



JUNIOR TRACK NATIONAL CHAMPIONSHIPS

BREINIGSVILLE, PA

Updated: April 20, 2026

The following is a brief overview of USA Cycling National Championship rules. For complete championship regulations, please see [Chapter 7 National Championships](#). *In addition, until the modifications for the 2025 regulations are posted online, you may find the updates as it pertains to this event in the last section of this document – 2025 USA Cycling Regulation Changes.*

| LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS | |
|---|---|
| <p>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. You may purchase, renew and/or request a category upgrade online by logging into your USA Cycling account HERE.</p> | |
| Junior 17-18 | <p>Must be a United States citizen and have a current:</p> <ul style="list-style-type: none"> • USA Cycling International License with a USA sporting nationality OR • A foreign International License with a USA sporting nationality |
| Juniors 16 and under | <p>Must be a United States citizen and have a current:</p> <ul style="list-style-type: none"> • USA Cycling International License or • A foreign International License or • USA Cycling Domestic Annual License <p style="text-align: center;">OR</p> <p>Must be a Permanent Resident (verified) and have a current:</p> <ul style="list-style-type: none"> • USA Cycling International License or • USA Cycling Domestic Annual License |

| CATEGORY REQUIREMENTS | |
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| <p>At the time of registration, all participants competing in the USA Cycling Junior Track National Championships MUST hold the minimum required category for their respective races as noted below.</p> | |
| <p>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.</p> | |
| <p>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.</p> | |
| <p>NOTE: In events listed as to Junior Men 15-18, all riders must adhere to 17-18 category restrictions.</p> | |
| TIME TRIAL EVENTS | |
| Open to ALL categories | |
| MASS START EVENTS | |
| 10 & Under (non championship) | All categories |
| Junior Women 11-18 | All categories |
| Junior Men 11-16 | All categories |

| | |
|----------------------|---|
| Junior Men 17-18 | Cat 1/2/3 |
| SPRINT EVENTS | |
| Junior Women 11-18 | All categories |
| Junior Men 11-16 | All categories |
| Junior Men 17-18* | Cat 1/2/3 (includes the Keirin) *Team Sprint is open to all categories |

| GENERAL REGULATIONS | |
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| 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 for the event. All riders must adhere to Junior 17-18 categories in these events. | |
| 10 & Under Omniums | |
| The 10 and Under omnium will be run as a mixed gender field, scored together for a non-championship podium. | |

| CHAMPIONSHIP EVENTS | | |
|--|---|---------------|
| Junior Men and Women Track Omniums (11-16) | | |
| Competitions in Junior 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 five finishers in each individual event that make up the Junior Track Omnium. | | |
| After the first event riders will be staged in order of placement to start the following races. | | |
| When necessary, due to field size or safety concerns, qualifying heats shall take place to reduce the number of riders eligible to enter the final, without necessarily qualifying the maximum number of riders permitted in the track. The number of riders qualifying from each heat will be noted during the rider's meeting and in Communique 1. | | |
| 10 & Under (<i>non-championship</i>) | 4-lap Scratch, 10-lap Points (2x5), 500m TT, 3-lap Scratch | |
| Junior 11-12 | 9-lap Scratch, 18-lap Points (4x5), 500m TT, 3-lap Scratch | |
| Junior 13-14 | 12-lap Scratch, 30-lap Points (6x5), 500m TT, 6-lap Scratch | |
| Junior 15-16 | 15-lap Scratch, Elimination, 6-lap Scratch, 45-lap Points (7x5) | |
| 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 for the event. All riders must adhere to Junior 17-18 categories in these events. | | |
| 10 & Under Omniums | | |
| The 10 and Under omnium will be run as a mixed gender field, scored together for a non-championship podium. | | |
| International Omnium | | |
| The International-style Omnium consists of four events and will be conducted 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). | | |
| Event | Men 17-18 | Women 17-18 |
| Scratch Race | 23-laps | 23-laps |
| Tempo Race | 23-laps | 23-laps |
| Elimination | | |
| Points Race | 60-laps (12x5) | 45-laps (9x5) |

| Sprint | |
|---|--|
| The format shall use the UCI World Championship sprint format, modified to accommodate the field size. | |
| Men 15-18 | Women 15-18 |
| Time Trial | |
| All events will be one ride finals. | |
| Men 15-16 1 km 17-18 1 km | Women 15-16 1 km 17-18 1 km |
| Individual Pursuit | |
| The top 4 riders will advance to finals: 3 vs 4, 1 vs 2. | |
| Men 15-16 3 km 17-18 3 km | Women 15-16 3 km 17-18 3 km |
| Points Race | |
| Points sprints will be held every 5 laps on a 333 m track. For points distribution, please see the rulebook . | |
| Men 17-18 (60-laps - 12x5) | Women 17-18 (48-laps - 9x5) |
| Scratch Race | |
| Men 17-18 (7.5 km - 23 laps) | Women 17-18 (7.5 km - 23 laps) |
| Keirin | |
| Riders are required to meet the Sprint 17-18 category restrictions listed above. | |
| Men 15-18 | Women 15-18 |
| Team Pursuit | |
| Each team is required to have four riders, and each rider may only enter one team pursuit event. All events will be run as a final. | |
| Men 15-18 4 km | Women 15-18 4 km |
| Team Sprint | |
| The distance is 3-laps, and each team is required to have three riders. All events will be run as a final. | |
| Men Under 15 (Non-Championship) 15 -18 | Women Under 15 (Non-Championship) 15-18 |

REGULATION INFORMATION

Junior 17-18 and Junior 15-18

All races conducted under UCI regulations for all events, including UCI equipment regulations. The UCI regulations can be found [HERE](#).

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 85 cm 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 180.0 cm

The default distance of 75 cm may be increased to **80 cm**.

Category 2: Rider's height between 180.0 cm and 189.9 cm

The default distance of 75 cm may be increased to **83 cm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center) must be less than **12 cm**. **Riders must submit a [height attestation](#) to the UCI in advance.**

Category 3: Rider's height 190.0 cm or greater

The default distance of 75 cm may be increased to **85 cm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center) must be less than **14 cm**. **Riders must submit a [height attestation](#) to the UCI in advance.**

Junior 15-16

All races are run under USA Cycling regulations which can be found [HERE](#).

Restricted to bicycles as defined in section 11 of the USA Cycling rulebook.

Junior 14 and Under

All races are run under USA Cycling regulations which can be found [HERE](#).

Restricted to mass-start bicycles as defined in sections **115** and **111(h)** of the USA Cycling rulebook. Bicycles must have wheels with at least 16 spokes and no wheel covers may be used.

Junior Gear Restrictions

Junior Gear Restrictions

- 17-18: No restrictions
- 15-16: 6.93 meters (22'9") – no restrictions when competing in Junior 15-18 events.
- 13-14: 6.45 meters (21'2")
- 11-12: 6.05 meters (19'10 1/4")
- 10 & Under: 6.05 meters (19'10 1/4")

Record Attempts*

UCI rules for bicycles AND components, will be in force for those seeking USA Cycling or UCI 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 page](#), with detailed information on equipment, verification and measurements of the bicycle that you will encounter.

Records must be submitted by the Chief Referee or Race Secretary directly to the Technical Director at USA Cycling for review.

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.

****UCI records must have anti-doping testing to be certified.***

NATIONAL and INTERNATIONAL RECORDS

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

USA Cycling Records and UCI records must be submitted by the Chief Referee or Race Secretary directly to the Technical Director at USA Cycling for review.

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 all UCI categories, which includes Junior 17-18, all UCI regulations for equipment will be in force for national championship races. For more information, reference Part 1, Section 3 of the [UCI Regulations](#).

**Records for riders 16 and younger are not tested.*