

COCHRANE BMX ASSOCIATION

Commitment

Community

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What is BMX?

Cochrane BMX would like to welcome you to the sport of BMX racing.

BMX races are sprint-style bicycle races on a dirt and paved track. The bikes are designed small and fast; they are ridden standing up. The track is 300 to 400 metres long and includes a starting hill with a gate, straights, at least three turns, various jumps and a finish line. Up to eight riders may compete at a time, in each qualifying race (moto). A race will have at least three motos. If there are more than eight riders in a race category, finalists will compete in semi-finals or finals to determine the finishing order. Race points are determined from the riders finishing position calculated over the various motos.

Riders are organized into separate male and female classes, and then subdivided by age group and skill level. All riders start as novice and work up to more advanced levels. At local races it is very common for the categories to be merged due to low participation.

The sport is most popular with children between 5-17 years however many adults participate and children may begin racing in Alberta at the age of 3 provided they turn 4 by December 31st of the given year.

BMX racing develops and rewards strength, quickness and bike handling technique. Everybody participates and no one sits on the bench.

BMX is short for Bicycle Motocross. It began in the 1970s and became an Olympic summer sport beginning in 2008.

Code of Conduct

The following guidelines apply to the Cochrane BMX Racing Club and are strictly enforced for the safety of all riders:

- Riders must have a Track Executive present. **NO EXCEPTIONS!**
- Mandatory riding gear to be worn at all times while riding the track.
 - Full faced helmet (Chin strap buckled and secure)
 - Full fingered gloves
 - Long sleeve shirt (Sleeves must be pulled down to wrists)
 - Long pants (Pant legs must be rolled down or shorts and shin pads meeting Alberta Bicycle Association requirements)
 - Good sturdy shoes (Laces must be short or safely secured)
- Swearing, bullying and bad sportsmanship will **NOT** be tolerated at any time on or around the track.
- Track officials and volunteers working on the track are to be treated with respect at all times.
- Guests must sign a waiver (under age riders must have waiver signed by a parent or guardian).

COCHRANE BMX ASSOCIATION

Commitment

Community

Competition



- No climbing or riding on the berms (top of corners).
- No stopping or cutting across the track at any time.
- All riders are required to ride the track in one direction, from start to finish.
- All riders are solely responsible for keeping their bikes in safe working condition.
- Vandalism will not be tolerated! This is your track so please treat it with respect.
- All track openings are weather/track conditions permitting and subject to change.
- NO smoking and NO alcohol consumption permitted inside the fence at any time. If you have consumed alcohol before arriving at the track, please be advised you will not be permitted to volunteer or ride for that day's events.

EQUIPMENT:

Specific bikes and safety equipment is required to participate in BMX, however you may borrow some of the gear from Cochrane BMX to get started.

Getting on the track:

Before you invest in any new gear, show up properly dressed and Cochrane BMX has a number of loaner bikes and helmets available for you to get started with and try out the sport.

Otherwise, choosing to be a BMX racer does not necessarily mean a big investment in equipment. Some racers start by simply removing the chain guards and kick stands from their 20" street bikes. There are also many used bikes on kijiji and buy and sell pages on facebook., . The helmet is mandatory, as is the long sleeve shirt, gloves, pants and shoes...but that's it, get all of this together and you're ready to ride.

For detailed information or questions towards BMX Racing bikes and related equipment, please contact any member of the Cochrane BMX Racing Executive team.

All bikes used on the Cochrane BMX Racing track are expected to be sized properly for the rider and comply with all of the following equipment requirements and safety standards.

In every race, SAFETY places first!

BMX Racing is an extreme sport with a risk of injury. However, through regular track & equipment maintenance, training & coaching programs and the strict enforcement of all sport rules, Cochrane BMX Racing strives to provide the safest environment possible for all participants. There are trained and certified first-aid personnel on-site for all club coaching, training and racing events.

COCHRANE BMX ASSOCIATION

Commitment

Community

Competition



The official rules and regulations of BMX Racing require the following safety equipment for all riders:

- A Bike – Ideally a BMX style of course, sized properly for the rider
- Rear Brakes - coaster or backward pedal brakes are not allowed
- Full faced helmet – DOT approved
- Long sleeve shirt – any kind but sleeves must reach the wrists
- Riding pants – motocross or Kevlar riding pants are mandatory
- Gloves – full fingered
- Shoes – no boots or sandals, laces must be tight and secured

Wheel and Tires

- Inflated correctly
- Good tread
- Wheel is true
- Axles not protruding more than 5mm
- Tightened axle nuts

Handle Bars

- grips covered at both ends
- no cracks or bends
- angled in line with the forks
- padded across crossbar

Headset

- tight covered by a pad
- all bolts present
- no reflectors

Brakes

- NO front brake allowed
- brakes must be able to stop rider at race speed
- cables are not frayed
- cable ends are present
- pads are even and not worn
- brake lever is smoothly rounded at end

Seat

- lower than the bottom of handle bars

COCHRANE BMX ASSOCIATION

Commitment

Community

Competition



Pedals and Cranks

- tightly fastened
- no movement on the pedal axle
- bottom bracket bearings must run smoothly and without play
- no broken cages on pedals

Frame

- no cracked or bent tubes
- no cracked or broken welds
- must be at least 1cm thick
- bar pad
- stem pad
- top tube pad

Number Plates

- must not extend above the crossbar
- must be securely fastened
- numbers must be minimum 3" high and 1.5" wide as per UCI rules
- no stickers can cover any part of the numbers
- correct number plate must be worn for each race
- must display the correct plate colour – Male (yellow), Female (blue) Cruisers (red) Junior, Elite & Pros (black or white)

BMX Bike Size guide lines

Mini – 3'10" – 4'8" 40 to 65 lbs.

Junior - 4'4" – 4'9" 60 to 75 lbs.

Expert - 4'6" – 5'2" 70 to 95 lbs.

Expert XL – 4'10" – 5'4" 75 to 110 lbs.

Pro / Jr Pro – 5' – 5'8" 100 lbs. and up

Pro XL – 5'8" - 6' 140 lbs. and up

Pro XXL – 5'10' and up 160 lbs. and up

WHO WILL YOU RACE

You will be racing other riders your age and skill level. Boys will race boys and girls will race girls whenever possible. Usually a rider will race within his/her own class both age and skill level at every race, but there will be times when it won't happen. Alberta BMX has guidelines set to help assist and build fair classes and races.

If you have any questions about how to set-up races, please see one of the many volunteers and we will happily explain the process to you.

COCHRANE BMX ASSOCIATION

Commitment

Community

Competition



RACE TIME

As soon as possible after registration closes the Moto sheets will be posted in the area designated for that propose. Moto sheets will be in numerical order starting with Moto #1 and continuing through whatever the last Moto number is. In addition to being in numerical order the Moto sheets are grouped by age and class.

Remember it is extremely important for you or your parents to check the Moto sheets before the races start.

Make sure that you check everything on the Moto sheet, not just what Moto you are in. If you find any mistakes go back to registration and they can make any necessary corrections.

Now you have registered for today's race, you have done your practicing, got your bike totally tuned in for the track and most important of all you have checked your MOTO sheets to make sure everything is correct. It's now time to start the racing.

The races are run in numerical order by Moto numbers. Each rider will have to race 3 times or rounds, always in the same Moto number. Normally we will race the first 2 rounds, take a short break and the race the third and final round.

STAGING

Staging takes place behind the starting gate and you should be there at least 5 Moto's ahead of the one you are racing in. There will be a person called the stager who will call out each Moto number, each rider's name that is in that Moto and their starting lane assignments. The Stager will then direct you what to do next.

STARTING GATE

Now you are on the starting gate. You know the starting lane you are supposed to be in, but where is it? When you are standing on the gate looking out at the track lane 1 is on the same side of the gate that the first turn turns into. If the first turn is to the left then lane 1 is on the left side of the gate.

There are 8 different starting lanes on the gate, with lane 8 being on the opposite end from lane 1.

The starting gate is run by a computer and has a set number of commands it must go through before it can be reset, the last of which is to drop the gate.

TRACK OFFICIALS

There are Track Official's positioned at different places on the track. These officials can and will alter the outcome of a race because of fouls, riders missing obstacles, riders using inappropriate language on the track and any other unsportsmanlike conduct. If a rider feels they were fouled they must go back to the finish line within 5 Moto's and register their complaint or protest.

COCHRANE BMX ASSOCIATION

Commitment

Community

Competition



FINISH LINE

The finish line generally consists of 3 or 4 Finish Line Official's and 1 chief Scorer. They are responsible for scoring each rider as they cross the finish line in each of their Moto's. If a rider fails to start a Moto or does not finish a Moto they will not be scored for that Moto. In all cases the decision of the Chief Scorer is final.

FIRST AID

We have well qualified track officials with First Aid training. **Parents if your child should fall please do not come running on to the track.** Our qualified track officials will evaluate the extent of your child's injures if any. At that time if they feel your assistance is needed they will call you onto the track.

Please always ask for any other questions and most importantly **HAVE FUN!**

www.cochranebmx.com for any other information