



AMATEUR ROAD

**NATIONAL CHAMPIONSHIPS
JUNE 2023 | ROANOKE, VA**

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 Championships](#).

Individuals attempting to pre-ride the course prior to the event or any scheduled practice day may encounter hazards including incomplete course construction or obstructions. The course may also cross private property and is also subject to change.

Those individuals pre-riding the course do so entirely at their own risk.

Updated April 17, 2023

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.

Junior 17-18, U23 Male

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

- **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 **UCI ID***

Juniors 16 and under, Amateur Male

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

- **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***

OR

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

- **USA Cycling International License** and a **UCI ID*** 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. Once verified, a **free** UCI ID will be 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 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



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CATEGORY and ELIGIBILITY REQUIREMENTS

At the time of registration, all participants competing in the USA Cycling Amateur Road National Championships MUST hold the minimum required category for their respective races as noted below. "Racing up" in the Time Trial, per 1H4(c), is not allowed in this event. Riders will compete in their respective age-group based on their official racing age determined on December 31, 2023.

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](#).

TIME TRIAL

Open to ALL categories – male and female categories 1-4 and Novice.*

ROAD RACE and CRITERIUM

Junior 11-14	Open to ALL categories 1-4 and Novice.
Junior Male 15-16	Restricted to male road categories 1-3.
Junior Male 17-18	Restricted to male road categories 1-3. Participants MAY race in both their age group and/or the Amateur Male, Cat. 1, race, subject to category restrictions.
Junior Female 15-18	Open to ALL female road categories 1-4 and Novice.
U23 Male	Restricted to road category 1-2 participants, as well as eligible U23 professionals. U23 members of any UCI-registered road trade team, WorldTeam, ProTeam and Continental, are eligible. U23 participants MAY race in both their age group and the Amateur Male's, Cat. 1, race subject to category restrictions.
Amateur Male	Restricted to road category 1 only. Members of any UCI-registered road trade team; WorldTeam, Pro Team and Continental, are not eligible to compete in the Amateur Male Road National Championships.

* U23 and Amateur Female road and criterium competitions are combined and conducted at the Pro Road Championships.

START and CALL-UP PROCEDURES

Time Trial	Races will start with unranked riders, followed by USA Cycling ranked riders, followed by previous year's podium (2 nd -5 th), followed by aged-up national champion, followed by the defending national champion. Assuming the previous year's podium and defending national champion are in the same age group.
Road Race and Criterium	Defending national champion, aged-up national champion, previous year's podium (2 nd -5 th), and the next highest in USAC rankings in age group. Assuming the previous year's podium and defending national champion are in the same age group.

EQUIPMENT REGULATIONS

Male and Female	1. All UCI rules for bicycles AND components, will be in force for road national championship races in these classes. For more information, reference Part 1, Chapter 3 of the UCI Regulations and review the following UCI Equipment and Material page with
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Junior 17-18 and Male U23

detailed information on equipment, verification, and measurements of the bicycle that you will encounter.

2. 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.
3. Following is a brief overview of the key UCI bicycle regulations:
 - a. Weight of the bike shall be a minimum of 6.8 kilograms.
 - b. Wheels must be of the same diameter, between 55.0 and 70.0 cm.
 - c. Wheels used in road races (time trial is not a road race) must have at least 12 spokes and be listed on the [UCI's approved wheel list](#) or have at least 16 metals spokes and meet the other specifications of a traditional wheel per UCI regulation 1.3.018.
 - d. Frames must be of a double triangle configuration.
 - e. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**
 - f. 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.
 - g. The end of handlebar extensions can extend no further forward than the default distance of 750 mm, 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.
 - h. Equipment presented at bike check may not be modified to meet rules, e.g. no cutting/grinding of frames, no sawn-off saddles or shifters.
 - i. **Extensions must be two separate pieces** with no cross section >50 mm. **Elbow pads must be two separate pieces** with a maximum size of 125 mm x 125 mm and have a maximal inclination of 30 degrees.
 - j. Height difference between uppermost or lowermost part of the extension and the elbow pad (center) is less than 100 mm.**

****Rider Comfort:** Per the UCI regulations, 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 increased up to 850 mm based on the rider's height as listed below. For more information, reference Part 1, Section 3, of the UCI Regulations.

Category 1: Rider's height less than 1.8 m

The default distance of 750 mm may be increased to **800 mm**.

Category 2: Rider's height between 1.8 m and 1.899 m

The default distance of 750 mm may be increased to **830 cm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center) must be less than **120 mm**. **Riders must submit a height attestation to the UCI in advance.**

Category 3: Rider's height greater than or equal to 1.9 mm

The default distance of 750 mm may be increased to **850 mm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center)



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	must be less than 140 mm . Riders must submit a height attestation to the UCI in advance.
15-16 and Amateur Male	<p>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</p> <p><i>The main points are:</i></p> <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. (Tri-bike tool pods, extreme water bottles).Wheels may be made with spokes or solid construction.The 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.Brake controls attached to the handlebars and operable with the hands. <p><i>Per USA Cycling regulations, these additional UCI regulations will be in effect for mass start events and individual time trials:</i></p> <ol style="list-style-type: none">Bicycle frames must be of double triangle construction.Wheels must be of the same diameter, between 55.0 and 70.0 cm.Disc brakes are allowed in all events and categories
14 and under	<ol style="list-style-type: none">Juniors, race age 14 and younger, are restricted to massed-start bicycles in the road race and time trialThese bicycles must also have wheels with at least 16 spokes and no wheel covers may be usedDisc brakes are allowed in all events and categories