



JUNIOR & ELITE TRACK NATIONAL CHAMPIONSHIPS

JULY 2022 • 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 2022 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 sporting nationality and a UCI ID* or• A foreign International License with a USA sporting nationality and a UCI ID* or• USA Cycling Domestic Annual License with a USA sporting nationality and a UCI ID*
Juniors 16 and under	Must be a United States citizen and have a current: <ul style="list-style-type: none">• USA Cycling International License with a UCI ID* or• A foreign International License with a UCI ID* or• USA Cycling Domestic Annual License with a UCI ID* <p style="text-align: center;">OR</p> Must be a Permanent Resident (verified) and have a current: <ul style="list-style-type: none">• USA Cycling International License with 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 email it to membership@usacycling.org or by fax (719-434-4300).</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 style="text-align: center;">YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED</p>	

CATEGORY and SPECIFIC RESTRICTIONS



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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 noted below. Riders will compete in their respective age-group based on their official racing age determined on December 31, 2022. "Racing up", per 1H4(c) is not allowed in this event.

CATEGORY REQUIREMENTS

TIME TRIAL EVENTS

Open to ALL categories

MASS START EVENTS

Junior Female 11-18	Open to ALL categories – categories 1-Novice Open to ALL categories – categories 1-Novice
Junior Male 11-16	NOTE: If a 15–16-year-old is completing in a 15-18 race, they must have a track category 1-3
Junior Male 17-18	Restricted to track categories 1-3, which includes the Junior Male Keirin
Elite Male	Restricted to track categories 1-2
Elite Female	Restricted to track categories 1-3

UPGRADE PROCEDURE

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 [Policy VIII Race Category Upgrading and Downgrading](#) for information.

If you would like to request an upgrade please see [upgrade instructions here](#).

EVENT RULES

Male and Female 11-16 Junior Track Omnium

Competitions in Junior classes 11-16 shall be conducted as omniums per [Chapter 7 National Championships](#) - 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. Some events and distances have been modified due to track size.

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

International Omnium

The International-style Omnium consists of four events and will be conducted for Elite and Junior 17-18 male and females over one day. Riders failing to start in one of the events will not be allowed to compete in the subsequent events and will be placed last in the competition as did not finish (DNF).

***Note:** Some distances have been modified due to track size.

Event	Male Elite	Female Elite	Male 17-18	Female 17-18
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Scratch Race	10 km	8 km*	8 km*	5 km
Tempo Race	10 km	8 km*	8 km*	5 km
Elimination				
Points Race	26 km*	20 km	20 km	16 km*
Sprint				
A sprint competition will be held for male and females in the following age groups. The format shall use the UCI World Championship sprint format, modified to accommodate the field size.				
Male 15-18 Elite		Female 15-18 Elite		
Time Trial				
Standing start time trials will be held for male and females over the following distances and age ranges. The 15-18 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.				
Male 1 km		Female 500 m		
Individual Pursuit				
Individual Pursuits will be held for male and females over the following distances and age ranges. The top 4 riders will advance to finals: 3 vs 4, 1 vs 2.				
Male 15-18 3 km Elite 4 km		Female 15-18 2 km Elite 3 km		
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 the rulebook . *Note: Some distances have been modified due to track size.				
Male 17-18 26 km* Elite 40 km		Female 17-18 16 km* Elite 26 km*		
Scratch Race				
Shall be conducted in age groups over the specified distance below. *Note: Some distances have been modified due to track size.				
Male 17-18 10 km Elite 15 km		Female 17-18 8 km* Elite 10 km		
Keirin				
The following classes shall have a championship. Please note that riders will need to meet mass start category restrictions listed above.				
Male 15-18 Elite		Female 15-18 Elite		



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Team Pursuit	
The distance is 4 km, and each team is required to four riders to start. The top 4 teams will advance to the finals: 3 vs 4, 1 vs 2. Each rider may only enter one team pursuit event. The Elite events will be held under UCI regulations/race format and must have at least 3 eligible teams to be considered a championship.	
Male 15-18 Elite	Female 15-18 Elite
Team Sprint	
The distance is 3-laps, and each team is required three riders. The 15-18 event will be run as a final. For the Elite events, there must be at least 3 eligible teams to be considered a championship. Top 4 teams for the qualifying round advance into finals: 3 vs 4, 1 vs 2.	
Male 15 -18 Elite	Female 15-18 Elite
Elimination	
Male 17 -18 Elite	Female 17-18 Elite

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')
Jr. 14 and under requirements <ol style="list-style-type: none"> 115, Young Junior/Youth Bicycles. All riders, race age 14 and younger, are restricted to mass-start bicycles as defined in section 111(h) – A massed-start bicycle, in the USA Cycling rulebook. Bicycles must have wheels with at least 16 spokes and no wheel covers may be used.
Jr. 15-16 requirements <ol style="list-style-type: none"> In general, the regulations for bicycles are those of USA Cycling. Please refer to section 11 – Bicycles, in the USA Cycling rulebook. <i>The main points are:</i> <ol style="list-style-type: none"> 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.



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- 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 trial records in their classes. For more information, reference Part 1, Section 3 of the [UCI Regulations](#) 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.
- 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.
- c) 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.
 - 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***.



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- 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.

NATIONAL and INTERNATIONAL RECORDS

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

1. 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
2. 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 the [UCI Regulations](#). 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.

JUNIOR 15-18 PODIUMS

Each Junior 15-18 event, regardless of rider's individual age group (i.e., 15-16 or 17-18), will award one national champion and podium.