BMX East Region

2026 Summer Race Series

Technical Guide

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Welcome and Purpose

Welcome to the 2026 regional race series which will take place at 6 different venues within the region and one in Kent. The region is proud to be able to host such events and that can only be possible with the help of unpaid volunteers and host clubs so please be respectful when attending an event.

The purpose of the regional race series is to give a platform for riders of varying experience to step up from club level racing to wider and more competitive racing. More information on these classes is covered later in this guide.

So please enjoy the 2026 regional race season and we hope you have fun!

BMX East Race Team

Communication

The primary form of communication for the region is the Regions Facebook page and website

https://www.facebook.com/BMX-East-346588148684865/

http://bmxeast.com/

Please check our Facebook page regularly especially prior to any event as events are subject to change sometime at short notice in poor weather conditions.

Regional Series Events

The following is a list of registered Regional events:

Regional Summer Series Round 1 – Braintree – March 22nd

Regional Summer Series Round 2 – Ipswich – April 5th

Regional Summer Series Round 3 - Royston – May10th

Regional Summer Series Round 4 – Cyclopark – May 24th

Regional Summer Series Round 5 – Peterborough- June 7th

Regional Summer Series Round 6 — Royston June 21st - originally at Braintree

Regional Summer Series Round 7 — Braintree July 12th - originally at Royston

Regional Summer Series Round 8 — Milton Keynes August 9th

Other Regional Events this summer

Regional Summer Championships Norwich – September 13th. (This does not form part of the Regional Series and is open to any rider with club and British Cycling membership)

BMX East Regional Regulations

The following regulations relate to the 2026 Regional Summer Series and should be read in conjunction with the British Cycling Regulations of BMX Racing applicable for 2026. Anything not covered in this document will be governed by the most recent version of the British Cycling BMX regulations available on the BC website at
https://www.britishcycling.org.uk/bmx/article/bcst_rulebook_and_constitution

British Cycling Membership and Race Licence

BC Membership

All regional racing linked to British Championships qualification is only available to riders who hold a valid British Cycling race membership for the duration of the race series.

Race Licence

A race licence is not required for this level of event – however, a current British Cycling membership is required. Riders may be asked to show their BC membership card at any time during the event.

Race Age

A rider's race age is calculated by subtracting the rider's year of birth by the current year.

Example: A rider born in 2016 will have a race age of 10 - (2026 - 2016 = 10)

Race Classes for the series

Male

6 under, 7, 8, 9, 10, 11, 12,

Open

13, 14, 15, 16, 17 -29, Superclass Open (17+), Masters (30+), Veteran (40+)

Female

6 and Under, 7-8, 9-10, 11-12, 13-14, 15-16, 17+, Superclass Women (17+)

Cruiser

9-12, 13-14, 15-16, 17-29, 30-39, 40-44, 45+, Women 13-16, 17-29 and 30+

Superclass Open and Superclass Women are payback class for any rider 17 yrs. and over or 15 / 16yrs by application to the Regional Committee via their club coach.

Merging of Classes

A minimum of 4 registered riders shall constitute a competitive class. If less than the required numbers of riders are registered, they will be combined with another suitable class.

Riding up an Age Class

A rider can race up 1 race class without permission. Any rider wishing to ride up 2 or more classes will need written permission from a British Cycling coach prior to the event. **Please be aware** that once you have moved up an age you will **not be able** to return to your natural age until the following year.

Girls may elect to ride their own class or the equivalent age Male Class.

Registration and Race Fees

All entrants must register via the British Cycling website – there is no On Day entry – see below

On Line Entry please go to: https://www.britishcycling.org.uk/events/home

Single classes are all £18.00 which includes the BC booking fee.

Second bike (same rider) should be entered online using the Two Class Entry option at the reduced rate of £26.00 for both classes.

On-line registration is open for several weeks before the event, so we cannot except any responsibility for people missing the deadline which is 23:30 on the Friday night before the event.

However, in exceptional circumstances late entries may be accepted at £30 per class.

Regional Race Series Points

The following points system will be used for each round

POSITION	POINTS	POSITION	POINTS	POSITION	POINTS	POSITION	POINTS	POSITION	POINTS
1st	200	17th	60	33rd	29	49th	13	65th	4
2nd	180	18th	58	34th	28	50th	12	66th	4
3rd	160	19th	56	35th	27	51st	11	67th	4
4th	150	20th	54	36th	26	52nd	10	68th	4
5th	140	21st	52	37th	25	53rd	9	69th	4
6th	130	22nd	50	38th	24	54th	8	70th	4
7th	120	23rd	48	39th	23	55th	7	71st	4
8th	110	24th	46	40th	22	56th	6	72nd	4
9th	100	25th	44	41st	21	57th	5	73rd	3
10th	95	26th	42	42nd	20	58th	5	74th	3
11th	90	27th	40	43rd	19	59th	5	75th	3
12th	85	28th	38	44th	18	60th	5	76th	3
13th	80	29th	36	45th	17	61st	5	77th	3
14th	75	30th	34	46th	16	62nd	5	78th	3
15th	70	31st	32	47th	15	63rd	5	79th	3
16th	65	32nd	30	48th	14	64th	5	80th	3

Race Series Awards

A rider must compete in 6 of the 8 Regional rounds to qualify for an end of season trophy.

For Series Standings the 6 best results from any of 8 rounds in that specific class.

Superclass Payback will only possible where this is 5 or more riders registered in the class.

Riders	Payment			Total
	1st	**2nd**	**3rd**	
01 to 4	**£0.00**	**£0.00**	**£0.00**	**£0.00**
5 to 8	**£50.00**	**£30.00**	**£20.00**	**£100.00**
9 to12	**£60.00**	**£35.00**	**£25.00**	**£120.00**
13-16	**£70.00**	**£45.00**	**£30.00**	**£145.00**
17 to 20	**£85.00**	**£55.00**	**£40.00**	**£180.00**
21 to 24	**£95.00**	**£65.00**	**£50.00**	**£210.00**
25 to 28	**£105.00**	**£85.00**	**£65.00**	**£255.00**
29 to 32	**£120.00**	**£100.00**	**£80.00**	**£300.00**

British Championships Regional Qualification

The British Championships are a club and region-based event, and all competitors must be members of the first claim BC affiliated clubs in the BMX region they have qualified through.

Only open to expert riders. All expert category riders must **compete** in a minimum of 5 East Region Series events in their primary class (20" or Cruiser) and a minimum of 3 East Region Series events in their secondary class.

IMPORTANT: Once a rider has qualified at the end of the series the region will provide a number plate sticker and side plate stickers for the Brits**.**

For the 2026 British Championships riders can only use a current East Region shirt.

Please Note - the region will not be designing new shirts for 2026 Championships

Number Plates for Regional Races

All riders must use a plate displaying the number with which they are registered with on Sqorz. Riders displaying a different number to that they have registered on maybe relegated to last place +2 points.

BMX East allow Regional Series riders to choose which plate they use but they must use the plate and number colour combinations specified for their gender as given in the BC regulations.

Championship Elite White plate, black numbers Junior Black plate, white numbers

CHALLENGE Male/Boys Yellow plate, black numbers Female/Girls Blue plate, white numbers

CRUISER All Red plate, white numbers.

Riders may use a race number which can be generated from one of the following:

- Their National Series standing from the previous year. A rider who is riding out of the class in which the standing was achieved must be identified with an “X”.
- A current World Championship finalist may use their W1 - 8 Plate until the next World Championships.
- A current European Championship finalist may use their E1 - 8 Plate until the next European Championships. In the event of a clash of numbers, the A rider who is riding out of the class in which it was won will must be identified with an “X”
- A current British Champion may use their “01” plate until the next British Championships
- In the event of a clash of numbers, the rider who is riding out of the class in which it was won will must be identified with an “X” or as requested by Race Administration

If none of the above applies, the last three digits of the riders British Cycling membership number must be used.

Side plates are not mandatory in at regionals but where fitted must display the same numbers on both sides and match the number they have registered on. Same relegation rule applies for incorrectly numbered side plates.

Transponders

The Regional Series will be run using a transponder scoring system featuring MY SQORZ online race software and MyLaps transponders. Link: https://our.sqorz.com/org/bmxeast

All riders competing in our series MUST have an active **MyLaps Pro Chip Flex** transponder registered to each bike they compete on – Transponders cannot be shared in any circumstances at an event. Any other type of transponder will not work - this is the BC BMX standard.

The South Region have made a great video of how to fit a transponder so please watch it.
https://www.youtube.com/watch?v=3hZTwEpWrkA

Riders must sign-in at the Admin area with their transponder fixed to their bike/bikes. Transponders will be scanned by riding at least one lap of practice, and the rider confirming their details are accurate and their transponder is operating correctly by checking on OurSqorz via a Smart Phone. By having your transponder scanned and agreeing that rider details are correct the rider/parent accepts all responsibility for their rider at our event. A rider racing without a working transponder will not be scored.

Hire Transponders

The Region has a very limited number of transponders that are for hire per event. These units can be hired at the cost of £5 per race and must be returned immediately after racing finishes. A £20 deposit may be requested by race administration which will be returned to the rider when the transponder is returned

Hire transponders remain the property of East BMX Region and any rider not returning a transponder immediately after racing faces sanctions regarding future hire at races and non-entry to future events.

As the number of units is limited and will be distributed by the Sqorz software in alphabetical order. Should there be insufficient numbers to rent then any race fees will be refunded.

Race Clothing

– This is an extract from the full British Cycling regulations which apply to practice and racing.

Jersey

A rider's jersey must be a loose-fitting long-sleeved jersey. Jerseys used in BMX Events must be of a type specifically sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced jerseys of this type and matching these requirements are permitted.

Please Note *Skinsuits or one-piece suits comprising of the jersey and the pants are not permitted for use in BMX Events. Jerseys with zips are not permitted, aside from a zip at the collar less than 10cm long. The jersey must be either close fitting around the waist or tucked into the pants before the start to not cause interference.*

Pants

The rider must wear either long pants, or shorts combined with suitable knee and shin protection. Such long pants or shorts must be of a type that are specifically designed and sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced pants or shorts of this type and matching these requirements are permitted. Long pants must be loose fitting, of one-piece construction and made of tear resistant material. They must cover the entire length of both legs until just above the shoe or ankle.

Shorts must be loose fitting, of one-piece construction and made of tear resistant material. They must be worn together with leg protection that covers the entire knee and the entire shin until just above the shoe or ankle. Such protection must be of a type that is specifically designed, constructed and sold to protect the knee and entire shin for BMX, motocross or Mountain Bike Downhill.

Please Note. *Pants or shorts composed of tight-fitting stretch material are only permitted to be worn if under acceptable long pants or shorts, or to cover acceptable knee and shin protection, or under or as part of the construction of that protection.*

Gloves

Full Finger gloves must be worn.

Helmets

When participating in an Event, a rider must wear a properly fitting helmet of a hard-shell construction which must comply with the Discipline Specific Regulations. The helmet strap must be securely fastened whilst participating in the Event. Helmets must be of full-face construction equipped with a visor peak measuring at least 10cm. Any added aerodynamic accessories on helmets are not permitted.

Code of Conduct

BMX East Region is a volunteer organisation that is dedicated to promoting the sport of BMX racing. We encourage good behaviour and sporting respect from all riders, parents and supporters always. The race team reserve the right to withdraw a rider from the event if the rider, parent or associate is found to have behaved in contravention of the code of conduct guidelines. This will also include notification to British Cycling of any incidents. We genuinely hope you enjoy racing in the East and its only possible with unpaid volunteers taking time out of their day to deliver the great events we all enjoy. Please consider joining the team and helping or even becoming a qualified Commissaire or official.

Please note:

Only race officials and the First Aid Team are allowed on the track, including the rider pens and start hill. Some tracks will also have regulations on where spectators can stand – please respect these regulations as not doing so may result in racing being stopped until the area is clear.