

15-16 FEBRUARY | GOLD COAST, QUEENSLAND

# 2025 AUSCYCLING BMX FREESTYLE NATIONAL CHAMPIONSHIPS TECHNICAL GUIDE



EXPERIENCE  
**GOLDCOAST.**





# Here for you Here for good

We believe assisting young women and men to achieve their best as both athletes and people makes us a better company. That's why we are the naming sponsor of the Australian Cycling Team.

At ARA, our focus is on more than just delivering essential building and infrastructure services. We're always thinking about how we can create value for our customers, support our community and enrich the lives of Australians.

| Naming sponsor of the  
Australian Cycling Team

Fire & Security

Property Services

Electrical

Products



Essential services for your  
facilities and infrastructure

**1300 233 305**  
aragroup.com.au



## EVENT INFORMATION

<b>Host Club</b>	AusCycling
<b>Event Date</b>	15 – 16 February 2025
<b>Venue Address</b>	Gold Coast Sports & leisure Centre. 296 Nerang Broadbeach Road, Carrara, QLD 4211
<b>Parking Information</b>	<a href="#">Location Information</a>
<b>Entries Closing Date &amp; Time</b>	<a href="https://entryboss.cc/races/23445">https://entryboss.cc/races/23445</a> Open – Monday 9 December 2024 1:00pm Close – Thursday 13 February 2025 10:00pm
<b>More Information</b>	<a href="http://www.auscycling.org.au">www.auscycling.org.au</a>

## EVENT SCHEDULE

Please note the below schedule is subject to change.

### Saturday

Start Time	Finish Time	
8:00	8:30	Amateur Male Practice
8:30	9:00	Amateur Male Practice
9:00	9:30	Amateur Heat 1
9:30	10:00	Amateur Heat 2
10:00	10:30	Amateur Heat 3
10:30	11:00	Amateur Female Practice
11:00	11:30	Amateur Heat 4
11:30	12:00	Under 7 Practice
12:00	12:30	<b>Under 7 FINALS</b>
12:30	13:00	Masters FINALS Practice
13:00	13:30	<b>Masters FINALS Heat 1</b>
13:30	14:00	<b>Masters FINALS Heat 2</b>
14:00	14:30	Elite Practice
14:30	15:00	Elite Practice
15:00	15:30	Elite Heat 1
15:30	16:00	Elite Heat 2
16:00	16:30	Elite Heat 3
16:30	17:00	Elite Heat 4
17:00	17:30	U9 Boys, U11 Girls Warmup (combined)
17:30	18:00	<b>U9 Boys, U 11 Girls FINALS (combined)</b>
18:00		<b>Presentation</b>



## Sunday

Start Time	Finish Time	Event
8:00	8:30	U11 Boys Warm up
8:30	9:00	<b>U11 Boys FINALS Heat 1</b>
9:00	9:30	<b>U11 Boys FINALS Heat 2</b>
9:30	10:00	U13 Boys Warm up
10:00	10:30	<b>U13 Boys FINALS</b>
10:30	11:00	U15 Girls Warm up
11:00	11:30	<b>U15 Girls FINALS</b>
11:30	12:00	U15 Boys Warm up
12:00	12:30	<b>U15 Boys FINALS</b>
12:30	13:00	Amateur Female FINALS Warm Up
13:00	13:30	<b>Amateur Female FINALS</b>
13:30	14:00	Amateur Male FINALS Warm Up
14:00	14:30	<b>Amateur Male FINALS Group 1</b>
14:30	15:00	<b>Amateur Male FINALS Group 2</b>
15:00	15:30	Elite Women FINALS Warm Up
15:30	16:00	<b>Elite Women FINALS</b>
16:00	16:30	Elite Men FINALS Warm up
16:30	17:00	<b>Elite Men FINALS</b>
17:00		<b>Presentations</b>

## EVENT ENTRIES

### ENTRY PROCESS & COST

Entry will be online via EntryBoss only. It is the rider/rider's guardian's responsibility to ensure that their entry is correct. For a category to be held, at least four (4) registered riders must be in that category.

Categories will be offered as per the current [AusCycling BMX Freestyle Technical Regulations](#)

<b>Event Entries</b>	<a href="https://entryboss.cc/races/23445">https://entryboss.cc/races/23445</a> Open - Monday 9 December 2024 1:00PM AEST
<b>Entries Close</b>	Thursday 13 February 2025 10:00PM AEST
<b>Scratching Cut Off</b>	Saturday 15 February 2025 10:00AM AEST
<b>* NO LATE ENTRIES ACCEPTED.</b>	



The cost of entry will be:

Category	Entry Limit	Entry Fees (inc GST) (+ transaction cost)	
		With an AusCycling Race Membership	Non-Member (Purchasing a Day Membership, which includes those who hold AC Lifestyle & 4wk licences)
Participation U7	TBC	\$35	\$45
Juniors (U9,U11,U13,U15)	TBC	\$35	\$45
Amateur	TBC	\$35	\$45
Masters	TBC	\$35	\$45
Elite	TBC	\$45	N/A

**Please Note:** We recommend entering the event early to ensure your spot. Should the entry limits be met for any category, riders will need to enter onto the waitlist. Once entries close, numbers will be reviewed, and category limits will be adjusted based on entries received to accommodate as many riders on the waitlist as possible.

## MEMBERSHIP

The event will be open to:

- All riders holding an AusCycling All Discipline Membership or Off-Road Membership; or
- All riders without an AusCycling Membership can purchase a Day Membership for the event.
- **Elite riders must hold an AusCycling All Discipline Membership or Off-Road Membership**

## EVENT REGISTRATION

All riders are required to attend the Event Registration to collect a wristband. This wristband will be your pass for the duration of the event – please do not take it off or lose it.

## RACE INFORMATION

### RULES AND REGULATIONS

The Championship Event will be conducted under the [AusCycling BMX Freestyle Regulations](#) of the [Union Cycliste Internationale](#) (UCI). The Challenge Event will be conducted under the [BMX Freestyle Regulations of AusCycling](#) (AC).



## EVENT FORMAT

- Each Category of the event will have a set number of Rounds of Competition.
- Each Round of Competition will follow the same format:
  - Riders given 2 x 1min Runs on the course.
- A run is determined by the judges confirming the rider is ready to start, the clock starts when they drop in.
- A buzzer will sound at the end of 1min. Any tricks not completed within this time will NOT count to the score.
- The Judges will score each run individually according to the Judging Criteria.

## PARTICIPATION

- Made up of one Round of Competition.
- Riders will be broken up into Heats at random to perform their two runs.
- No scores will be kept.

## JUNIORS / MASTERS

- Made up of one Round of Competition.
- The results of this Round will be the final placings.
- Riders will be broken up into Heats at random to perform their two runs. The best run only will count for their overall result.

## AMATEUR

- Made up 2 x Rounds of Competition (Qualifying & Finals).
- Qualifying:
  - Riders will be broken up into Heats at random to perform their runs. Your score is compared to all riders – not just those in your heat.
  - Both runs will count for your score.
- The number of riders who progress to Finals will depend on the total entries (4-12).
- Finals:
  - The riders will run in ascending order from their Qualifying Position (lowest placed qualifier for finals goes first).
  - Only your best run will count for your final score / placing.
- The results from the Finals round will be the final results.

## AWARDS & PRIZING

For this event the following will be provided in each category:

Category	Prize	Placing
Participation U7	Participation Award	All Riders to receive an award
Juniors & Amateur	Award	1st Place, 2nd Place, 3rd Place Medal
Masters & Elite	Awards	1st Place Jersey 1st Place, 2nd Place, 3rd Place Medal



## VENUE INFORMATION

The following are prohibited at Gold Coast Sports & leisure Centre

- Pets
- Alcohol
- Smoking (including E-Cigarettes or other vaping devices)

All attendees at the [Insert Event] are required to adhere to the [National Integrity Framework](#). Failure to do so, or to follow any reasonable direction provided by [Insert Event Host], or appointed officials at the event, may result in removal from the venue or exclusion from competition.

## FURTHER INFORMATION

For further information please contact:

Email: [dale.percy@auscycling.org.au](mailto:dale.percy@auscycling.org.au)

Website: [www.auscycling.org.au](http://www.auscycling.org.au)



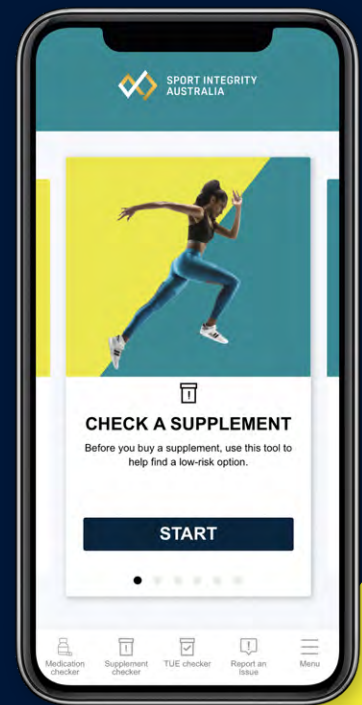
SPORT INTEGRITY  
AUSTRALIA

# CLEAN SPORT IS YOUR RESPONSIBILITY

## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

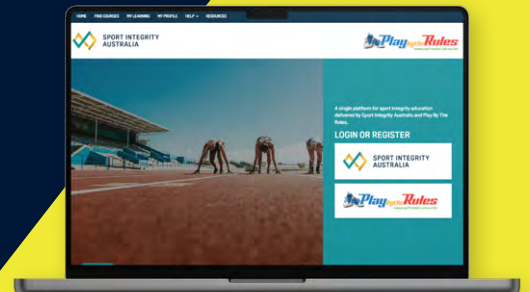
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store and Google Play store here.

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



## Contact Us

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)





# ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.

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All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.

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Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.

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As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.

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There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.

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Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.

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If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.

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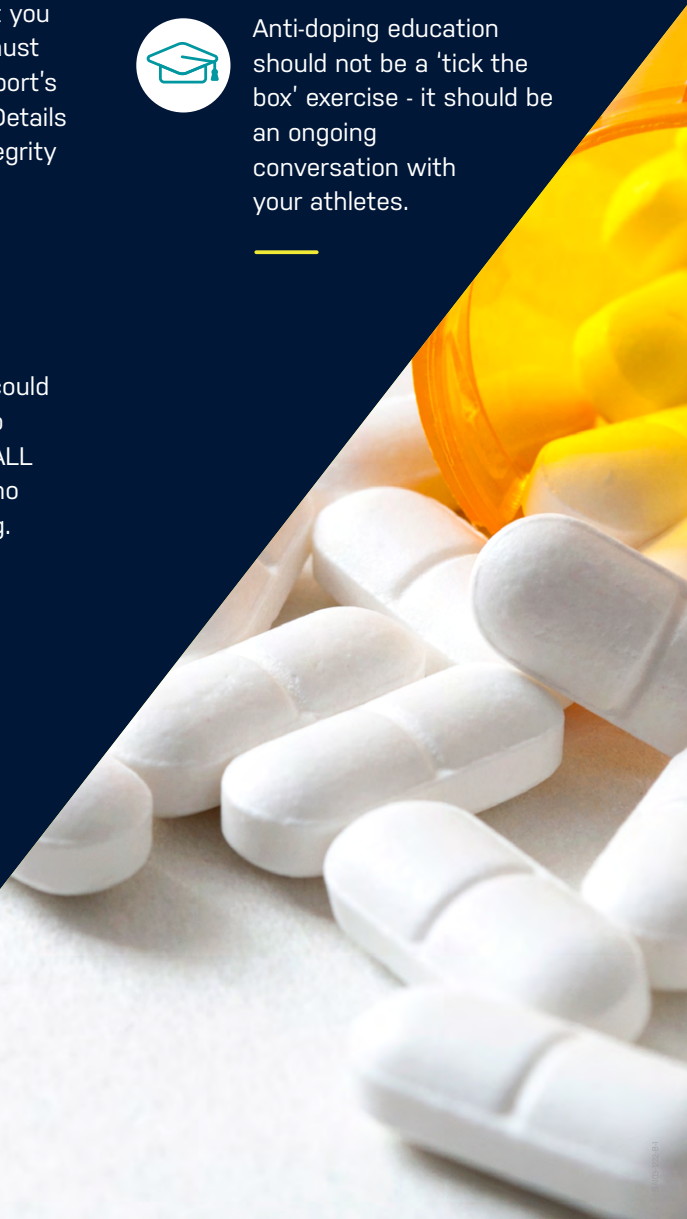
Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.

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# COMPETITION COMING UP?

## MAKE SURE YOU ARE READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.



2

### TAKING A MEDICATION?

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



3

### TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



4

### USING SUPPLEMENTS?

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



5

### NEVER BEEN TESTED?

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



6

### KNOW THE RULES?

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



7

### COMPLETED YOUR EDUCATION?

Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.



8

TRAIN AND COMPETE CLEAN!



SPORT INTEGRITY AUSTRALIA

#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**