and outside the sprinters lane. However, the leader may come out of the sprinters lane if he or she is so far ahead that there is no hindrance to opponents;

(d) If the leader is riding above the sprinters line, he or she shall make no abrupt motion to keep other riders from passing and may make no move to the right (whether abrupt or not) that could have caused a fall or that exceeds 90 cm. (same as the width of the sprinters lane). Following riders may pass on either side. The leader may move to the left into the sprinters lane only if the trailing edge of the leader's rear wheel is ahead of the leading edge of the front wheel of the following rider [relegation for foul riding]. There is no penalty at the finish if the lead rider accidentally drops below the measurement line or even onto the blue band.

2F9. Falls. A rider in a two-up sprint who intentionally causes another rider to fall shall be disqualified. A rider who falls while attempting an illegal maneuver shall be relegated. The wronged party shall be declared the winner without necessarily passing the finish line.

2F10. No-shows. If one rider in a two-up heat fails to appear, that rider loses the sprint and the other rider must put in an appearance on the starting line in order to be declared the winner, but need not cover the distance. Any rider not showing for a heat is eliminated except in special circumstances as determined by the Chief Referee.

2F11. Blocking. In a sprint with **three or more contestants**, a rider who is pinned at the bottom by other riders may not force his way out of the box, nor may a rider block or interfere with another rider. No rider may deliberately cause a crash. Whenever such a situation is detected the race should be stopped, if not completed, and in any case shall be rerun without the rider responsible. In the case of an accidental collision before the sprint has begun, the race will be stopped by the starter and rerun with the original participants in the same starting positions.

2F12. In the case of a **dead heat**, the race will be rerun with only the riders who made the dead heat.

2G. Tandem Sprint

2G1. Tandem sprint events on the track shall be run in accordance with sprint regulations except that:

(a) Tandem sprints shall be run over the integral number of laps nearest to 1500 meters for the particular track;

(b) In no case shall more than four tandems be raced together, or three on tracks smaller than 333 meters; and

(c) When flying start time trials are used to seed riders, the timing distance shall be the complete length of the track, except that USABA tandems will use the Paralympic timing distance of 200 meters.

2H. Keirin

2H1. A **Keirin** is a race in which riders sprint after completing a certain number of laps behind a pacer. The race will be 8

laps on a 250 m track, 6 laps on a 333 m track and 5 laps on a 400 m track (approximately 2 km total race distance). No more than nine riders may compete in a Keirin. If the number of entrants warrants, there may be qualification and/or repechage rounds leading to a final race. Normally the pacer rides a derny or motorized pacing bicycle; a tandem may be used when practicable.

H2. Sprint Rules Apply. Except as provided below, rules regarding track sprint riding shall apply to the Keirin.

(a) The starting positions of the riders shall be determined by drawing lots. The riders shall be placed side by side on the pursuit line with the sprinters lane being left free. *The riders shall be held, but not pushed by assistants.* The start shall be given when the pacer approaches the pursuit line in the sprinters lane. Unless another rider assumes the responsibility, the rider who drew No. 1 shall follow immediately behind the pacer for at least the first lap, failing which the starter shall stop the race and the rider will be eliminated. The rider who drew number 2 shall lead after the restart.

(b) If there is a mishap in the first half lap, the race shall be stopped and immediately restarted.

(c) The pacer shall ride on the measurement line, starting at 25 kph (15 mph) for women and 30 kph (18 mph) for men and shall gradually increase speed to 45 kph (28 mph) for women and 50 kph (31 mph) for men. The pacer shall leave the track when ordered to do so by the starter, in principle 600-700 meters before the finish.

(d) If the leading edge of the front wheel of any rider's bicycle passes the back edge of the pacer's rear wheel while the pacer is still on the track, *the race will be stopped and rerun without the rider(s) at fault. The offending rider(s) shall be disqualified.*

(e) 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.*

(f) Any other restarts are at the discretion of the Chief Referee.

2I. Time Trial

2I1. Riders are timed over a **fixed distance**. Starts may be either flying or standing. If a session is interrupted, all competitors must ride in a subsequent session. *The event is run as a final, except in the cases where it is being used as qualifying, such as for sprints or the omnium.*

2I2. In **flying start events**. *Riders shall build up speed over a distance depending on the length of the track:*
200-meter time trial and flying lap:

- *250 meter track or smaller: 3.5 laps*
- *285 meter track: 3 laps*
- *333.33 meter track: 2.5 laps*
- *400 meter track: 2 laps*

Note that the distances given include the timed portion.

2I3. Standing Start Events.

(a) The rider shall be held by starting blocks or an official at the start and shall be neither restrained nor pushed. The starter shall ensure that each rider starts within the sprinters lane, with the leading edge of the front wheel directly over the starting line and the bicycle not pointed up or down the track.

(b) The competitors shall either be started one at a time or two at a time, with one rider starting on each side of the track, and the starting procedure the same as for individual pursuit.

(c) When **team events** such as the team pursuit or team sprint are run as a single time trial ride, rather than multiple rounds, the rules for the **qualifying round** for that event shall cover mishaps and false starts.

2I4. Restarts. The general principle is that a restart is **charged** to a rider if the rider causes the restart, through a mishap or false start. Some restarts are not charged – examples include timing failure or unsafe conditions.

(a) In the case of a false start, the rider shall restart immediately.

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

(c) A rider is permitted at most, one charged restart.

2I5. Should two or more riders make the **same time**, they shall be placed as follows:

(a) *Kilometer and 500 meter TT: placed equally.*

(b) *Standing start time trials greater than 1 km: based on the best previous lap time.*

(c) *200 meter TT: The riders concerned will be classified according to the best time in the last 100 meters. In the case that the last 100 meter time cannot be determined, or if the riders are still tied, the riders concerned will draw lots.*

(d) *Flying lap: The riders will be ranked according to the best time in the last 200 meters.*

2I6. The **blue band** shall be made impractical for riding by the placement of sponges 50 cm by 8 cm by 8 cm in the turns at 5 meter intervals 20 cm below the lower edge of the measurement line.

2J. Individual Pursuit

2J1. Pursuit is a race between competitors who are started at equal intervals around the track, and is run until one rider catches the others or until a certain distance is covered, as specified in advance. A rider catches another by overtaking and drawing even.

2J2. Championship individual pursuit, treated below, is a race between two riders *competing over a fixed distance. The riders start on opposite sides of the track. The winner is*

determined by either catching the other rider or recording the fastest time over the specified distance. The distances used are 2000 meters for junior women, 3000 meters for elite women and junior men, and 4000 meters for elite men. The rider who catches the other or covers the distance in the shortest time is the winner.

2J3. Timing. Both riders will be timed at half-laps throughout the race.

2J4. Coach. One person only may indicate a rider's position in relation to the other rider. That person may occupy a position before or after the rider's finish line, but shall not make any rash gestures of encouragement.

2J5. Recovery Interval. A rider may not participate in more than two pursuit matches on the same day except in unavoidable circumstances which shall be decided by the chief referee. A minimum interval of two hours must be allowed between rides.

2J6. Qualifying Round.

(a) The qualifying round is a time trial in which no more than two riders may be timed simultaneously on the track. Any rider who is caught must finish the distance to have his or her time recorded.

(b) *For the qualifying round, the officials shall make up each match from riders presumed to be of equal ability, but without matching the two presumed to be the best.*

2J7. Finals.

(a) The two fastest riders from the qualifying round shall race for first and second, and the third and fourth fastest riders from the qualifying round shall race for third and fourth.

(b) Should a rider fail to take the start of a final, his opponent is declared the winner. A rider failing to start the final for 1st and 2nd places shall be placed 2nd; a rider failing to start the final for 3rd and 4th places shall be placed 4th. If the reason for failing to ride is not accepted by the Chief Referee, the absent rider shall be disqualified and his place shall remain vacant.

2J8. Equipment.

(a) There shall be separate lap cards and a bell for each rider.

(b) A red disc shall be placed in the homestrait and a green disc in the backstraight exactly at the starting points of each rider.

(c) *On tracks that do not have an integral number of laps per kilometer, a* single green flag and a single red flag shall indicate the first kilometer of each rider respectively. A double green flag and a double red flag shall mark the last kilometer of each rider respectively. These discs and flags permit the starter to determine the location of the rider for the purpose of determining restarts.

(d) The blue band shall be made impractical for riding by the placement of sponges 50 cm by 8 cm by 8 cm in the turns at 5 meter intervals, 20 cm below the lower edge of the measurement line.

2J9. Starts.

(a) The two riders shall be positioned to start on the inside of the track diametrically opposite each other. If the track has an integral number of half-laps to the kilometer, the start will be at the red lines in the center of the straights.

(b) The start shall be by countdown. The starter and assistant starter shall be in the center of the track. The riders shall be held by starting blocks or an official at the start and shall be neither restrained nor pushed. If held by officials, the same two officials shall hold all riders except in the case of unavoidable circumstance. The referees located at each starting point shall insure that all riders start in exactly the same manner, with the front part of their front wheel directly over the starting line and the bicycle not pointed up or down the track. The officials shall indicate when the rider is ready for the start with a single raised flag. *A red flag shall be used for the homestrait and a green flag for the backstraight.*

(c) A false start shall be called by the starter should either rider move forward before the gun is fired or if either rider is pushed.

(d) Each rider is allowed only one reride for false starts or mishaps. Therefore, a rider is entitled to only two starts in any given round.

2J10. Mishaps.

(a) Qualifying round: In the first half-lap, in the event of a mishap, the race is stopped and restarted immediately. After the first half-lap the race shall not be stopped. A rider who suffers a mishap shall be permitted to ride again at the end of the qualifying rounds (either alone or matched against another rider in the same situation). A rider may only be permitted to have two (2) starts in this round.

(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 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

$B = (G \times L) / (2 \times T)$ 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.

2J11. Finish.

(a) Final: If one rider passes the other, the starter shall signal the end of the race. *A rider is considered to have been caught at the point that the chainset on his opponent's bicycle draws level with that on his own bicycle.*

(b) In all rounds, if neither rider catches the other, then a single gunshot shall be fired when the first rider finishes and another fired when the second rider finishes.

(c) In the event that the riders record the same final time, the rider who records the best time for the final lap shall be declared the winner.

2K. Team Pursuit

2K1. Pursuit teams are made up of two or more riders. The rules for a particular event must appear in the official race announcement and be explained to all participants before the start. The official race announcement must specify how many riders must finish and on which finisher the time is taken.

2K2. Italian pursuit is a race between teams of any number of riders over a specified distance. The teams are spaced at equal intervals around the track at the start. The leading rider of each team shall lead for one or two laps, as specified, then pull off. The second rider shall then take the lead for the same number of laps and also stop. The same procedure shall be followed until there is only one rider on the track per team during the last one or two laps. The team whose last rider is farthest ahead as compared to the team's starting position, wins.

2K3. Championship team pursuit matches, treated below, shall have three or four riders per team and cover a distance of 3000 or 4,000 meters. *Except for the specific details (even implicit) in this sub-section, the rules of the individual pursuit shall apply equally to the team pursuit. The time is always taken on the third rider whether the race is for three or four-person teams.*

2K4. Team. In events with four-rider teams, there may be up to six riders entered for each team but a racing team of no more than four riders may compete in a given session.

2K5. Timing is taken from the front wheel of the third rider. Both teams will be timed at full laps throughout the race.

2K6. Coach. Only one person may indicate a team's position in relation to the other team. That person may occupy a

position before or after the finish line, but shall not make any rash gestures of encouragement.

2K7. Recovery Interval. A team should not participate in more than two pursuit matches on the same day except in unavoidable circumstances as determined by the Chief Referee. A minimum of two hours should be allowed between rides.

2K8. The **organization** of various rounds in team pursuit is the same as for individual pursuit.

2K9. The **equipment** used for team pursuit shall be the same as for individual pursuit.

2K10. Start.

(a) In the qualifying round teams shall be started one at a time except in extraordinary circumstances.

(b) The two teams shall be positioned to start on the inside of the track diametrically opposite each other. If the track has an integral number of half-laps to the kilometer, the start will be at the red lines in the center of the straights. After the qualifying round, the team with the faster time in the preceding round shall be started so as to finish in the home straight.

(c) Each team may choose to line up for the start in either of two ways:

(i) All riders on the line with one meter between them or;

(ii) Only the first rider on the line and the others at a 45 degree angle back of the first rider with one meter between them.

(d) The start shall be by countdown. The starter and assistant starter shall be in the center of the track. The teams shall be held by officials and neither restrained nor pushed. Whenever possible the rider placed in the sprinters lane shall be held by a starting block. The same officials shall hold all riders except in the case of unavoidable circumstances. The officials located at each starting point shall insure that all riders are lined up properly at the start and that the front part of the front wheel of the first rider is directly over the starting

line and that no other rider is ahead of the first. All bicycles must be lined up straight and not pointed up or down the track. *The officials shall indicate when the riders are ready for the start with a single raised flag. A red flag shall be used for the homestrait and a green flag shall be used for the backstraight.*

(e) A false start shall be signaled if any rider moves forward before the gun is fired or is pushed, or if *the rider on the inside of the track fails to take the lead.*

2K11 Restarts. In each round of competition a team shall only be granted one restart as a result of that team suffering a mishap or false starting.

2K12. 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 decide either to stop and ride again at the end, or continue to ride one person short. If the team decides to stop, they must make their intention known within one lap after the mishap. 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.

(b) Final Rounds. In the event of a mishap in the first half-lap, the race shall be stopped and restarted. After the first half-lap, no mishap will be taken into consideration. The team shall continue if they still have three riders on the track; otherwise the starter shall stop the race and the other team shall be declared the winner.

2K13. Finish.

(a) In the **final**, if one team catches the other, the starter shall stop the race. A team (with at least three members together) is considered to have caught another team when it is within one meter of the other. *When the officials see that a team is about to be caught, they shall signal the team being caught with a red flag so that it may not execute any more relays and must remain at the bottom of the track until the*

opposing team has passed. Any failure to act on this instruction shall result in the immediate disqualification of the team.

(b) In all rounds, if one team does not catch the other, then a single gunshot shall be fired when the first team finishes the specified distance and another shot when the second team finishes.

(c) If both teams have the same time at the finish, the teams shall be placed according to the faster lap times nearest the finish. Three riders must complete the distance or the team cannot be classified.

(d) Should a team fail to take the start of a final, the opponent is declared the winner. A team failing to start the final for 1st and 2nd places shall be placed 2nd; a team failing to start the final for 3rd and 4th places shall be placed 4th. If the reason for failing to ride is not accepted by the Chief Referee, the absent team shall be disqualified and the place shall remain vacant.

2K14. No Pushing. The members of a team shall not be allowed to push one another.

2L. Team Sprint

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 three or two; generally it will be three for men and two for women. 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.

2L2. Starts

(a) In the finals, the team with the best time shall start in the home straight.

(b) The composition of a team may be modified from one round to another but an incomplete team (less than one rider per lap) may not start.

(c) The race shall be stopped within the first half-lap for any of the following reasons: if any member of a team starts before the pistol shot a false start shall be called (each team is allowed only one (1) false start), a failure of the electronic timing system, or a failure of the starting blocks.

(d) The riders of each team shall start either side by side or staggered at an angle of 45° behind the start line. The lateral distance between riders shall be equal and between 1.5 and 2 meters.

2L3. Successive Pulls

(a) The leading rider shall move toward the outside of the track after one lap and then drop back and leave the track without hindering the other team.

(b) In two lap races the second rider shall complete the last lap alone; in three lap races the rider that was in second position shall lead the following lap and then shall drop out in the same manner.

(c) In three lap races the third rider shall complete the last lap alone.

(d) *At the completion of their lap, the rear edge of the leading rider's back wheel must cross the pursuit line ahead of the leading edge of the front wheel of the following rider. Thereafter, the leading rider must draw aside immediately and ride above the sprinter's line within 15 meters after the pursuit line.*

(e) No rider may push or pull another rider.

2L4. Restarts. In each round of the competition a team shall be granted only one restart as a result of that team suffering a mishap or false starting. This does not include a restart caused by another team's hindrance.

2L5. Mishaps:

(a) Qualifying rounds:

In the event of a mishap, the team may restart (once only) at the end of the qualifying round, whether or not the accident is

recognized. In the event that a second mishap occurs during the second attempt, the team shall be eliminated. Any team which may have been hindered by a mishap to its opponents may, by decision of the officials, be granted a restart at the end of the qualifying rounds.

(b) Finals:

In the event of a mishap, the team involved shall be granted a restart. If the team suffers a further mishap during its subsequent ride, it shall be relegated.

2L6. Finish. The team whose final rider crosses the line first shall be the winner. In case of a tie, the team with the best time on the final lap shall win. All timings are based on the lead rider.

Should a team fail to take the start of a final, the opponent is declared the winner. A team failing to start the final for 1st and 2nd places shall be placed 2nd; a team failing to start the final for 3rd and 4th places shall be placed 4th. If the reason for failing to ride is not accepted by the Chief Referee, the absent team shall be disqualified and the place shall remain vacant.

2M. Points Race

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 10 laps on tracks 250m or shorter; on longer tracks the interval shall be the number of laps closest to 2km. 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. 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.*

2M2. The **main group** or **field** is the largest group on the track. If two or more groups are the same size, the leading group shall be the main group.

2M3. Gaining Laps.

(a) A rider shall be considered to have lapped the main group upon reaching a position to take shelter behind the main group. (A rider or group of riders shall be considered to have taken shelter behind the main group when the distance between the last rider in the main group and the first rider of the overtaking group is less than 5 meters or 16 feet.)

(b) Riders who break away continue to score points until they have lapped the main group. Once they have lapped the main group, they must sprint with this group to score additional points, even if they catch the group during a sprint lap.

(c) If the riders are strung out so that no main group exists, the chief referee shall determine when a rider or group of riders has passed enough riders to be credited with having gained a lap.

(d) Riders who lose contact with the field, and are then caught by the leaders, may not lead. Riders attempting to gain a lap may not accept assistance from riders who have lost contact with the back of the field. Riders attempting to gain a lap may work together, but no sacrifice of a rider's position to the advantage of another rider shall be allowed.

2M4. Losing Laps.

(a) Riders who lose laps may sprint for points only after being absorbed by the main 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.

(b) A rider who gains a lap and then loses contact does not lose the lap until absorbed by the main group.

(c) Riders who fall two or more laps behind and are considered to be out of contention may be withdrawn at the discretion of the Chief Referee.

2M5. Free Laps.

(a) In case of mishap, the rider(s) involved must proceed to the official repair pit (if one is established) and those involved shall be given one or more free laps totaling nearest to 1300 meters per mishap. *On returning to the track, riders shall resume the position they occupied before the mishap.*

(b) Riders taking free laps may not return to the track in the final kilometer.

(c) 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.

2M6. Finish.

(a) A points race ends when the leader completes the required distance. All other riders will finish on the same lap as the leader. Riders who have mishaps and are prevented from returning to the race by 2M5(b) will retain their points for the final classification. Other riders who fail to complete the race shall not be placed.

(b) When riders are tied on points, the order of finish in the final sprint shall be used to break the tie.

***2M7.** In case of a fall involving over one-half of the riders, the race shall be stopped and the officials shall determine the duration of the stoppage. A new start shall be taken and each rider shall retain their points at the moment of the fall.*

***2M8.** If the track becomes impracticable to race for any reason, the commissaires shall decide as follows:*

DISTANCE	DECISIONS		
	Complete rerun the same day	Resume race with points accumulated	Let results stand
	Stopped before:	Stopped between:	Stopped after:
10 km	8 km	/	8 km
15/16 km	10 km	/	10 km
20 km	10 km	10-15 km	15 km
24/25 km	10 km	10-20 km	20 km
30 km	15 km	15-25 km	25 km
40 km	15 km	15-30 km	30 km

2N. Madison

2N1. A **Madison** is a *race run over a specified distance with intermediate sprints involving teams of two riders who relay each other. Ranking is determined on distance plus accrued points in the sprints.*

2N2. *The two riders shall wear the same jersey and shorts and shall wear the same rider number.*

2N3. Sprints for points shall be held in the same manner as a points race. In Championship Madisons, sprints will occur every 20 laps. The Race Director may specify different points allocations provided that he 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.*

2N4. Gaining and losing laps by teams in a Madison race are determined in the same way as for riders in a points race.

2N5. Final placings are determined by number of laps completed and secondarily by points earned in sprints. *Teams having covered the same number of laps are placed according to the number of points scored. Where there is a tie on laps and points, the places in the final sprint shall decide.*

2N6. At the **start** of the race, *the "racing" riders, formed of one rider of each team, take their places at the start. The "relief" riders, formed of the other riders of each team, shall be lined up along the opposite outside railing. After a neutralized lap, a flying start shall be given to the "racing" riders by means of a pistol shot. During the neutralized lap, the "relief" riders must remain motionless.*

2N7. Relieving Partners.

(a) A rider entering the track from the blue band shall do so on the homestrait or backstraight and must not interfere with riders already on the track. A rider leaving the track should stop on the blue band in one of the straights, but never on turns.

(b) In order to make a change from racing rider to relief rider, a rider must draw even with the teammate. The relay may be made by *a handsling*, touching, pushing, pulling, or by merely drawing even with the partner.

(c) A relay without the partners drawing even (a wireless pickup) may result in a team being penalized a lap.

(d) In relieving, the members of a team must not interfere with other competitors. The relieved rider must stay on the inside of the track or continue in a straight line from wherever the exchange was made until all other riders in that group have passed safely. When the track is clear, the relieved rider may move up the track and proceed slowly until time for the next exchange. If there are special regulations on where the riders must stay, they must be explained clearly to the riders before the race.

2N8. Mishaps. Should one of the riders suffer a mishap, his teammate shall immediately take the team position and continue to race without relief until his teammate returns, *and no free laps are granted*. If both riders suffer mishaps, the team shall be entitled to free laps equal to the number of laps nearest 1000 meters. On returning to the race, a member of the team shall resume the position the team occupied before the mishap. Teams taking free laps may not return to the track in the final kilometer; a team entitled to free laps at

that point shall be placed according to the laps and points held at the time of the mishap.

2N9. *Teams lapped three times by the main bunch may be removed from the race.*

2N10. *In the case of a fall involving over one-half of the teams (calculated on the basis of one rider per team), the race shall be stopped and the officials shall determine the duration of the stoppage. A new start shall be taken and each team shall retain the laps won or lost at the moment of the fall.*

2N11. *If the track becomes impracticable to race for any reason, the commissaires shall decide as follows:*

	<i>Elite</i>	<i>Junior</i>	
<i>Race stopped before:</i>	<i>20 km</i>	<i>10 km</i>	<i>resume entirely the same day</i>
<i>Race stopped between:</i>	<i>20 and 40 km</i>	<i>10-25 km</i>	<i>resume race with points and laps acquired so far</i>
<i>Race stopped after:</i>	<i>40 km</i>	<i>25 km</i>	<i>results stand</i>

20. Omnium

201. 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. In National Championship omniums, the points awarded in each event shall be 7-5-3-2-1 for first through fifth places except for events that are International-style omniums (see rule 203).

202. 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.

203. 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. All events are held over two days. The following rules apply:

(a) *The International-style omnium is a single competition consisting of six events, which usually is held over two days in the following order:*

(i) Flying *lap* time trial: one lap for tracks up to 250m in length, *or 250m* for larger tracks.

(ii) Points race: 30km for elite men; 20km for elite women; 15km for junior men; 10km for junior women. The sprint intervals are the same as for championship points races.

(iii) Elimination race.

(iv) Individual pursuit: 4000m for elite men; 3000m for elite women and junior men; 2000m for junior women. The race is run without finals, with riders seeded from the overall ranking after the elimination race

(v) Scratch race: 15km for elite men; 10km for elite women and junior men; 7.5km for junior women.

(vi) Time Trial: 1000m for men and 500m for women, respectively (riders are seeded from the overall ranking after the scratch race).

(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; 7.5 km for junior men; and 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) The pursuit and 1000m/500m time trial should be conducted with two riders on the track at the same time if possible.

(g) Ranking:

(i) Full results shall be produced after each event. The cumulative total of points obtained in each event shall be updated after each event. The winner shall be the rider who has obtained the lowest total of rankings.

(ii) The winner of each event will be awarded 1 point, the second place rider 2 points, and so on.

(iii) Any rider abandoning or being withdrawn from the scratch race or points race shall be awarded the ranking of the last available place at that time plus a penalty ranking equal to the last rank points granted to the flying time trial. *In the case of the scratch*

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 shall be awarded the ranking of the last available place. Riders involved in the same incident shall be placed equally.

(iv) A rider taking pace from his opponent in the individual pursuit shall be awarded the ranking of the last available place at that time plus a penalty ranking equal to the last rank points granted to the flying time trial.

(v) In the event of a tie, the best rider shall be determined by the lowest cumulative time in the time trial events.

Chapter 3

Road Racing

3. Road Racing

3A. Road Course

3A1. A road course may be from place to place, around a circuit, out and back, or any combination of these. The course shall not cross itself; there must be no chance that riders may have to cut through other groups of riders.

3A2. Multiple Fields. If more than one massed start race is to be on the course simultaneously, starting intervals should be chosen such that different groups should not overlap. *Race Directors are responsible for the planning and coordination of races to generally avoid overlapping of groups on the same course.* If more than one massed start race is to be on the course simultaneously, starting intervals should be chosen such that groups will not overlap. If these conditions are not met, the Chief Referee may change the schedule or cancel some or all of the events.

3A3. Markers. *In all road events, at a minimum a conspicuous marker shall denote the final kilometer. A panel shall indicate the final 200 meters from the finish. Panels including the following distances from the finish line: 500 m, 300 m, 150 m, 100 m, and 50 m are recommended. Panels indicating the last 25, 20, 10, 5, 4, 3 and 2 km are recommended for all road races. In races ending on a circuit, only the last 3, 2 and 1 km are to be displayed.*

3A4. The **finishing area** should be at least eight meters wide and be adequately protected so as to prevent spectators from entering onto the course. The last 200 meters should be free of turns and curves.

3A5. The **finish line** shall be perpendicular to the racecourse. For any championship event it shall be a black line of uniform width between 4 and 6 cm painted in the middle of a 72 cm wide white stripe.

3A6. The **Race Director** shall ensure that feeding stations are correctly located, that police and marshal facilities have been established to help ensure the safety of the riders, and

that preparations have been made for crowd control at the finish. If these conditions are not met, the Chief Referee may delay or cancel the race.

3A7. Category A events. The Race Director shall do the following in Category A events. Race Directors are encouraged to do them for other road races.

(a) Provide a precise course map indicating distances to be covered.

(b) Provide a finish area that includes the following: a finish line that meets the championship specification, fencing on each side of the finish line, and a banner above the finish line bearing the word "Finish".

(c) Provide a covered podium for the officials and a public address system at the finish line.

(d) Provide photo-finish equipment at the finish line that supplies continuous, frameless finish order for massed start events or an electronic timing system for time trials.

(e) Provide a results room in a quiet location near the finish area for use by the officials.

(f) Provide at least two body numbers for competitors in massed-start events; frame numbers are recommended.

3B. Riding Conduct

3B1. Center Line. If a course is not closed to traffic, all competitors must keep to the right of the center line or enforcement line.

3B2. Rules of the Road. Riders shall, of their own responsibility, conform to all traffic regulations in force in the area where the race is held.

3B3. Road Closure. It is forbidden to cross a closed railroad crossing or any other road closure. The following rules apply to railroad crossings and other closures:

(a) If one or more riders who have broken away from the field are held up at a railroad crossing and the gates open

before the field catches up, then no action shall be taken and the closed crossing shall be considered a mere race incident.

(b) If one or more riders with more than 30 seconds lead on the field are held up at a railroad crossing and the rest of the field catches up while the gates are still closed, then in this case the race shall be neutralized and restarted with the same gaps, once the official vehicles preceding the race have passed. If the lead is less than 30 seconds, the closed crossing shall be considered a mere race incident.

(c) If one or more leading riders make it over the crossing before the gates shut and the remainder of the riders are held up, no action shall be taken and the closed crossing shall be considered a race incident.

(d) Any other situation (e.g., prolonged closure, etc.) shall be resolved by the officials.

3B4. The responsibility of **keeping on the prescribed course** rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official.

3B5. Taking pace or assistance from any outside means is forbidden, including holding on to a motor vehicle or taking pace from riders in a different race that is concurrently on the same course.

3B6. Competitors who suffer a **mishap** may be assisted in remounting and may be pushed up to 10 meters.

3B7. Riders are permitted to start with **feeding bottles** or such refreshments as they wish to carry, but glass containers are strictly prohibited.

3B8. Support. When not otherwise prohibited, competitors may exchange food and drink among themselves. Tires, tools, pumps, wheels, and bicycles may be exchanged only among members of the same team and a rider may not sacrifice himself for another rider unless on the same team. Such items may also be handed from a person on foot, but not directly from a moving vehicle, except in those circumstances designated by the Chief Referee.

3B9. Feeding. The passing of food or refreshments to competitors shall be at the discretion of the Chief Referee. Riders may not discard materials that are not biodegradable; they may pass or throw such material to support personnel in places far from any bystanders.

3C. Individual Road Race

3C1. If a **circuit course** is used for an individual road race, the distance should be at least 5 km per lap.

3C2. Individual road races shall be massed start races, in which all riders start from the same mark, or handicap races, in which starting positions are assigned in accordance with past performance so as to give all riders an equal chance at winning.

3C3. A lapped rider or one who has fallen too far behind and is considered to be out of contention may be called off the course by the Chief Referee. Riders on different laps may not give or receive pace from one another. A lapped rider must not interfere in any prime sprint or finishing sprint and must ride sufficient laps at the end so as to cover the entire distance in order to qualify for a prize, unless excused by the Chief Referee from covering the full distance.

3C4. Caravan.

(a) Only vehicles authorized by the Race Director may follow races on the road and each such vehicle shall bear distinctive identification, visible from both front and rear. The composition and structure of the race caravan must be approved by the Chief Referee and all vehicles shall operate under the officials' control.

(b) Team cars and neutral service vehicles should be 1.6 meters in height or less, with windows that are not opaque. If non-complying vehicles are allowed in the caravan, the Chief Referee may change their position based on vehicle characteristics.

- (c)** In stage races, caravan order is determined by individual general classification when it is available.
- (d)** For single-day events, and stage races and omniums when individual classification is not available, the following applies:
- (i) If the race is part of a points series, caravan order will be determined by current individual point standings. Teams with no individual points will be placed after the teams with points by drawing lots. Teams with points that are not represented at a mandatory managers meeting will be treated as though they had no points.
 - (ii) For races that are not part of a points series, caravan order is determined by drawing lots. Teams that are not represented at a mandatory managers meeting will not be included in this drawing; they will be placed after the other teams, with their order determined by a second drawing.
 - (iii) The technical guide should include the details about caravan order and any managers meetings. The guide may specify an alternate method of determining the order of cars.
- (e)** When drawing by lot, team names are drawn randomly, with the first chosen being first position, etc.
- (f)** The Race Director shall appoint a technical director to coordinate technical support and shall provide a sag wagon.
- (g)** Drivers of support vehicles shall keep to the right of the road and shall follow the rules of the road. Should a support vehicle need to stop, it shall always pull off the road on the right side.
- (h)** Riders may be assisted only at the rear of the group, regardless of the rider's position in the race. No rider may be assisted at the front of a group.
- (i)** Caravan vehicles may pass a referee's vehicle only with the permission of the referee.

(j) In the case of a breakaway, a support vehicle may drop in between the breakaway riders and the main group only with the permission of a referee.

3C5. Feeding.

(a) Riders may be supplied with food or drink in either of two ways, as planned jointly by the Race Director and Chief Referee:

(i) In specified feed zones by hand-ups from the Race Director's staff or the rider's support staff;

(ii) From support vehicles during the race.

Feeding will normally begin 50 km from the start.

Feeding shall be authorized thereafter except for the last 20 km. This may be modified by the Chief Referee depending on the nature of the course and the weather.

(b) When a referee grants permission to feed from cars, the procedure is for riders to slowly move to a position even with their team car to receive food and drink. The team car must be positioned behind the referee's car unless the group contains 15 riders or less, in which case, with permission of a referee, the team car may move up to the rear of the group to feed. No supplies may be sought or provided from a vehicle during a hill climb or on dangerous bends or descents.

(c) Any riders accepting food or drink from spectators, provided that this is not an organized service, shall do so at their own risk.

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:

(a) Provide at least two neutral support vehicles, at the service of all riders. One such vehicle shall drive ahead of the field to take care of riders who break away while the other shall follow behind the field.

(b) Stop all traffic at the finish line and along the course as the riders pass.

(c) Provide official cars equipped with opening roofs and radio transceivers for the race officials as well as radio tour.

- (d) Provide technical support vehicles with radio receivers.
- (e) *Provide radio tour and a radio tour operator for races that will have a team caravan. Provide radio tour receivers for all caravan vehicles.*
- (f) Provide rider feeding supplies for stage races.

3D. Criterium

3D1. A criterium is a closed-loop course entirely closed to traffic. The length of the course is between 800 m and 5 km. The minimum width throughout the course should be 7 m.

3D2. Riders may only ride in a **forward direction** on the course but may dismount and run backward to a repair pit when it is safe to do so.

3D3. The following are alternative methods for handling lapped riders *or riders out of contention* in criteriums. The method chosen by the Race Director with the Chief Referee must be clearly explained to the riders prior to the start of the race.

(a) A rider who falls so far behind as to be considered out of contention may be removed from the race by the officials and may be placed according to the distance covered and placing amongst those pulled that lap.

(b) Alternatively, lapped riders may be permitted to remain in the race and all will finish on the same lap as the leaders. At the finish, these riders will be placed according to the number of the laps they are down and then their position in the finish.

3D4. Riders who have lost contact with the field, and are then caught by a breakaway from the field, may not lead. Riders off the front of the field may not accept assistance from riders who have lost contact with the back of the field. Lapped riders may rejoin and race with the field in cases where lapped riders are not being withdrawn by the officials.

3D5. Free Lap Rule. Riders shall normally cover the distance of the race regardless of mishaps and must make up any

distance lost on their own ability unless a free lap is granted for mishaps. Unless the official race announcement states that no free laps will be allowed, one free lap may be granted for each mishap subject to the following rules. On courses shorter than 1 km, two free laps may be allowed for a given mishap.

(a) Bicycle inspection and repairs must be made in an official repair pit. If announced in advance by the Chief Referee, riders are permitted to cut the course to get to a pit, but only while the Free Lap Rule is in effect. There should be repair pits at intervals of 1 km around the course.

(b) There must be a referee stationed in each repair pit to determine if the mishap was a legitimate one and if the rider is entitled to a free lap.

(c) A rider who is granted a free lap must return to the race in the position held at the time of the mishap. A rider who was in a group shall return at the rear of the same group the next time around. A rider returning to the race after a free lap shall be ineligible for sprint prizes for one lap thereafter.

(d) A rider granted a free lap must re-enter the race before the final 8km of the race; after that point in the race a rider in the pit is losing ground on the field.

3D6. Feeding is not permitted unless specifically authorized by the Chief Referee.

3D7. Primes are sprints within a race. They may be for the lead riders or any group or field of riders. A bell shall be sounded on the lap preceding the prime sprint at the appropriate line for that prime sprint. The line used for prime sprints need not be the same as the start or finish line. Primes may be either predetermined for certain laps or spontaneously designated under the supervision of the Chief Referee. All primes won shall be awarded to riders even if they withdraw from the race. Lapped riders are not eligible for primes except in the following situation: when a breakaway has lapped the main field, riders in the main field and the breakaway riders are then both eligible for primes. When primes are announced for a given group, only riders in that

group or behind it at the beginning of the prime lap are eligible.

3D8. Field finish option. If two or more riders have lapped, or are about to lap, a substantial group of riders, the Chief Referee may direct all lapped riders to sprint early, usually two to four laps before the end of the race, then retire. The decision to do this shall be communicated to the riders several laps in advance of the final sprint. No continuing rider may take pace from a rider who has finished.

3E. Individual Time Trial

3E1. Courses may be out-and-back, around a circuit, or one way. Only out-and-back and circuit courses may be used for record purposes.

3E2. Road bicycles shall be used. Bicycles with a front hand brake and fixed wheel may also be used.

3E3. Starting order may be chosen by random selection, by numeric order, or by seeding (normally fastest last).

3E4. Starting times shall be at equal intervals, normally one minute. The start sheet with starting order and appointed starting times should be available at least one hour before the start.

3E5. Start.

(a) Each rider shall report to the starter at least three minutes before his scheduled starting time and shall start at the scheduled time. If a rider appears later than the appointed starting time, the start will be allowed only if it does not interfere with the riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed time shall be used in computing the results. A rider who leaves the line early shall have that time added to his overall time as a penalty unless an electronic starting mechanism is triggered on the rider's start.

(b) The rider shall be held at the start, but shall neither be restrained nor pushed.

(c) No restarts are permitted for any reason.

3E6. Rider Conduct.

(a) On an out-and-back course, riders shall stay to the right of the centerline or enforcement line at all times.

(b) No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side.

(c) No two riders may ride abreast other than when attempting to pass and such attempts shall not be maintained beyond a distance of 500 meters. *If the pass is not made cleanly within 500 meters, the caught rider must drop back to a distance 25 meters behind the rider who caught him.*

3E7. Support Vehicles.

The Race Director and Chief Referee will decide whether support vehicles will be allowed. Rules governing support vehicles in an Individual Time Trial are as follows:

(a) Support vehicles must be authorized and under the control of the Chief Referee to be on the course.

(b) Each rider may be followed by a motor vehicle. The vehicle may carry spare wheels, repair materials, and bicycles ready for use in case of a mishap.

(c) A bullhorn may be used to communicate with the rider. Support vehicles shall at all times remain at least 10 meters behind the rider, except when the rider has a foot on the ground.

(d) A support vehicle may not take a position between two riders unless there is a distance of at least 75 meters between them. Should this distance diminish, the vehicle supporting the leading rider shall immediately drop back behind the follower.

(e) No attendant may lean or hold any piece of replacement equipment out of a vehicle.

(f) No rider may be handed supplies during a time trial, whether from a support vehicle or not.

3F. Team Time Trial

3F1. Teams may be made up of two or more riders. The distance, timing basis, and number of riders who are required to finish must be specified in the official race announcement. Times may be based on any specified finishing position or on the sum of the times of any specified finishers.

3F2. Course.

(a) Courses may be out-and-back, around a circuit, or one way. Only out-and-back or circuit courses may be used for record purposes.

(b) The recommended minimum roadway width is 12 meters for an out-and-back course; otherwise a minimum of 8 meters is permitted. A warming-up area at least 2 km in length adjacent to the starting area is recommended.

(c) The turnaround point for an out-and-back course should be at a place where the roadway is sufficiently wide to permit the riders and any following vehicles to turn smoothly.

3F3. Only **road bicycles** shall be used.

3F4. The **starting interval** between teams will normally be at least two minutes, but may be increased according to the course.

3F5. Starting order may be chosen by random selection, by numeric order, or by seeding (fastest last).

3F6. Start.

(a) Each team shall report to the starter at least three minutes before their scheduled starting time and shall start at the scheduled time. If a team appears later than the appointed starting time, the start shall be allowed only if it does not interfere with other teams starting on schedule. If it does interfere, the team may be further delayed. In case of a late start, the appointed time shall be used in computing results.

(b) The riders from each team shall line up side by side at the start. All riders shall be held at the start and shall neither be restrained nor pushed. When there are too few holders, all

riders must start with one foot on the ground. All teams must start in the same manner.

(c) No restarts shall be permitted for any reason.

3F7. In championship events, teams shall normally consist of four riders and the team time is the time of the third rider. Thus, at least three riders must finish.

3F8. Teammates on different laps may not work together.

3F9. All **pushing** of riders is forbidden, even among teammates.

3F10. No team shall take pace behind another team closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side.

3F11. The **exchange** of food, drink, minor repair items, help with repairs and exchange of wheels or bicycles shall be permitted solely among members of the same team.

3F12. Support Vehicles

The Race Director and Chief Referee will decide whether support vehicles will be allowed. Rules governing support vehicles in a Team Time Trial are as follows:

- (a)** Support vehicles must be authorized and under the control of the Chief Referee to be on the course.
- (b)** Each team may be followed by a motor vehicle. The vehicle may carry spare wheels, repair materials, and bicycles ready for use in case of a mishap.
- (c)** A bullhorn may be used to communicate with the rider. Support vehicles shall at all times remain at least 10 meters behind the riders, except when a rider has a foot on the ground.
- (d)** Support vehicles shall not be allowed to drive in front of or beside its team but must remain at least 10 meters behind the riders and must not pass any rider until there is a 75 meter gap between the riders, or until the referee decides that it is safe. Should this distance diminish, the support vehicle shall immediately drop back behind the following rider.
- (e)** No attendant may lean or hold any piece of replacement equipment out of a vehicle.

- (f) No rider may be handed supplies during a team time trial, whether from a support vehicle or not.

3G. Track Events on the Road

Track events may also be run on the road. In such events the appropriate track rules shall apply, as interpreted by the Chief Referee.

3H. Stage Racing

3H1. A **stage race** is an event with a common entry, run on consecutive days, comprising a sequence of road races (i.e., individual road races, time trials, criteriums), in which the overall results are determined by cumulative time or points. Riders must successfully complete each stage in order to be eligible for the next one. In stage races by time, the sum of the rider's times for each stage determines the final results. In stage races by points, the sum of the rider's points for each stage determines the final results. Stage races shall be conducted in accordance with General Racing and Road Racing rules as modified by specific exceptions given below. The Race Director shall prepare a technical guide - a complete set of race regulations that specify how each stage will be conducted.

3H2. The race regulations shall specify the **maximum number of riders** per team and may specify a minimum number of riders in order for the team to start. Only one team may be entered in a stage race by any given club.

3H3. Duration and Distance

(a) A **prologue individual time trial** may be conducted and is included in the count of competition days, **as long as the following conditions are met:**

- (i) It may not exceed 8 km.
- (ii) If more than 60 riders are involved, the interval

between the start of any two riders shall not exceed one minute.

(iii) The results are used to determine individual general classification.

(iv) Any rider who suffers a mishap during the prologue and is unable to complete the distance shall be permitted to race the following day, shall be placed last and given the time of the last rider completing the course.

(v) No rider may participate or be made to participate in a second race on the same day as the prologue.

(b) Double Stages. There may be at most two stages on any day. Races lasting four days or less may include no more than one day involving such a double stage. Races lasting five days or more may include no more than two days with double stages, and there must be at least two full days between double stage days.

3H4. Placings

(a) Competitions in stage races by time. The following placings are normally determined for stage races by time:

- (i) Individual general classification
- (ii) Individual points classification
- (iii) Individual climbing classification
- (iv) Team general classification.

There also may be other special classifications, such as most aggressive rider or best young rider. Other forms of classifications may be substituted for the various placing criteria cited above. Prizes are normally offered for both stage placings and for overall placings at the end of the stage race.

(b) Timing procedures. Each stage shall be timed in the same manner as a single-day event, with stage results in seconds for massed-start events and seconds and fractions for time trials.

- (i) In mass-start events, all riders of a group reaching the finish together shall be credited with the same time unless the group is drawn out, in

which case a new time shall be recorded at each break in the group.

(ii) A new time is assigned when there is a difference of one second or more between the back of the rear wheel of the last rider in a group and the front of the front wheel of the first rider of the following group.

(iii) The fractions of a second from time trial stages are discarded before calculating team or individual general classification, so that general classification is calculated in whole seconds.

(iv) If there is a team time trial, the race technical guide shall specify how the times for teams are determined. If the stage is included in individual general classification, the technical guide shall specify how individual stage times are determined as well.

(c) Individual General Classification.

(i) Each rider's general classification shall be calculated by summing that rider's time in all individual stages, taking into account any time bonuses and penalties. In case two or more riders are tied in their final general classifications, their order shall be determined by adding the fractions of a second from the individual time trial stages (including the prologue) back into the total time. If this does not resolve the tie, the next method is adding their places obtained in each stage. Should this not suffice to break the tie, their places in the final stage shall decide the order. Other methods for breaking ties may be used if specified in the race regulations.

(ii) Time bonuses may only be awarded for massed-start stages. If bonuses are awarded they shall be as follows:

	1 st Place	2 nd Place	3 rd Place
Stage Finish	10"	6"	4"
Half-Stage Finish	6"	4"	2"
Intermediate Sprint	3"	2"	1"

No bonuses for intermediate sprints may be awarded during stages or half-stages unless a bonus is also awarded at the finish.

(d) Individual Points Classification.

- (i) Placings in the points or sprint classification shall be determined by adding the points awarded at each stage. If the race regulations do not specify a different scale of points, the following shall apply to the 1st to 15th places respectively in all except time trial stages: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point. In time trial stages, the following points scale shall apply to the 1st to 10th places respectively: 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point.
- (ii) In order to qualify for a points classification prize, a rider must have completed the race.
- (iii) In the event of a tie in the general individual classification by points, the following criteria shall be applied in order until the riders are separated: 1. number of stage wins; 2. number of wins in intermediate sprints counting for the general classification on points; 3. general individual classification by time.

(e) Individual Climbing Classification.

- (i) The best climber shall be determined by adding the points awarded at the top of hill-climbs specified in the race regulations. If the regulations do not mention any specific scale of points, those given below shall apply.
Category 1 (over 1000 meters): 15, 12, 10, 8, 6, 5, 4, 3, 2 and 1 point for the first 10 riders to reach the top.

Category 2 (600 to 1000 meters): 10, 8, 6, 4, 3, 2 and 1 point to the first 7 riders to reach the top.

Category 3 (300 to 599 meters): 5, 4, 3, 2 and 1 point to the first five riders to reach the top.

(ii) To be eligible for the prize for best climber, the winner must have completed the race.

(iii) If two or more riders have an equal number of climbing points, the rider having obtained the highest number of first places at the top of Category 1 climbs shall be declared the winner. Should the riders still be equal, their order shall be determined by the number of first places obtained at the top of Category 2 climbs. If necessary, reference may even be made to the number of first places obtained at the top of Category 3 climbs. If still tied, the rider with the better placing in the individual general classification by time will be the winner.

(f) Team General Classifications are obtained by adding the three best times made by members of a given team during each stage, omitting time bonuses and penalties, except that the Chief Referee may choose to apply some penalties and shall announce them in the results.

(i) If two or more teams make the same time in any given stage, their order in the team daily classification shall be determined by the total number of places obtained by the three best riders of each team in the placings for that stage. If the teams are still tied, they shall be separated by the placing of their best rider on the stage finish.

(ii) If two or more teams have equal general classifications, their order shall be determined by the number of first places in the daily team classification obtained by each team, then by the number of second places in the daily team classification and so forth until such time as the number of places obtained by one or other of the teams permits their final placings to be determined. If there is still a

draw, the teams shall be separated by the placing of their best rider in the general individual classification.

(iii) Any team depleted to less than three riders shall be excluded from team general classifications.

(g) Competitions in stage races on points.

(i) The primary competition is individual general classification. It is calculated by summing points won in stage finishes and in intermediate sprints and subtracting any point penalties. Prizes are generally offered for individual stage finishes and final individual general classification.

(ii) Different stages may have different schedules of points. There may also be points awarded for mid-race sprints. The race technical guide should specify the schedule of points to be used, and the method of breaking ties. If no schedule is specified, the default is points to the top 15 places: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point. The default method of breaking ties is the finish order in the most recent stage.

(iii) Point penalties may be imposed. Specific penalties may be specified in the race technical guide, or the Race Commission may adapt the penalties for stage races on time by converting them to points.

(iv) There may be other competitions, such as sprints, climbing or team classification. The format of the competition should be specified in the technical guide.

3H5. Equipment

(a) All riders of a given team shall wear **identical jerseys** in all stages; however, the race leader and each leader in other categories shall wear special jerseys provided by the Race Director, provided that one is supplied that fits the rider concerned. Leadership jerseys may be worn only for the duration of the race and as long as the leadership lasts.

Current National or World Champions on the road may also wear their jerseys instead of their standard team jersey.

(b) Rider and Frame Numbers. All entrants shall use the rider and frame numbers provided by the Race Director. All riders shall, unless physically impossible, fit to the front of their bicycle frames the plate bearing the same number as appears on their back number.

3H6. Special Procedures

(a) Start. For individual events, unless stated otherwise in the race regulations, riders and support vehicles shall be present at the signature checkpoint at least 15 minutes before the announced time of the start and sign-in shall close ten minutes before the announced starting time.

(b) Road Course.

- (i) Any change in route shall be decided jointly by the Chief Referee and the Race Director. Once adopted, such a decision shall be immediately transmitted to all Team Managers.
- (ii) Should some or all riders head off in the wrong direction, the Race Director's staff shall do all in their power to redirect such riders back to the correct route at the point at which they left it, but they shall not be held responsible for routing errors by riders. Should such riders be in the lead, but the redirecting back to the correct route cancels that lead, no account may be taken of that loss as all riders are expected to know the route to be followed and shall bear full responsibility for any such incidents.

(c) Finish.

- (i) In the case of a **group finish**, the Chief Judge shall attempt to place as many riders as possible and those who follow shall be placed equal up to the point where individual riders can again be identified.
- (ii) A rider who suffers a mishap in the last three kilometers of a road race stage or after free laps have ended in a criterium stage shall be given the same finish time as the riders he was with at the

time of the mishap, provided that the mishap was observed or otherwise verified by a race official. The rider shall be given his actual place across the finish line, or last in the stage if he is unable to cross the line.

This rule shall not apply in cases of a hill climb finish. The Race Commission shall determine the applicability of this rule to particular stages and circumstances.

(iii) Whenever a road race **finishes on a circuit** of 10 km or less, no more than one circuit should be ridden. On a circuit of 2 to 5 km, only technical support vehicles are permitted on the circuit. On a circuit of 2 km or less, the riders' times shall be taken at the entrance to the circuit and no vehicles will be permitted on the circuit except those of the referees.

(iv) **Riders must normally finish each stage within a time limit** equal to the winner's time plus a percentage, as specified in the race regulations. However, if the number of riders beyond this time cut exceeds 20% of those who started the stage, then the time cut may be extended if so decided by the Chief Referee after consultation with the Race Director. All riders finishing within the revised deadline shall qualify for the following stages without this setting a precedent for subsequent stages. Unanticipated extreme circumstances will be decided by the commissaires panel.

(d) Incidents. Should an incident or accident occur that interferes with the proper conduct of the race, the officials may decide to take any of the following actions:

- (i) Temporarily neutralize the race;
- (ii) Restart the race, beginning with sign-in; or,
- (iii) Reroute or shorten the stage; or,
- (iv) Cancel the stage and any results of that stage.

(e) Individual Time Trial Stages.

- (i) Individual time trial rules given above in Road Racing rules will generally be used.
- (ii) The **starting order** shall be the inverse of general classification after the previous stage, with the Leader of Individual GC starting last. However, the officials may change the starting order to avoid having two riders from the same team following one another. When a time trial stage is held on the first day, whether as a prologue or a stage, the starting order shall be determined by a drawing of lots by the teams and the order of riders within each team shall be determined by the team manager.

(f) Team Time Trial Stages. Team time trial rules shall govern.

- (i) The starting order of team time trial stages shall be the inverse order of the general team classification, with the exception of the leader's team, which starts last. Where no such classification exists, the starting order shall be determined by drawing lots.
- (ii) The classification of these stages shall count towards the general individual time classification and the general team classification. The race regulations shall determine how times be recorded, including those of riders who drop behind.

(g) Time adjustments in criterium stages shall be computed as follows, except that further adjustments may be made at the discretion of the Chief Referee in unusual circumstances.

- (i) In a criterium stage where lapped riders are permitted to finish, they should be assigned a time penalty that is the rider's average lap time multiplied by the number of laps the rider is down at the finish. This adjusted time may be computed as follows:

- A = $F \times L / (L - D)$, where:
 A = adjusted finish time of the lapped rider
 F = actual finish time of the lapped rider
 L = total number of laps in race
 D = number of laps this rider was behind the leaders at the finish

(ii) In a criterium stage where riders who are about to be lapped are required to withdraw, they should be assigned estimated finish times assuming that they would have continued to lose laps at the same rate.

The following formula may be used to compute the estimated finish time:

- A = $W + W / (L - R)$, where:
 A = adjusted finish time of the withdrawn rider
 W = finish time of the winner of the race
 L = total number of laps in race
 R = number of laps to go in the race at the time the rider was about to be lapped

3H7. Conduct of Participants

(a) Race regulations. Every participant in a stage race shall be expected to read the race regulations before the start. By registering in the race, participants acknowledge the regulations and accept the provisions thereof.

(b) Managers Meeting. The Race Commission and a representative of the Race Director shall meet the Team Managers to comment on the regulations of the event and, if necessary, to draw lots to determine the order of cars for the first stage.

(c) The Team Manager shall:

- (i) Promptly respond to any summons issued by the race commission and represent the team to the Race Director and officials;
- (ii) Ensure that team members arrive promptly for the start of each stage;
- (iii) Ensure that team members adhere to the race regulations;

- (iv) File protests regarding incidents affecting team placings, doing so in accordance with the procedures and deadlines set forth in the regulations.

(d) Withdrawal.

Any rider dropping out of the race shall immediately remove his or her racing numbers and shall board the sag wagon or team vehicle. When a rider abandons and enters the team vehicle, the team manager will immediately inform a commissaire of the identity of the rider who abandoned.

(e) Protest. Any protest must be submitted in writing, accompanied by a deposit as specified in the Schedule of Fees, and be filed with the Race Commission within the following deadlines:

- (i) Concerning placings: no later than the close of sign-in for the next stage;
- (ii) Concerning an incident during the race: no later than one hour after the finish;
- (iii) Concerning the final general placings: up to 15 minutes after the official announcement of final placings.

3H8 Race Commission

(a) Functions. Competitive aspects of stage races shall be directed by a Race Commission (a.k.a., Commissaires Panel or Race Jury), which will be composed of three or five officials, including the Chief Referee.

- (i) The Race Commission shall hear and decide on all protests received and shall also decide on all matters of a competitive nature that are not covered by the regulations. They may issue any additional instructions that may be required.
- (ii) All decisions adopted by the Race Commission shall be transmitted to the Race Director, who shall be responsible for informing Team Managers and members of the press.

(b) The Chief Judge shall determine the racing time of each rider in each stage. At least one judge shall continue timing finishes until the sag wagon arrives.

Chapter 4

Cyclo-cross

4. Cyclo-cross Racing

4A. Course and obstacles

4A1. The course shall be held over varying terrain including roads, country or forest paths, and open terrain alternating in such a way as to ensure changes in the pace of the race and allow the riders to recuperate after difficult sections.

4A2. The course shall be rideable in all conditions, regardless of the weather. Clay or easily flooded areas, such as fields, should be avoided.

4A3. The course shall form a closed circuit of a minimum length of 2.5 km and maximum 3.5 km, of which at least 90% shall be rideable.

4A4. Over its full length, the course shall be a minimum of 3 meters wide and be well marked and protected. The use of dangerous elements, such as wires (barbed or not), and sharp or uncapped metal poles shall be forbidden. Furthermore, the course shall not be placed near any object that could constitute a danger for riders.

4A5. An assembly point for starters (roll-call zone) shall be provided and marked off behind the starting line. For championships and other major events eight lanes with a width of 75 cm and a length of 10 meters shall be marked off at the start line to facilitate organizing the riders into starting order.

4A6. The starting stretch shall be a minimum of 200 meters in length and at least 6 meters wide to allow the field to string out properly. It shall be as straight as possible and not downhill. The first narrowing or obstacle after the starting stretch may not be abrupt, but shall allow all the riders to pass easily.

4A7. The finishing stretch shall be a straight line. It shall have a minimum length of 100 meters and a minimum width of 6 meters for championships or 4 meters for other events (6 meters is recommended). It shall be flat or uphill.

4A8. The starting and finishing stretches shall be free of obstacles.

4A9. Obstacles

(a) An obstacle is a part of the course likely to require riders to dismount.

(b) The total length of obstacles should not exceed 10% of the course distance.

(c) The maximum length of an obstacle is 80 meters; the maximum height is 40cm.

(d) The course may include a maximum of 6 artificial obstacles.

(e) Artificial sand pits shall be between 40 and 80 meters in length and at least 6 meters wide, on a straight part of the course. The entrance and exit to a pit shall be at the same level as the course (no drop-off or step up).

4A10. The course may include a single section of temporary artificial barriers. This shall consist of two barriers of wooden or other non-metallic material, standing vertically, up to 40cm tall, between 4 and 6 meters apart, and taking up the full width of the race course. The surfaces of the barriers must have no gaps from the top to the ground. Barriers may be placed on flat or uphill terrain; downhill barriers are expressly forbidden.

4A11. Races which are not UCI events, national championships, or used to qualify riders for national teams or international competition may have two additional sets of temporary artificial barriers (3 total). The barriers must meet the specifications in 4A10, and the total number of artificial obstacles may not exceed 6. The addition of additional temporary barriers should be done only in unusual circumstances (e.g., local tradition at a particular event or the lack of suitable terrain)

4A12. The course may cross bridges or footbridges provided that they are a minimum of 3 meters wide and that there is a guard rail on both sides. A non-slip surface (carpet, wire mesh, or special anti-slip paint) shall be used on bridges and

footbridges. A separate footbridge shall be provided for spectators.

4A13. No acrobatics on the part of the riders shall be required to overcome obstacles.

4A14. Having consulted the Race Director, the Chief Referee may decide that artificial obstacles shall be removed if the circuit is unusually slippery.

4A15. Feeding is generally not permitted unless specifically authorized by the Chief Referee. If authorized, there is normally no feeding in the first two and final two laps of the race, and a temperature of at least 68 degrees is recommended. All feeding takes place in the pit lane, unless the Chief Referee specifies otherwise.

4B. Equipment pits

4B1. An equipment pit is the only part of the circuit where riders can change wheels or bicycles.

4B2. Two equipment pits shall be located around the course, in agreement with the Chief Referee, in places where speeds are not high but not on stony, gravel, or downhill stretches. They shall be straight and free of obstacles. If, during each lap, the course passes two points sufficiently close to each other, just one pit – known as a double pit – may be set up at that point. A double pit is required for championships and recommended for other events.

4B3. In the equipment pits, the race course and the pit lane shall be separated and distinctly marked by tape at the very least. The pit lane shall be a minimum of 3 meters wide at all points. Adjacent to the pit lane shall be an area with a minimum depth of 2 meters reserved for mechanics and stationing of bicycles and equipment.

4B4. The equipment pits shall be sign-posted and marked by means of a yellow flag at the beginning and the end of where the course is divided between the race and pit lanes.

4B5. In championship events, a supply of water for cleaning equipment shall be available in the immediate vicinity of the equipment pits. The water supply and connections for high-pressure cleaning equipment shall be made freely available.

4C. Equipment changes

4C1. A rider may use the pit lane only to change a bicycle or wheel.

4C2. Changing of equipment shall be done at the same point with no advance in the rider's position.

4C3. A rider passing the pit entrance and continuing beyond the pit exit (yellow flagged area) may not enter that pit, but must continue around the course to the next pit. A rider not passing the pit exit, may enter that pit after dismounting and walking backwards on the course to the pit entrance.

4C4. The exchanging of wheels or bicycles between riders shall be forbidden.

4D. Starting

4D1. The riders shall assemble in the roll-call zone a maximum of 10 minutes before the start.

4D2. For championships, the call up order shall be listed on the race announcement, information pamphlet, or at registration.

4D3. Any rider causing a false start shall be disqualified.

4E. Duration of races

4E1. The length of the race may be specified by number of laps or by time.

4E2. In events based on time, the number of laps to be ridden shall be determined on the basis of the time of the first rider to complete 2 full laps. From the 3rd lap on, the laps to go will be displayed at the finish line.

4F. Abandons

4F1. Riders dropping out shall immediately remove their body number, leave the course, and may not cross the finish line.

4G. Finish

4G1. Before the start of a race, it should be announced whether lapped riders will be pulled or remain in the race. If riders are to be pulled, the following applies:

(a) Riders who have been lapped shall continue the lap to a designated location before the finish line and withdraw, under the control of the officials.

(b) The Chief Referee may, after consulting with the Race Director, impose the 80% rule. Under this rule, riders whose time gap to the race leader is at least 80% of the race leader's time (calculated using the leader's first lap) will be pulled by the officials except in the final lap. The number of 80% is merely an approximation based on a typical course; the intent is that all riders should be pulled before they are lapped.

(c) Riders who have been pulled because of lapping or the 80% rule will be listed in the results based on their position when pulled and the number of laps remaining. The results will list the number of laps remaining after the lap on which they were pulled.

4G2. If lapped riders are permitted to continue in a race, they finish on the same lap as the leader, and are placed according to the number of laps down and then on their order of finish.

Chapter 5

Mountain Bike Racing

5. Mountain Bike Racing

5A. Procedures common to all Mountain Bike Disciplines

5A1. Races for Junior 17-18, U23, or Elite riders that are National Championships or used to select riders for national teams or international competition shall use UCI rules. In all other events, USA Cycling rules apply.

5A2. All riders must attend the pre-race briefing (riders' meeting) normally held at the staging area prior to the start.

5A3. Racers shall complete the entire event (or individual stage) on the same bicycle upon which the event was begun, with the exception of 24-Hour races as explained in section 5D.

5A4. Except as noted in section 5C, all repairs during an event will be performed by the individual racer. No outside support is permitted. Riders whose bicycles are not functional will be allowed to continue to the finish line, where they may be asked to withdraw from the race by the Chief Referee.

5A5. Except as noted in section 5C, all spare parts and tools shall be carried by the individual racer, to be used only by that racer; cannibalizing other bikes is not permitted. A racer can only use spare parts or tools that he/she started with at the beginning of the race.

5A6. The responsibility of keeping on the prescribed course rests with the rider. A rider is required to stay on the designated trail that is marked and or specified as the race course. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official.

5A7. Laws and ordinances of appropriate jurisdictions shall be observed during participation in any event.

5A8. Only riders officially entered in the event may practice or compete on the designated race course, and they must wear their number plates and numbers while practicing. No rider previewing the course may interfere with a race in progress.

5A9. Riders should be given the opportunity to walk the course and participate in practice runs whenever practical.

5A10. Intentionally removing obstacles deemed by officials to be part of the character of the race course is prohibited.

5B. Course Markings

In the interest of consistency in mountain biking, the following course markings are used universally by USA Cycling, UCI, and other national governing bodies.

5B1. Arrows mark the entire length of the official course. The arrows will be of a contrasting color on a white background, on signs measuring a minimum of 1' x 2' (30 cm by 60 cm). The signs indicate the course to follow, curves, intersections and warn of situations which are challenging for the competitors. Signs are posted along the course at regular intervals to indicate to competitors that they are on course.

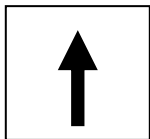
5B2. An arrow placed 30 meters before the intersection should mark each intersection. Another arrow is placed at the intersection. The direction of travel is then confirmed by another arrow located 30 meters further in the new direction.

5B3. In all hazardous situations, two or three arrows placed upside down must be located 30 meters before any obstacle on a circuit. A hazard on the circuit may be an obstacle, quality of the surface, or angle of the track, or any other condition not specifically addressed.

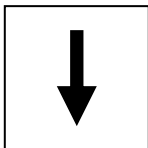
5B4. Directional arrows should always be placed on the right and at racing eye level, about three feet from the ground.

5B5. The course should also be marked every half-mile or 1 kilometer with signs indicating kilometers yet to be raced. There may be a sign indicating 1 kilometer to go.

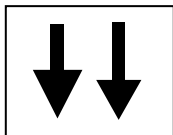
5B6. The signs that are to be used on a mountain bike circuit are shown below:



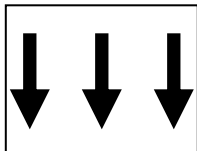
Straight ahead



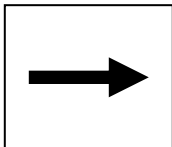
Slow, danger



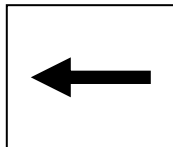
Slower, danger



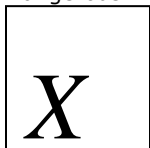
Slower, very
Dangerous



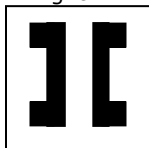
Course turns
Right



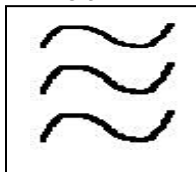
Course turns
Left



Wrong way



Bridge ahead



Water crossing

5C. Feeding and Technical Assistance

5C1. Feed/Technical Assistance Zones are permitted in the following events:

- (i) Ultra-Endurance Events (Marathon, 6-Hour, 12-Hour, 24-Hour events)
- (ii) UCI Cross Country (XCO) events (UCI classes only)
- (iii) Cross Country National Championships for the *collegiate and* UCI classes (Pro men, Pro women, Junior 17-18 men, and Junior 17-18 women). Note that when Category 1 Junior 15-16 riders are on the course at the same time as the Category 1 Junior

17-18 riders, they will also have access to Technical Assistance Zones.

5C2. Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame and fork. Bike changes are not permitted and the rider must cross the finishing line with the same handlebar number plate that he had at the start.

5C3. Technical assistance and feeding shall normally only be given in the feed/technical assistance zones. Physical contact between the feeders/mechanics may only take place in these zones. However, technical assistance may be given between teammates competing in the same race outside of the technical assistance zones subject to the limitations of 5C2 above.

5C4. Each feed/technical assistance zone should be located on flat or uphill sections which are slow and wide enough for the purpose. The zones should be long enough and reasonably spaced around the course. Double feed/technical assistance zones are recommended.

5C5. For Olympic format cross-country events (XCO) 2 zones will be set up. For marathon format cross country events (XCM) at least 3 zones or opportunities for feeding/service will be set up.

5C6. Team staff working in the feed/technical assistance zones must wear team clothing identifiably similar to the clothing of the riders.

5C7. No rider may ride backwards on the course to reach a feeding/technical assistance zone.

5D. Endurance Events

5D1. Cross Country (XC)

A massed-start competition that is held on a circuit course comprising forest roads, forest or field trails, and unpaved dirt or gravel roads.

(a) Water shall be available only in designated feed zone(s) as outlined by the Race Director. The Race Director will

provide a neutral water zone with water for any race exceeding 90 minutes in length. Official water zones must be accessible and publicized before each race. Feeding (food handouts) may only be done in a designated feed zone. A handup to one rider must not cause other riders to slow down or veer off course.

(b) Racers riding bicycles have the right-of-way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying his bicycle can overtake a racer riding his bicycle provided he does not interfere with the rider's progress. Lapped riders may be asked to withdraw at the Finish Line.

(c) Lapped riders must yield to overtaking riders from the same class and category. Riders should voice the command "Track" when overtaking another. Lapped riders must yield to the passing rider on the first command.

(d) It is the responsibility of passing riders to overtake safely. Riders should voice the command "Track" when overtaking another rider. Riders being passed must move over as quickly, efficiently, and as safely as possible.

(e) In the event two riders are vying for position, the leading rider does not have to yield his position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the track.

5D2. Short Track Cross Country (STXC)

A shortened cross-country style race, designed to be spectator-friendly and easily televised. The course is 100 percent rideable regardless of terrain and weather conditions. It is a multiple lap race with lap times not less than 2 minutes for the fastest riders. Race duration is 25-30 minutes at the Pro/Elite level. Spectator viewing and access are key.

5D3. Time Trial (TT)

A time trial competition involves individuals or teams who race against the clock.

(a) A start list shall be published no less than one hour before the start of the race. The order of start may be determined in various ways:

- (i) Bib number sequence
- (ii) Random start determined by the Race Director and/or Chief Referee
- (iii) Seeding

(b) The Technical Guide shall specify the number of riders for a team time trial and the rider upon which the timing is determined.

(c) The Adult/Junior Time Trial is a two-person time trial where one rider must be a Junior (18 and under) and one must be an adult (19 and over). The timing shall be taken on the second rider to finish.

5D4. Multi-Stage Races (XCS)

A stage race is a series of cross-country races in which teams and individual riders may take part. Riders must complete each stage according to the specific procedures for the event in order to be eligible for the next stage. A technical manual must be produced that delineates the timing or scoring (Omnium) procedures for each stage.

(a) *Teams are composed of at least two and a maximum of 6 riders.*

(b) *Stage races are run over multiple days, with a maximum of nine days.*

(c) *A variety of types of endurance events, with the exception of cross-country eliminator (XCE), may be used for the stages. When a stage finishes on a circuit, times are taken on completion of the laps on the finish line.*

(d) *The individual men's and women's general classification on time or points are obligatory. The individual general classification is based on an individual competitor's cumulative time/points for each stage.*

(e) *Where two or more riders make the same time/points in the general individual classification, the fractions of a second registered during individual time trials (including the prologue) are added back into the total time to decide the order. If the result is still tied or if there are no individual time*

trial stages the classifications obtained in each stage are added and, as a last resort, the place obtained in the last stage ridden decides the finish.

(f) Other general classifications for men and women, such as points general classification, mountains general classification, and the men's and women's team general classifications are optional.

(g) Both the men and women's team general classification is established by adding the times/points of the two best riders in each stage.

(h) Bonuses are shown only in individual general classifications. No bonuses are awarded for individual time trial events.

(i) Vehicle transfers should be kept to a minimum.

(j) The organizer should provide a leader's jersey for the leader of the individual men and women's general classification.

5D5. Marathon and Ultramarathon Cross Country (MT)

(a) Any event between 37 and 62 miles (60-100 km) is classified as a Marathon. An event over 62 miles (100 km) is an ultramarathon.

(b) All USA Cycling Cross Country rules will apply.

(c) For National Championships, a Marathon course must be either a point to point, or a circuit disputed over one or two laps.

(d) The Race Director, under the supervision of USA Cycling or the Chief Referee, shall prepare a complete set of race regulations (the technical guide) that specify how each marathon or ultramarathon competition will be conducted.

5D6. Hill Climb

A Hill Climb is a competition of sustained climbing for which the finish line is located at a higher altitude than the start line. A Hill Climb may be a massed-start or an individual start event.

5D7. 24-Hour Racing

(a) The Race Director, under the supervision of a USA Cycling Representative and/or the Chief Referee, shall prepare a complete set of race regulations (the technical

guide) that specify how each 24-hour competition will be conducted.

(b) Each team will designate a team captain. Team captains will represent the team in all official correspondence and communications before, during and after the event. Only team captains may file protests. The team captain must attend the pre-race meeting.

(c) Any rider who has entered the course in support of another may bring equipment and tools and may even swap bikes with the rider in need of support. The cannibalizing of bikes is permitted in 24-hour racing.

(d) Water and food (hand ups) may be supplied to a racer, by anyone, anywhere on the course. Both the racer and persons providing a hand up must stay well clear of the course during the hand up, so as not to impede another racer.

(e) Any racer found intentionally littering the course will be disqualified.

(f) Batons, if used, will be handed out upon log-in. Starting racers must have their bikes pre-positioned in the Start/Finish area. The event may use a Le-Mans style start.

Racers must display their official bike handlebar number plate whenever on course. In the case of a bike swap, racers must swap the bike number to the new bike prior to continuing the race

(g) Batons: The 24-hour National Championships may utilize a "baton" hand off between laps. The end of the first racer's lap automatically becomes the start of the next racer's lap regardless of whether or not there is a racer ready to start.

(h) A racer may ride consecutive laps.

(i) Loss of the baton, if used by the race, penalties will be set by the race director before the start of the event and included in the pre-race instructions to riders.

(j) Drafting other vehicles or a non-registered rider is prohibited.

(k) Lighting: Racers entering the course two hours before sunset and up to one-half hour before sunrise must have both

primary and secondary light sources installed and in good working order.

(l) Once on course, a racer is expected to complete the lap. However, the team has the option of canceling a racer's lap and restarting the lap from the start/finish line with a substitute, should the first racer be unable to complete the lap for any reason, including injury. Any team member can cancel a racer's lap by notifying the timers/official. If a team cancels a racer's lap and is restarting with a new racer, a new baton maybe issued without penalty. However, the team's original baton must be returned to the registrar. The new racer inherits the start time of the canceled racer's lap. Once a cancellation has been made, it cannot be rescinded. The canceled lap does not count as a completed lap.

(m) Every team member must complete at least one lap except in the case of a report of occurrence (confirmation of an injury).

(n) Each team's final placing will be determined by the number of laps the team has completed and the sequential order of finish within the team's last lap. The last racer's lap for each team must be completed before the end of the 24th hour in order for the lap to be counted.

(o) In the case of catastrophic failure due to weather or another extenuating circumstance that prevents the ongoing scoring of the event or creates a racing environment that is deemed too dangerous for the participants, the race may be called as of a certain time. Final results will be calculated based on each team's placement at the call time as determined by that team's last completed lap.

(p) In the event that a racer stops to assist in the care of a seriously injured fellow racer which requires an EMS response, Ghost Rider procedures will be implemented. The EMS personnel will radio to the Log Tent the name and number of the assisting racer. Race staff will then inform the team of the assisting racer to prepare the next rider on their team. That rider will be allowed to start his lap based on the assisting racer's "ghost rider" lap time which will be based on the fastest of either the assisting rider's average lap time or

the team's average lap time.

5D8. Team Relay (TR)

(a) The Team Relay is a race among teams of a number of riders determined by the Race Director and/or the Chief Referee. It is held on a circuit, with each team member riding one lap of the course. The riders on the course will pass an item (generally a baton or wristband) to the next rider to take the course. The first team to have all of its members complete the course is the winner.

(b) General Cross-Country regulations apply to this event.

(c) The Race Director, under the supervision of a USA Cycling Representative or the Chief Referee, shall prepare a complete set of race regulations (the technical guide) that specify how each Team Relay event will be conducted.

5D9. Cross-Country Eliminator (XCE)

(a) *The course should be completely rideable and avoid singletrack sections to allow competitors opportunities for overtaking another rider.*

(b) *Following a qualification round, riders race against each other in an elimination format (heats) to determine a winner.*

(c) *The start and finish area should be separated.*

(d) *The qualifying Round should have at least 12 riders entered to have a competition. The qualifying round takes the form of an individual timed run of one or two laps of the course. See Appendix 3 for seeding.*

(e) *Riders who are DNF, DSQ or DNS in the semifinals may not enter the final for third and fourth.*

(f) *The starting area shall have the following characteristics:*

(i) A start grid must be drawn on the ground and extend for 10m.

(ii) The initial straight should be a minimum of 20m before the first significant turn.

(iii) The riders must be lined up next to each other on one line.

(iv) The riders in each heat may choose their starting position in order of their qualifying time.

(g) *The riders may start with one foot on the ground or be held, consistent throughout the event.*

5E. Gravity Events

5E1. Downhill

A downhill competition consists of riders racing one at a time, against the clock. The rider with the fastest time wins or advances to the next round. Racers will start at regular, predetermined start times and compete against others in their class and category.

(a) There shall be practice on courses for competitors.

(b) A start list shall be published no less than one hour before start of race. Order of start may be determined in various ways:

(i) Fastest time from seeding run.

(ii) Bib number sequence.

(iii) Random start determined by the Race Director and/or Chief Referee.

(c) Regular start intervals of 1 minute or 30 seconds are recommended.

(d) Each rider shall report to the starter at least three minutes before their scheduled starting time and shall start at the scheduled time. A rider starting early shall receive a time penalty, as determined by the Chief Referee. If a rider appears later than the appointed starting time, the start will be allowed only if it does not interfere with the riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed start time shall be used in computing the results unless the rider has been granted a new start time as provided elsewhere in these race regulations or in the technical guide for the event. The rider's bicycle must be stationary at the moment of the start.

(e) A passing rider has the obligation to pass safely.

(f) If a rider leaves the course, the rider must re-enter the course at the same spot where the rider exited the course.

(g) In the event that a rider experiences an unavoidable delay, the rider must report immediately to the Chief Referee or designated official to request a re-run. The Chief Referee will make the determination if a re-run is granted.

(h) A rider missing a start time may or may not be given a new start time at the discretion of the Chief Referee or an official designee. At the pre-race meeting, the Chief Referee will give the re-start procedure if any is applicable.

(i) If a course hold is issued, any rider that was stopped or who missed their scheduled start time must report immediately to the Chief Referee or official designee. The Chief Referee will then determine a re-run order and new start times if applicable. Riders must request the re-run or new start time within 15 minutes of the announcement of the course hold.

(j) The course must be marked with directional arrows or course tape to notify rider of course direction or hazards. The course must be appropriately marked before the first training session.

5E2. Dual Slalom

These are dual slalom guidelines; there are other options for conducting a dual slalom. Consult the race entry form and attend the mandatory riders meeting for more information.

(a) Everyone will have at least one run for qualifying.

(b) The fastest qualifier will be seeded against the slowest, the next fastest with the next slowest. See Appendix 3 for dual slalom seeding.

(c) Racers will race head-to-head on each course. The rider with the faster combined time will advance to the next heat.

(d) The rider's bicycle must be stationary **and contacting the gate (if used)** at the moment of the start. Failure to comply will be considered a false start.

(e) Alternating left and right, racers must ride around (not over) each gate, with both tire tracks passing on the outside of the gate. Gate judges located along the course, whose decision is final, determine this.

(f) After the qualification runs, in the final heats, a rider may lose by no more than 1.5 seconds. This maximum differential applies to slow runs or penalties resulting from jump-starts, missed gates or other infractions. A rider who does not finish the run will be eliminated.

(g) Ties in split times can be broken in the following ways: If overall times are recorded, the tie is broken by comparing the overall times on the course that both riders completed. If only split times are recorded the winner of the last run is the overall winner.

5E3. 4X

These are 4X guidelines; there are other options for conducting a 4X competition.

(a) Riders will have one qualifying run to advance to the final bracket. Ties on time will require a second run among the tied riders.

(b) Start Procedure

(i) All riders will be required to start at the same point, as designated by the Starter. The rider's bicycle must be stationary *and contacting the gate (if used)* at the moment of the start. Failure to comply will be considered a false start.

(ii) The riders in each group may choose their starting position in order of their qualifying times. The fastest rider gets the first choice of lane.

(iii) Once the Starter begins the cadence, the race is considered underway and the cadence may not be discontinued.

(iv) If two riders fall before the apex of the first obstacle, the heat will be restarted.

(c) The lead rider may take any line available on the track. This also relates to any rider ahead of any other rider.

Intentionally moving to initiate malicious contact with another rider, or force a rider off the track is prohibited.

(d) During the course of a race, should a rider leave the track as a direct result of contact with another rider, that rider must re-enter the track at the closest place to the exit point that is safe to all riders. The exited riders shall not advance position or miss any gates. A rider re-entering the track in an improved position may delay him/herself to the last position and then continue racing from there and pass through any missed gates.

(e) Should a rider leave the track purely on his own accord that rider must make sure no obstacles or gates have been missed before returning to the track safely. (Hay bales, cones, chalk lines or other markers signifying the inside turn are also considered obstacles. These markers on a straightaway including the finish area are not obstacles but only guidelines.)

(f) The riders are required to pass through each gate without straddling it, the wheels of the bicycle must follow a path within the course.

(g) Competition protests regarding qualifying runs must be initiated immediately after the run to the designated official. Once the next round is seeded, no further protests will be accepted.

(h) The fastest qualifier will be seeded against the slowest and bracketed accordingly. Please see Appendix 3 for seeding.

(k) The Chief Referee may alter the starting grids when necessary to arrive at heats with approximately equal numbers of participants in each one.

(l) Riders will race head to head with the first two riders from each heat advancing to the next round.

5E4. Enduro

An extended timed descent or multiple timed descents in single or multiple stages over one or more days. A technical manual should be produced that defines how the event will be scored, either by time or omnium. All stages must be completed to be eligible for a placing.

5F. Observed Trials

Observed Trials events are conducted over an obstacle course, consisting of any number of sections that include such natural or man-made obstacles as mud, rocks, water, logs, walls, pallets, spools, etc. The riders attempt to negotiate each section without putting down a foot or hand (dab).

The regulations for Observed Trials can be found on the USA Cycling Website.

5G. High School Racing

5G1. Introduction

(a) High school & middle school mountain bike racing is an individual sport with a team aspect. Riders will compete for individual competitions while earning points for their teams, based on their finish places. Teams are divided into four categories:

High school male
Middle school male

High school female
Middle school female

(b) USA Cycling rules and regulations apply for high school/middle school mountain bike racing, unless otherwise specified in the race information.

5G2. Course Length and Difficulty

The ideal high school team XC course should be short enough to require multiple loops and composed of terrain that can be completed by beginner riders. The length should be based on the ability of riders to complete the course within specific time frames. For high school riders, the time should be between 45 and 75 minutes. For middle school riders, the time should be between 30 and 45 minutes.

5G3. Categories, Age Limit, Eligibility

High school categories are grades 9-12, and can be subdivided if there are enough competitors: Varsity, (grades 11-12), and Junior Varsity, (grades 9-10). Middle school categories are grades 5-8. Riders competing in high school team racing shall not exceed 19 years of age at the time of competition. Graduating seniors are eligible to compete for their team until July 31st of their graduating year. All other state and local rules regarding eligibility shall apply.

5G4. Team Definition and Scoring

A boy's team shall consist of five or more males from the same school. A girl's team shall consist of three or more

females from the same school. Scoring is based on individual results that combine to produce team results. If a team does not have enough riders to satisfy these requirements, scoring defaults to the next highest number of team members. Home or alternative schooled riders should default to local and state rules regarding joining a team outside of their schools.

Chapter 6

Collegiate Racing

6. Collegiate Racing

6A. Administration

6A1. Penalties In addition to penalties outlined in Chapter 10, collegiate riders and teams that violate USA Cycling rules and regulations may also be penalized by:

- (i) Forfeiture of points/placings earned by the rider and/or collegiate team in a collegiate race or event (and moving up of lower placed riders and teams);
- (ii) Forfeiture of collegiate national team rankings
- (iii) Forfeiture of rider and/or team eligibility;
- (iv) Notification to school of rider and/or team of rules violations;
- (v) Team suspension.

6A2. Conference Rules In the event of a conflict between conference and USA Cycling rules, USA Cycling rules will supersede those of the conference, except in cases where more specific rules have been enacted by a conference and approved by USA Cycling.

6B. Teams

6B1. Team Eligibility To participate in collegiate cycling races, a team must meet the following three requirements :

- (a)** Officially recognized by its school.
- (b)** A USA Cycling member club in good standing, having submitted the appropriate club application and having paid the appropriate club license fee to USA Cycling.
- (c)** A member in good standing of its conference.

6B2. Conference Affiliation Generally, each team must belong to the conference in which its school is geographically located. A team may petition for an exception to this requirement by submitting a petition to USA Cycling. Any exception approved by USA Cycling will be valid until either the team petitions to return to, or until USA Cycling chooses to return the team to, the Conference in which its school is geographically located.

6B3. Separate Campuses Schools that have more than one geographically separate campus, each of which granting a separate degree or having a separate and distinct athletic department, must develop a separate team for each such campus location. Only one team is allowed per campus location.

6B4. Team Names For purposes of USA Cycling record-keeping, each team's name will be the name of its school, as recorded in IPEDS (<http://nces.ed.gov/ipeds/>) and as may be modified by USA Cycling.

6B5. Divisions

(a) There are two divisions in collegiate cycling: Division I and Division II. Any team at a school (or in the event of the applicability of rule 6B3, at a campus) with a full-time enrollment of more than 15,000 students must compete in Division I. Any team at a school (or in the event of the applicability of rule 6B3, at a campus) with a full-time enrollment of 15,000 or fewer students is, by default, a Division II Team.

(b) A team that meets the Division II criteria may petition USA Cycling to compete in Division I. That team's Division I status will take effect on the first **August** 1 following the approval of its petition, will apply to all disciplines, and will remain in effect until the first **August** 1 following the approval of the Team's petition to return to Division II status.

(c) Full-time enrollment is the number of students recorded in the "full-time enrollment" field in the most recently published IPEDS database.

6C. Rider Eligibility

6C1. Participation To participate in any collegiate cycling race, a rider must meet the following three requirements :

(a) Be a full-time student in good standing at the school that will grant his or her degree, as defined by the bursar or registrar at that school;

(b) Be a member in good standing of the team at the school at which they are a full-time student; and

(c) Hold a valid collegiate cycling license and present it at race registration, or purchase a collegiate one-day license at race registration. One-day licenses will only be accepted for entry into the lowest available category above “Intro,” where offered, and will not be accepted for entry into category A races. One-day licenses will not be accepted at any Collegiate Cycling National Championship.

6C2. Team Requirements No team may develop eligibility requirements that unduly hamper or deny any student at such school from participating as a rider for such team when the student otherwise satisfies the eligibility requirements of these rules.

6C3. International students, who otherwise satisfy the eligibility requirements of these rules, are allowed to compete in collegiate cycling races, including collegiate national championships.

6D. Categories

6D1. Upgrades and Equivalencies Riders may only enter races open to the collegiate category shown on their license for the discipline in question. Collegiate riders upgrade and downgrade pursuant to the policies and procedures described in Chapter 1.

(a) For collegiate road and track categories, riders are required to have the following USA Cycling road and track categories, respectively, or their equivalent upgrade points:

<u>Road and Track Categories</u>	
Collegiate	Non-Collegiate USAC
A	Pro, Cat. 1, 2 or 3
B	Cat. 3 or 4
C	Cat. 4 or 5
D	Cat. 5 (men) or 4 (women)
E	Cat. 5 (men) or 4 (women)

(b) For collegiate cyclo-cross categories, riders are required to have the following USA Cycling cyclo-cross categories or their equivalent upgrade points:

<u>Cyclo-cross Category</u>	
Collegiate	Non-Collegiate USAC
A	Pro, Cat. 1, 2 or 3
B	Cat. 3 or 4
C	Cat. 4 or 5
D	Cat. 5 (men) or 4(women)
E	Cat. 5 (men) or 4(women)

(c) For collegiate mountain bike endurance, dual slalom/mountain cross, downhill, and observed trials categories, riders are required to have the following USA Cycling mountain endurance, dual slalom/mountain cross, downhill, and observed trials categories, respectively, or their equivalent upgrade points:

<u>Mountain Bike Categories</u>	
Collegiate	Non-Collegiate USAC
A	Pro or Cat 1
B	Cat 1 or Cat 2
C	Cat 2 or Cat 3
D	Cat 3
E	Cat 3

6D2. Downgrades Riders are not allowed to downgrade at their conference championships.

6D3. Non-Collegiate Upgrades So long as races meet all upgrade requirements, including field size and distance, results from categories of collegiate cycling races count toward USA Cycling road, cyclo-cross, track and mountain upgrades as follows:

<u>Collegiate Category</u>	<u>Road, Cyclo-cross and Track Upgrades</u>	<u>Mountain Upgrade</u>
A	Cat. 3 to Cat. 2 or Cat. 2 to Cat. 1*	n/a
B	Cat. 4 to Cat. 3	Cat 2 to Cat 1
C	Cat. 5 to Cat. 4	Cat 3 to Cat 2
D	Cat. 5 to Cat. 4	Cat 3 to Cat 2
E	None	None

*For 2>1 upgrades from collegiate results, the number of starters shall be considered to be the number of riders with the same category or higher USA Cycling road license.

6E. Rider's Uniform

6E1. Jersey Design The school's name, nickname or initials must appear on the team's jersey and must be the largest and most prominent image on the front and back of the jersey. Sponsors' logos may appear in addition, provided they are smaller than the school name, nickname or initials. Jersey designs must be approved by the conference directors.

6E2. Team Jerseys At each race, all riders for a team must wear identifiably similar

(a) team jerseys or

(b) blank jerseys with the School's name or abbreviation prominently displayed.

6E3. Shorts At each race, riders may only wear shorts

(a) of their team or

(b) shorts that are effectively blank.

6E4. *At the podium presentations at national championships, riders must wear team or school clothing or jerseys.*

6F. Equipment

6F1. Bicycles and Wheels used in competition in all collegiate road events (criteriums, time trials, road races, etc) must conform to the current UCI regulations for mass-start

legal bicycles and wheels. The UCI maintains a website with the information of approved wheels.

6F2. Handlebars No handlebar extensions, including "aero bars" or other forms of bars offering forearm support, shall be allowed in collegiate road events.

6G. Conference Events

6G1. Cash Prizes No cash prizes are allowed at collegiate cycling races. Other prizes, including prizes, may be awarded only to teams, and not to riders.

6G2. Categories At each conference event there shall be a minimum of two separate races for each gender in each discipline under the A and Intro categories. The Intro category corresponds to the lowest category for that gender in that conference and shall be advertised as "Introduction to Bicycle Racing" or "Intro" category on all event flyers e.g.: Women's B/Intro OR Women's Intro OR Women's Introduction to Bicycle Racing.

6G3. Other Races Conferences may organize and score races not otherwise specified in the collegiate rules (e.g. 24-hour mountain bike races)

6G4. Minimum Race Distances and durations for mass start road races and mountain bike endurance races are as follows:

	<u>Road Race</u>	<u>Criterium</u>	<u>Cross Country</u>	<u>Short Track</u>
Women's A	40 mi	45 min/15 miles	90 min	30 min
Women's B	25 mi	30 min	40 min	20 min
Women's C	10 mi	20 min	40 min	10 min
Women's D	10 mi	20 min	40 min	10 min
Men's A	60 mi	60 min/20 mi	90 min	30 min
Men's B	40 mi	45 min	75 min	25 min
Men's C	30 mi	30 min	60 min	20 min
Men's D	20 mi	20 min	40 min	15 min

Men's E	10 mi	20 min	40 min	10 min
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6G5. TTT Team Size In conference races, teams for team time trials in the A category consist of at least three and up to four riders. The time of the team is taken when the front wheel of the third rider crosses the finish line. Team sizes for team time trials in categories B-D consist of at least two and up to four riders, and the time is taken on the front wheel of the second rider.

6G6. TTT Categories *Subject to additional conference restrictions, riders from various road categories may form a single TTT team, but the team may not enter a category any lower than the highest category rider on that team.*

6G7. Collegiate Mountain Bike Team Relay may be defined by each conference within the following parameters:

(i) Each team shall consist of at least one woman and one man

(ii) The maximum number of riders per team is four.

(iii) The race *features a mass start* on a circuit with lap times of at least 3 minutes, or if lap times are shorter, a minimum of two laps required between rider exchanges. *Only one representative from each relay team shall be on course at a time.*

6G8. Super D For the purposes of points allocations and rider categories, Super D may be classified as endurance or gravity at the discretion of each conference director. Super D races do not count as qualifying races for *downhill or gated gravity* races at USA Cycling Collegiate Mountain Bike National Championships.

6G9. Combined Categories *At the discretion of the conference director and USA Cycling, collegiate categories may be combined with other categories on an open or invitational basis (e.g. high school categories, P/1/2/3/Collegiate A, etc)*

6G10. Any **Primes for Prizes** must be contested on the same laps as primes for points.

6H. Conference Race Scoring

6H1. Individual Points

(a) Riders score the following points in all conference races except criteriums. *Additionally, teams score the following points for team events such as team time trials, team relays, and other events in which riders do not earn individual points, before Team Points (6H3) are assigned.*

Place	A	B	C	D	E
1	80	48	32	21	12
2	70	41	24	16	7
3	63	35	18	11	5
4	57	30	15	8	3
5	51	26	12	5	1
6	45	22	9	4	
7	40	18	7	3	
8	35	15	5	2	
9	30	12	4	1	
10	26	9	3		
11	22	7	2		
12	18	5	1		
13	15	3			
14	12	2			
15	9	1			
16	7				
17	5				
18	3				
19	2				
20	1				

(b) Riders score the following points in conference criteriums:

Place	A	B	C	D	E	Primes
1	70	40	23	12	7	5
2	64	34	17	9	5	3
3	58	29	13	7	3	2
4	52	24	10	6	2	1
5	46	20	8	5	1	

6	41	17	7	4		
7	36	15	6	3		
8	31	13	5	2		
9	27	11	4	1		
10	23	9	3			
11	19	7	2			
12	15	5	1			
13	12	3				
14	9	2				
15	7	1				
16	5					
17	4					
18	3					
19	2					
20	1					

(c) The number of primes per category for criteriums is as follows:

<u>Category</u>	<u>Primes</u>
A	6
B	4
C	3
D	2
E	0

6H2. Variation in Points Conferences may deviate from the above points schedule based on conference size and division breakdown with the consent of USA Cycling.

6H3. Team Points For each race and each gender (e.g. women's criterium, men's team time trial, co-ed mountain bike team relay), teams are ranked based on the sum of their top four riders in each category for individual events and the top team entry in each category for team events (for individual events, additional riders retain any individual points they earn but their points are not included in the determination of their team's total), and the following points are assigned for the team omnium:

<u>Place</u>	<u>Team Points</u>
1	50
2	43
3	37
4	32
5	28
6	24
7	21
8	18
9	15
10	13
11	11
12	9
13	8
14	7
15	6
16	5
17	4
18	3
19	2
20	1

6H4. Divisions When riders and teams from different divisions race together, they shall be scored together for both individual and team standings. Teams may be ranked within their respective division (e.g. for national qualifications, etc) only after all points have been tabulated for an event or season.

6H5. Dropped Races All races and events count toward the team and individual omniums for the regular season championship.

6H6. Conference Championships Points earned at a conference championship for both the team and individual are worth double those of the regular season.

6H7. Gravity/Endurance Omnium *In the mountain bike season, the individual omnium shall be a combination of gravity and endurance results.*

6H8. Team Event Entries *Team events such as TTT and team relay do not count toward individual standings.* A team may enter as many team time trial teams in a conference race as they wish, but only the top placing team scores points; the remaining team time trial teams *earn placings* but do not score points.

6H9. Additional Scoring/Rankings Opportunities A conference, or a race director with the approval of the conference director, may determine scoring opportunities and other than finish placings and prime sprints (e.g., queen of the mountain) for races and how those points will be awarded to teams and riders, *and may also track those points throughout the season (e.g. sprint leader, etc).*

6H10. Out of Conference Riders Riders and teams may compete in collegiate races outside their team's conference, but may not score either rider or team points in that race unless it is specified as a dual conference race. *The points that would be earned by an out-of-conference rider shall not be awarded to any rider, unless the conference chooses to award those points to the next-highest placing in-conference rider.*

6H11. Ties In the case of a tie on total points among riders or among teams, whether at a particular event or over the course of the season, the tie will be broken in favor of the rider or team that has:

- (a) The most first place A finishes, or if still tied, the most second place A finishes, or if still tied, the most 3rd place A finishes, or if still tied, the most first place B finishes, etc; or if still tied;
- (b) The best finish in the last race of the event or season, as appropriate.

6I. Collegiate National Team Rankings

6I1. Scoring Each division's teams' national rankings for each academic year, where an academic year is defined as August 1-July 31, are determined on an interim and on a final basis by: for track, mountain bike, cyclo-cross, **BMX**, and road national championships, allocating points to the top 30 teams that earn points at that national championship in each division according to the following table, and summing those points:

<u>Place</u>	<u>Points</u>
1	100
2	89
3	79
4	70
5	63
6	56
7	50
8	44
9	39
10	35
11	31
12	28
13	25
14	22
15	19
16	17
17	15
18	13
19	12
20	11
21	10
22	9
23	8
24	7
25	6
26	5

27	4
28	3
29	2
30	1

6I2. Ties In the case of a tie among teams, the tie will be broken in the favor of the Team that has:

- (a) the most first place team omnium finishes at national championships, or if still tied, the most second place team omnium finishes at national championships, etc; or if still tied;
- (b) the highest place in the team omnium in the last national championship of the academic year in which one of the tied teams has competed.

6J. Varsity Teams

6J1. Definition A collegiate varsity cycling team is any USA Cycling Collegiate member club in good standing, having submitted the appropriate varsity application to USA Cycling proving that the team employs or is advised by at least one USAC-licensed coach, and also meets any 3 of the following 4 requirements:

- (a) The team is recognized as holding varsity status by the school with which it is affiliated.
- (b) The team disburses at least \$10,000 in scholarships to its athletes annually.
- (c) The team attended any two of the four USA Cycling Collegiate National Championships in the previous calendar year.
- (d) The team pays for riders' entry into collegiate races, so long as the funding is not derived from team dues of any kind.

Teams are required to submit a new Varsity application every two years in order to maintain their status with USA Cycling.

6J2. Recruiting *Varsity teams may not contact riders currently competing for other varsity teams regarding*

transfers, discuss transfer options, or accept a transfer of a rider from another varsity team without prior acknowledgment from the athlete's current varsity team (via a signed Varsity Athlete Transfer Form, available from USA Cycling).

6J3. Transfers *Riders completing transfers (defined as signing a varsity athlete transfer form with a second team, no less than 60 days after receiving acknowledgement from their previous coach) between October 2 and June 1 are eligible to race for their new teams starting with the subsequent fall seasons (track, mountain bike, and cyclo-cross), and those completing transfers between June 2 and October 1 are eligible for the subsequent spring seasons (BMX and road).*

Chapter 7

National Championships

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 even if the event is otherwise 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 and meet other qualifications stated in these rules.

(a) National Championships for Junior 17-18, Under 23, and Elites may only be entered by riders who are USA citizens or are members in the US Armed Forces.

(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 USA citizens as shown on their licenses, subject to category restrictions shown with the events below.

(a) U23 riders who are members of UCI ProTour Teams are Elite riders and not eligible for Under 23 Championships.

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

7B5. Elite National Championships are open only to riders with a racing age of 17 or higher who are USA citizens as shown on their licenses.

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) as shown on their licenses. 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. For cross-country and downhill national championships, all riders other than pros must be qualified in order to compete. Riders may qualify for National Championships in one of the 6 ways listed below.

(a) All defending USA Cycling Mountain Bike Champions are automatically qualified to compete in their respective discipline.

(b) The top-10 riders in each discipline, class, and category offered at any USA Cycling MTB National Calendar event will be qualified to compete in their respective disciplines.

(c) The top-15 riders in each discipline, class, and category offered at a current year USAC-MTB State or Regional Championship event (whether a one-day or series event) will be qualified to compete in their respective disciplines.

(d) The top-10 riders in each discipline, class, and category offered at the last USAC National Mountain Bike Championships will be qualified to compete.

(e) The top-six riders from each of the USA Cycling Junior Development Regional Mountain Bike Camps will be qualified to compete in their respective discipline.

(f) The top-five category A racers from each collegiate conference mountain bike championship event will be qualified to compete in their respective 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.

***(a)** 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.*

(b) National Championship jerseys for Juniors 17-18, Under 23, Elites, and Professionals, shall be a design that is distinct from those of other age groups.

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 those riders who compete in all events but do not earn event points. Such riders shall be placed according to their finish in a designated event (generally the last event). The winner of each 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) Each individual event for riders in the 17-18 age group is a national championship, with the awarding of a championship jersey and medals to the top three places.

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	
10-16	No Restriction	10-18	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

*For the purposes of the Elite group only, sprints will be considered a mass start event.

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

Men		Women	
10-12	1 km	10-12	1 km
	2 km		2 km
13-14	4 km	13-14	4 km
15-16	8 km	15-16	6 km
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

15-16

17-18

Elite

35+

Women

15-16

17-18

Elite

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

16-18

Elite

Women

16-18

Elite

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

Men

10-16* 500 m

17-18 1000 m

Elite 1000 m

35-49 1000 m

50+ 500 m

Women

10-18* 500 m

Elite 500 m

35+ 500 m

*10-14 age groups are restricted to the use of mass start bicycles.

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

Men*15-18 3 km*

Elite 4 km

35-49 3 km

50+ 2 km

Women*15-18 2 km*

Elite 3 km

35+ 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*15-16 3 km (4 riders)*

17-18 4 km (4 riders)

Elite* 4 km (4 riders)

35+ 4 km (4 riders)

Women*15-16 3 km (3 riders)*

17-18 4 km (4 riders)

Elite* 4 km (4 riders)

35+ 3 km (3 riders)

45+ 4 km (4 riders) 45+ 3 km (3 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

15-16 3 laps (3 riders)

17-18 3 laps (3 riders)

Elite* 3 laps (3 riders)

35+ 3 laps (3 riders)

45+ 3 laps (3 riders)

55+ 3 laps (3 riders)

65+ 3 laps (3 riders)

Women

15-16 2 laps (2 riders)

17-18 2 laps (2 riders)

Elite* 2 laps (2 riders)

35+ 2 laps (2 riders)

45+ 2 laps (2 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

13-14 10 km

15-16 15 km

17-18 25 km

Elite 40 km

35-44 25 km

45-54 20 km

55+ 10 km

Women

13-14 8 km

15-16 10 km

17-18 15 km

Elite 25 km

35+ 10 km

7D12. Madison championships. The following Madison Madison distances shall be run.

	250 m		333 m		400 m	
	# of Laps	# of Sprints	# of Laps	# of Sprints	# of Laps	# of Sprints
16-18 Boys	120	6	100	5	80	4
15-18 Girls	80	4	60	3	40	2

Elite Men	200	10	160	8	120	6
Elite Women	120	6	100	5	80	4
35+ Master	120	6	100	5	80	4
45+ Master	100	5	80	4	60	3

(a) Intermediate sprints will be held ever 20 laps.

(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

10-16

17-18*

Elite*

Women

10-16

17-18*

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 three events: road race, criterium, and time trial.

7E2. Courses for National Road Championships shall have the characteristics given in the Racing Rules for each event and in addition shall be in excellent repair and be closed to traffic except for vehicles authorized by the officials. In particular:

(a) Road races are to be held on selective circuits, accessible to spectators, and which contain climbing, descending, and flat sections, but with few sharp or difficult turns. The climbs may be of fairly steep gradients.

(b) Individual and team time trials are to be held on relatively flat courses that have no sharp turns.

(c) Criteriums are to be held on relatively flat circuits from 1-3 km in length in an urban location readily accessible to spectators.

(d) Junior 10-14 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	
10-14	No Restriction	10-18	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		
Pro	Must be on a UCI Pro/Elite team.		Cat 1/2 and be on a UCI or domestic Elite team
35-54	Cat 1/2/3 Only	35-44	Cat 1/2/3 Only
55+	No Restriction	45+	No Restriction

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

Men		Women	
10-12	10-20 km	10-12	10-20 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	75-140 km
Amateur	140-200 km		
Pro	150-225 km	Pro/Elite	85-140 km
35-39	60-115 km	35-39	55-95 km
40-49	50-95 km	40-44	45-80 km
		45-49	35-80 km
50-59	45-90 km	50-59	35-70 km
60-69	45-80 km	60+	35-60 km
70+	45-65 km		

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

Men		Women	
10-12	15 km	10-12	15 km
13-14	20 km	13-18	20 km
15-16	25 km		
17-18	50 km		
U23	60 km	U23	35 km
Amateur	80 km		
Pro	80 km	Pro/Elite	50 km
35-44	50 km	35-39	40 km
		40-44	35 km
45-59	40 km	45+	30 km
60+	35 km		

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

Men		Women	
10-14	8-12 km	10-14	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	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

7E7. Tandem Championships. Tandem championships shall be conducted in the following age groups.

Men	Women	Mixed
Elite	Elite	Elite
70+	70+	70+
90+	90+	90+
110+	110+	110+

Tandems events will be held in only the time trial and road race disciplines. The time trial events shall be conducted over a distance of 30-50 km and the road race shall be conducted over a distance of 60-90 km.

7F. Cyclo-cross Championships

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

Men

10-16	No Restriction
17-18	Cat 1/2/3 Only
U23	Cat 1/2/3 Only
Elite	Cat 1/2 Only
30-54	Cat 1/2/3 Only
55+	No Restriction

Women

10-18	No Restriction
U23	Cat 1/2/3 Only
Elite	Cat 1/2/3 Only
30-44	Cat 1/2/3 Only
45+	No Restriction

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

Men

10-12	20 min
13-14	20 min
15-16	30 min
17-18	40 min
U23	50 min
Elite	60 min
Singlespeed	40 min
30-54	45 min
55+	40 min

Women

10-12	20 min
13-14	20 min
15-16	30 min
17-18	30 min
U23	40 min
Elite	40 min
Singlespeed	40 min
30-44	40 min
45+	35 min

7G. Endurance Mountain Bike Championships

7G1. Endurance mountain bike national championships shall comprise five events: cross-country, short track cross-country, super D, marathon and 24-hour.

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

Men

6-14	No Restriction
15-18	Cat 1 Only
U23	No Restriction
Elite	Pro

Women

6-14	No Restriction
15-18	Cat 1 Only
U23	No Restriction
Elite	Pro

Singlespeed No Restriction	Singlespeed No Restriction
19-54 Cat 1 Only	19-49 Cat 1 Only
55+ No Restriction	50+ No Restriction

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

Men

6-9
10-12
13-14
15-16
17-18
U23
Elite

Singlespeed

30+ (by 5 year groups)

Women

6-9
10-12
13-14
15-16
17-18
U23
Elite

Singlespeed

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

Pro/Elite
10-14
15-18*
19-29*
30+*

Women

Pro
all non-Pro*

*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. Super D Championships. The following classes shall have a super D national championship event.

Men

Pro/Open
10-15
16-18
19-29
30-39
40-49

Women

Pro/Open
10-15
16-18
19-29
30-39
40+

50+

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

Men

Pro/Open 19+

Singlespeed

19-29

30-34

35-39

40-44

45-49

50-59

60+

Women

Pro/Open 19+

Singlespeed

19-29

30-39

40-49

50+

(a) The course will be either point to point, or a circuit disputed over one or two laps.

(b) All riders must be race age 19 at the time of the event. Anyone under that age will not be allowed to race.

7G7. 24-Hour Championships. The following classes shall have a 24-hour national championship:

Solo men

Solo women

four-person team

(a) The minimum age for the solo classes is race age 18.

(b) The event shall be organized so that it ends at the 24 hour mark (i.e., if the event starts at noon, it ends at noon the following day.) This should be accomplished by not allowing a rider to go out for another lap if he will not finish prior to the planned time for the event to end.

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 and gated.

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

Men

10-14	No Restriction
15-18	Cat 1 Only
Elite	Pro
19-54	Cat 1 Only
55+	No Restriction

Women

10-14	No Restriction
15-18	Cat 1 Only
Elite	Pro
19-49	Cat 1 Only
50+	No Restriction

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

Men

Pro
6-10
11-12
13-14
15-16
17-18
19-24
25-29
30-34
35-39
40-49
50+

Women

Pro
6-10
11-12
13-14
15-16
17-18
19-29
30-39
40+

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

Pro
10-14
15-18**
19-29**
30-39**
40+**

Women

Pro
All non-pro*

*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. 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 and cyclo-cross, 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*

In the event a national championship commences prior to the championship eligibility period (e.g. track and cyclo-cross), 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 each division, conferences are allocated start spots in *mass start road and mountain bike* national championship races with a field limit as follows:

- (i) First the host team (if any) qualifies the number of riders a team may enter in that race, so long as this team and its riders otherwise meet the eligibility requirements contained in the rules; then
- (ii) Each conference qualifies the number of riders a team may enter in that race; then
- (iii) Each conference qualifies a single rider; then
- (iv) Each conference qualifies a total number of riders equal to (A) the percentage of the total number of category A 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 teams that are members of that conference, multiplied by (B) the field limit of such Race reduced by the number of riders qualified pursuant to subsections (i)-(iii) of this section.

(b) Only points from Category A conference events from a discipline count toward a team's and a 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 in a national championship race among teams and individual riders from their conference.

(d) If a conference will not use all of its allocated start spots, the remainder shall be put back into a pool and redistributed to conferences proportionally based on of the total number of category A riders in that division in that discipline that are recorded in USA Cycling's membership files on November 30 of the previous year. *A host school's unused start spots are given back to the host conference. These reallocations occur on a continuous basis until all start spots have been filled.*

(e) Teams may bring no more than 8 men and 8 women to any single national championship event.

7I3. 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.

7I4. 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.

7I5. 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.

7I6. BMX National Championship

(a) Division I and Division II teams are scored together, and team omnium results will be determined without regard for division. *For the purposes of national team rankings, Division I and II teams will be separated.*

(b) Men's and women's individual race winners will be determined without regard for 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.*

7I7. 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.

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

	<u>Road Race</u>	<u>Criterium</u>	<u>Team & Individual Time Trial</u>
Women	80-115 km	45-60 min	20-35 km
Men	100-160 km	60-90 min	20-35 km

(c) Each team may enter up to six riders in the road race and up to four riders in the criterium.

(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.*

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 one USA Cycling track event that season.

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

(iii) 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.

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

	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	<i>4km</i>
Co-ed Team Sprint	6 laps	

*Up to 4 riders from each team may enter.

(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 Division.

(i) Team omnium results will be determined by Division.

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.
- (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.

(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	1.75 - 2 hours
Short Track XC	20 min + 3 laps
<i>Team Relay</i>	<i>4 laps; 3-10 mins/lap</i>

(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 with the following additional stipulations:*

(i) Teams may not have more than two men.

(ii) A woman must complete two of the four laps for each team

7J10. Cyclo-cross National Championships

(a) Cyclo-cross Championship Eligibility. 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.

(b) The collegiate races shall be 50 minutes for men and 40 minutes for women.

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

(d) Division I and Division II teams and riders are raced and scored separately. Any races that are run concurrently will have separately started fields.

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.

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).

(c) Amateur riders, UCI women's team riders, and UCI Continental team riders are also eligible for State Championships.

(d) UCI Professional Continental Team and UCI Pro Team riders are not eligible.

(e) 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.

(f) 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.

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.

Chapter 8

Discipline

8. Discipline

INTRODUCTORY NOTE TO USE OF THIS TABLE. This Table of Penalties includes only matters likely to be encountered by Race Officials in the course of an event. Disciplinary measures should generally be imposed in accordance with the scale of penalties given below. The Chief Referee or Race Commission may increase or reduce any penalty based upon the gravity of the offense(s) committed.

The offenses are described in the table in an abbreviated descriptive form only. If you are uncertain as to applicability of a particular rule, review the complete text of the rule before imposing a penalty.

In imposing discipline remember that the philosophy is that a rider must not benefit from his/her misconduct or that of his/her team or support personnel. See Rule 1N1

Disciplinary measures, including warning, relegation, disqualification (DSQ), monetary fines and/or recommendation for suspension, also may be imposed by a Chief Referee with respect to any offense or inappropriate conduct not specifically set forth in the table below.

Time penalties applicable in time trials are set forth in section 8I.

In stage races, relegations affect only stage placing, but time penalties affect individual general classification. However, the race commission may choose to apply some time penalties to team G.C.

FINES. Fines and penalties should be progressively increased to riders or other licensees committing more than one offense or for multiple offenses of the same nature. Fines should rarely be assessed in

in Category C, D, or E events or at collegiate events. Care and common sense should be exercised in assessing fines to Category 4 or 5 riders competing in A or B events as

other penalties are likely to be just as effective and far less burdensome.

SUSPENSIONS. Some serious offenses warrant additional penalties such as a suspension. Neither a Chief Referee nor a Race Commission can impose a suspension. Suspensions are handled under USAC Policy III. Whenever a Chief Referee or Race Commission believes a suspension is indicated, a suspension request or recommendation should be submitted to the USAC Technical Director as soon as possible. The disciplinary request should state the nature of the offense, identify the licensee(s) against whom the suspension(s) is/are recommended, and provide a statement of the facts and circumstances warranting the suspension. Suspensions can be for a period of days, a racing season, a period of years, or for life, depending upon the specific actions or offenses. Typical suspension periods for the various classes of infractions are set forth in section 8J.

Rule #	RULE DESCRIPTION	C, D, & E 1 DAY EVENTS	A & B 1 DAY EVENTS	STAGE RACES (AND OTHER MULTI-DAY EVENTS)
8A - Rules of General Application in all Disciplines				
8A1– Equipment and Clothing Infractions				
8A1(a)	Failure to wear a helmet in the course of the event. [<i>While not actually racing.</i>]	1 st Warning 2 nd - DSQ + \$20 fine	1 st Warning 2 nd - DSQ + \$50 fine	1 st – warning + \$20 fine 2 nd – DSQ + \$100
8A1(b)	Intentionally removing helmet during race	DSQ	DSQ + \$35 fine	1 st -- \$50 fine 2 nd – DSQ + \$100
8A1(c)	Failure or refusal to wear chips as prescribed.	Warning, Relegation, and/or \$20 fine	Warning, Relegation, and/or \$20 fine	Warning, Relegation, and/or \$20 fine
8A1(d)	Non-authorized advertising on clothing	Start refused if noted before. Otherwise warning, relegation or fine of \$20-100	Start refused if noted before. Otherwise warning, relegation or fine of \$20-100	DSQ Start refused if noted before. Otherwise warning, relegation or fine of \$20-100

8A1(e)	Category 1 and 2 Members of same club or team not wearing same uniform	Start refused if noted in time, otherwise warning, relegation, and/or fine of \$20-100	Start refused if noted in time, otherwise Warning, relegation, and/or fine of \$20-100	1 st - Start refused if noted in time, otherwise Warning, relegation and/or fine of \$20-100 2 nd - start refused if noted in time, otherwise relegation and/or \$100 fine
8A1(f)	Wearing non-essential clothing	Start Refused	Start Refused	Start Refused
8A1(g)	Arriving at start without helmet	Start Refused	Start Refused	Start Refused
8A1(h)	Carrying glass container	\$35 fine	\$35 fine	\$35 fine
8A1(i)	Illegal Bicycle (bicycle not conforming to equipment requirements)	If noticed prior to start and not fixed or corrected, start refused, otherwise DSQ	If noticed prior to start and not fixed or corrected, start refused, otherwise DSQ	If noticed prior to start and not fixed or corrected, start refused, otherwise DSQ
8A1(j)	Number invisible, badly positioned or covered at finish	Warning, Relegation or \$20 fine	\$30 fine	1 st - warning and/or \$30 fine 2 nd - \$50 fine 3 rd - DSQ

8A1(k)	Abandoning race without informing an official	Warning	\$35 fine	Warning and/or \$35 fine
8A1(l)	Use of a mobile phone or audio entertainment device during race	DSQ	\$100 fine and DSQ	\$20- \$100 fine +DSQ
8A1(m)	Use or possession of radio or other 2-way communication equipment	DSQ	DSQ + fine \$100-\$500 (fine only if removed prior to start)	DSQ + fine \$20-\$500 (fine only if removed prior to start)
8A2 - Theft, Fraud and Dishonesty				
8A2(a)	Rider competing in a class or category for which he/she is not eligible	DSQ + suspension	DSQ + suspension	DSQ + suspension
8A2(b)	Competing without valid entry into race or fraudulent entry into race, or identity fraud.	Start refused or DSQ and suspension	Start refused or DSQ and suspension	Start refused or DSQ and suspension
8A2(c)	Theft, fraud, attempted fraud,	Start refused or DSQ and	DSQ and suspension and	DSQ, suspension and \$100 fine

	or other acts of dishonesty	suspension	\$100 fine	
8A2(d)	Race Fixing	DSQ + suspension	DSQ + suspension	DSQ + suspension
8A2(e)	Theft of food or drink	DSQ	DSQ and \$200 fine	DSQ and \$200 fine
8A3 - Threats and Violence				
8A3(a)	Acts of violence among riders	DSQ + no other entry for 72 hours + suspension	DSQ and \$100-\$500 fine. no other entry for 72 hours + suspension	\$20-\$500 per offense DSQ and no other entry for 72 hours + suspension
8A3(b)	Acts of violence toward other persons	DSQ – no other entry for 72 hours + suspension	DSQ and \$100-\$500 fine and suspension and no other entry for 72 hours.	Rider - \$20 - \$500 fine and DSQ and no other entry for 72 hours and suspension Other Licensee - \$500-\$1,000 fine and suspension
8A3(c)	Assault and/or battery on a race official	DSQ – no other entry for 72 hours + suspension	DSQ – no other entry for 72 hours + suspension	DSQ – no other entry for 72 hours + suspension

8A4 - Dangerous Conduct

8A4(a)	Illegal or dangerous throwing or tossing of an object into a crowd	Warning or DSQ	1 st - \$30 - \$100 fine 2 nd \$50-150 fine [<i>finest can be applied to team if rider not identified</i>]	1 st offense - \$30 fine Subsequent offenses - \$50 - \$150 [<i>finest can be applied to team if rider not identified</i>]
8A4(b)	Discarding a glass object	DSQ	\$100 fine + DSQ	\$100 fine + DSQ
8A4(c)	Pushing or pulling among riders	Relegation or DSQ	Relegation or DSQ	1 st offense --\$70 fine and 1 minute penalty 2 nd offense -- \$150 fine and DSQ
8A4(d)	Dangerous Riding; or conduct posing a threat to any person(s) other than the perpetrator.	Relegation or DSQ	Relegation or DSQ	Relegation or DSQ

8A5 - General Misconduct and/or Prohibited Acts

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
8A5(b)	Unsportsmanlike conduct, including but not limited to, Foul or abusive language; insults and rude behavior.	Relegation or DSQ and possible suspension	Relegation or DSQ and possible suspension	\$35-\$1,000 fine, DSQ and possible suspension
8A5(c)	Starting at an incorrect time or location	DSQ	DSQ	DSQ
8A5(d)	Forward progress unaccompanied by a bicycle	Relegation or DSQ	Relegation or DSQ	Relegation or DSQ

8A5(e)	Causing a crash due to inadequate tightening or adjustment of equipment	Relegation or DSQ and possible suspension	Relegation or DSQ and possible suspension	Relegation or DSQ and possible suspension
8A5(f)	Non-competitor on course during a race	Relegation or DSQ and possible suspension	Relegation or DSQ and possible suspension	Relegation or DSQ and possible suspension
8A5(g)	Person with official responsibilities at race consuming alcoholic beverages or other intoxicants	Immediately Relieved of duties and suspension	Immediately Relieved of duties and suspension	Immediately Relieved of duties and suspension
8A5(h)	Person with official responsibilities at race laying a wager on outcome of race	Immediately Relieved of duties and suspension	Immediately Relieved of duties and suspension	Immediately Relieved of duties and suspension
8A5(i)	Other activity or actions not specifically covered by the rules but bringing	Warning, Relegation or DSQ	Warning, Relegation or DSQ and fine not to exceed \$500	Warning, Relegation or DSQ and fine not to exceed \$500

	discredit upon the sport			
8A5(j)	Re-crossing the finish line in the direction of the race while still wearing a racing number	Warning	Warning plus \$20 fine	Warning plus \$20-100 fine
8A5(k)	Failure to attend official ceremonies when required	Forfeiture of prizes	\$70 fine and forfeiture of prizes	\$70 fine and forfeiture of prizes
8A5(l)	Failure to sign in when required	Warning	\$20 fine	1 st -- \$20 fine 2 nd -- \$50 fine and DSQ
8A5(m)	Public urination	Relegation and/or \$20	Relegation and/or \$20-100	1 st -- \$20-100 2 nd -- \$50-200 and 20" penalty 3 rd -- \$300 and DSQ

8B - Penalties Applicable in Road Races

8B1 – Course deviations, traffic violations, rules of the road

8B1(a)	Center Line Rule	Warning for accidental crossing; relegation or DSQ for advancing position; Suspension for dangerous attack	Warning for accidental crossing; relegation or DSQ for advancing position; Suspension for dangerous attack	1 st offense --Warning 2 nd offense – 30 second penalty 3 rd offense – 1 minute Possible DSQ in all cases if dangerous and flagrant
8B1(b)	Rules of the Road (local traffic laws) and/or failure to obey traffic laws when the course is not closed to traffic	1 st - Warning 2 nd – Relegation or DSQ	1 st - Warning 2 nd – Relegation or DSQ	1 st - Warning 2 nd – 30 second penalty or DSQ 3 rd – 1 minute penalty or DSQ
8B1(c)	Willful deviation of the course, attempting to place without covering the entire course, or resuming the race after being transported in a	DSQ	\$100 fine and DSQ	\$100 fine and DSQ

	vehicle			
8B1(d)	Unintentional course detour that constituted an advantage	DSQ	DSQ	DSQ
8B1(e)	Passing a RR crossing that is closed or another official road closure	DSQ	DSQ	DSQ
8B2 – Illegal Assistance				
8B2(a)	Hand sling between teammates	Both riders -- Relegation to last of group	Both riders -- \$100 fine + 30 sec. penalty. If in last Km \$100 fine + relegation to last in group	Both riders -- \$100 fine + 10 sec. penalty per offense. If in last Km of a stage \$100 fine + 1 min penalty and relegation to last in group
8B2(b)	Taking pace from riders in another race on the course	Relegation or DSQ	Relegation or DSQ	Relegation, time penalty, or DSQ
8B2(c)	Excessive pushing after a mishap	Relegation or DSQ	Relegation or DSQ	1 st – 20 second penalty 2 nd – 1 minute

				penalty 3 rd -- DSQ
8B2(d)	Failure to notify commissaire that rider is in Team car.	Manager \$50 fine	Manager \$200 fine	Manager \$50 - \$200 fine
8B2(e)	Exchange of bicycles or wheels between riders of different teams	Warning or relegation	Relegation, DSQ, or fine of \$20-100	1 st - \$70 fine and 2 minutes to each 2 nd - \$70 fine and 5 minutes to each 3 rd - \$70 fine and 10 minutes to each 4 th - Both DSQ
8B2(f)	Hand sling or pushing between riders on different teams	DSQ	DSQ	1 st - \$70 fine and 1 minute to each 2d - DSQ both If in last stage - DSQ both
8B2(g)	Being pushed by a spectator	Warning	Warning or relegation	Warning or relegation
8B2(h)	Illegal assistance to a rider during a circuit finish	Relegation to end of group	\$100 fine and relegation to end of group	1 st - \$100 fine and relegation to last in stage 2 nd - \$100 fine and DSQ

				During final stage- up to \$1000 fine and DSQ
8B2(i)	Pushing off a motor vehicle	Relegation or DSQ	Relegation and \$20 -50	\$20 - 50 and 10 seconds per offense.
8B2(j)	Non-regulation mechanical or medical assistance or supply of refreshments, or behavior of a team manager damaging the image of cycling, e.g., sticky bottles, moving mechanical repairs, etc.	1 st - Warning 2 nd - Relegation	Rider 1 st – \$20 fine 2 nd - \$50 fine 3 rd + \$100 fine During last 20 Km - \$50 fine, 1 minute, and relegation to back of group. Other Licensee: \$30-\$100 per offense, and car relegated to last in caravan	Rider 1 st – \$20 fine 2 nd - \$50 fine 3 rd \$100 fine During last 20 Km - \$50 fine, 1 minute, and relegation to back of group. Other Licensee: \$30- \$100 per offense, and car relegated to last in caravan
8B2(k)	Support personnel leaning or holding supplies out of a vehicle	Ejection from Race	1 st - \$100 fine 2 nd – 300 fine and vehicle ejected	1 st - \$100 fine 2 nd - \$300 fine and vehicle ejected
8B2(l)	Motorcycle carrying equipment other	DSQ of driver	\$70 fine and DSQ of driver	\$70 fine and DSQ of driver

	than wheels			
8B3 – Sprints and illegal contact				
8B3(a)	Failure to maintain a line or other sprint irregularities	Relegation to back of group	\$35 fine and relegation to back of group	1 st - \$35 fine, 30" penalty, and relegation to back of group 2 nd - \$70 fine, relegation to back of group and 1 minute penalty. 3 rd - \$140 fine and DSQ
8B3(b)	Extremely dangerous behavior in a sprint	DSQ	\$150 fine and DSQ	\$150 fine and DSQ
8B3(c)	Pulling on the jersey of a competitor	1 st -- Relegation to back of group 2 nd or in last KM =DSQ	\$35 fine and relegation to back of group. If in last Km, DSQ and \$100 fine	\$35 fine and 10 second penalty per offense. If in last Km 1 st - \$100 fine and 20 second penalty 2 nd - \$100 fine and DSQ During final stage- \$100 fine and DSQ
8B3(d)	Obstruction of a	DSQ	Rider –	Rider --

	rider or team car		1 st - \$50 fine 2 nd - \$100 fine and DSQ During the final Km - \$100 fine Other Licensee --(driver) \$200 fine	1 st - \$50 fine and 10 second penalty 2 nd - \$100 fine and DSQ During the final Km - \$100 fine and 30 second penalty and relegation to back of the group During final stage- \$100 fine and DSQ. Other Licensee- (driver) \$200 fine
8B4 – Towing and Drafting				
8B4(a)	Rider holding onto his team vehicle	DSQ	Rider -- \$100 fine and DSQ Manager -- \$100 fine and team vehicle eliminated from the event.	Rider -- \$100 fine and DSQ Manager -- \$100 fine and team vehicle eliminated from the event.
8B4(b)	Rider holding onto a vehicle other than his team vehicle	DSQ	Rider -- \$100 fine and DSQ Other Licensee -- \$100 fine	Rider -- \$100 fine and DSQ Other Licensee -- \$100 fine and team

			and team vehicle eliminated from the event if it was another team vehicle.	vehicle eliminated from the event if it was another team vehicle.
8B4(c)	Brief Drafting off a vehicle	Warning	Warning	Warning
8B4(d)	Prolonged drafting off a vehicle	Rider – relegation and \$30 fine [DSQ in extreme cases] Other Licensee -- \$70 fine	Rider -- \$50 fine [DSQ in extreme cases] Other Licensee -- \$70 fine	Rider -- \$50 fine and 20 second penalty [DSQ in extreme cases] Other Licensee -- \$100 fine
8B5 - Feeding				
8B5(a)	Unauthorized feeding (outside zone or distance permitted)	Warning or relegation or DSQ	Rider- In first 50 Km \$35 fine In last 20 Km \$50 fine Other Licensee -- \$100 fine	Rider- In first 50 Km \$50 fine In last 20 Km \$50 fine and 20 seconds Other Licensee -- \$100 fine
8B5(b)	Irregular Feeding	Warning or relegation	Rider \$15 fine Other Licensee - \$35 fine	Rider \$15 fine Other Licensee - \$35 fine

8B6 – Caravan Regulations

8B6(a)	Breach of regulations concerning vehicle movements within the caravan	\$70 fine to driver	\$70 fine to driver	\$70 fine to driver
8B6(b)	Obstructing an official vehicle	Warning or relegation	Rider - \$20 fine Driver- \$50 fine	Rider - \$20 fine Driver - \$50 fine
8B6(c)	Abandoning a Commissaire riding in a team car		\$150 fine	\$150 fine

8C - Individual Time Trial Penalties

8C1	Rider failing to maintain required distance behind or to the side, Drafting or taking pace from another rider	Time Penalty per Table A	\$20 -100 fine and time penalty per Table A	\$20 - 100 fine and time penalty per Table A
8C2	Vehicle failing to maintain 10 m. gap behind rider		Rider 20 second penalty Driver - \$100 fine	Rider 20 second penalty Driver - \$100 fine

8C3	Unauthorized vehicle on course	Relegation or DSQ (when clearly identified to a particular rider)	Relegation, DSQ and \$100 fine (when clearly identified to a particular rider)	1 minute penalty and \$100 fine (when clearly identified to a particular rider)
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8D - Team Time Trial Penalties

8D1	Riders failing to maintain required distance behind or to the side, drafting	Time penalty per 8I to the team	Time penalty per 8I to the team Driver -- \$100	20 second penalty to each rider (or from 8I if it is greater) Driver -- \$100
8D2	Vehicle failing to maintain 10m behind riders	Time penalty per 8I to each rider	Riders – Time penalty per 8I to the team Driver- \$70 fine	Riders – 20 second penalty to each (or from 8I if it is greater) Driver - \$100 fine
8D3	Pushing among members of the same team	Relegation or DSQ	DSQ	1 minute penalty to stage placing of each rider and \$35 fine to each rider
8D4	Team mates on different laps working together	DSQ entire team	DSQ entire team	DSQ entire team

8D5	Assistance from another team	DSQ to both teams	DSQ to both teams	10 minute penalty to Team G.C. of both teams. One minute penalty to individual G.C. of each rider
Rule #	RULE DESCRIPTION		PENALTY	
8E – Track Racing Penalties				
8E1 – General Conduct				
8E1(a)	Passing underneath a rider who is riding below the sprinters line		Relegation or DSQ	
8E1(b)	Impeding the progress of a rider that was passed		Relegation or DSQ	
8E1(c)	Failing to ride a straight line parallel to the sprinters line in a sprint		Relegation or DSQ	
8E1(d)	Racing below the blue band		Warning, Relegation or DSQ	
8E2. Elimination or Miss and Out				
8E2(a)	Failing to withdraw when so ordered		DSQ from remaining events and possible suspension	
8E3. Match Sprints				
8E3(a)	Leading rider failing to abandon a track stand when so directed		Race stopped and restarted without the rider in question	
8E3(b)	Flagrant violation before the sprint has		Race stopped and restarted without the	

	begun	rider in question
8E3(c)	Race stopped due to apparent mishap that turns out to be not legitimate	Race restarted without the rider in question
8E3(d)	Overtaking an opponent using the blue band	Warning or Relegation
8E3(e)	Entering the sprinters lane while occupied	Warning or Relegation
8E3(f)	Leaving the sprinters lane while overlapped	Warning or Relegation
8E3(g)	Abrupt sideways motion or movement to the right that exceeds 90 cm	Warning or Relegation
8E3(h)	Intentionally causing a crash	DSQ
8E3(i)	Falling while attempting an illegal maneuver	Warning or Relegation
8E3(j)	Physically forcing out of a box	Relegation or DSQ
8E3(k)	Blocking another rider in a 3 up	Relegation or DSQ
8E4 - Keirin		
8E4(a)	Obligated rider not going to the pacer	Race stopped and restarted without rider responsible
8E4(b)	Lead rider's front wheel passes the back edge of the pacer's rear wheel while pacer is still on the track	Race stopped and restarted without rider responsible
8E4(c)	Other illegal behaviors while pacer is on the track, such as headbutts, sweeping, etc.	Race stopped and restarted without rider responsible

8E5 – Time Trials, Pursuits, Team Sprint		
8E5(a)	Riding below the sponges	DSQ
8E5(b)	Rider failing to take the start for a final and whose reasons are not accepted by the Officials	DSQ from the event in question
8E5(c)	Pushing amongst teammates in a team pursuit or team sprint	Relegation to last place in the stage of the competition
8E5(d)	Irregular exchange in a team sprint	Relegation to last place in the stage of the competition.
8E6 – Points Race and Madison		
8E6(a)	Riders who have lost contact leading riders at the front prior to losing their lap	DSQ
8E6(b)	Riders accepting pace from riders who have lost contact	Loss of points or laps illegally gained
8E6(c)	Wireless Madison relay	Loss of a lap
8E7 – International Omnium		
8E7(a)	Failing to start one of the events in the omnium	DSQ from remaining events.
8F – Cyclo-cross Penalties		
8F1	Unauthorized feeding or hand ups of any kind outside of the pit	DSQ, plus \$50 fine in the case of money hand ups.
8F2	Exchange of wheels or bicycles amongst	DSQ

	riders; exchange of equipment outside of the pit	
8F3	Rider entering the pit lane and exiting without repairs, bike change, or (when allowed) feeding	Relegation (in placings, or enforced "stop and go")
8F4	Causing a false start	DSQ
8F5	Failure to withdraw when so ordered	DSQ
8F6	Not respecting the call up order	\$50 fine and sent to the back of the grid

8G – Mountain Bike Penalties

8G1 – General MTB Penalties

8G1(a)	Receiving technical support or not finishing on the same equipment (except where allowed)	DSQ
8G1(b)	Leaving the prescribed course or shortcutting	DSQ
8G1(c)	Removing obstacles that are part of the course	DSQ
8G1(d)	Physical contact between feeders or mechanics and riders outside of the official technical support zone	DSQ
8G1(e)	Riding backwards on course to get to a technical support zone	DSQ
8G1(f)	Littering	DSQ

8G2 – Endurance Events		
8G2(a)	Failure to yield to passing riders	Relegation or DSQ
8G2(b)	Loss of baton in 24-hour team relay	5 minute penalty
8G2(c)	Drafting vehicles or unregistered riders	DSQ
8G3 – Gravity Events		
8G3(a)	Reentering the course other than where it was left	Relegation
8G3(b)	False start	Relegation
8G3(c)	Intentional abrupt movement to cause contact with another rider	DSQ
8G4 – Dual Slalom		
8G4(a)	Missing a gate	DSQ in qualifying round. 1.5" penalty in final round
8G4(b)	False start	DSQ in qualifying round. 1.5" penalty in final round
8G4(c)	Changing lanes	DSQ in qualifying round. 1.5" penalty in final round
8G4(d)	Interfering with the other rider	DSQ in qualifying round. 1.5" penalty or DSQ in final round
8G4(e)	Not passing both wheels around a gate	DSQ in qualifying round. 1.5" penalty in final round
8G4(f)	Missing a gate and going beyond the next gate	DSQ in qualifying round. 1.5" penalty in final round
8G4(g)	Not finishing in possession of the bike	DSQ in qualifying round. 1.5" penalty in final round

8G4(h)	Missing start time by more than two minutes	DSQ
8H – Collegiate Penalties		
8H1 – Eligibility Issues		
8H1(a)	Team not in good standing with its conference, USAC, or recognized by its school	Disqualification of team and its riders and forfeiture of team and rider points and places at the Race in question
8H1(b)	Rider not in good standing with his school, not a USAC collegiate license holder, not a full time student	Disqualification of rider and forfeiture of rider points and places at the Race in question
8H1(c)	Riding in the wrong collegiate category	If the race has not yet commenced, a prohibition on the rider starting the race. If the race has commenced, disqualification of the rider from the race and forfeiture of rider points and places at the race
8H2 – Team Clothing and Equipment		
8H2(a)	Rider wearing anything other than a team jersey or neutral jersey	If the race has not yet started, a prohibition of the rider starting the race. If the race has started, a \$50 fine, or at the option of the chief official, DSQ of the rider from the race and forfeiture of rider points and places

8H2(b)	Wearing shorts that are not team shorts or blank	\$20
8H2(c)	Using illegal equipment or bicycles	Start refused if noted before the start, otherwise DSQ
8H3 – Transfers and Recruiting		
8H3(a)	Varsity team actively recruiting or maintaining conversations with riders engaged to other varsity teams regarding transfers without acknowledgement from the rider's current team.	Loss of national rankings points or loss of national championship eligibility for the team.

8I. Time Penalties for Time Trials

The penalties for taking pace in time trial events are listed below in both metric and English units. These penalties, in seconds, are based on the estimated speed and distance over which the infraction occurred. Penalties may be extrapolated for distances or speeds beyond what are shown in the table.

Speed km/h	Distance (meters)									
	100	200	300	400	500	600	700	800	900	1000
30	1	2	2	3	4	5	6	7	7	8
31	1	2	2	3	4	5	6	7	8	9
32	1	2	3	3	4	6	7	7	9	11
33	1	2	3	3	5	6	7	8	10	12
34	1	2	3	4	5	7	8	9	11	13
35	1	2	3	4	5	7	8	9	12	14
36	1	3	4	4	6	8	9	10	13	15
37	1	3	4	5	6	8	9	11	14	17
38	1	3	4	5	7	9	10	12	15	19
39	2	3	4	5	7	9	12	14	17	21
40	2	3	4	5	7	10	13	15	19	23
41	2	4	5	6	8	11	14	16	20	25
42	2	4	5	6	8	11	15	17	22	27
43	2	4	5	7	9	12	16	19	24	29
44	2	4	6	7	9	12	17	21	28	31
45	2	4	6	8	10	13	19	23	28	34
46	2	5	6	8	11	14	19	24	30	36
47	2	5	7	9	12	15	20	25	32	38
48	2	5	7	9	12	16	21	27	34	40
49	3	5	7	9	13	17	23	29	36	43
50	3	5	7	10	14	19	25	31	39	46
51	3	5	8	10	15	20	27	33	42	49
52	3	6	8	11	16	21	29	36	45	52
53	3	6	8	12	17	23	31	39	48	56
54	3	6	9	13	18	25	33	42	51	60
55	4	6	9	14	20	27	36	45	55	64
56	4	6	9	15	21	29	38	47	58	68
57	4	6	10	16	22	31	40	49	61	72
58	4	7	10	17	24	33	42	52	65	77
59	5	7	11	18	26	35	46	56	69	82
60	5	7	12	19	28	39	49	61	75	90

Speed mph	Distance (yards)									
	100	200	300	400	500	600	700	800	900	1000
20	1	2	3	3	4	6	7	7	9	11
21	1	2	3	4	5	7	8	9	11	13
22	1	2	4	4	5	7	8	9	12	14
23	1	3	4	5	6	8	9	11	14	17
24	1	3	4	5	7	9	10	12	15	19
25	2	3	5	5	7	10	13	15	19	23
26	2	4	5	6	8	11	15	17	22	27
27	2	4	6	7	9	12	16	19	24	29
28	2	4	6	8	10	13	18	23	28	34
29	2	5	7	8	11	14	19	24	30	36
30	2	5	7	9	12	16	21	27	34	40
31	3	5	8	10	14	19	25	31	39	46
32	3	5	8	10	15	20	27	33	42	49
33	3	6	9	12	17	23	31	38	48	56
34	3	6	9	13	18	25	33	42	51	60
35	4	6	10	15	21	29	38	46	58	68
36	4	7	11	17	24	33	42	49	65	77
37	5	7	12	18	26	35	46	52	69	82
38	5	7	14	19	28	38	49	56	75	90
39	6	8	15	20	30	42	53	61	80	95
40	6	8	16	22	32	46	58	67	84	99

8J. Suspension Periods

Nature of Offense(s)	Suggested Suspension Period	
	Min.	Max.
Violence or intentional injury of any person	6 months	Lifetime
Threats, assault, insults, rude behavior, unsportsmanlike conduct, or similar offenses	15 days	5 years
Dangerous riding, equipment violations, or foul riding or similar offenses causing an injury to any third person	30 days	5 years
Theft of tangible property	1 year	Lifetime
Fraud, identity fraud, knowingly entering race for which not qualified by age, class, or category, or other dishonest behavior or offense	30 days	5 years
Riding Offenses not causing injury to a third person	10 days	60 days
Other offenses or violations warranting suspension or offenses or action bringing discredit or disrepute upon the sport	10 days	Lifetime

Chapter 9

Records

9. Records

9A. Qualifications

9A1. National records for the fastest time for a certain distance or the farthest distance for a certain time may be recognized for U.S. citizens participating in races that have been issued a permit by USA Cycling or another organization affiliated with the International Cycling Union.

9A2. All **claims for records** must have been based on events that were executed in accordance with the rules of the body that issued the race permit. A record claim must be submitted on the official form supplied by USA Cycling and must be signed by the chief referee and other licensed race officials who witnessed the event.

9A3. If **more than one record** of a given type is claimed in some 24 hour period, only the fastest one in that period will be recognized.

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.

9B. Course Measurement

9B1. Claims for records shall be accompanied by a statement from a registered surveyor or registered engineer certifying the distance to be correct within one part in 10,000 and the certification must specifically state that the measurement was carried out in accordance with these measurement rules. For records over a particular distance, certification must be done before the event.

9B2. On **road courses**, the measurement of distance shall be along the shortest possible path for the riders to take. Around curves the measurement shall be made 40 centimeters from the inside curb or centerline.

9B3. On **tracks**, distances shall be measured at the inside edge of the measurement line.

9C. Timing Rules

9C1. All original **timing data** shall be preserved and submitted with the record application.

9C2. In **multi-lap events**, each timer shall submit time readings for each lap to verify the lap count and overall time.

9C3. Record times may be based on automatic electronic timing or manual but there must be at least two independent timings.

9D. Distances Recognized

9D1. Class A. The following records shall be recognized by certificates and be listed on the USA Cycling website.

(a) All time trial events in which National Championships are currently conducted, including those that are part of an omnium. Master riders may hold records for their own or **Elite** age group. Junior riders may hold records for their own or older junior age groups or for **Under 23 or Elites**.

Timings in pursuit events may be treated as time trials if the rider or team does not approach within 25 meters behind an opponent at any time during the event.

(b) Elite and Under 23 men's, women's and mixed records for standing start road time trials at a distance of 40 km, and elite and Under 23 men's and women's standing start track time trials at one hour. Masters or junior distances set at a standard of 40, 20, or 10 Km where applicable.

(c) Elite men's and women's 500 meter flying start time trial.

9D2. Class B. Track or course records for time trial or massed start events shall be administered for each state by the Administrator in accordance with the rules and policies of USA Cycling. Separate records are recognized for men and women but no distinction shall be made by age group.

Intercity records involving more than one district shall be administered by the Administrator of the region in which the destination city lies.

9E. Attempting Records

9E1. Attempting National Records

(a) Obtain the necessary forms from USA Cycling:

- (i) Permit
- (ii) Record Application
- (iii) Course Measurement Certificate

(b) Administrators or the Technical Director will assign at least three officials to witness and assist timing of the event. The rider is responsible for paying fees, transportation, room and board where applicable for officials (see Schedule of Fees) and any drug control expenses.

(c) The course must be certified by a surveyor and measured to one part in 10,000 in accuracy. The rider is responsible for this expense unless this course has been previously certified.

(d) For record attempts at National Championships, individuals will not have to provide the above. They will be arranged by USA Cycling.

9E2. Attempting World Records

(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.

Current national records can be found on the [USA Cycling website](#). Current world records can be found on the [UCI website](#).

Chapter 10

Gran Fondo

Chapter 10 – Gran Fondo Regulations

10A. Participation

10A1. Gran Fondo events are timed events open to all riders. Riders holding a USA Cycling annual racing license, a USA Cycling Gran Fondo one-day license, or a valid license issued by a UCI-affiliated cycling federation will receive preferential staging at the start.

10A2. If necessary, the rider's age shall be calculated by subtracting the year of the rider's birth from the year the Gran Fondo event takes place.

10A3. Riders belonging to a UCI Protour team or UCI professional continental team may not take part in Gran Fondo events without an exception granted by the UCI. However, a rider may participate without this exception in one event per year that bears his name.

10A4. Riders belonging to a UCI continental team may participate in 3 Gran Fondos per year.

10B. Entry and Rider Obligations

10B1. Riders shall register for the event per the guidelines of the organization, which may include advance registration, whether online or by other means, or day of event registration.

10B2. The organizer shall provide each entrant with at least one body number. The organizer may also provide frame numbers and/or timing chips. The organizer may require a deposit for timing chips.

10B3. By entering the event, the participant agrees to respect the regulations of the UCI, USA Cycling, and the particular regulations of the event.

10B4. The participant agrees to accept the directions of the event organizers and all public authorities and emergency service personnel.

10B5. Each participant agrees that he is participating at his own risk and accepts the risks inherent in the sport. These risks include, but are not limited to sickness, injuries from falls, accidents, and risks related to road traffic and weather conditions.

10B6. It is each rider's responsibility to ensure that he is physically capable and healthy enough to participate in the event being entered.

10B7. Each participant must sign a USA Cycling event waiver acknowledging that he accepts the risks mentioned above.

10C. Conduct of Participants

10C1. Participants must respect the relevant traffic laws at all times. These laws may include:

(a) Staying on the right side of the road unless currently inside of a rolling enclosure'

(b) Stopping for all stop signs and traffic lights unless waived through by a marshal or police officer.

10C2. Participants must demonstrate good sportsmanship at all times.

10C3. Participants must behave in a way that respects the environment. Littering or any similar behavior will not be tolerated.

10D. Organization of Events

10D1. The organizer must provide detailed information to participants, including a technical guide providing the following:

(a) Full contact details for the organizer

(b) The special regulations for the event

(c) The number of times the event has been run previously

(d) The number of riders that participated in the previous event.

(e) The number of riders expected and any applicable limits on field size

(f) The type of event

(g) A detailed description of the course(s) with profile, distance, feed zones, first aid posts and technical

assistance posts.

(h) A description of the services provided for riders.

10D2. The organizer must take all appropriate measures for the protection of the environment. The organizer must restore the course and its surroundings to its original condition immediately after the event has finished.

10D3. Course and rider safety shall be the primary concern and responsibility of the organizer.

10E. Event Fees and Surcharges

10E1. The permit fee for a Gran Fondo is specified in the "schedule of fees."

10E2. The organizer shall pay USA Cycling an insurance surcharge per rider per day as specified in the "schedule of fees."

10F. Courses and Safety

10F1. Directions

(a) The course must be clearly marked using arrows and signs and by the placement of marshals.

(b) Where an event uses multiple courses, these must be clearly identified. The points at which the different courses separate must be marked at least 500 meter beforehand.

10F2. Marshals

(a) The organizer shall deploy a sufficient number of marshals in order to ensure rider safety and control traffic.

(b) Moto marshals will be used as necessary for course safety.

(c) A marshal or law enforcement officer must be stationed at all major junctions and at junctions where riders do not have priority under the normal rules of the road.

(d) The marshals must be readily identifiable by a distinctive sign or uniform.

(e) The marshals shall be provided with a flag and/or a whistle. The marshals must be clearly informed about their role and provided with a list of emergency contacts.

10F3. Lead and Follow vehicles

- (a) The organizer's official vehicles must be marked with a distinctive sign.
- (b) All Gran Fondo events will be run with at least one lead vehicle for the lead/main group of riders.
- (c) The number of following vehicles will be appropriate for the number of participants.
- (d) There will be at least one sag vehicle
- (e) Personal following vehicles are forbidden. If necessary, the rider will be disqualified by the organizer.

10F4. First Aid

- (a) The organizer must provide at least one first aid post and additional first aid posts as appropriate for the length and layout of the course.
- (b) An adequate number of qualified medical personnel must be ready to intervene rapidly, at any time and at any point on the course.
- (c) The members of the first aid services shall be stationed at fixed posts and mobile units, as appropriate to the length and configuration of the course. The principal first aid post must be readily identifiable and situated close to the finishing line.
- (d) The members of the first aid service must be readily identifiable by a sign or uniform which they alone may wear.
- (e) The organizer must take all the measures required to allow the treatment and rapid evacuation of the injured at any point on the course.
- (f) A briefing with the organizer, the person in charge of the first aid services and the marshals shall be held before the event.

10F5. Feeding

- (a) The feed zones must be well-located on the course. Their number will be appropriate to the length of the course. The feed zones must be marked with signs.
- (b) A panel shall indicate the presence of the next feed zone at least 500 meters beforehand.

- (c) The feed zones must be located far enough off the road that they do not hinder traffic and allow riders who wish to do so to pass without stopping.
- (d) The feed zones must be large enough to accommodate substantial numbers of riders.

10F6. Communications

A suitable communications system must be set up between the members of the organization team and the safety and first aid services.

10F7. Technical Assistance

Neutral technical assistance will be provided.

10G. Classifications and Prizes

10G1. The timing shall be used to produce rankings for the men's and women's categories and age groups. Additional categories may be permitted at the discretion of the organizer.

10G2. When chip timing is used, the rider's start time shall be calculated based upon when the rider crossed the start line. If no chip timing is used, then the start time will be based on a whistle or pistol shot for the event or the wave, as appropriate.

10G3. No awards based on relative performance *at the finish line* are allowed. *However, awards may be given based on timed segments at one or more points during the event, such as timed hill climbs.* No cash awards may be given, but raffles and participation awards, such as t-shirts, ribbons, and certificates are allowed.

10H. Event Start

10H1. Riders shall present themselves at the staging area at the time required by the specific event regulations, in general no later than 15 minutes before the start.

10H2. Riders will start in waves or all together per the instructions of the organizer.

10H3. Riders will be staged in the following order (from front to back based on the rider's USA Cycling license):

- (a)** Professional racers
- (b)** Category 1 racers
- (c)** Category 2 racer
- (d)** Category 3 racers
- (e)** Category 4 racers
- (f)** Category 5 racers
- (g)** Gran Fondo one-day licensees

10H4. Riders must respect the staging order and/or start in the correct wave.

10I. Event finish

Each Gran Fondo may have specific rules regarding time limits. Riders finishing outside those time limits will not be eligible for prizes. In extreme circumstances, a rider may be called off the course if too far behind.

10J. Equipment

10J1. Bicycles used in a Gran Fondo must be propelled solely by the rider's legs and shall have the following characteristics:

(a) Dimensions. Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long

(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.

(c) Wheels must have at least 12 spokes. No wheel may contain special mechanisms to store and release energy. Disc wheels are not allowed.

(d) The **handlebar** ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands are not permitted.

10J2. If tandems, recumbents, or hand cycles are allowed, they must be staged separately behind the standard bicycles and given a separate start time.

10J3. At all times during the event, riders must wear a securely fastened helmet the laboratory testing standards of the U.S. Consumer Product Safety Commission.

10J4. Riders must comply with other specific equipment regulations given in the technical manual, such as carrying a pump and spare or starting the event with a specified number of full water bottles.

Glossary

Glossary

Academic Year: A year beginning on August 1 of one calendar year and ending on July 31 of the following calendar year.

Administrator: A USAC Regional Coordinator or the person designated by the Local Association.

Amateur Class: The amateur class comprises riders in the senior/elite age group (19-29) who are not members of UCI teams, or, in the case of women, not on domestic elite teams.

Bicycle Race: Competition among persons using bicycles where awards are given on the basis of relative performance.

Cannibalizing: Taking any part or component from one bicycle to repair another, or to improve the result of another.

Category: An ability-based designation for riders. Riders in the same age class may race in groups based on ability category.

Class: An age-based designation, such as junior, U23, Elite, or master.

Club Ride: A training ride open only to members of bicycle clubs that are members of USA Cycling or a race that is open only to members of one such club and any participant who holds a USA Cycling racing license must be licensed as a member of that club.

Combined Division Race: A race in which riders from both divisions compete.

Criterion: A road event held on a small course entirely closed to traffic. The length of the course is between 800 m and 5 km. The minimum width throughout the course should be 7 m.

Cross Country: A massed-start competition that is held on a circuit course comprising forest roads, forest or field trails, and unpaved dirt or gravel roads.

Cross-Country Eliminator: Four or six competitors race together on a 500m-1000m course on dirt, gravel, pavement or any combination of surfaces, which will often feature natural and/or artificial obstacles.

Cyclo-Cross Season: Begins September 1st of one year and

ends on the last day of February of the following year.

Discipline: One of the disciplines in which Collegiate Cycling offers a national championship.

Disqualification: A penalty that causes a rider or team to lose placing in a race and to be ineligible for any subsequent heats in the race.

Downhill: 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 trail features.

Dual Slalom: 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 will feature bermed corners, jumps, and other technical trail features.

Elite rider: One who satisfies any of the following conditions:

(a) has a racing age of 23 to 29,

(b) has a racing age of 19-22 and is a member of a UCI Pro team (i.e Pro Tour team, Tier 1 team),

(c) has a racing age of 30 years or older and has been a member of any UCI Team at any time in the current year,

(d) has a racing age of 30 years or older and has competed in any elite UCI World Cups, World Championships, Pan American Games, Pan American Championship, or Olympic Games within the current calendar year.

Riders who are classified as an Elite rider per part d) above are classified as such only in the discipline in which they competed.

Endurance Events: A term used to describe the following types of events: Cross Country, point to point, hill climb, marathon, stage races, time trial, and team time trial.

Endurance Race: One of the following mountain bike race formats: cross country; short track.

Event: All races under a single race permit, or all races in a

single National Championship, as the context requires.

Event Permit: A non-exclusive authorization issued by USA Cycling to a member club or a Race Director to conduct a race event of a specified type at certain location(s) on specified date(s).

False Start: A rider moving forward or crossing the start line or gate before the start command is given.

Gran Fondo: Is a massed start ride where the participants may be timed, but no awards are given based on relative performance.

Guest Rider: A rider who is licensed with another club/team not entered in the event, who rides as a "guest" on the team for that specific event.

Gravity Events: Events that are gravity assisted, such as Downhill, Dual Slalom, Mountain Cross (4X), and Super D. The start line of Gravity Events is at a higher altitude than the finish line.

Gravity Race: One of the following mountain bike race formats: Collegiate Slalom, dual slalom, dual, mountain cross, downhill and super-D.

Handicap Race: is a track event in which the stronger riders are given either a greater distance to travel or a later start so as to equalize competition.

Hearing: Formal request for review by a hearing panel of a suspension or qualification to race.

International-style Omnium: Different event from conventional omniums, with different scoring, tie-breaking, and the requirement that riders must compete in all events. Consists of 6 events: Flying Time Trial, Points Race, Elimination Race, Individual Pursuit, Scratch Race, and Time Trial. All events are held over two days.

Introduction to Bicycle Racing Category: The Introduction to Bicycle Racing Category ("Intro Category") is designed for new riders to give them a safe and fun introduction to collegiate cycling. The points and distances for the intro category in each conference shall match those of the lowest category offered for each gender.

Invitational Race: One in which only riders who are invited

by the Race Director may compete.

IPEDS: Means the "Integrated Postsecondary Education Data System" database published annually by the U.S. Department of Education at <http://nces.ed.gov/ipeds/pas/> or such other location as the Collegiate Cycling Manager may determine.

Italian pursuit: A track event between teams of any number of riders over a specified distance. The teams are spaced at equal intervals around the track at the start. The leading rider of each team shall lead for one or two laps, as specified, then pull off. The second rider shall then take the lead for the same number of laps and also stop. The same procedure shall be followed until there is only one rider on the track per team during the last one or two laps. The team whose last rider is farthest ahead as compared to the team's starting position, wins.

Keirin: A track event in which riders sprint after completing a certain number of laps behind a pacer. The race will be 8 laps on a 250 m track, 6 laps on a 333 m track and 5 laps on a 400 m track (approximately 2 km total race distance). No more than nine riders may compete in a Keirin. If the number of entrants warrants, there may be qualification and/or repechage rounds leading to a final race. Normally the pacer rides a derny or motorized pacing bicycle; a tandem may be used when practicable.

Licensed Member: In order to be considered a member of a club, a rider must be a member in good standing of that club and it must be listed on the rider's USA Cycling license.

Licensees: Persons holding USA Cycling licenses, such as riders, officials, coaches, trainers, *race directors*, and mechanics.

Madison: a points race between teams of two or three riders who relay each other for a specified distance or time. In no case may more than two members of a team race at the same time.

Marathon: Any mountain bike event between 37 and 62 miles (60-100 km).

Massed-start Road Race: Any road Discipline Race other than an individual time trial or team time trial.

Mishap: A crash or a mechanical accident (tire puncture or other failure of an essential component). However, a puncture caused by the tire coming off due to inadequate gluing is not a mechanical accident, nor is a malfunction due to miss-assembly or insufficient tightening of any component. A **recognized mishap** is a stoppage that meets the above conditions. An **unrecognized mishap** is a stoppage where the above conditions are not met.

A broken toe strap or cleat is a mishap. A worn or misadjusted cleat or toe strap is not a mishap. If more than one toe strap is used on a pedal, breakage of one is considered a mishap. Any mishap not immediately inspected by an official is unrecognized.

Miss-and-Out: A mass start race 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, elimination sprints occur on every lap on tracks of at least 333 meters in length, and every two laps on shorter tracks. If sprints are not held every lap, each lap that precedes an elimination sprint shall be indicated by a bell. Gaining a lap shall not prevent a rider from being pulled nor matter in the final placings. A rider shall be considered to have gained a lap upon reaching a position to take shelter behind the rearmost rider of the group. Also known as an Elimination Race.

Mixed Team: Composed of riders belonging to different teams, none of which is entered in the event. Members wear matching jerseys, which may carry the riders' usual advertising or a sponsor for that race.

Mixed: Tandem and team time trial events require both male and female competitors.

Mountain Cross (also called Four Cross or 4X): A gated gravity competition where four competitors race together on a course which will often feature bermed corners, jumps, and other technical trail features. Following a qualification round, riders race against each other in an elimination format (heats) to determine a winner.

Observed trials: Mountain bike events conducted over an obstacle course including such natural hazards as mud, rocks, water, etc. composed of any number of sections. The riders attempt to negotiate each section without putting down a foot or hand.

Officials: Appointed by USA Cycling to oversee the conduct of the race and to ensure compliance with USA Cycling regulations.

Omnium: Set of races in which riders compete for points in each event and final placings are determined by total points in all events. Riders do not have to participate in each event of the omnium unless specified in the event regulations. Different numbers of points may be given in different events. The scoring scheme shall be specified in the official race announcement. The default omnium scheme for track events is specified in rule 201.

Open class: All participants, regardless of license category, can compete in an open class.

Open Race: is one where any rider is eligible to register as long as they otherwise meet eligibility standards (i.e. it is not an invitational).

Order of Call-Up: The order of the previous year's team omnium from the national championship in question. 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 set at the close of registration.

Order of Finish: Rider placings at the finish of a single Race.

Pursuit: is a track event between competitors who are started at equal intervals around the track, and is run until one rider catches the others or until a certain distance is covered, as specified in advance. A rider catches another by overtaking and drawing even.

Race Director: Is the person named as such in the race permit. This person is responsible to USA Cycling for the proper organization of the race event.

Para-Cycling: Bicycle racing for cyclists with disabilities as defined by the UCI.

Primes: sprints within a criterium. They may be for the lead

riders or any group or field of riders. A bell shall be sounded on the lap preceding the prime sprint at the appropriate line for that prime sprint

Point to Point: A cross-country event that is not contested on a circuit course but is either one long loop or the start and finish are in different places.

Points race: A rolling start scratch race in which sprints for points are held on certain laps as designated by the Race Director, usually every five laps. 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. 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.

Prize List: A race that consists of all prizes and primes arranged for in advance by the Race Director. The prize list for a race event is the sum of the prize lists for the individual races.

Pro: The highest ability category for both men and women in mountain bike racing. All MTB PRO racers must purchase an International License.

Professional: A road or track rider is a registered rider of a UCI Team. A Professional MTB rider is a registered rider on a UCI MTB Team or a rider categorized as such by USA Cycling.

Protest: A formal request by a rider or team manager to have a race official review a decision or oversight. (See Racing Rule 1R)

Race: A single Team scoring opportunity for all eligible Riders on a Team (e.g. a conference criterium, a short-track mountain bike Race, a Collegiate Cycling National Championship Women's 2 Kilometer Individual Pursuit).

Race Commission: The subset of race officials that make decisions and decide on protests at an event. Also called the Race Jury.

Race Entry: The process of paying a fee and making a commitment to compete.

Race Event: One or more races covered by a single race permit and is not necessarily limited to a single day.

Race Jury: The subset of race officials that make decisions at

an event and decide on protests. Also called the Race Commission.

Race registration: The process (normally conducted at the race site) of presenting a license and picking up race information and numbers.

Race Series: A sequence of race events of the same type (such as road, criterium, time trial, track or MTB) conducted in a single state generally on a regular basis at the same location, time, and day of the week.

Racing Age: The age the rider shall be on December 31 of the current year except in cyclo-cross. A rider's racing age in cyclo-cross is his age on December 31st of the year that the cyclo-cross season ends. References to age of riders, race age groups, or age class shall be interpreted as referring to racing age*. The following terms refer to specific age groups.

Racing Age	Age Group Class
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6- 9	Youth
10-18	Junior
19-22	Under 23
23-29	Elite (i.e. senior)
30+	Master

**The only exception is that for the minimum age for a licensee of 6 years old, this refers to chronological age, not racing age.*

Relegation: A penalty consisting of a loss of position, points or time, depending on the type of race. It may be assessed against a rider, a team, or both. Relegation of support personnel in a road race consists of placing their vehicle farther back in the caravan.

Rider: A member of a Team who is eligible pursuant to these Rules to participate in a Collegiate Cycling Race.

Road race: A massed start road event, in which all riders start from the same mark, or handicap races, in which starting positions are assigned in accordance with past performance so as to give all riders an equal chance at winning.

School: A degree-granting institution as defined by IPEDS.

Scratch Race: a track event in which all riders start from the same point at the same time. The race shall be run over a

specified number of laps/distance and the riders classified according to the order in which they cross the line on the final lap.

Season: A group of Races and Events in a Conference during a period of calendar time that is tracked and considered as a logical series of events, as determined by the Conference Director.

Selection Race: An event in which riders qualify for championships or international competition.

Session: A sequence of races with no major time breaks. Most championships are held with two or possibly three sessions per day.

Short Track Cross Country (STXC): A shortened cross-country style race, designed to be spectator-friendly and easily televised.

Single Division Race: Race in which Riders from only one Division compete.

Stage Race: An event with a common entry, run on consecutive days, comprising a sequence of road races (i.e. individual road races, time trials, criteriums), in which the overall results are determined by cumulative time or points. There are normally individual and team competitions. Riders must successfully complete each stage in order to be eligible for the next one.

Super D: A hybrid event combining aspects of the disciplines of Cross Country and Downhill racing. A competition which riders race on a course that has significantly more downhill than uphill sections. These courses are typically devoid of jumps and not as technical in nature as Downhill races; testing both a rider's endurance and bike handling skills.

Suspension: Is a penalty imposed under USA Cycling Policy *III* in which a licensee is ineligible to participate in either international events or those of USA Cycling for a determined period of time. Such participation includes working in a support function (manager, coach, mechanic, etc.).

Team: A cycling club or team affiliated with and representing a School that is eligible pursuant to these Rules to participate in a Collegiate Cycling Race.

Team Sprint: is a race run by two 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 three or two; generally it will be three for men and two for women. 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.

Time trial (or Team Time Trial): A time trial competition involves individuals or teams who race against the clock.

Track Sprints: A track event that involves a series of races, each with a small number of riders. The number and composition of the races is organized by the chief referee to meet the needs of the racing program for the number of riders. The sprint rounds may be preceded by a flying start 200 meter time trial to seed or select riders who will take part in the sprint heats.

UCI Team: Is a team registered with the UCI. These include UCI Pro Teams, UCI Professional Continental Teams, UCI Continental Teams, UCI Track Teams, UCI Mountain Bike Teams, and UCI women's teams.

Ultra-Endurance Events: A term used to describe the following types of events lasting more than 4 hours:

Marathon, ultra-marathon, 6/ 12/ 24 (etc) hour racing.

Ultra-marathon: Any mountain bike event over 62 miles (100 km)

Unattached Rider: One who is not a licensed member of a club.

Under 23 Rider: (U23) is one with a racing age of 19 through 22. A rider in this age range who is a member of a UCI Pro team is classified as Elite. A rider in this age range who is a member of other UCI Teams is not classified as Elite.

Varsity Cycling Team: Any USA Cycling Collegiate member club in good standing, having submitted the appropriate Varsity application to USA Cycling proving that the Team

employs or is advised by at least one USAC-licensed coach, and also meets any 3 of the following 4 requirements: (i) The Team is recognized as holding varsity status by the school with which it is affiliated. (ii) The Team disburses at least \$10,000 in scholarships to its athletes annually. (iii) The Team attended any two of the four USA Cycling Collegiate National Championships in the previous calendar year. (iv) The Team pays for Riders' entry into Collegiate Cycling Races, so long as the funding is not derived from team dues of any kind. Teams will be required to submit a new Varsity application every two years in order to maintain their status with USA Cycling.

Youth Race: An event held on a closed course *with a circuit length no longer than 5 Km* that is open only to riders with ages between 6 and 9.

24 hour racing: A solo or team competition raced over a set period of time with the winner determined by the number of total laps completed. Formats include 6 hour, 12 hour, 18 hour, 24 hour etc.

Appendix 1: Organization of Sprint Events

The following table is the sprint seeding format used for UCI World Championships. This format is designed for 16 riders and does not use repechage rounds. The riders are seeded by 200 meter time trial, with the fastest rider designated as N1, the second as N2, and so on.

Round	Heat	Composition	Results	
			1st	2nd
1/8th	1	N1 - N16	1A1	
Finals	2	N2 - N15	2A1	Ranked 9th-16th based on 200 m TT qualifying times
	3	N3 - N14	3A1	
	4	N4 - N13	4A1	
	5	N5 - N12	5A1	
	6	N6 - N11	6A1	
	7	N7 - N10	7A1	
	8	N8 - N9	8A1	
1/4	1	1A1 - 8A1	1C1	
Finals	2	2A1 - 7A1	2C1	Advance to ride for 5th-8th
	3	3A1 - 6A1	3C1	
	4	4A1 - 5A1	4C1	
1/2	1	1C1 - 4C1	1D1	1D2
Finals	2	2C1 - 3C1	2D1	2D2
Finals	1	1D1 - 2D1	1st (gold)	2nd (silver)
	2	1D2 - 2D2	3rd (bronze)	4th

The following table is the sprint seeding format used for competitions with 24 competitors when using repechage rounds. The riders are seeded by 200 meter time trial, with the fastest rider designated as N1, the second as N2, and so on.

Round 1

			Results	
Heat	Composition		1st	2nd
1	N1	N24	1A1	1A2
2	N2	N23	2A1	2A2
3	N3	N22	3A1	3A2
4	N4	N21	4A1	4A2
5	N5	N20	5A1	5A2
6	N6	N19	6A1	6A2
7	N7	N18	7A1	7A2
8	N8	N17	8A1	8A2
9	N9	N16	9A1	9A2
10	N10	N15	10A1	10A2
11	N11	N14	11A1	11A2
12	N12	N13	12A1	12A2

Repechage—Round 1

			Results	
Heat	Composition		1st	2nd
1	12A2	1A2	1B	Elim.
2	11A2	2A2	2B	Elim.
3	10A2	3A2	3B	Elim.
4	9A2	4A2	4B	Elim.
5	8A2	5A2	5B	Elim.
6	7A2	6A2	6B	Elim.

Round 2

			Results	
Heat	Composition		1st	2nd
1	1A1	6B	1C1	1C2
2	2A1	5B	2C1	2C2
3	3A1	4B	3C1	3C2
4	4A1	3B	4C1	4C2
5	5A1	2B	5C1	5C2
6	6A1	1B	6C1	6C2
7	7A1	12A1	7C1	7C2
8	8A1	11A1	8C1	8C2
9	9A1	10A1	9C1	9C2

Repechage—Round 2

Heat	Composition			Results		
				1st	2nd	3rd
1	1C2	6C2	9C2	1D	Elim.	Elim.
2	2C2	5C2	7C2	2D	Elim.	Elim.
3	3C2	4C2	8C2	3D	Elim.	Elim.

1/8th Final

Heat	Composition		Results	
			1st	2nd
1	1C1	3D	1E1	1E2
2	2C1	2D	2E1	2E2
3	3C1	1D	3E1	3E2
4	4C1	9C1	4E1	4E2
5	5C1	8C1	5E1	5E2
6	6C1	7C1	6E1	6E2

Repêchage—1/8th Final

Heat	Composition			Results		
				1st	2nd	3rd
1	1E2	4E2	6E2	1F	Elim.	Elim.
2	2E2	3E2	5E2	2F	Elim.	Elim.

1/4 Final

Heat	Composition		Results	
			1st	2nd
1	1E1	2F	1G	4-up ride
2	2E1	1F	2G	for
3	3E1	6E1	3G	5th-8th
4	4E1	5E1	4G	places

1/2 Finals

Heat	Composition		Results	
			1st	3rd
1	1G	4G	Ride for	Ride for
2	2G	3G	1st & 2nd	3rd & 4th

Sprint Table for 18 participants

Round 1, using the following chart

Complete this round, then go to the Round 2 repechage in the standard chart.

Heat	Composition		Results	
			1st	2nd
1	N1	N18	1C1	1C2
2	N2	N17	2C1	2C2
3	N3	N16	3C1	3C2
4	N4	N15	4C1	4C2
5	N5	N14	5C1	5C2
6	N6	N13	6C1	6C2
7	N7	N12	7C1	7C2
8	N8	N11	8C1	8C2
9	N9	N10	9C1	9C2

Sprint Table for 12 participants

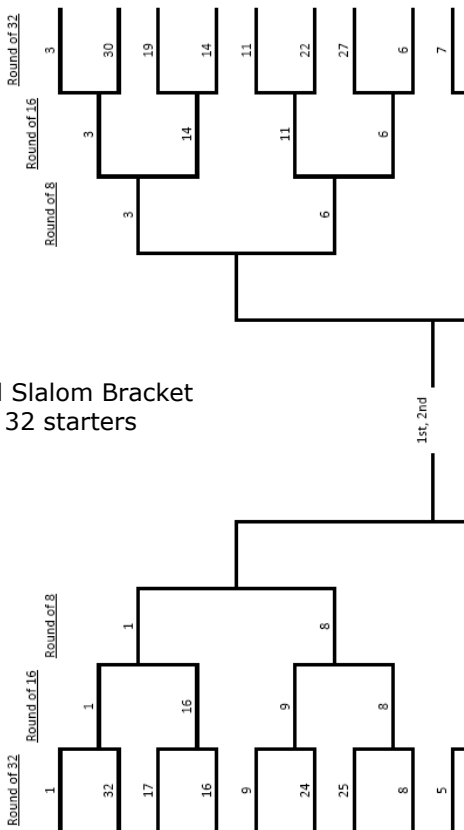
Direct to 1/8th Finals, using the following chart

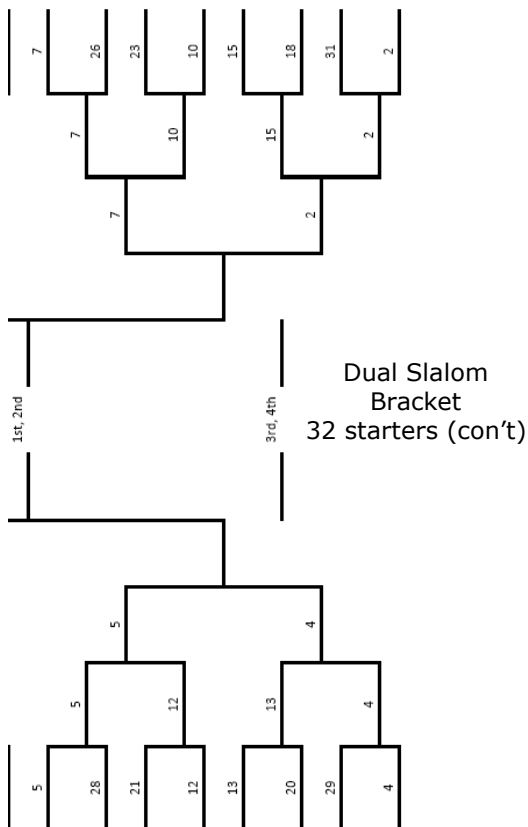
Complete this 1/8th Finals, then go to the 1/8 Finals repechage in the standard chart.

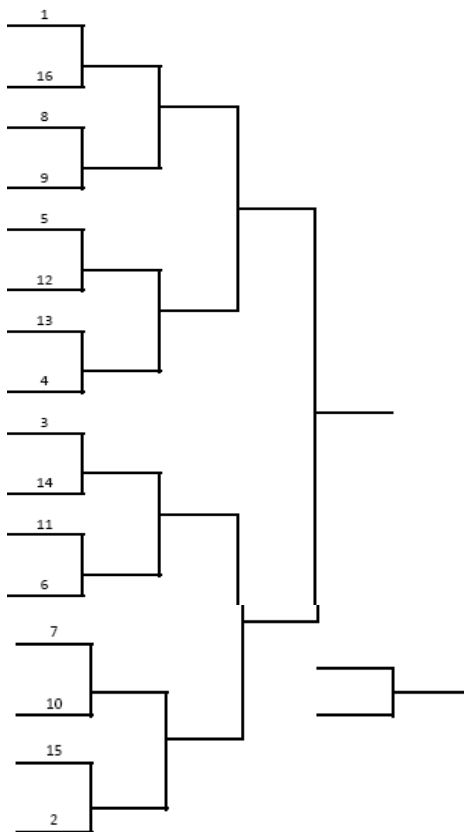
Heat	Composition		Results	
			1st	2nd
1	N1	N12	1E1	1E2
2	N2	N11	2E1	2E2
3	N3	N10	3E1	3E2
4	N4	N9	4E1	4E2
5	N5	N8	5E1	5E2
6	N6	N7	6E1	6E2

Appendix 2: Mountain Bike Seeding

Dual Slalom Bracket 32 starters

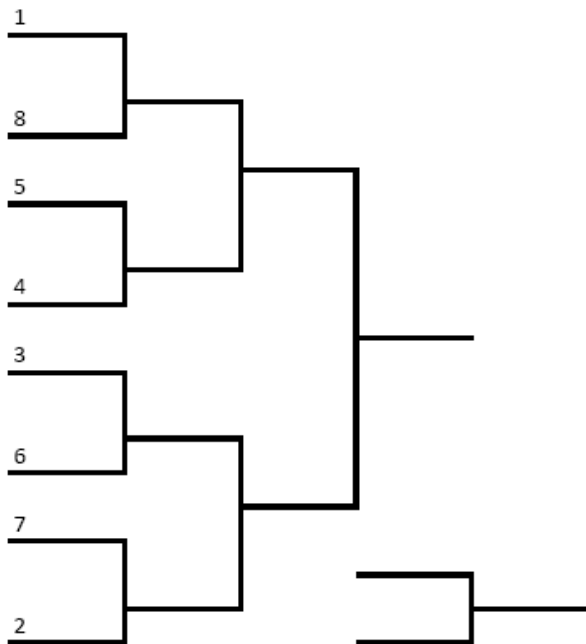






Dual
Slalom
Bracket
16 Starters

Dual Slalom Bracket 8 Starters



Eliminator & Mountain Cross Seeding

For championship events, riders will be seeded as follows:

If starting with the round of 64:

1,32,33,64; 16,17,48,49; 9,24,41,56; 8,25,40,57;
5,28,37,60; 12,21,44,53; 13,20,45,52; 4,29,36,61;
3,30,35,62; 14,19,46,51; 11,22,43,54; 6,27,38,59;
7,26,39,58; 10,23,42,55; 15,18,47,50; 2,31,34,63

If starting with the round of 32:

1,16,17,32; 8, 9,24,25; 5,12,21,28; 4,13,20,29;
3,14,19,30; 6,11,22,27; 7,10,23,26; 2,15,18,31

If starting with the round of 16:

1,8,9,16; 4,5,12,13; 3,6,11,14; 2,7,10,15

If starting with the round of 8:

1,4,5,8; 2,3,6,7

If there are more than 5 riders but less than 12, start with the round of 8.

If there are more than 11 riders but less than 24, start with the round of 16.

If there are more than 23 riders but less than 48, start with the round of 32.

If there are more than 47 riders start with the round of 64.

For Championship events, Pro Men should start no higher than the round of 64, and Pro Women should start no higher than the round of 32

:For non-championship events, riders can be seeded as follows:

If the number of qualifiers is greater than 32 but less than 48, the riders can be seeded as:

1,32,36; 16,17,33; 9,24,40; 8,25,41;
5,28,44; 12,21,37; 13,20,26; 4,29,45;
3,30,46; 14,19,35; 11,22,38; 6,27,43;
7,26,42; 10,23,39; 15,18,34; 2,31,47

If the number of qualifiers is greater than 16 but less than 24, the riders can be seeded as:

1,16; 8,9,17; 5,12,20; 4,13,21;
3,14,22; 6,11,19; 7,10,18; 2,15,23

If the number of qualifiers is greater than 8 but less than 12, the riders can be seeded as:

1,8; 4,5,9; 3,6,10; 2,7,11

Appendix 3: Collegiate Nat. Champ. Points Tables

<u>Placing</u>	<u>RR/ CX/ MTB/ Track/ BMX</u>	<u>Crit</u>	<u>Prime</u>
1	164	143	7
2	146	131	5
3	130	120	3
4	116	110	2
5	104	101	1
6	94	93	
7	86	86	
8	80	80	
9	75	75	
10	71	71	
11	68	68	
12	65	65	
13	62	62	
14	59	59	
15	56	56	
16	53	53	
17	50	50	
18	47	47	
19	44	44	
20	41	41	
21	39	39	
22	37	37	
23	35	35	
24	33	33	

25	31	31
26	29	29
27	27	27
28	25	25
29	23	23
30	21	21
31	20	20
32	19	19
33	18	18
34	17	17
35	16	16
36	15	15
37	14	14
38	13	13
39	12	12
40	11	11
41	10	10
42	9	9
43	8	8
44	7	7
45	6	6
46	5	5
47	4	4
48	3	3
49	2	2
50	1	1

Team Scoring for All Disciplines

<u>Place</u>	<u>Team</u>
1	94
2	83
3	73
4	64
5	56
6	49
7	43
8	38
9	34
10	31
11	29
12	27
13	25
14	23
15	21
16	19
17	17
18	15
19	13
20	11
21	10
22	9
23	8
24	7
25	6
26	5

27	4
28	3
29	2
30	1

Appendix 4: USA Cycling Code of Conduct

Section 1. USA Cycling grants the privilege of membership to individuals and groups. The privilege of membership may, therefore, be withdrawn or denied by USA Cycling at any time where USA Cycling determines, subject to due process, that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in cycling, USA Cycling has adopted this Code of Conduct

Section 2. Any member or prospective member of USA Cycling may be sanctioned under the racing rules, fined, suspended, denied membership, censured, placed on probation, or expelled from USA Cycling after being afforded the right to a hearing under USA Cycling Policy IV (Eligibility, Discipline and Hearings), if such member violates the provisions of the USA Cycling Code of Conduct, set forth in Section 3 below, or aids, abets or encourages another person to violate any of the provisions of the USA Cycling Code of Conduct.

Section 3. The following shall be considered violations of the USA Cycling Code of Conduct:

(a) Violation of anti-doping provisions as established by WADA (World Anti-doping Agency), USADA (United States Anti-Doping Agency) and the UCI (International Cycling Union).

(b) Discrimination in violation of USAC Bylaw D or Section 220522(a)(8) of the Ted Stevens Olympic and Amateur Sports Act, which require that USA Cycling must provide an equal opportunity to amateur athletes, coaches, trainers, managers, mechanics, administrators, and officials to par-

ticipate in amateur athletic competition, without discrimination on the basis of race, color, religion, age, sex, national origin, or sexual orientation.

(c) Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances, or (iii) any crime involving sexual misconduct.

(d) Any non-consensual sexual contact or advance or other inappropriate sexually oriented behavior or action directed towards any member by a coach, official, trainer, or other person who, in the context of cycling, is in a position of authority over that member.

(e) The sale or distribution of any substance on the WADA list of banned substances.

(f) The administration of any substance by injection, whether legal or illegal, unless it is done so by a licensed medical professional for the purposes of health maintenance or due to illness.

(g) The use of illegal drugs in the presence of a member, by a coach, official, trainer or a person who, in the context of cycling, is in a position of authority over that member.

(h) The providing of alcohol or tobacco to a member by an athlete, coach, official, trainer, manager or any other person where the member is under the legal age allowed to consume or purchase alcohol or tobacco in the state where it is provided.

(i) The abuse of alcohol in the presence of a member under the age of 18, by an athlete, coach, official trainer of, or a person who, in the context of cycling, is in a position of authority over that member.

(j) Excessive alcoholic consumption while on USA Cycling business is not acceptable and will not be tolerated. Any drinking of alcohol and then driving on USA Cycling business is not acceptable and will not be tolerated.

(k) Physical abuse of a member by any person in a position of authority over that member.

(l) Any act of fraud, deception, or dishonesty in connection with any USA Cycling-related activity.

(m) Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any person in connection with any USA Cycling-related activity.

(n) Any intentional damage to private or public property while at or near an event venue sanctioned by USA Cycling, or damage to USA Cycling property.

(o) Failure of any member who is party to or witnesses any violation(s) contained in the above stated USA Cycling Code of Conduct to report the specific violation to USA Cycling immediately.

Section 4. Alleged violations of the USA Cycling Code of Conduct must be reported to USA Cycling's Risk Protection Manager.

Appendix 5: USA Cycling Policies

Policy I. Helmets

Section 1. Helmets Mandatory.

Part 1. At all times when participating in or preparing for an event held under a USA Cycling permit, including club rides, motorcycle drivers and all motorcycle passengers shall wear a securely fastened helmet that meets the US DOT motorcycle helmet standard.

Part 2. At all times when participating in or preparing for an event held under a USA Cycling permit, including club rides, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets either the US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.

Helmets with the European CEN certification may be worn by riders only while participating in a race inscribed on the UCI calendar

Riders shall show documentary proof of this, such as a manufacturer's label, upon request by event officials.

This provision does not apply to riders who are riding rollers or any other stationary device.

Section 2. Responsibility Warranties.

The use of such helmets is strongly recommended for all bicycle riders. It is the rider's responsibility to select and wear such a helmet that offers sufficient protection against head injury and does not restrict the rider's vision. USA Cycling makes no warranties or representations regarding the protective adequacy or fitness for competition of any helmets and a rider, by entering an event conducted under USA Cycling or any member organization rules, agrees not to sue

and to hold harmless USA Cycling from any and all claims arising from the use of any particular helmet.

Section 3. Additional Requirements.

Associations may adopt additional, more stringent regulations regarding bicycle safety helmets, provided that such regulations may in no way supersede the requirements of this Policy.

Policy II. Medical Control

USA Cycling has a zero-tolerance policy for doping in our sport. Fair play is paramount in maintaining the integrity of bicycle racing and the athletes who participate in it at any level and discipline. USA Cycling is committed to working with the United States Olympic Committee, the UCI, the U.S. Anti-Doping Agency, and the World Anti-Doping Agency to ensure a level playing field for all of our athletes.

Any USA Cycling member could be tested at any event and must adhere to all USADA and/or UCI anti-doping control procedures in effect at the event.

Section 1. USA Cycling has adopted and participates in the United States Anti-Doping Agency (USADA) protocol for Olympic Movement testing (USADA protocol). The USADA protocol is incorporated herein by reference and shall prevail over any USA Cycling Regulation to the contrary. Their medical control regulations shall apply to USA Cycling, its Associations, and all members, licensees, participants in races granted permits by USA Cycling, and organizations affiliated with USA Cycling. For information on or a copy of the USADA protocol can be obtained from USADA at (800) 233-0393 or the USADA web site www.usantidoping.org.

In addition, UCI anti-doping controls are organized at many USA Cycling events. Any member may be subject to UCI testing at such events.

Section 2. Prohibited Substances, Boosting, and Penalties

Part 1. Use of prohibited substances or procedures that is detected by USADA using their test procedures or by the UCI using their testing procedures and WADA approved laboratories shall result in the same penalties.

Part 2. Penalties for infractions of any section of these regulations shall be those set forth in the UCI Regulations from time to time and imposed by USA Cycling. Please refer to www.usantidoping.org or www.uci.ch or the current UCI Regulations.

Part 3. Prohibited Practices. No rider may use the substances listed in the current UCI list of prohibited substances. See Table 1 for a list of the more common prohibited substances. This list is not all inclusive and is subject to change at any time. For current substances contact USADA at (800) 233-0393.

Section 3. Testing Procedures

The testing protocol will be that of the United States Anti-Doping Agency (USADA).

Section 4. Tests Results and Evidence.

All testing and results will be the responsibility of the United States Anti-Doping Agency (USADA).

Section 5. Disposition

Any investigation, prosecution, and hearings shall be the responsibility of the United States Anti-Doping Agency (USADA). USA Cycling shall impose any sanction from the adjudication process when permitted under the USADA protocol and in accordance with the UCI approved sanctions.

FOR THE OFFICIAL AND MOST UPDATED LIST OF THE "PROHIBITED CLASSES OF SUBSTANCES AND PROHIBITED METHODS," PLEASE REFER TO WWW.USANTIDOPING.ORG

For answers to specific questions or more information on prohibited substances, please call the USADA Drug Hotline at 800-233-0393

Policy III. Administrative Grievances

New and amended policies for grievances and discipline can be found on the USA Cycling website at:

<http://www.usacycling.org/news/user/story.php?id=172>

Policy IV. Officials Assignments

The policy regarding officials' assignments can be found on the USA Cycling website at:

<http://www.usacycling.org/news/user/story.php?id=172>

Policy IVa. Nepotism

The policy regarding official's assignments and nepotism can be found on the USA Cycling website at:

<http://www.usacycling.org/policy-iva-nepotism.htm>

Policy V. Officials Code of Ethics

The policy regarding the USA Cycling Official's Code of Ethics can be found on the USA Cycling website at:

<http://www.usacycling.org/policy-v-cycling-officials-code-of-ethics.htm>

Appendix 6: Foreign Permission Letters

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. Each federation is allowed to set its own requirements for allowing foreign riders to compete. It is the rider's responsibility to meet these requirements when applying for permission. Note that you must have an international license in order to compete abroad.

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.
- (c)** Foreign Permission Letter (FPL).

Foreign permission letters can be requested online from your account at www.usacycling.org. If you have no access to a computer, a permission letter may be requested by writing to USA Cycling. **Note that an FPL is not required to compete in Mexico or Canada.**

- (1) Each request must show your name, license number, country(s) you wish to compete in, arrival dates and length of stay.

(2) Please allow at least one week to process and issue letters from the date of receipt in the USA Cycling office. Allow for sufficient delivery time to overseas addresses. Applicant is responsible for all "express" mail and fax fees.

USA Cycling Member Services will process the request in the following manner:

(a) A license validation check will be conducted from the USA Cycling computer files.

(b) Permission from the CEO will be requested.

(c) Upon license validation check and CEO's permission, a letter will be sent to the foreign federation(s) giving permission for you to compete overseas, and copies sent to you. You may have five letters free of charge annually.

(d) The letter authorizing competition in a foreign federation will contain:

- (i) Your Name (as it appears on your passport)
- (ii) UCI code and country of origin
- (iii) Club and or Team, if you belong to one
- (iv) Racing categories by discipline
- (v) Your UCI class (Junior, Under 23, Elite, Master)

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