



# NEW RIDER ORIENTATION

## Rule Book

- [IdahoBMX.com/new-rider-info](http://IdahoBMX.com/new-rider-info)
  - Rider Info → New Rider Info
  - Rule Book - Read it! - Ask Questions
  - New Rider Manual - Check it out

## Sportsmanship

- BMX is a family sport.
- We expect good sportsmanship from riders AND PARENTS!
- BMX is a positive environment where you are really only competing against yourself.
  - As long as you are trying hard and you did better than the last time you were on the track, that is a win!
- The Idaho BMX community expects proper behavior from its riders and spectators. If problems arise, we may invite them to leave.

## Track etiquette

- Don't climb turns - It erodes the base and causes more work for all our volunteers
- Watch out for faster riders during practice
- Watch out for slower rider during practice
- During a race, don't walk onto or cross the track unless instructed to do so by a track official.
- If you do need to cross the track, LOOK BOTH WAYS for oncoming riders
- Don't ride track when wet - If you see your tire tracks in the dirt, it's too wet, stay off!
- Always listen to stagers instructions
- Be quiet on the hill so the riders in the gate can concentrate



## Membership

- To Race you must have a USABMX Membership
- FREE One Day Trial Membership
  - Good for Practice or SPR Local
- 60 Day Trial Membership - \$40
  - Good for Practice or SPR Locals
  - Conversion Fee applies
  - No Points awarded
- Full Annual Membership
  - \$80 First Family Member, \$70 Second, \$60 Third
- First race is free
- Race Costs are set per track and not fixed - Usually includes pre race practice
  - Local Single Point \$10-\$15
  - Double Point \$20-\$30
  - State \$35-\$45
  - Gold Cup \$45-\$65
  - National \$70
  - Grands \$100???
- Gate Practice \$5-\$20

## Transponders

- All expert and cruiser classes will need a transponder on their bike for scoring and timing at nationals!
- You do not NEED to purchase timing for these national events, but you do need an active transponder on the bike properly mounted.
- Caldwell Outdoor track has the Sqorz system installed and it can be utilized as a training device to better analyze your riders performance with bike setup, technique, or personal changes.



## Proficiency

- Must be 13+ to run Clipless Pedals
  - Better Bike Skill development
  - Clip pedals are the older strap type - rarely used anymore
  - Clipless are cleats on a shoe that snap into the pedal securely
- Novice
  - 10 Local or 3 National wins
  - Flat Pedals Only
  - Girls and Boys Mixed
- Intermediate
  - Boys 20 & Girls 10 Local or 5 National wins
  - Girls and Boys Mixed
- Expert Boys & Expert Girls separate divisions
- Cruiser / 24"+ Wheels (Over 22.5" technically)
  - Considered an Expert Level Class
  - Boys and Girls separate divisions

## Win Criteria counting towards mandatory proficiency advancement

- ONLY CLASS WINS COUNT - Open and Cruiser class wins do not count towards mandatory advancement.
- Ages 16 & Under: Riders must defeat at least two competitors who are both the same age group or older and the same skill level or higher.
- Ages 17 & Over: Riders must defeat at least two competitors who are both the same age group or younger and the same skill level or higher.

## SANDBAGGING

- Sandbagging is prohibited
- Sandbagging is intentionally avoiding winning a race.
- Only Intermediate and Novice riders can be charged with Sandbagging
- If your Intermediate rider is advancing too quickly due to lack of competition, consider them racing cruiser class instead for a while.



## **District points, State Points, Gold Cup Points, National Points**

- Review the Rulebook or ask one of Idaho BMX coaches, Friendly Team Managers, or TOs. This is a rather complex conversation to understand all the ins and outs.

## **Number Plates**

- New riders run the last 3 digits of their USABMX Membership Number.
- In their second year they run the district, state, gold cup, or national number they earned
  - Recommend just running District as it works everywhere. White background with 3" tall black numbers.
  - All riders must run the number that matches the motosheet so double check at registration that your number is accurate!!!!

## **Tracks**

- Caldwell Indoor - Caldwell (Seasonal) (SQR - March 14)
- Caldwell Track (SQR - July 18)
- Eagle Track (SQR - July 19)
  - Schedules @ IdahoBMX.com or @USABMX.com
- Snake River - Idaho Falls (SQR - June 13)
- Cherry Hill - Coeur d'Alene (SQR - TBD)
- East Idaho - Pocatello (SQR - TBD)

## **State Series**

- 3 Qualifiers (4-6 Tracks eq 3 Qualifiers, 7-9 Tracks eq 4 Qualifiers)
- 1 Finals (2026 Finals at Caldwell)

## **Bike Rules**

- Flat pedals for 12 and under regardless of proficiency
- Class Bikes (other than Novice) must have tire diameter less than 22.5 inches
- Cruiser Bikes must have tire diameter greater than 22.5 inches
- Must have a brake
  - Coaster brakes are allowed, but strongly recommended against as they do not promote good bike skills
- Handlebars must have ends covered and be less than 30 inches wide
- Remove all kickstands, reflectors, chain guards, or anything that can get knocked off like bells, horns, and decorations
- No pegs

## **Protective Clothing**

- Helmet with permanent strap (no football style button straps)
  - Recommend full face or at least covering the ears
- Sturdy full toe shoes
- Elbows and Knees must be covered



## Track Hierarchy

- Each track has a Track Operator (TO)
- The TO is in charge but may appoint a head official for the day
- Each race needs volunteers to run a race
  - Each turn needs a corner marshal
  - Finish line needs scorers
  - Gate Operator
  - Announcer
  - Staging/Pre-Staging
  - Registration
  - Trophies
  - PLEASE CONSIDER VOLUNTEERING - GET A FREE PRACTICE OR RACE!

## Basic Rules

- Riders responsibility to know their moto and gate assignment. They should be reminded of this on the starting hill by the stager, but it is the riders responsibility to know it.
- Riders have 1 minute to show up after they have been called before a DNS
- Parents NEVER EVER come onto the track! NEVER! Let the Track Officials deal with any incidents, accidents, or injuries. If a parent is needed, they will be requested by the track official. Wait patiently for that time. Most of the time the kids get back up and ride to the finish line.
- Kids 5 and under can have assistance balancing in the gate.
- Kids 6-8 can have Parents through staging but no assistance at the gate
- Riders 9+ can have Parents in the chute, but not on the staging hill
- If a rider is not ready or questions the race/rider position or safety equipment, they must put their front wheel over the gate to signal they need to communicate and hold the gate.
- No jumping the gate
- No intentionally impeding progress of another rider for first 30 feet (white line)
- No forcing another rider off the track
- Don't miss obstacles (Jumps and White lines in Turns)
- No intentionally impeding progress of another rider on the last straight.
  - You can move over, but not so close as to impede their progress
- If you have a protest, you must present to the Head Official within 10 motos NOT FINISH LINE PEOPLE they are busy!

## Transfer System

- Total points, 8ths, Quarters, Semis, Mains... Oh My!
- It's complicated. Learn as you go. Have a conversation with any of IdahoBMX coaches, Friendly Team Managers, or TOs about it. It takes time to master.
- 8 or less riders will ride all three rounds and get finish points. Basically everyone makes the main event!
- 9 or more... more complicated... it must be split up and then whittled down to just the top 8 riders for the main.



### **Bike Setup**

- This can be an endless pursuit of perfection, but to get started have a conversation with any of IdahoBMX coaches, Track Dads, or TOs to get pointed in the right direction.
- The track may have loaner bikes available to try out to help purchase decisions

### **Gate Practice**

- Indoor
  - Tuesday 6-8
- Outdoor
  - Monday Eagle
  - Tuesday Caldwell

### **Races**

- Indoor - Friday, Saturday, Sunday
- Eagle Saturday during school, Wednesday Summer TBD
- Usually Thursday or Friday Night under the lights in Caldwell
- Check IdahoBMX schedule and Facebook

### **Clinics (Tentative)**

- TBD



## FIELD TRIP

- Pit Area
  - Location & Etiquette (set back, language, sportsmanship)
- Registration
  - Time, Procedure
- Moto board
- Moto sheet
  - Moto, Gate, Transfer, Grouping by RM
- Live motos
  - [usabmx.com/tracks/#](https://usabmx.com/tracks/#)
  - QR Code at Registration
- Lower Staging/chutes
  - 1-10 (Corresponds to Motos)
- Staging
  - Only approach staging after Stager calls your moto up.
  - Only 3 Motos on the hill at a time
- Gate
  - Discuss how it works with cadence & lights
  - Stand in gate before balance
  - 1-5 hold tire between legs
  - Gate Practice to get better and better + Clinics
- Straights
  - Stand up while pedaling
  - Eyes forward where you are going
  - Know your surroundings. Listen to people around you.
- Jumps or obstacles
  - Stable body and tight core
- Rhythm section
  - Flow, smooth, controlled, absorb up, pump down
- Corners
  - Steady Line at first
  - Not too high and not too low, loose dirt
  - Inside or down hill pedal UP or level pedals
- Finish line
  - PEDAL TO THE LINE!!!!

# HAVE FUN!

