

CLUB INFORMATION SHEET

BMX RACE RULES



BASIC RACING RULES

(For full details of rules please see the BC current Regulations).

Each BMX race has a maximum of 8 riders and the Start Gate is marked into 8 lanes - riders should make sure which way these lanes are numbered so they go to the right lane for their races. Rolling starts are not permitted and front wheels must be in contact with the start gate and the ground at the start.



The rider in front of you may choose their own line around the track except on the last straight where they must not impede an overtaking rider. It is not allowed to hinder another rider by the use of the body, arms, elbows or legs.

If for any reason you do leave the track you must re-enter at the nearest safe point and without gaining any advantage.

BMX is not a contact sport but some rider to rider contact is inevitable—just take care until you learn more about racing skills and your own ability. If you do have a fall try to get out of the way as quickly as possible but if you are hurt stay still and wait for the First Aid Team to arrive.



Do not stop racing until you have crossed the finish line, and when on the finish straight you must try to keep in a straight line. When you cross the finish line the judges will note your finishing position, as they see it. You should leave the finish line area quickly as there will be another race coming very soon!

The Referees decision is final and riders cannot object to any racing incidents. The Referee has the authority to ask anyone to leave the track—and that can include parents or guardians if required.

In Regional races parents may only assist riders on the start hill in the 6 and Under Age Group. Parents who do assist, MUST leave the rear of the start hill immediately the race has started. No rider is allowed assistance from the entrance to the pens at National events.

