



MASTERS TRACK NATIONAL CHAMPIONSHIPS

SEPT 2021 • BREINIGSVILLE, PA

All races run solely under USA Cycling's regulations, which include UCI Equipment regulations, for [USA Cycling Time Trial Record](#) attempts.

The following is a brief overview of USA Cycling National Championship rules.
For complete championship regulations, please see [Chapter 7 National Championships](#).

LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS

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

Must be a **United States citizen** and have a current:

- **USA Cycling International License** with a USA racing nationality indicated or
- **A foreign International License** with a USA racing nationality and a **UCI ID*** or
- **USA Cycling Domestic Annual License** with a **UCI ID***

OR

Must be a **Permanent Resident** (verified) and have a current:

- **USA Cycling International License** or
- **USA Cycling Domestic Annual License** with a **UCI ID***

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

Create a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies, and [mail](#), [email](#) or fax (719-434-4300) it to USA Cycling.

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

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

ELIGIBILITY

1. All participants **MUST** have a racing age of 35 or over. Your racing age is determined as of December 31, 2021. Riders with a racing age of 35 or over who hold Elite status per USA Cycling rules may **NOT** compete in the USA Cycling Masters Track National Championships. This includes riders who:
 - Are, or have been, a member of a UCI-registered team of any type (road, track, MTB, CX) in the calendar year of the championship.
 - Have competed in the Elite category of a UCI World Championship, Continental Championships, Olympic Games or World Cup in the road or track discipline in 2020 or 2021.



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- Are further defined as an “Elite” rider per definition in USA Cycling’s Glossary of terms.
2. All participants **MUST** race in the current age group as shown on their 2021 USA Cycling license. Riders **MAY NOT** race up or down in racing age groups.
 3. **Category restrictions:** For mass-start events only, men and women 35-54 must be category 3 or higher. There are no category restrictions for men and women 54+, **but they must have proof of taking a track certification clinic.** Due to the impacts of COVID, USA Cycling will allow riders who do not meet category restrictions to petition for an exception to compete. Such riders must provide a detailed race resume showing progress in category and experience racing. Please [click here to submit a petition](#) to compete.

AGE GROUPS

Five-year age groups will be awarded for all races. In mass start races any age group with less than 10 riders may be combined with a lower age group. In such a case the awards for the older group will be determined by their relative results within the event.

RACE DISTANCES

SPRINT

The format to be used for various sized fields shall be published in advance of the competition.

TIME TRIAL

Standing start time trials will be held for men and women over the following distances and age ranges

Men	Women
35-49 1km	35+ 500m
50+ 500m	

PURSUIT

Men	Women
35-49 3km	35+ 2km
50+ 2km	

POINTS RACE

Only riders in categories 1-3 may enter for races younger than age 55.

Men	Women
35-44 30km	35-44 16km
45-59 20km	45+ 10km
60+ 10km	

SCRATCH RACE

Only riders in categories 1-3 may enter for races younger than age 55.

Men	Women
35-49 10km	35+ 5km
50-59 7.5km	
60+ 5km	

TEAM PURSUIT

Each rider may enter at most one team pursuit event. This event will be conducted as a final, for time. One or two teams may be run at the same time as decided by USA Cycling. For the purposes of restarts and mishaps, the event will be conducted as a qualifying round in a team pursuit.

Men	Women
35+ and 45+: 4 riders/4km	35+, 45+, and 55+: 4 riders/3km



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55+ and 65+: 4 riders/3km	
TEAM SPRINT	
Each rider may enter at most one team sprint event. This event may be conducted as final, for time.	
Men 35+, 45+, 55+ and 65+: 3 riders/3 laps	Women 35+, 45+, and 55+: 3 riders/3 laps
MADISON	
Shall be held for teams of 2 riders each in the following age groups: men 35+ and 45+, women 35+ and only riders in categories 1-3 may enter. Each rider may enter at most one Madison event.	

EQUIPMENT RULES/REMINDERS

In general, the regulations for bicycles are those of USA Cycling. Please refer to section 11 – Bicycles, in the [USA Cycling rulebook](#):

The main points are:

- Bicycles may be no more than 2 meters long and 75 cm wide.
- There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.
- Wheels may be made with spokes or solid construction.
- Front disc wheels may be used solely in time trial events.
- Handlebar ends shall be solidly plugged.
- Handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands are permitted only in time trial events.
- Bicycles must only have a single cog fixed wheel without derailleurs, brakes. Quick release wheels are not allowed.

Per USA Cycling regulations, these additional UCI regulations are in effect for the event.

For mass start events and individual time trials:

- Bicycle frames must be of double triangle construction
- Wheels must be of the same diameter between 550 and 700 cm.
- **Specific UCI regulations governing saddles and handlebars, will not be in effect.**

EQUIPMENT RULES FOR RECORD ATTEMPTS

All UCI rules for bicycles AND components, will be in force for those seeking time trail records in their classes. For more information, reference Part 1, Section 3 of the [UCI Rulebook](#) or review the this link, [UCI Equipment and Material page](#), with detailed information on equipment, verification and measurements of the bicycle that you will encounter. There is a helpful UCI Video that demonstrates the verification of dimensions on this page. Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head. (UCI article introduced on 15.10.18)

The following is a brief overview of the key UCI bicycle regulations.

- i) Weight of the bike shall be a minimum of 6.8 kilograms.
- ii) Wheels must be of the same diameter between 55.0 and 70.0 cm.
- iii) **Frames** must be of a **double triangle** configuration.



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- iv) The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**
- v) The angle of the saddle must be within 9 degrees of horizontal (up or down), measured by a plane passing through the highest points at the front and rear of the saddle.
- vi) The end of handlebar extensions can extend no further forward than 75cm, measured from a vertical line through the center of the bottom bracket, to the end of the handlebars**. The end of the handlebars includes the end of the shifter mechanism in its maximum forward position.
- vii) All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.
- viii) Equipment presented at bike check may not be modified to meet rules. (e.g. no wrapping, cutting/grinding of frames, no sawn-off saddles or shifters).
- ix) **Extensions must be two separate pieces** with no cross section >4 cm. **Elbow pads must be two separate pieces** with a maximum size of 12.5 cm x 12.5 cm and have a maximal inclination of 15 degrees.
- x) Height difference between uppermost part of the extension and the elbow pad (center) is 10 cm.

****Morphological exceptions:** One exception is allowed, **either** for saddle position **or** handlebar position. **No rider can take both morphological exceptions.**

- For personal fit, the nose of the rider's saddle can be as far forward as the vertical line drawn through the center of the bottom bracket.
- For personal fit, the horizontal measurement of the handlebar extensions may be up to 80 cm as noted above.
- For riders 190cm or taller this distance may be increased to 85 cm

ADDITIONAL RECORD ATTEMPT INFORMATION

USA Cycling Records will be submitted by the Chief Referee. UCI records must be submitted by the Chief Referee to the UCI. It is the responsibility of the rider setting the record to obtain a copy of the completed record application(s) and maintain a copy of the cover of their anti-doping form for UCI validation.