

Rules to remember (aka, don't get DQed!)

- No feeding. It would have to be a crazy day in Illinois for them to allow feeding. (For feeding to be allowed it must be above 68, they have to announce it, and then feeding still cannot occur on the first two or last two laps)
- Only mechanical fixes, wheel changes, or bike changes in the pits.
- You can only use the pit lane to change bikes or wheels
- You may not leave excess gear (jackets, bottles, shirts, whatever) in the pit. If you start the race with something you need to finish the race with that same gear (exception: switching bikes or wheels).
- You must do SOMETHING in the pit. UCI rules say if you go through the pit for any other reason besides mechanical, the referee gets to decide if it's allowed. I couldn't find it in the USAC rules, but I'm sure it's the same. Basically, if you come into the pit, do SOMETHING!!
- No moving forward without a bike. I mentioned this as a "two step" rule, but it has been reworded. I think for the JRs, basically don't drop your bike at the entrance and run into the pit. This is the wording: "Changing of equipment shall be done at the same point with no advance in the rider's position."
- Once you pass the pits (and you haven't come into the pit) you must keep going until you reach the pit on the next pass. There is a weird exception, which is super unlikely!! (The exception is when you are on the course after the pit entrance but BEFORE passing the exit flags, IF you have an issue with your bike you are allowed to reverse direction and WALK your bike backwards on the course to the entrance of the pit, then proceed with normal pit entry/exit rules.)
- No sharing pit equipment in the same race.
- Don't cause a false start.
- The 80% rule....it's weird and confusing. The upshot is that if you are not fast enough the referee can pull you from the race as a qualifying finish before the last lap even if you have not been lapped by the race leader. So, if it happens you should know what people are talking about. Again, the wording... "**80% rule.** [The intent is that all out of contention riders should be pulled before the start of the lap on which they will be caught by the race leader(s), so that the leader of the race should not have to pass any out of contention riders.] Except in the final lap, riders whose time gap to the race leader is more than approximately 80% of the race leader's lap time – calculated using

the leader's first lap – will be pulled by the officials, typically at a fixed location just before or after the finish line. The figure 80% is an approximation based on a typical course. The 80% rule is normally used for a race where a single class is competing, and is usually used at UCI eligible categories at national championships. All international events use the 80% rule.

- Wear your helmet!! No matter where you are riding or for what reason, if you are not wearing a helmet referees will spot you and disqualify you from any remaining races at the National event. If you even think about your bike, put on your helmet (even if you're sleeping).
- Don't fold or cut your numbers....
- The sock rule is a UCI rule, but why tempt it. Everyone could be wearing leg warmers anyway! (sock rule says your socks can't be more than half the distance from your ankle to your knee)
- If you are a current or former national champion, read this and figure out what applies to you...

Only current National Champions may wear National Championship jerseys and only in the specialty (road race, time trial, criterium, Cyclocross, short track cross-country, downhill, Madison, etc. and age group (Junior, Master, U23, Elite) in which the title was won. Age-graded champions may wear the jersey in other age classes within their overall age group; e.g., 15-16 road race champion in a 17-18 road race.

(i) In Elite races, only the USA Cycling Elite champion, Professional champion, and U23 champion may wear the jersey in the appropriate specialty.

(ii) In stage races, the jersey may only be worn by the current National Champion in the same specialty as the stage; e.g., Criterium Champion in a criterium stage.

(iii) Members of registered clubs/teams may place advertising on the jersey. Riders or teams that create their own National Champions jerseys must have the design approved by USA Cycling and must follow the approved format recognized internationally. All National Champion's jerseys must comply with UCI rules for advertising as follows:

(a) Front and back of the jersey in a rectangle 10 cm high
(b) On the shoulders or sleeves in a single line a maximum of 5 cm high (c) On the sides of the jersey in a band 9 cm wide.

(iv) Only former National Champions are permitted to wear the Stars and Stripes pattern on the trim of their jerseys. The Stars and Stripes pattern may be worn in all disciplines, not just the discipline in which it was won.

(v) A National Champion in one discipline (mountain bike, collegiate etc.) may not wear the jersey in events of another discipline, except as noted above.

(vi) National Champion jerseys may not be worn in the subsequent National Championship.
- If you want to read all the rules and regs for how the course has to be set up...here is the link ☺ <https://s3.amazonaws.com/craft-prod-assets/documents/Rules-Policies/USAC RuleBook 2019 Chpt 04.pdf>
- Here the link for the general regulation... <https://s3.amazonaws.com/craft-prod-assets/documents/Rules-Policies/USAC RuleBook 2019 Chpt 01.pdf>

Pit People

- Technically, 2 pit people per rider. For the Jr races, as long as you look like you belong there or have a purpose I think you will be fine.
- Be ready for your rider, then back off so others can use the same box. Don't stand in the travel lane, you will get yelled at. Don't hog the entrance to a pit box by having conversations there.
- Power washers... don't hog them; get in line, wash fast, and move on. Focus on the drive train, huge chunks of mud and pedals. The bike just has to go, stop, and turn; it doesn't have to be pretty.
- Pit support people can't step into the travel lane empty handed. You must have a wheel or bike or something. So don't run across the travel lane to cheer at the fence.
- Helpful article about pitting..... <https://www.cxmagine.com/mechanical-monday-tips-pits>

