

WELCOME TO BMX AUSTRALIA



BMX
AUSTRALIA

THE FASTEST GROWING SPORT IN AUSTRALIA

BMX (Bicycle Moto Cross) is one of the fastest growing sports in Australia. It is one of the only sports where total family participation can take place. Riders of all ages (from 2 to 50+) can compete in organised race meetings throughout Australia. The sport of BMX racing ranges from Club level right through to State, National and World Championship level for all ages. BMX is also an Olympic sport! Any rider has the chance to ride at National Championships and compete in World Championships.

BMX is not only a sport for boys and dads, girls and mums can race and enjoy competition in their own age groups with other females. Whether you're a parent or not, BMX is one big family where great friendships can be made and the competition structure can give our community the opportunity to visit many new places.

You can ride any 20 inch or 24-inch (cruiser) BMX bike. Just remove any mudguards, chain guards, kick-stand, pegs and reflectors, for the safety of yourself and other riders. Ensure that there are no sharp edges on your handlebars (i.e. no torn grips with exposed metal) or pedals, etc. You need a rear hand brake that works. An official will be available to check your bike for you and help with any minor adjustments.



THE TRACKS

Every BMX race track has unique characteristics, but they are generally around 350 to 450 metres long with a 3 to 5 metre starting hill and electronic starting gate. There're also usually four straights built up with fun and challenging dirt jumps for all ages, three berms (raised banked turns) and a finish line.



WHAT TO WEAR?

Full Face Helmet

The helmet must cover the ears. Some clubs have spare helmets that you can borrow. Goggles are optional.

Long Sleeve Top

A long sleeve top or race jersey that is fitted at the wrist and has no buttons or zippers.

Gloves

Any type of gloves that have complete hand and finger protection.

Long Pants

Pants that are fitted at the ankle are acceptable to be raced in. Lycra is not to be used.

Shoes

You must wear fully enclosed shoes to protect your feet.

Clip Pedals are only permitted for 13+ age classes.

TIP: Flat bottom shoes are the best BMX choice for stability and grip.



BMX SIZING GUIDE

This is a basic guide to choosing the right BMX for you child. Kids grow at very different rates so we'd recommend enquiring at your local BMX club about the most suitable bike choices for your child before you commit to purchase.

MINI WHEELER

Ages 2-5 years



MINI BMX (20 inch)

Ages 5-8 years



JUNIOR (20 inch)

Ages 7-10 years



EXPERT (20 inch)

Ages 9-14 years and up



PRO (20 inch)

Ages 14 years and up



CRUISER (24 inch)

Ages 8-9 years and up

Comes in Junior, Expert and Pro sizes.



BMX race bikes run only one (rear) brake so you may need to get your bike shop to remove the FRONT brake, chain guard and reflectors.

JOIN YOUR LOCAL BMX CLUB

BMX Australia has a range of memberships on offer to give people a taste of our sport!

For Riders, we have 4 Month or 12-month memberships for riders aged from 2 to 50+.

Don't want to get on a bike? Memberships are available for volunteers, coaches and officials too.

With over 110 clubs across Australia, there is bound to be one near you!

RACE PLATES

As a member of BMX, you'll need a race plate, which is attached to the front of your bike. Below you can find what colour race plate you'll need to purchase:

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Yellow: Men/Boys open age classes of 8 years old and above.

123

Orange: Sprocket riders/Boys and Girls of ages 7 and below.

123

Blue: Women/Girls open age classes of 8 years old and above.

123

Red: Any gender, competing on a 24 inch wheel size bike.

123

Purple: Mini Wheelers/ Kids competing on a balance / walking bike without pedals.

123

Green: Riders competing in the novice class age classes.

CONTACT US

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