RACING AGE

Your racing age is your age on December 31, 2019.

LICENSING

ALL PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at this link - USA Cycling Licenses, where you will also create a Member Account. If you already have an account, you may also purchase, renew and/or request a category upgrade online on your My USA Cycling page. Please review the license criteria below:

Open Championships: Must be a United States citizen and have a current
- USA Cycling International License or equivalent license from a recognized National Federation, with a USA racing nationality and a UCI ID* or
- USA Cycling Domestic Annual License with a UCI ID*.

*UCI ID: To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship/permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling “My Account” and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account: Create a copy of your birth certificate or passport and mail, email or fax (719-434-4300) it to USA Cycling.

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

- **IF UPDATING YOUR ACCOUNT, YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR CITIZENSHIP HAS BEEN VERIFIED**

ELIGIBILITY / CITIZENSHIP / SPECIFIC RESTRICTIONS

At the time of registration, all participants in the USA Cycling BMX Freestyle National Championships MUST meet the minimum required category for the respective races according to Chapter 7 National Championships.

<table>
<thead>
<tr>
<th>BMX Freestyle National Championships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants <strong>MUST</strong> be U.S. citizens and have a US racing nationality* and be 15 years old on December 31, 2019.</td>
</tr>
</tbody>
</table>

*Note that a rider must be both a **U.S. citizen** AND have **USA** as their **cycling nationality** on their license regardless of other citizenship considerations as confirmed by their **UCI ID**.

CATEGORY REQUIREMENTS

<table>
<thead>
<tr>
<th>BMX Freestyle National Championships</th>
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<tbody>
<tr>
<td>Open to ALL categories</td>
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</table>

...
BMX Freestyle National Championships will be held for men and women in the following events under UCI Rules:

**BMX Freestyle Park**

6bis.6.003 A BMX Freestyle Competition for each category may be composed of the phases (Qualification, Semi-final or Final) described below, and within each phase, a number of heats.

For Park Competitions, a heat is a group which comprises 2 to 5 riders.

The combination of phases and heats (if applicable) for a category depends on the number of entries and is found in the following table.

**Park Competitions**

<table>
<thead>
<tr>
<th>Number of entries</th>
<th>Competition phases</th>
<th>Qualification rule</th>
<th>Number of heats</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 8 entries</td>
<td>2 phases: Qualification x 1 Final x 1</td>
<td>Top 4 in Qualification advance to Final</td>
<td>Qualification: as below 1 heat of 4 in Final</td>
</tr>
<tr>
<td>9 – 15 entries</td>
<td>2 phases: Qualification x 1 Final x 1</td>
<td>Top 8 in Qualification advance to Final</td>
<td>Qualification: as below 2 heats of 4 in Final</td>
</tr>
<tr>
<td>16 - 30 entries</td>
<td>2 phases: Qualification x 1 Final x 1</td>
<td>Top 12 in Qualification advance to Final</td>
<td>Qualification: as below 3 heats of 4 in Final</td>
</tr>
<tr>
<td>More than 31 entries</td>
<td>3 phases: Qualification x 1 Semi-final x 1 Final x 1</td>
<td>Top 24 in Qualification advance to Semi-final Top 12 in Semi-final advance to Final</td>
<td>Qualification: as below 6 heats of 4 in Semi-final 3 heats of 4 in Final</td>
</tr>
</tbody>
</table>
Number of heats: The number of heats in each round is found in the table above. For the Qualification phase, the number of heats should be chosen such that as many heats as possible have 4 riders.

Whenever it is not possible for all heats to have 4 riders, a number of heats will have either 3 riders or 5 riders, whichever must be done to maximize the number of heats with 4 riders. By preference, heats with 3 riders shall be avoided if it is possible to form the heats with only 4 and 5 riders. Any heats of 3 or 5 will be at the start of the heat order.

6bis.6.004 A run is the individual unit of Competition in a BMX Freestyle Event, during which a rider performs a routine consisting of various tricks, which is evaluated by the judges.

Park Competitions

At all phases of the Competition, within each heat, each rider shall do 2 runs.

In general, riders do their first run in the start order defined in article 6bis.6.005. Once the final rider in the order within each heat has taken their first run, the riders will do their second run in the same order.

Start Order

6bis.6.005 Qualification Phase

Park Competitions

Within the Qualification phase, riders are randomly assigned to each heat.

However, in case an event that is part of a series, the Qualification phase shall instead be done in reverse order of the current series ranking; that is, riders are assigned to their heats in order, starting with the unranked or lowest ranked riders, and ending with the highest ranked riders in the last heat.

In such a case, within each heat, the start order continues to be in reverse order of ranking, so that the highest ranked rider within each heat goes last in that heat. Any unranked riders are seeded randomly in the first heats in the order.

In case of the first event in a series, the final ranking of the previous season of the series will be used.
6bis.6.006 Within the Semi-final phase (if done), the start order is in reverse order of the results of the Qualification phase.

6bis.6.007 Within the Final phase, the start order is in reverse order of the results of the preceding phase.

6bis.6.008 Within each phase of the Competition, the riders in each heat are entitled to a warm-up before their heat begins.

   Park Competitions: a minimum 40 second warm-up must be given.

6bis.6.009 In the Semi-final (if held) and the Final, any rider who is not present within the park or the riders area as described in the Technical Guide at latest by the start of the 15 minute warm-up period preceding that phase, shall not be allowed to start. They will be scored as DNS (“Did Not Start”) for the phase in question.

6bis.6.010 In case one or more riders do not start in a Semi-final or the Final for the reason of missing the deadline described in article 6bis.6.009, the heats shall be redrawn as described in article 6bis.6.003.

   In case one or more riders withdraw (or are disqualified or refused their start) once the deadline described in article 6bis.6.009 has passed, the heats will not be changed.

EQUIPMENT RULES

BICYCLES:

6bis.4.001 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.

   Bicycles and their accessories used in BMX Freestyle Competitions shall be of a type that is sold for use by anyone practicing BMX Freestyle as a sport.

   It is up to each license holder to check the conformity of their equipment.

6bis.4.002 Articles 1.3.001 – 1.3.003 shall apply to BMX Freestyle Competitions.
The Commissaire has the authority to refuse any equipment that he considers will place the safety of the rider or any other person at risk.

6bis.4.003 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 crank-set and a chain, without electric or other assistance. Fixed gear bicycles are not permitted.

6bis.4.004 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 saddle is required. The bicycle should have handlebars which allow it to be ridden and manoeuvred in any circumstances and in complete safety.

6bis.4.005 With the exception of riders entered in Youth categories, all bicycles used in BMX Freestyle Competitions must be equipped with matching wheels that are nominally 20” in diameter. The total diameter of the wheels, inflated tires included shall not exceed 22 ½” (57 cm). The bicycles of riders in Youth categories may be equipped with wheels smaller than 20” nominal diameter; however, such wheels shall not be smaller than 16” nominal diameter.

Bicycles used in BMX Freestyle Competitions may be equipped with one or more hub axle extenders, also known as “pegs”, provided that these are securely attached.
Safety Equipment

6bis.4.006 Wearing a helmet certified for cycling is an obligation attached to all categories, as specified in article 1.3.031. This helmet must be worn at all times while riding. Only accessories approved by the helmet manufacturer may be attached to helmets.

The helmet strap must be securely fastened at all times when riding, whether during Competition, warm-up or practice.

N [Helmets in USA Cycling permitted competitions must comply with USA Cycling Regulations]

10J3. At all times during the event, riders must wear a securely fastened helmet that meets the laboratory testing standards of the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets]

It is strongly recommended that riders wear:

a. back, elbow, knee and shoulder protectors

b. protection of the cervical vertebrae

(text modified on: 01.02.18, 02.02.19)

Clothing

6bis.4.007 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).

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 organizer, the UCI, nor of BMX Freestyle as a sport.

To avoid 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 organizer, the UCI, nor of BMX Freestyle as a sport.

(text modified on: 01.02.18)

6bis.4.008 Articles 1.3.060 – 1.3.067 and article 1.3.072 (the section concerning World
Champions’ Equipment) shall apply to BMX Freestyle Competitions.

Identification of Riders

6bis.4.009 Riders must at all times wear the visual identification provided by the
organization (sticker, wristband, bib or strap, whatever the case may be). Riders
not doing so may be refused access to the Competition venue or may be refused
their start.