



# ENDURANCE MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

ROANOKE, VA

**Updated: 03/25/2026**

The 2026 USA Cycling Endurance Mountain Bike National Championships will crown national champions in cross-country (XCO), short track (XCC) and Marathon (XCM). This document contains qualification requirements for all events.

All races are run solely under USA Cycling's regulations, except for XCO (17-18, U23 & Elite), XCC (Elite) & XCM (Elite/Pro 19+) which will be run under [UCI regulations](#). The following is a brief overview of the USA Cycling National Championship regulations for this event. For complete USAC championship regulations, please see [Chapter 7. National Championships](#).

*\*\*\*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	
<b>ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW.</b> Riders must also be licensed for the category in which they are attempting to register. You may purchase, renew and/or request a category upgrade online by logging into your USA Cycling account <a href="#">HERE</a> .	
<b>XCO/XCC - Junior 17-18, U23, Elite/Pro</b>  <b>XCM - Elite/Open (19+)</b>	Must be a <b>United States citizen</b> and have a current: <ul style="list-style-type: none"> <li>• USA Cycling International License with a USA sporting nationality <b>OR</b></li> <li>• A UCI license issued by a foreign federation with a USA sporting nationality</li> </ul>
<b>XCO/XCC - Juniors 16 and under</b> <b>Amateur 19-29</b> <b>Masters 30+</b>  <b>XCM – All others</b>	Must be a <b>United States citizen</b> and have a current: <ul style="list-style-type: none"> <li>• USA Cycling International License <b>OR</b></li> <li>• A UCI license issued by a foreign federation <b>OR</b></li> <li>• USA Cycling Domestic Annual License</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>• USA Cycling International License <b>OR</b></li> <li>• USA Cycling Domestic Annual License</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 on-line or at race registration.

## CATEGORY REQUIREMENTS

At the time of registration, all participants competing in the USA Cycling Endurance National Championships MUST hold the minimum required category for their respective races as noted below.

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](#).

Riders will compete in their respective age-group based on their official racing age determined on December 31, 2026. "Racing up" per 1H4(c) is not allowed in this event.

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

Men	Categories	Women	Categories
Elite	Pro	Elite	Pro
U23 (19-22)	Pro/Cat 1	U23 (19-22)	All categories
Junior 11-12	All categories	Junior 11-12	All categories
Junior 13-14	All categories	Junior 13-14	All categories
Junior 15-16*	Pro/Cat 1/2	Junior 15-16	Pro/Cat 1/2
Junior 17-18*	Pro/Cat 1/2	Junior 17-18	Pro/Cat 1/2
Amateur 19-29 (5-year increments)	Cat 1/2	Amateur 19-29 (5-year increments)	Cat 1/2
Masters 30-54 (5-year increments)	Pro/Cat 1/2	Masters 30-49 (5-year increments)	Pro/Cat 1/2
Masters 55+ (5-year increments)	All categories	Masters 50+ (5-year increments)	All categories
Singlespeed	All categories	Singlespeed	All categories
E-MTB (19+)	All Categories	E-MTB (19+)	All Categories

*\*See Qualifying Events section below as it pertains to Juniors 15-16 and Juniors 17-18.*

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

Men	Categories	Women	Categories
Elite	Pro	Elite	Pro
U23 (19-22)*	Pro/Cat 1	U23 (19-22)	Pro/Cat 1
Junior 11-12	All categories	Junior 11-12	All categories
Junior 13-14	All categories	Junior 13-14	All categories
Junior 15-16*	Pro/Cat 1	Junior 15-16*	Pro/Cat 1
Junior 17-18*	Pro/Cat 1	Junior 17-18*	Pro/Cat 1
Amateur 19-29	Cat 1	Amateur 19-29	Cat 1/2/3
Master 30-39	Pro/Cat 1	Master 30+	All categories
Master 40+	Pro/Cat 1/2		

*\*See Qualifying Events section below as it pertains to Juniors 15-16, 17-18 and U23.*

### CROSS-COUNTRY MARATHON (XCM) NATIONAL CHAMPIONSHIP RACES

Men	Categories	Women	Categories
Elite/Open (19+/Pro)	Pro	Elite/Open (19+/Pro)	Pro
Junior 15-16	Pro/Cat 1/2	Junior 15-16	Pro/Cat 1/2
Junior 17-18	Pro/Cat 1/2	Junior 17-18	Pro/Cat 1/2
Amateur 19-29	Cat 1/Cat 2	Amateur 19-29	Cat 1/Cat 2
Masters 30-54 (5-year increments)	Pro/Cat 1/2	Masters 30-49 (5-year increments)	Pro/Cat 1/2
Masters 55+ (5-year increments)	All categories	Masters 50+ (5-year increments)	All categories
Singlespeed	All categories	Singlespeed	All categories

Non-binary	Category Requirement		
Amateur 15+	All categories		
NON-CHAMPIONSHIP CROSS-COUNTRY SHORT-TRACK (XCC)			
Men	Categories	Women	Categories
Junior 18 & Under	All Categories	Junior 18 & Under	All Categories
Amateur 19+	All Categories	Amateur 19+	All Categories

### QUALIFYING EVENTS FOR JUNIORS

#### CROSS-COUNTRY (XCO) JUNIOR 15-16 and JUNIOR 17-18

The field size for Junior 15-16 and Junior 17-18 Cross-country (XCO) will be limited to 120 riders each for the final XCO event. The following measures were put in place for riders to qualify for the finals.

The first 100 qualifying spots in the XCO finals will be allocated as follows:

1. The defending 2025 National Champion and the 2025 aged-up National Champion for XCO.
2. The 2025 remaining podium places in the specific age group:
  - a. Junior 17-18 (2<sup>nd</sup> – 3<sup>rd</sup> places)
  - b. Junior 15-16 (2<sup>nd</sup> – 5<sup>th</sup> places)
3. All Junior riders qualified through the [Cross-Country Mountain Bike National Series](#). Specific details can be found [HERE](#).
4. UCI XCO Rankings (Junior 17-18 only) as of July 14, 2026. Current rankings can be found [HERE](#).
5. All remaining spots up to a total of 100 riders will use USA Cycling XC (XCO) ranking points as of 8:00 AM ET on July 14, 2026. Current rankings can be found using the following links:
  - a. [Junior Men 17-18](#) and [Junior Women 17-18](#)
  - b. [Junior Men 15-16](#) and [Junior Women 15-16](#)
6. The remaining 20 qualifying spots will be determined by the on-site qualifier.

**NOTE:** Qualifications do not have an implication on the actual call-up positions for the finals.

#### CROSS-COUNTRY SHORT TRACK (XCC)

The field size for all Cross-country Short Track (XCC) will be limited to 48 (+ protected) riders each for the final XCC event. For fields of more than 50 riders, qualification heat races will be held onsite. You can read through [qualifying procedures here](#). When qualification races are required, those riders who fail to qualify for the final will be listed in the final results based on the placing of their qualification result.

### CALL-UP PROCEDURES

When rankings are used in the call-procedures, the following dates will be used:

- UCI XCO Rankings as of Tuesday, July 14, 2026
- USAC Rankings as of 8:00 AM ET – Thursday, July 9, 2026 \*Except where otherwise noted (Jr 15-16 & 17-18)

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

Class	Order of Priority
Men Elite Men U23 Women Elite Women U23	Defending national champion, UCI XCO rankings, XCC (Top 10), USAC XCO rankings, random draw
Junior Men 17-18 Junior Women 17-18	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 3 <sup>rd</sup> , UCI XCO rankings, USAC XC National Series ranking (Top 25), XCC (Top 10), USAC XCO rankings, random draw
Junior Men 15-16 Junior Men 13-14 Junior Women 15-16 Junior Women 13-14	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 5 <sup>th</sup> , USAC XC National Series (Top 25), XCC (Top 10), USAC XCO rankings, random draw
Junior Men 11-12 Junior Women 11-12	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 5 <sup>th</sup> , XCC (Top 10) USAC XCO rankings, random draw

Amateur Men 19-29 Amateur Women 19-29 Masters Men 30+ Masters Women 30+	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 5 <sup>th</sup> , USAC XCO rankings, random draw
<b>CROSS-COUNTRY SHORT-TRACK (XCC) NATIONAL CHAMPIONSHIP RACES</b>	
<b>Class</b>	<b>Order of Priority</b>
Men Elite Women Elite Men U23 Women U23	Defending national champion, UCI XCO ranking, USAC XCC rankings, USAC XCO rankings, random draw
Junior Men 17-18 Junior Women 17-18	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 3 <sup>rd</sup> , UCI XCO ranking, USAC XC National Series ranking (Top 25), USAC XCC rankings, USAC XCO rankings, random draw
Junior Men 15-16 Junior Men 13-14 Junior Women 15-16 Junior Women 13-14	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 5 <sup>th</sup> , USAC XC National Series ranking (Top 25), USAC XCC rankings, USAC XCO rankings, random draw
Junior Men 11-12 Junior Women 11-12 Amateur Men 19-29 Amateur Women 19-29 Masters Men 30+ Masters Women 30+	Defending national champion, aged-up national champion, previous year podium 2 <sup>nd</sup> – 5 <sup>th</sup> , USAC XCO rankings, random draw
E-MTB (M/W)	Defending national champion, USAC XCO rankings
<b>CROSS-COUNTRY MARATHON (XCM) NATIONAL CHAMPIONSHIP RACES</b>	
<b>Class</b>	<b>Order of Priority</b>
Elite/Open (19+/Pro)	Defending national champion, UCI XCM rankings, UCI XCO rankings, USAC XC National Series rankings (Top 25), USAC XCM rankings, USAC XCO rankings
All others	Defending national champion, aged-up national champion, previous year age group podium, then the next 15 highest ranked registered riders per USAC rankings (XCM, then XCO).

\*Any protests to or questions about call-ups can be directed to Trish Black, [tblack@usacycling.org](mailto:tblack@usacycling.org).

<b>GENERAL REGULATIONS</b>
<b>COMPETITION RACING AGE</b>
Riders will compete in their respective age group based on their official racing age determined on December 31, 2026.
<b>MASTERS</b>
The Masters classes are restricted by age. Category restrictions will apply as listed below in the Category and Field Size section.
Entry into the Elite race at Nationals does not prohibit riders from competing in the Masters events. However, riders meeting one or more of the following criteria must enter the Elite categories, thus ineligible for entry into the Masters event:
<ol style="list-style-type: none"> <li>1. Has a racing age of 30 years or older and has been a member of any UCI Registered Team at any time in the current mountain bike season, or</li> <li>2. Has a racing age of 30 years or older and has competed in any elite UCI World Cups, World Championships, Pan American Championship, Pan American or Olympic Games within the current calendar year, or</li> <li>3. Has a racing age of 30 years or older and has 1 or more points in the UCI individual cross-country ranking published on July 15, 2026.</li> </ol>

## EQUIPMENT RESTRICTIONS

### SINGLESPEED

Singlespeed is any type of bicycle possessing **only one rear cog and one front chain ring**. There is no way to alter the gear ratio for the race. "Blocked out" gears or removing the battery are not allowed at the national championships.

### E-BIKE

An E-bike, for USA Cycling events, shall comply with the Consumer Safety Products Council (CPSC) as Class 1, low speed electric bicycle with fully operable pedal system (pedals, crank, chain, and gears), without a throttle, 750 watt or less motor which engages only with pedaling, and motor assistance that stops at 20 mph (32 kph). E-bikes may be subject to inspections, including label verification, motor output diagnostics, performing motor speed cut-off tests, wheel dimension controls, and possible impounding before and after the event.