



# MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 2022 • WINTER PARK, CO

**Updated: July 11, 2022**

The 2022 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](#). 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.** 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.

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

**\*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 email it to [membership@usacycling.org](mailto:membership@usacycling.org) or by fax (719-434-4300).

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): 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) and singlespeed (SS).

Non-championship races will be offered for category 2 & 3 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 mins + 1 lap or 20 mins + 3 laps.

### CLASSES AND CATEGORIES/QUALIFICATION REQUIREMENTS

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

Male	Category Requirement	Qualification
Elite	Pro	Qualification not required
U23 (19-22)	Pro & Cat 1	Qualification not required
Junior 11-14	All categories	Qualification not required
Junior 15-18	Cat 1 & 2	<a href="#">Qualification not required, unless more than 120 riders register. If more than 120 riders register an onsite qualifier will be held.</a>
Masters 55+	All categories	Qualification not required
Amateur/Masters 19-54	Cat 1 & 2	Must qualify
Singlespeed	All categories	Qualification not required
Female	Category Requirement	Qualification
Pro/Elite	Pro	Qualification not required
U23 (19-22)	Pro & Cat 1	Qualification not required
Junior 11- 14	All categories	Qualification not required
Junior 15-18	Cat 1 & 2	Qualification not required
Masters 50+	All categories	Qualification not required
Amateur/Masters 19-49	Cat 1 & 2	Must qualify
Singlespeed	All categories	Qualification not required

#### NON-CHAMPIONSHIP CROSS-COUNTRY (XC) (CATEGORY 2 & 3 ONLY)

Qualification not required

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

Qualification is not required for any STXC races for those 14 and under, there will be a field limit of 50 riders. For STXC race for those 15+, if there are more than 50 riders, qualification races will be held onsite. You can read through [qualifying procedures here](#). Below are category requirements.

Male	Category Requirement
Elite	Pro
U23 (19-22)	Pro & Cat 1
Junior 11-14	All categories
Junior 15-18	Cat 1
Amateurs 19+	Cat 1
Female	Category Requirement
Pro/Elite	Pro
U23 (19-22)	Pro & Cat 1
Junior 11-14	All categories
Junior 15-16	All categories

Junior 17-18	Cat 1
Amateurs 19+	All categories
<b>UPGRADE PROCEDURE</b>	
Each license allows for promotion to higher categories according to certain guidelines. Upgrades can be based on either experience or points, depending on the level and license type. Please see <a href="#">Policy VIII Race Category Upgrading and Downgrading</a> for information.	
If you would like to request an upgrade please see <a href="#">upgrade instructions here</a> .	
<b>QUALIFICATION PERIOD</b>	
For events with qualification requirements, the qualifying period will begin the first Saturday after the 2021 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2022 USA Cycling Mountain Bike National Championships.	
<b>Qualification Start Date: July 18, 2021</b>	<b>Qualification End Date: July 17, 2022</b>
<b>QUALIFYING EVENTS/QUALIFICATION STANDARDS</b>	
<a href="#">USA Cycling Mountain Bike State or Regional Championship</a>	Top 15 riders in each category and age-group (class)
<a href="#">Pro Mountain Bike XC Tour (ProXCT)</a>	Top 15 riders in each category and age-group (class)
<a href="#">Defending USA Cycling Mountain Bike National Champions</a>	All defending national champions in XC are automatically qualified to register
<a href="#">2021 USA Cycling Marathon Mountain Bike National Championship</a>	Top 15 riders in each age-group (class)
<a href="#">USA Cycling Sanctioned Cross Country (XC) Mountain Bike Events</a>	Riders competing in any USA Cycling sanctioned cross country (XC) mountain bike race will qualify. <b>USA Cycling will allow riders who do not meet race qualifications to <a href="#">petition for an exception to compete here</a>.</b>
<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, 2022.	
<b>U23 RIDER ELIGIBILITY</b>	
Any racer (Pro/Cat 1) between the racing ages of 19-22 who wishes to race in the U23 race does not need to qualify for the U23 race. The U23 XC race will take place on the pro course and within the designated UCI projected finish times.	
<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>	
Masters racers qualifying in a younger age group and with the same category are eligible to compete only in their official age group and category at the national championships.	
<b>QUALIFIED RIDER LIST- RACE RESULTS SUBMISSION</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>XC CALL-UP PROCEDURES</b>	
<b>Racing Class</b>	<b>Total Number &amp; Order of Priority</b>
Elite	Defending national champion, UCI XCO rankings, ProXCT rankings, USAC rankings
U23	Defending national champion, UCI XCO rankings, ProXCT rankings, USAC rankings
15-18 male Juniors	<b>Please see qualifying heat procedures.</b>
15-16, 19-54 male/female	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group
Juniors 14 and under	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group
Masters 55+ male / 50+ female	Defending national champion, aged-up national champion, previous year podium, + 15: USAC rankings in age group
Rider USAC rankings will be frozen and pulled on July 17 at 8 a.m. MST and will be posted on the event website for rider review. Any protests to or questions about call-ups can be directed to Trish Black, <a href="mailto:tblack@usacycling.org">tblack@usacycling.org</a> .	
<b>STXC CALL-UP PROCEDURES</b>	

Racing Class	Total Number & Order of Priority
Elite, U23	Defending national champion, UCI XCO ranking, STXC rankings, ProXCT rankings, USAC XC rankings
Juniors 11-14 male, 11-16 female, 15-16 male	Defending national champion, aged-up national champion, previous year podium, STXC rankings, USAC rankings
Juniors 17-18 male	Defending national champion, aged-up national champion, previous year podium, UCI XCO ranking, STXC rankings, USAC XC rankings
19-40+ male, 17+ female	Defending national champion, aged-up national champion, previous year podium, STXC rankings, USAC rankings
Any protests to or questions about call-ups can be directed to Trish Black, <a href="mailto:tblack@usacycling.org">tblack@usacycling.org</a> .	
<b>SINGLE SPEED BIKE RESTRICTIONS</b>	
Singlespeed is any type of bicycle possessing <b>only one rear cog and one front chain ring</b> . 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.	
<b>TEAM RELAY COMPOSITION</b>	
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 junior riders we will assign a time bonus to equalize the playing field. Time bonuses will be determined once the course has been finalized.	

## 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) and dual slalom (DS). Enduro national championships will be offered for Junior 15-18, Senior/Masters 19-54, Masters 55+, and Elite/Open. 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	Category Requirement	Qualification
Elite	Pro	Qualification not required
Junior 11-14	No category restrictions	Qualification not required
Junior 15-18	Cat 1	Qualification not required
Masters 55+	No category restrictions	Qualification not required
Amateur/Masters 19-54	Cat 1	Must qualify
Female	Category Requirement	Qualification
Elite	Pro	Qualification not required

Junior 11-14	No category restrictions	Qualification not required
Junior 15-18	Cat 1	Qualification not required
Masters 50+	Not category restrictions	Qualification not required
Amateur/Masters 19-49	Cat 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		
QUALIFICATION PERIOD		
The qualifying period will begin the first Saturday after the 2021 USA Cycling Mountain Bike National Championships and end the last Sunday before the 2022 USA Cycling Mountain Bike National Championships.		
Qualification Start Date: July 18, 2021	Qualification End Date: July 17, 2022	
QUALIFYING EVENTS		
<a href="#">USA Cycling Mountain Bike State or Regional Championship</a>	Top 15 riders in each category and age-group/class	
<a href="#">National Downhill Series (NDHS)</a>	Top 15 riders in each category and age-group/class	
<a href="#">Defending USA Cycling Mountain Bike National Champions</a>	All defending national champions in DH are automatically qualified to register.	
<a href="#">USA Cycling sanctioned Downhill (DH) Mountain Bike Events</a>	Riders competing in any USA Cycling sanctioned downhill (DH) mountain bike event will qualify. <b>USA Cycling will allow riders who do not meet race qualifications to <a href="#">petition for an exception to compete here</a>.</b>	
QUALIFICATION GUIDELINES AND RULES		
COMPETITION RACING AGE		
Riders will compete in their respective age-group based on their official racing age determined on December 31, 2022.		
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 racers qualifying in a younger age group and within the same category are eligible to compete only in their official age group and category at the national championships.		
QUALIFIED RIDER LIST		
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> .		
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.		
DH SEEDING & FINALS PROCEDURES		
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 DH rankings, Pro GRT and then USA Cycling rankings will be used for seeding. Rider USAC rankings will be frozen and pulled on July 17 at 8 a.m. MST and will posted on the event website for rider review.		
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. Because of the Racers who miss their assigned start will not be allowed to start their run until the last rider of either their own category or the very end of the competition, depending on available time gaps between categories, this is at the discretion of race management and officials. Decisions regarding this regulation, in cases of force majeure, may be taken by the officials in consultation with the Race Director.		