

Clip Pedal Guide

The chart below is designed to grade a new rider entering into the sport of BMX Racing. These tests will indicate whether a rider is competent enough to move into Clip Pedals, or needs a little more time for development with platform pedals.

Each club should appoint a club coach to assess riders looking to move into clip pedals.

SPROCKETS CAN NOT RACE WITH CLIP PEDALS

Skill	Requirement	Competent	Not yet competent
Gate Start	Capable of safely aligning their bike onto the gate in the correct position unassisted. Balancing and executing a gate start without assistance.		
Pumping	Central body positioning. Correct technique of arms, legs and torso. Front and rear wheel should not separate from the ground.		
Manualing	Correct technique of arms, legs and torso. Controlled balance. Rear wheel should not separate from the ground. Front wheel is controlled on the landing.		
Jumping	Central body positioning. Correct technique of arms, legs and torso. Rider is in control with a level bike in flight. Relaxed and stable on landing.		
Cornering	Central body positioning and even weight distribution in corners. Controlled entry and exit when cornering. Inside pedal raised when turning.		