



# MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 2021 • WINTER PARK, CO

**Updated June 23, 2021**

The 2021 USA Cycling Mountain Bike National Championships will crown national champions in both endurance and gravity mountain bike events. This document contains qualification requirements for both disciplines of events. Please note if a race has multiple categories listed, categories will be racing against each other and not separated out for awards. Scroll down or [click here for qualification requirements for endurance events including High School Nationals](#). Scroll down or [click here for qualification requirements for gravity events](#).

\*\*\*Individuals attempting to pre-ride the course prior to the event or scheduled practice day(s) or times, if any, may encounter hazards including incomplete course construction or obstructions. The course may also cross private property. **Athletes pre-riding the course do so entirely at their own risk.**\*\*\*

## LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS

**ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW.** In 2021 USA Cycling is pleased to offer 18 and under riders with a free domestic annual license. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at [www.usacycling.org](http://www.usacycling.org). You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page.

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

**\*UCI ID:** To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship or permanent resident status verified. Having verified this information, a **free** UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling My Account and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:

Create a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies please email, [membership@usacycling.org](mailto:membership@usacycling.org), or fax (719-434-4300) it to USA Cycling.

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

**YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED**

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

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

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

### DISCIPLINES

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

### CLASSES AND CATEGORIES/QUALIFICATION REQUIREMENTS

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

##### Male

	Pro/Elite	Qualification not required
U23 (19-22) - (no category restrictions)		Qualification not required
Junior 11-14 (no category restrictions)		Qualification not required
Junior 15-18 (category 1 & 2)		Qualification not required, please see below field capacity info
Masters 55+ (no category restrictions)		Qualification not required
Senior/Masters 19-54 (category 1 & 2)		Must qualify
	SingleSpeed	Qualification not required
High School (no category restrictions)		Qualification not required, please see below eligibility requirements

##### Female

	Pro/Elite	Qualification not required
U23 (19-22) (no category restriction)		Qualification not required
Junior (11- 14) (no category restrictions)		Qualification not required
Junior (15-18) (category 1 & 2)		Qualification not required
Masters 50+ (no category restrictions)		Qualification not required
Senior/Masters 19-49 (category 1 & 2)		Must qualify
	SingleSpeed	Qualification not required
High School (no category restrictions)		Qualification not required, please see below eligibility requirements

#### E-BIKE CHAMPIONSHIP RACES

Qualification not required. See Equipment Regulations

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

Qualification not required

#### SHORT-TRACK CROSS-COUNTRY (STXC) NATIONAL CHAMPIONSHIP RACES

Qualification not required unless 51 or more riders register for a race

#### CROSS-COUNTRY (XC) Male Junior 15-18 Field Capacity

Due to the large field sizes in 2019, if these two races (15-16 and 17-18) exceed 120 riders, onsite qualifying heats will be conducted.

### QUALIFICATION PERIOD

For events with qualification requirements, the qualifying period will begin the first Saturday after the 2019 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2021 USA Cycling Mountain Bike National Championships.

**Qualification Start Date: July 29, 2019**

**Qualification End Date: July 4, 2021**

### QUALIFYING EVENTS/QUALIFICATION STANDARDS

<a href="#">USA Cycling Sanctioned Cross Country (XC) Mountain Bike Events</a>	Riders competing in any one (1) USA Cycling sanctioned cross country (XC) mountain bike race days will qualify.
<a href="#">Defending USA Cycling Mountain Bike National Podium Team USA</a>	All defending national championship podium members (top 5) in XC are automatically qualified to register
<a href="#">Pro Mountain Bike XC Tour (ProXCT)</a>	Top 15 riders in each category and age-group (class)
<a href="#">USA Cycling Mountain Bike State or Regional Championship</a>	Top 15 riders in each category and age-group (class)
<a href="#">American Mountain Bike Calendar (AMBC)</a>	Top 15 riders in each category and age-group (class)

### QUALIFICATION GUIDELINES AND RULES

#### AGE GROUP COMPETITION RACING AGE

Riders will compete in their respective age-group based on their official racing age determined on December 31, 2021.

#### U23 RIDER ELIGIBILITY

Any racer, racing ages 19-22 may enter in the U23 race without prequalification. The U23 XC race will take place on the pro course and within the designated UCI projected finish times.

#### PRO RIDERS – MASTERS AGE GROUPS

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

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

Masters and senior races are open only to riders with racing ages in the specified ranges, regardless of qualifying in a younger age group.

#### QUALIFIED RIDER LIST- RACE RESULTS SUBMISSION

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

#### QUALIFIED RIDER LIST – NOTIFICATION EMAIL

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

#### HIGH SCHOOL ELIGIBILITY REQUIREMENTS

The High School races are open to all students who attend/ed public or private school or who are homeschooled for grades 9-12 and between the ages of 13-19 racing age. An incoming freshman would not be eligible to compete and seniors who graduated in 2021 will be eligible to compete. High school racers do not need to race for a NICA affiliated league/club.

Athletes who race on a high school mountain bike team must belong to a USA Cycling registered high school club in order to participate, these may be single-school or composite based teams. Athletes who do not belong to a team may participate individually and will not be eligible for team awards. If you have questions about how to register your team or make sure your athlete is listed as a member of a registered high school club, please email our membership team at [membershipmail@usacycling.org](mailto:membershipmail@usacycling.org).

High school racers will race in their most recent high school grade at the time of Nationals. For example, freshman riders who have just completed their first year of high school will race the freshman race. For seniors who have graduated high school they will race the senior race.

Division I teams will be teams with 12 plus riders. Division II teams will be teams with 11 or less riders.

#### XC CALL-UP PROCEDURES

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

#### STXC CALL-UP PROCEDURES

Racing Class	Total Number & Order of Priority
Pro/Elite	Defending national champion, UCI XCO ranking, STXC rankings, ProXCT rankings, USAC XC rankings

Juniors 11-14 male and female, 15-16 male and female	Aged-up national champion, STXC rankings, USAC rankings
Juniors 17-18 male and female	Aged-up national champion, UCI XCO ranking, STXC rankings, USAC XC rankings
19-40+ male, 19+ female	Defending national champion, aged-up national champion, previous year podium, STXC rankings, USAC rankings

### SINGLE SPEED BIKE RESTRICTIONS

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

### HIGH SCHOOL TEAM DIVISIONS AND TEAM AWARDS

We are developing the team competition for the high school championships and will update this document when finalized.

### TEAM RELAY COMPOSITION

Teams of two to four riders will complete a total of four laps on a shortened cross-country course. Team make up can be no more than two senior or master male riders, no more than one pro/elite male, and no more than one pro/elite female. If your team has a 15-18 female, masters female or 13-14 male a time bonus will be given. If your team has a 13-14 female a time bonus will be given. If your team has an elite male or female a time penalty will be given. These bonuses and penalties are to equalize the playing field and encourage females and young athletes. Time bonuses will be determined once the course has been finalized and published at registration.

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

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

### DISCIPLINES

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

### CLASSES AND CATEGORIES QUALIFICATION REQUIREMENTS

#### DOWNHILL (DH) NATIONAL CHAMPIONSHIP RACES

##### Male

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

##### Female

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

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

Qualification not required

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

Qualification not required

#### ENDURO NATIONAL CHAMPIONSHIP RACES

Qualification not required	
<b>QUALIFICATION PERIOD</b>	
The qualifying period will begin the first Saturday after the 2019 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2021 USA Cycling Mountain Bike National Championships.	
<b>Qualification Start Date: July 29, 2019</b>	<b>Qualification End Date: July 4, 2021</b>
<b>QUALIFYING EVENTS</b>	
<a href="#"><u>USA Cycling sanctioned Downhill (DH) Mountain Bike Events</u></a>	Riders competing in any one (1) USA Cycling sanctioned downhill (DH) mountain bike events will qualify.
<a href="#"><u>Defending USA Cycling Mountain Bike National Podium</u></a>	All defending national championship podium members (top 5) in DH are automatically qualified to register.
<a href="#"><u>Team USA</u></a>	Downhill Racers on Team USA
<a href="#"><u>National Downhill Series</u></a>	Top 15 riders in each category and age-group (class)
<a href="#"><u>USA Cycling Mountain Bike State or Regional Championship</u></a>	Top 15 riders in each category and age-group/class
<a href="#"><u>American Mountain Bike Calendar (AMBC)</u></a>	Top 15 riders in each category and age-group/class
<b>QUALIFICATION GUIDELINES AND RULES</b>	
<b>COMPETITION RACING AGE</b>	
Riders will compete in their respective age-group based on their official racing age determined on December 31, 2021.	
<b>PRO RIDERS – MASTERS AGE GROUPS</b>	
Pro riders must participate as a pro/elite and may not participate in age group championship events.	
<b>MASTERS QUALIFYING IN SAME CATEGORY/DIFFERENT AGE-GROUP</b>	
Mountain Bike Masters National Championships are open only to riders with racing ages in the specified ranges, regardless of qualifying in a younger age group.	
<b>QUALIFIED RIDER LIST</b>	
Qualified rider lists will be posted to the USA Cycling event webpage as they are determined. If results are not submitted to USA Cycling and posted on the USA Cycling website, riders will not appear on the qualified rider list. Please contact the race director if results are not posted to <a href="http://www.usacycling.org">www.usacycling.org</a> .	
<b>QUALIFIED RIDER LIST – NOTIFICATION EMAIL</b>	
An email notification of when a rider is qualified will be sent to USA Cycling licensed riders with a current license, an active USA Cycling online membership account, and have opted-in to receive emails from USA Cycling.	
<b>DH SEEDING &amp; FINALS PROCEDURES</b>	
Amateur downhill seeding will consider the returning national champion, aged up national champion and then USA Cycling rankings. For the Elite/Pro events, the returning national champion, UCI DHI rankings, National Downhill Series and then USA Cycling rankings will be used for seeding.	
Riders must start their seeding run in order to advance to finals. Finals will be run based on slowest to fastest seeding.	
The rider's race clock starts at his or her assigned start time and will not be adjusted, and no new start time will be assigned. Racers who miss their assigned start, at the discretion of the officials in consultation with the Race Director, <u>may be allowed to start late depending upon available time gaps between categories. All late starts allowed shall be controlled by the officials and take place after the last rider of either their own category or the very end of the competition.</u> Decisions regarding this regulation, in cases of force majeure, may be taken by the officials in consultation with the Race Director.	