



NEW RIDER CLINIC

Rule Book

- 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 \$80 (Price increase 2024)
 - Grands \$100???
- Gate Practice \$5

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
 - 20 Local or 5 National wins
 - Girls and Boys Mixed
- Expert Boys
- Expert Girls
- Boy Cruiser
 - Considered an Expert Level Class
- Girl Cruiser
 - Considered an Expert Level Class



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 black numbers.
 - All riders must run the number that matches the motosheet so double check at registration that your number is accurate!!!!

Tracks

- Caldwell Track
- Eagle Track
 - Schedules @ IdahoBMX.com or @USABMX.com
- Snake River - Idaho Falls
- Cherry Hill - Coeur d'Alene
- East Idaho Indoor - Pingree near Blackfoot (Seasonal)
- Caldwell Indoor - Caldwell (Seasonal)
- East Idaho - Pocatello
- Mountain Home (New TO ????)

State Series

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

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 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.



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

Races

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

Clinics (Tentative)

- Level 1 Clinics are highly recommended for new riders
 - \$5 per rider
 - Etiquette - how to handle your bike in line
 - Sportsmanship
 - Safety Equipment
 - Basic bike knowledge
 - Ride track standing up
 - Basic Track Rules
 - Pump to gain speed
 - Gate
 - Balance in gate
 - Good Second Pedal
 - Awareness
 - Maximizing your pedal opportunities
 - Keep lane last straight and pedal to finish line
- Advance to Level 2 & 3
- Check IdahoBMX schedule and Facebook



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/#
 - 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!





Caldwell BMX
 6700 N. Linder Road - Meridian, ID 83646
 (208) 918-1556
10.27 Caldwell SP

TRACK 1224 CLASS 10 Expert DATE 10/27/2023 TIME 6:00 PM
 GROUPS 1 QUALIFIERS 2 - 2 To Main RIDERS 5

Moto # 16

Main Gates: 1, 7, 6, 4 **Posting/Staging**

PLATE #	TYPE	RIDER NAME	SERIAL # / COUNTRY / SPONSOR	1st	2nd	3rd	Main
3	ID01	FLYING LION DESOMBER	13900770 10E USA - BOISE, ID	3	7		
			TREASURE VALLEY DEVO				
12	ID01	JAXON BLOXHAM	18114555 10E USA - CALDWELL, ID	1	5		
			HOUSTON RACING TEAM				
42	ID01	LINKON SKINNER	93015957 10E USA - BOISE, ID	8	4		
1	ID01	ZAYNE SINSEL	20003232 9E USA - NAMPA, ID	6	2		
8	ID01	TEGAN NICHOLS	93008921 10E USA - MERIDIAN, ID	4	8		

TRACK 1224 CLASS 12 Expert DATE 10/27/2023 TIME 6:00 PM
 GROUPS 1 QUALIFIERS 1 - 2 To Main RIDERS 4

Moto # 17

Main Gates: 8, 5, 3

PLATE #	TYPE	RIDER NAME	SERIAL # / COUNTRY / SPONSOR	1st	2nd	3rd	Main
10	ID01	RYKER WARNER	12243965 12E USA - NAMPA, ID	2	6		
			LOGIC BMX				
6	ID01	SAM DESOMBER	13900761 12E USA - BOISE, ID	7	3		
			TREASURE VALLEY DEVO				
25	ID01	MACK O'MALLEY	93004354 11E USA - NAMPA, ID	5	1		
			TREASURE VALLEY BMX				
916	ID01	RYAN STONEHOUSE	93025916 12I USA - EAGLE, ID	3	7		

TRACK 1224 CLASS 14 Expert DATE 10/27/2023 TIME 6:00 PM
 GROUPS 1 QUALIFIERS Total Points RIDERS 3

Moto # 18

PLATE #	TYPE	RIDER NAME	SERIAL # / COUNTRY / SPONSOR	1st	2nd	3rd	Main
9	ID01	JAMES DESOMBER	13900762 14E USA - BOISE, ID	2	6		8
			TREASURE VALLEY DEVO				
3	GC	RILEY BEAMAN	12244272 13E USA - MERIDIAN, ID	7	3		5
57	ID01	MYLES ABBOTT	93019411 13E USA - STAR, ID	5	1		3