

2025 Edition
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Technical Regulations

BMX FREESTYLE

These Technical Regulations have been developed to ensure the safety of all participants and to encourage fair competition. AusCycling Regulations marked with an (A) may be modified by the event organiser in conjunction with the PCP.

Where any ambiguity or lack of a clear ruling exists the UCI regulations will take precedence.

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SECTION 1

General

1.00 Competitions

- 1.00.01 BMX Freestyle Competitions are judged events, in which riders are scored based upon their skill at executing a routine, including one or more of a variety of different manoeuvres, that are known as “tricks”.
- 1.00.02 Within the context of these regulations, BMX Freestyle Competitions or Events shall refer to either or both of two different BMX Freestyle specialities:
- Park
 - Flatland
- 1.00.03 These regulations apply in general to both BMX Freestyle specialities, except where specifically noted otherwise.
- 1.00.04 As BMX Freestyle Competitions are not races, only those elements of Part I of the UCI Regulations, “General Organisation of Cycling as a Sport” that are specifically mentioned in Part VI bis “BMX Freestyle Competitions” shall apply to BMX Freestyle Competitions.
- 1.00.05 In case the words “race” or “races” are used in any other parts of the UCI Regulations that also apply to BMX Freestyle Competitions, these words shall be taken to mean a BMX Freestyle Competition or Competitions. Likewise, the words Competition and event can be used interchangeably.

1.01 Equipment

- 1.01.01 Bicycles used in BMX Freestyle Competitions shall comply with the spirit and principle of cycling as a sport. The spirit presupposes that cyclists will compete in Competitions on an equal footing. The principle asserts the primacy of man over machine.
- 1.01.02 Bicycles and their accessories used in BMX Freestyle Competitions shall be of a type that is sold for use by anyone practising BMX Freestyle as a sport.
- 1.01.03 It is up to each participant in a competition to check the conformity of their equipment.
- 1.01.04 Bicycles used in BMX Freestyle Competitions are vehicles with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals, a crankset and a chain, without electric or other assistance. Fixed gear bicycles are not permitted.
- 1.01.05 Bicycles used in BMX Freestyle Competitions shall be of a type that is generally taken to be a BMX bicycle. This position requires that the only points of support can be the following: the feet on the pedals and the hands on the handlebars. A seat is required.

- 1.01.06 The bicycle should have handlebars which allow it to be ridden and manoeuvred in any circumstances and in complete safety.
- 1.01.07 ~~For Elite categories, With the exception of riders entered in Junior (U15 and younger) categories.~~ The total diameter of the wheels, inflated tires included shall not exceed 22 ½" (57 cm).
- 1.01.08 The bicycles of riders in Junior (U15 and younger), **Masters, Amateur** categories may be equipped with wheels smaller than 20" nominal diameter. ~~however, such wheels shall not be smaller than 16" nominal diameter.~~
- 1.01.09 Bicycles used in BMX Freestyle Competitions may be equipped with one or more hub axle extenders, also known as "pegs", provided they are securely attached.

1.02 Safety Equipment

- 1.02.01 It is strongly recommended that riders wear:
- a. Back, elbow, knee and shoulder protectors
 - b. Protection of the cervical vertebrae
 - c. **Helmet (in line with the AC General Regulations)**
- 1.02.02 Riders in BMX Freestyle Competitions shall wear clothing that is traditionally associated with BMX Freestyle. Such clothing in its design or construction must not constitute a danger to the safety of the rider (example: exceptionally loose clothing which could become caught in the rider's bicycle).
- 1.02.03 For avoidance of doubt, riders must wear a shirt (either with or without sleeves) during official practice, Competition, and during official ceremonies and press activities. Likewise, the design or advertising printed on such clothing must not contain any offensive statement or image which could damage the public image of the organiser, the UCI, nor of BMX Freestyle as a sport.
- 1.02.04 Though they are recommended, helmets are not required for BMX Flatland Competitions.

1.03 Categories

- 1.03.01 The following categories must be conducted at State/Territory Championships and National Championships.

| Category | Min Age | Max Age |
|-----------------|---------|---------|
| Elite | 15+ | |
| Masters | 30+ | |
| Amateur / Open* | 15+ | |
| Junior (U15) | 13 | 14 |
| Junior (U13) | 11 | 12 |

| | | |
|---|---|----|
| Junior (U11) | 9 | 10 |
| Junior (U9) | 7 | 8 |
| Junior (U7) | | 6 |
| * where Elite is offered runs as Amateur, where Elite is not offered runs as Open | | |

- 1.03.02 Riders are permitted to ride up one category if approved by a BMX Freestyle Development coach (or above) or National level Judge (or above).
- 1.03.03 For all other events the categories may be defined by the event organiser however no U13 may compete in categories where there are participants over 18 years of age.
- 1.03.04 At non-Championship events the organiser may run categories as they wish including combining categories.

SECTION 2

Penalties, Disciplinary & Appeals

Refer AusCycling Technical Regulations – General for Penalties, Disciplinary & Appeals processes.