



MID LANCES  
BMX CLUB



## Track Rules

**Please note the track rules are different to the rules that are in place for the coaching sessions.**

These rules below are specifically for the gate practice and race events. It is requested that **ALL** parents take their children through the rules and that they are fully understood.

The rules below are for the safety of all the riders and the continued sustainment of the club.

- Full face helmets, gloves, long sleeve tops, long trousers or shorts and suitable knee and shin pads to be worn at all times whilst on the track.
- Riders are only allowed to go in one direction on the track (no going backwards).
- Only enter the track by the start hill or designated entry points.
- Only exit the track by the finish line or designated exit points.
- No stopping on jumps.
- No cutting across the track.
- Do as instructed by any club committee member or marshals.
- Failure to comply with requested instructions could lead to being asked to leave the track.

**Please remember:** Practice night is to test out and get better at what you have learned at the coaching sessions.

Race nights are to put everything into place that you have learned at the coaching sessions and practiced at the gate practice.

The rules are not meant to spoil your fun but to keep you safe and make you better riders.

*The Committee*