



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

All races are run solely under USA Cycling's regulations, except where specifically noted that UCI regulations prevail.

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

LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS	
ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. In 2021 USA Cycling is pleased to offer 18 and under riders with a free domestic annual license. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at www.usacycling.org . You may purchase, renew and/or request a category upgrade online on your My USA Cycling page.	
Junior 17-18, Elite	Must be a United States citizen and have a current: <ul style="list-style-type: none">• USA Cycling International License with a USA racing nationality or• A foreign International License with a USA racing nationality and a UCI ID* or• USA Cycling Domestic Annual License with a UCI ID*
Juniors 16 and under	Must be a United States citizen or Permanent Resident (verified) and have a current: <ul style="list-style-type: none">• 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*
<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:</p> <p>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.</p> <p>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.</p> <p>YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED</p>	

CATEGORY and SPECIFIC RESTRICTIONS
At the time of registration, all participants competing in the USA Cycling Elite, Junior and Para Track National Championships MUST hold the minimum required category for their respective races as



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

noted below. Riders will compete in their respective age-group based on their official racing age determined on December 31, 2021. "Racing up", per 1H4(c) is not allowed in this event.

CATEGORY REQUIREMENTS

TIME TRIAL EVENTS

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

MASS START EVENTS

If a 15-16 year old rider is competing in a 15-18 race, they must hold a category 1-3 license.

Junior Men 11-16	Open to ALL categories – men's categories 1-Novice
Junior Women 11-18	Open to ALL categories – women's categories 1-Novice
Junior Men 17-18	Restricted to category 1-3 participants only, this is inclusive of the junior men's keirin and madison
Elite Men	Restricted to track category 1-2 participants
Elite Women	Restricted to track category 1-3 participants

EVENT RULES

Men and Women 11-16 Junior Track Omnium

Competitions in Junior classes 11-16 shall be conducted as omniums [per 7C3. Junior Track Omniums](#). Final omnium standings include all riders registered for the omnium. Medals will be awarded to the top three finishers in each individual event that make up the Junior Track Omnium. The overall winner of the Junior Track Omnium is the National Champion for that age group and will receive the national championship jersey. The following competition have changed due to COVID and track size.

11-12	3 km Scratch, 5km Points, 500m Scratch
13-14	4 km Scratch, 10 km Points, 1k Scratch
15-16	2k Scratch, 15 km Points, Elimination, 5 km Scratch

Men and Women 17-18 International Omnium

International-style Omnium will be conducted for Men and Women 17-18 over one day with the following events. Participants must compete in all events to be placed.

Event	Men	Women
Scratch Race	7.5 km	5 km
Tempo Race	7.5 km	5 km
Elimination		
Points Race	26 km	16 km

Men and Women Elite International Omnium

Omniums will be run as international-style including a scratch, tempo, elimination, and points race.

Sprint

A sprint competition will be held for men and women in the following age groups. The format shall use the UCI World Championship sprint format, modified to accommodate the field size.



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

Men 15-18 Elite	Women 15-18 Elite
Time Trial	
Standing start time trials will be held for men and women over the following distances and age ranges. The 17-18 events will be one ride finals. Elite racing will follow the UCI prescribed format. Top 8 advance to finals for 1 up rides in the time trial.	
Men 1km	Women 500m
Individual Pursuit	
Individual Pursuits will be held for men and women over the following distances and age ranges. The top 4 riders will advance to finals 1 v 2 and 3 v 4.	
Men 17-18 3km Elite 4km	Women 17-18 2km Elite 3km
Points Race	
Shall be conducted in age groups over the specified distance below. Points sprints will be held every 6 laps on a 333m track. For points distribution please see rulebook .	
Men 17-18 26km Elite 30km	Women 17-18 16km Elite 20km
Scratch Race	
Shall be conducted in age groups over the specified distance below.	
Men 17-18 10km Elite 15km	Women 17-18 7.5km Elite 10km
Keirin	
The following classes shall have a championship. Please note that riders will need to meet mass start category restrictions listed above.	
Men 15-18 Elite	Women 15-18 Elite
Team Pursuit	
For the following age groups with team size and distance as follows. The top 4 teams will advance to finals 1 v 2 and 3 v 4. At least 3 eligible teams must compete to be considered a championship for Elites. The Elite race will be held under UCI rules and race format. Each rider may enter at most one team pursuit event.	
Men 17-18 4km/4 riders Elite 4km/4 riders	Women 17-18 4km/4 riders Elite 4km/4 riders
Team Sprint	



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

For the following age groups with team size and distance as follows: The 15-18 event will be run as a final. For the Elite events, at least 3 eligible teams must compete to be considered a championship. Top 4 teams for the qualifying round advance into finals 3 v 4, 1 v 2.

Men	Women
17-18 3 laps/3 riders	17-18 3 laps/3 riders
Elite 3 laps/3 riders	Elite 3 laps/3 riders

EQUIPMENT RULES

Junior Gear Restrictions

17-18: Unrestricted

15-18: Unrestricted

15-16: 6.93 meters (22"9')

13-14: 6.45 meters (21"2')

11-12: 6.05 meters (19"8')

14 & Under requirements

1. 115, Young Junior/Youth Bicycles. All riders, race age 14 and younger, are restricted to mass-start bicycles as defined in [11\(h\)](#).
2. Bicycles must have wheels with at least 16 spokes and no wheel covers may be used.

Jr. 15-16 requirements

1. In general, the regulations for bicycles are those of USA Cycling. Please refer to section 11 – Bicycles, in the USA Cycling rulebook, [Chapter 1 General Regulations](#).

The main points are:

- a. Bicycles may be no more than 2 meters long and 75 cm wide.
 - 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.
 - d. The handlebar ends shall be solidly plugged.
 - e. 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.
2. Per USA Cycling regulations, the following UCI regulations will be in effect for the event. For mass start events and individual time trials:
 - a. Bicycle frames must be of double triangle construction.
 - b. Wheels must be of the same diameter between 550 and 700 cm.

Juniors 17-18 (and 15-18 as applicable) and Elite requirements

- a) 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.



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

- b) 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)
- c) Following is a brief overview of the key UCI bicycle regulations.
- Weight of the bike shall be a minimum of 6.8 kilograms.
 - Wheels must be of the same diameter between 55.0 and 70.0 cm.
 - Frames** must be of a **double triangle** configuration.
 - The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**
 - 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.
 - 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.
 - All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.
 - 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).
 - 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.
 - 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***.

- 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

*****No rider can use both morphological exceptions.**

NATIONAL RECORDS

All USA and UCI Cycling Records must have anti-doping testing to be certified*.

- 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
- In general, all UCI rules for bicycles AND components, including the 3:1 ratio rule, will be in force for national championship races. For more information, reference Part 1, Section 3 of



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2021 • BREINIGSVILLE, PA

the [UCI Rulebook](#). The following is a brief overview of the UCI bicycle regulations that will affect bicycles used at all USA Cycling national championships:

*Records for riders 16 and younger are not tested.