



## Welcome to BMX

All the information you need to get started in BMX racing is right here...

### **The History of BMX Racing**

BMX Racing (Bicycle Moto Cross) originated in Southern California in 1970.

By 1976 the sport had found its way to Australia, first in Queensland then spreading throughout Australia. BMX Racing Clubs are now located in every State and Territory of Australia.

### **Is There A Class for Me?**

Yes! There is a class for every age and skill level, from 5 and Under (Sprocket Rocket/ Mini Wheeler) to 55+ year old, Male and Female Classes. So Boys, Girls, Mum's and Dad's can all compete in their own age class and skill level at the same venue, at the same time. Once a rider reaches 14 years of age, they may choose to race in a money class. Novice & Expert classes are also available. Coaching is available by Accredited Coaches at most Clubs or privately for all ages and genders.

### **BMX Mini Wheelers**

BMX Mini Wheelers is an introductory level membership where riders develop balance, gross motor skills and independence to begin riding a bike. Using a balance bike, Mini Wheelers develop skills that allows their progression in BMX riding to be seamless and towards riding a BMX pedal bike. This membership is valid for 12 months and can be upgraded on-line to a Sprocket Rocket at any time once the rider is able to use a pedal bike.

### **Sprockets**

Sprocket Rocket membership is for any rider under the age of 8. The Sprocket Rocket program is a participation based program, taking the focus from competition to skill based learning programs. This allows children under the age of 8 the opportunity to tune their BMX racing skills in a fun non-competitive environment. This membership is valid for 12 months (from joining date).

### **Open**

An open membership allows you to ride at any club in Australia, including club carnivals and events. Riders must be 8 years old or older. This membership is valid for 12 months (from joining date).

## **4 Week Licence**

This licence allows any new member to try the sport of BMX for 4 weeks. This licence is an open licence to try the sport at any club, but does not allow entry into State and National Titles. Following the 4 week period, members can upgrade to a full license. (NOTE: you may have to pay for training sessions at some clubs due to not having an open membership).

## **What Equipment Do I Need?**

Any 20 inch or 24 inch (cruiser) BMX bike will be fine. Remove any mudguards, chain guards, kick stand, pegs and reflectors, for safety of yourself and other riders. Ensure that there are no sharp edges on your handlebars (ie No torn grips with exposed metal) or pedals, etc. Portland BMX Club has bikes and gear for new riders to borrow. Please see a club representative listed below for further details.

You need brakes that work, either rear foot brakes or a rear hand brake.

One of the parents or older riders will check your bike for you and help with any minor adjustments.

## **What Do I Have to Wear?**

**Long Pants** - jeans or track pants are fine.

**Long Sleeved Top** - such as a long sleeve race jersey\*, long sleeve t-shirt or windcheater.

**Gloves** - any type of gloves that have complete hand and finger protection.

**Helmet** - A full face helmet that covers the ears

**Pads** - Knee and elbow pads are recommended

**Shoes** - you must wear fully enclosed shoes to protect your feet.

**Long Socks** - your socks need to be long enough to cover your ankles.

\*(The club does have Portland Race Jerseys for sale)

## **What else do I need?**

### **LICENCE**

As part of becoming a member of AusCycling Australia, you receive a virtual licence via your Google Play store or Apple Pay.

### **INSURANCE**

Under your membership, insurance cover applies when members and other insured persons/entities are involved in activities that are sanctioned by AusCycling.

These activities include events, training sessions held by a AusCycling accredited coach, meetings, Volunteer and fundraising activities and travel to and from these activities.

### **RACE PLATE**

As a new member of BMX, you'll need a race plate, which is attached to the front of your bike. For information on how to obtain your Race Plate Number and what colour to use please check the AusCycling website or ask at the club. The club does keep standard race plates for purchase.

## How Much Will It Cost?

Full up to date info regarding AusCycling Australia Licence information can be found on <https://www.auscycling.org.au/membership>, Or see attached printout, Or you can ask the club registrar or secretary (details below).

Club meetings cost \$10 per rider if registering on the night or \$8 online registration via entry boss and this covers expenses and insurance. This is paid at the registration hut or via the link on the Facebook page. Registration will close approximately 15 minutes prior to the beginning of racing.

## When Do I Race?

BMX Racing is a year round Sport. Portland Piranhas run practice on Tuesday nights. There are also weekly club racing either Wednesday nights or Saturday's dependent on the season. A Race Calendar is put out at the beginning of the year advising race dates for each season. There is also Open Meets and State series events that you can participate in throughout the year, mostly on Sundays. Please see the AusCycling website <https://www.auscycling.org.au/nat/events> for more information and their race calendar or talk to our President or Secretary.

## Isn't BMX Racing Dangerous?

BMX Racing has the most successful and requested Risk Management Policy of any sport. BMX Racing is classified as a contact sport like football, hockey, basketball and soccer. Statistics prove that BMX Racing is the safest of all action family sports. Riders must wear protective clothing, race bikes that have been checked for safety by officials and race tracks that have been inspected by accredited officials to ensure that racing is safe for all competitors.

LIFESTYLE	RACE OFF-ROAD	RACE ALL DISCIPLINE	NON RIDING
Social, leisure or commuting riding on any bike!	Race MTB, BMX, CX & BMX Freestyle	Race any bike, any discipline!	Supporter, official, volunteer or administrator who doesn't ride
From \$105 annually* for an Adult Membership	From \$150 annually* for an Adult Membership	From \$250 annually* for an Adult Membership	From \$10 annually*
<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>
MEMBER BENEFITS	MEMBER BENEFITS	MEMBER BENEFITS	MEMBER BENEFITS
INSURANCE COVERAGE	INSURANCE COVERAGE	INSURANCE COVERAGE	INSURANCE COVERAGE
CLUB BENEFITS	CLUB BENEFITS	CLUB BENEFITS	CLUB BENEFITS

## Keep up to date with the club

The Portland BMX Club has an Active Facebook page. This is where updates for the club is listed. Please like the page at <https://www.facebook.com/portlandbmxclub/>

If you require any further information, please do not hesitate to contact a member of the club via messenger or email [portlandbmxclub@gmail.com](mailto:portlandbmxclub@gmail.com)

# WELCOME TO BMX AUSTRALIA



AUSCYCLING  
VIC

# THE FASTEST GROWING SPORT IN AUSTRALIA

**BMX** (Bicycle Moto Cross) is one of the fastest growing sports in Australia. It is one of the only sports where total family participation can take place. Riders of all ages (from 2 to 50+) can compete in organised race meetings throughout Australia. The sport of BMX racing ranges from Club level right through to State, National and World Championship level for all ages. BMX is also an Olympic sport! Any rider has the chance to ride at National Championships and compete in World Championships.

BMX is not only a sport for boys and dads, girls and mums can race and enjoy competition in their own age groups with other females. Whether you're a parent or not, BMX is one big family where great friendships can be made and the competition structure can give our community the opportunity to visit many new places.

You can ride any 20 inch or 24-inch (cruiser) BMX bike. Just remove any mudguards, chain guards, kick-stand, pegs and reflectors, for the safety of yourself and other riders. Ensure that there are no sharp edges on your handlebars (i.e. no torn grips with exposed metal) or pedals, etc. You need a rear hand brake that works. An official will be available to check your bike for you and help with any minor adjustments.



# THE TRACKS

Every BMX race track has unique characteristics, but they are generally around 350 to 450 metres long with a 3 to 5 metre starting hill and electronic starting gate. There're also usually four straights built up with fun and challenging dirt jumps for all ages, three berms (raised banked turns) and a finish line.



# WHAT TO WEAR?

## Full Face Helmet

The helmet must cover the ears. Some clubs have spare helmets that you can borrow. Goggles are optional.

## Long Sleeve Top

A long sleeve top or race jersey that is fitted at the wrist and has no buttons or zippers.

## Gloves

Any type of gloves that have complete hand and finger protection.

## Long Pants

Pants that are fitted at the ankle are acceptable to be raced in. Lycra is not to be used.

## Shoes

You must wear fully enclosed shoes to protect your feet.

Clip Pedals are only permitted for 13+ age classes.

TIP: Flat bottom shoes are the best BMX choice for stability and grip.



# BMX SIZING GUIDE

This is a basic guide to choosing the right BMX for you child. Kids grow at very different rates so we'd recommend enquiring at your local BMX club about the most suitable bike choices for your child before you commit to purchase.

## MINI WHEELER

Ages 2-5 years



## MINI BMX (20 inch)

Ages 5-8 years



## JUNIOR (20 inch)

Ages 7-10 years



## EXPERT (20 inch)

Ages 9-14 years and up



## PRO (20 inch)

Ages 14 years and up



## CRUISER (24 inch)

Ages 8-9 years and up

Comes in Junior, Expert and Pro sizes.



BMX race bikes run only one (rear) brake so you may need to get your bike shop to remove the FRONT brake, chain guard and reflectors.



# JOIN YOUR LOCAL BMX CLUB

Auscycling has a range of memberships on offer to give people a taste of our sport!

For Riders, we have 4 week or 12-month memberships for riders aged from 2 to 50+.

Don't want to get on a bike? Memberships are available for volunteers, coaches and officials too.

With over 110 clubs across Australia, there is bound to be one near you!

## RACE PLATES

As a member of BMX, you'll need a race plate, which is attached to the front of your bike. Below you can find what colour race plate you'll need to purchase:

**123**

**Yellow:** Men/Boys open age classes of 8 years old and above.

**123**

**Orange:** Sprocket riders/Boys and Girls of ages 7 and below.

**123**

**Blue:** Women/Girls open age classes of 8 years old and above.

**123**

**Red:** Any gender, competing on a 24 inch wheel size bike.

**123**

**Purple:** Mini Wheelers/ Kids competing on a balance / walking bike without pedals.

**123**

**Green:** Riders competing in the novice class age classes.

## CONTACT US

**Auscycling Australia**

Phone: 1300 137 397

Email: [membership@auscycling.org](mailto:membership@auscycling.org)

