

Table of Contents

1. General Regulations	9
1A. Definitions	9
1B. Rule Applications, Exceptions, Additions and Violations	14
1C. Licensing	15
1D. Rider Upgrading	18
1E. Affiliated Clubs and Teams.....	29
1F. Officials.....	31
1G. Organizing Races.....	36
1H. Event Permits	37
1I. Race Announcements	39
1J. Entry in Races	41
1K. Mixing of Classes and Categories.....	45
1L. Prizes and Payments.....	47
1M. Bicycles.....	48
1N. Rider's Uniform	52
1O. Start of a Race.....	57
1P. Finish of a Race	58
1Q. Conduct	61
1R. Protests and Hearings	63
2. Track Racing	66
2A. Track Markings	66
2B. Rider Conduct.....	66
2C. Scratch Race.....	68
2D. Handicap Race.....	68
2E. Miss-and-Out	69
2F. Sprint.....	70
2G. Tandem Sprint.....	74
2H. Keirin.....	79
2I. Time Trial	80
2J. Individual Pursuit	81
2K. Team Pursuit	84
2L. Team Sprint	88
2M. Points Race	90

2N. Madison.....	92
2O. Omnium.....	94
3. Road Racing	98
3A. Road Course	98
3B. Riding Conduct	99
3C. Individual Road Race.....	101
3D. Criterium	104
3E. Individual Time Trial.....	107
3F. Team Time Trial	108
3G. Track Events on the Road	111
4. Stage Racing	115
4A. Composition.....	115
4B. Duration and Distance	115
4C. Placings	116
4D. Equipment	120
4E. Special Procedures	120
4F. Conduct of Participants.....	124
4G. Race Commission.....	125
4H. Penalties	126
5. Cyclo-cross.....	136
5A. Course and obstacles.....	136
5B. Equipment pits	138
5C. Equipment changes.....	140
5D. Starting	140
5E. Duration of races	140
5F. Abandons.....	141
5H. In-race communication	141
6. Mountain Bike Racing	143
MOUNTAIN BIKE RULES OF THE TRAIL	143
6A. Definitions	144
6B. Procedures common to all MTB Disciplines	146
6C. Course Markings	147
6D. Feeding and Technical Assistance.....	149

6E. Endurance Events	150
6F. Gravity Events.....	157
6G. Observed Trials	163
6H. High School Racing.....	163
7. Collegiate Racing.....	166
7A. Collegiate Cycling Mission Statement	166
7B. Governance	166
7C. Code of Conduct.....	169
7D. Collegiate Cycling Conferences and Conference Directors.....	169
7E. Teams	172
7F. Divisions	172
7G. Riders.....	173
7H. Categories	174
7I. Clothing.....	175
7J. Equipment.....	176
7K. Events.....	177
7L. National Championships.....	186
7M. Collegiate National Team Rankings	198
8. Road, Track & Cyclo-cross Championships 202	
8A. Organization.....	202
8B. Championship Eligibility	203
8C. Awards	204
8D. Junior Championships	204
8E. Under 23 Championships	207
8F. Elite Championships.....	208
8G. Masters Championships.....	210
8H. Para-cycling National Championships.....	214
8I. Optional State Championships.....	215
9. Mountain Bike Championships.....	217
9A. Titles	217
9B. National Championship Disciplines, Categories, Classes	217

9C. National Competition Disciplines, Categories, Classes	221
9D. Qualifying Disciplines	222
9E. Qualification Requirements for National Championships	222
9F. Qualifying Events	223
10. Records	228
10A. Qualifications.....	228
10B. Course Measurement	228
10C. Timing Rules.....	229
10D. Distances Recognized	229
10E. Attempting Records	230
11. Gran Fondo.....	228
11A. Participation	232
11B. Entry and Rider Obligations	232
11C. Conduct of Participants.....	233
11D. Organization of Events	233
11E. Event Fees and Surcharges	234
11F. Courses and Safety	234
11G. Classifications and Prizes	236
11H. Event Start	237
11I. Event finish	237
11J. Equipment.....	237
Appendices.....	239
USA Cycling Code of Conduct	240
USA Cycling Policies.....	243
Policy I. Helmets.....	243
Policy II. Medical Control.....	244
Competing Outside the United States	247
Collegiate National Championship Points Tables...	249
Collegiate Slalom Brackets Examples.....	253
USA Cycling Staff	260
Index	262