

BMX East Region 2025/26 Winter Race Series



Technical Guide

Version 2 – Last updated 27th September 2025

Table of Contents

Welcome and Purpose	3
Communication	3
Regional Series Events	3
BMX East Regional Regulations	3
British Cycling Membership and Race Licence	3
Race Age	3
Race Classes for the series	4
Riding up an Age Class.....	4
Merging of Classes.....	4
Registration and Race Fees	4
Regional Race Series Points	4
Race Series Awards	5
Number Plates.....	5
Transponders.....	6
Race Clothing.....	7
Code of Conduct	7

Welcome and Purpose

Welcome to the 2025/26 regional winter race series which will take place at six different venues in the region. 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.

BMX East Race Team

Communication

The primary form of communication for the region is the Region's Facebook page and website.

<https://www.facebook.com/BMX-East>

<http://bmxeast.com/>

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

Regional Series Events

As this is a Winter Series the dates are shown on the BMX East website and Facebook pages – please check the Facebook information in case of last-minute changes due to weather, etc.

BMX East Regional Regulations

The following regulations relate to the 2025/26 Regional Winter Series and should be read in conjunction with the British Cycling Regulations of BMX Racing.

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>

British Cycling Membership and Race Licence

BC Membership

BC Membership is not required for this series.

Race Licence

A race licence is not required for this level of event.

Riders with BC Membership can only ride for the First Claim club shown on their Membership.

Race Age

A rider's race age is calculated by subtracting the rider's year of birth from the year the series ends.

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

Race Classes for the 2025/26 series

Male

7 under, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17+, Masters (30+), Veteran (40+)

The 17+ class is a payback class for any rider 17 yrs and over or 15 / 16yrs by application to the Regional Committee.

Classes may be merged on the day.

Female

8 and Under, 9-10, 11-12, 13-15, 16+ Payback

Girls may elect to ride their own class or the equivalent age Male Class – No riding down a class.

Classes may be merged on the day.

Cruiser (9years and older only)

16 and Under, 17+

Classes may be merged on the day.

Please note. Only approved officials are allowed in the rider pens or anywhere on the start hill. Riders who cannot safely carry out a balanced start are required to start using a one foot procedure – no riders may be assisted on the gate.

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 their British Cycling club 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 Summer Series.

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 may be combined with another suitable class.

Registration and Race Fees

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

Expert classes are all £16.40 that includes the BC booking fee

Two Class entry (20 inch + CR for the same rider) is £26.40 that includes the BC booking fee

On The Day entry is £30 per class **paid in cash only**.

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

Transponder hire is £5 cash per class per event – no refunds and unreturned transponders may incur additional charges or race sanctions.

Regional Race Series Points

The following points system will be used for each round.

Finishing Position	A Final	B Final	C Final	D Final
1	200	100	60	44
2	180	95	58	42
3	160	90	56	40
4	150	85	54	38
5	140	80	52	36
6	130	75	50	34
7	120	70	48	32
8	110	65	46	30

Event ranking from 33rd place to 56th place the reduce by 1 point per position.

Club Series points are based on the best 6 results for each club at all events in the series.

Race Series Awards

Expert Classes

A rider must compete in 5 of the rounds to qualify for a series trophy.

“Best of” points will also be 5 from any 6 rounds in that specific class.

Payback will only be possible where there are 4 or more riders in the class.

Number Plates

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

BMX East allow riders to choose which plate they use but they must use the plate and number colour combinations specified for the class in which they are racing 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:

- National standing from the previous year's National Series. A rider who is riding out of the class in which the standing was achieved must be identified with an “X”.
- A current World or European Championship finalist may use their W or E 1 - 8 Plate until the next World or European Championships.
- 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 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 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 using a transponder scoring system featuring MY SQORZ online race software and MyLaps transponders. Link: <https://our.sqorz.com/org/eastbmx>



All expert 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 is not allowed. This is the BC 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” by doing at least one lap of practice with their transponder fixed to their bike/bikes. Transponders will be scanned, and rider details and registration confirmed on “oursqorz” available on a smart phone. By having your transponder scanned and confirming their registration means that the rider details are correct the rider/parent accepts all responsibility for their rider at the event. **A rider racing without a working transponder, an incorrect transponder, or other incorrect details will not be scored and maybe disqualified.**

Hire Transponders

The Region has a 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.

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.

Race Clothing

– Extract from the full 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 at all times. 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 out or even becoming a qualified Commissaire or official.