



Coaching Updates

The coaching guidelines below are for coaching purposes only. All racing including club events are still run under the current BMXA Rules.

Clips

Coaches may begin to introduce clip pedals to under-13 aged riders who they deem ready.

A rider is ready to begin training with clip pedals once they can competently demonstrate the following skills. Pumping, manoulling, jumping and gate starts with confidence.

This will allow the riders to have a greater understanding of clip pedals and smoother transition to the 13+ classes.

Note: Riders are not recommended to use clip pedals until they have developed the above skills.

Pro sections

Level 1 & 2 coaches may introduce pro sections to 14+ (year of birth) riders they deem physically and mentally capable of safely executing a pro section.

If a rider is not already familiar to the appointed coach, an evaluation must be requested on another section of the track.

It is the coaches right to stop a rider from attempting a pro straight who they deem not ready.

8m Supercross Hill

Coaches with 8m hill accreditation may coach riders 14+ (year of birth) off an 8m hill.

Level 1 coaches may apply for an 8m hill accreditation which will need to be approved by both state and national coaching staff.

Training nights

The host club is required to appoint coach/es to oversee and control the above coaching guidelines.

Note: If your club has an 8m SX Hill or Pro Straight, an accredited coach must be present for these straights to be accessible in a coaching/training session.

If the above coaching guidelines are breached or evidence is provided that a coach is not operating within the BMXA Coach Code of Conduct, BMXA will investigate with possible consequences. e.g Coaching Licence suspended.

