

As of October 1, 2025, Connecticut has updated e-bike regulations requiring helmets for all riders/passengers, regardless of age. E-bikes (up to 750W) are treated as bicycles, while those over 750W (up to 28 mph) require a driver's license, and, over 3,500W, registration and insurance. Class 3 bikes are banned from multi-use trails, and all e-bikes are prohibited on sidewalks.

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Key 2025 Legislation Updates (Effective 10/1/2025)

- **Helmets:** Mandatory for all operators and passengers.
- **High-Powered E-bikes:** E-bikes without pedals or with batteries exceeding 750 watts (capable of 25-28 mph) require a valid driver's license.
- **High-Speed E-bikes:** Devices with motors 3,500 watts or higher (35 mph+) are classified as motorcycles, requiring registration and insurance.
- **Age Restriction:** Riders under 16 are prohibited from operating Class 3 e-bikes.
- **Passenger Restriction:** Passengers under 21 must wear helmets.

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E-Bike Classifications

Connecticut recognizes three classes of e-bikes:

- **Class 1:** Pedal-assist only, top speed 20 mph.
- **Class 2:** Throttle-assisted, top speed 20 mph.
- **Class 3:** Pedal-assist only, top speed 28 mph.

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Rules of the Road & Restrictions

- **Sidewalks/Trails:** E-bikes are generally not allowed on sidewalks, and Class 3 e-bikes are banned from trails or paths.
- **Equipment:** E-bikes must have a white front light (visible 500 ft) and red rear light/reflector (visible 600 ft) for night riding.
- **Traffic Laws:** Operators must follow the same rules of the road as traditional bicycles.
- **Fines:** Helmet violations can lead to fines.