



# WESTERN CAPE CYCLING

## 2026 WESTERN CAPE BMX RULE BOOK

COMPILED BY THE WESTERN CAPE BMX COMMISSION AS PART OF WESTERN CAPE CYCLING AND THE BMX  
COMMISSION OF CYCLING SOUTH AFRICA

## CONTENTS

### **Welcome**

Welcome to the **2026** BMX racing season. Please read this booklet carefully and address any questions/queries with your Club commission or Riders Representative. It is every rider and parent's responsibility to familiarize themselves with these rules, regulations, and formats applicable to the **2026** racing season.

While this guide strives to cover many of the important aspects of riding and racing BMX in Western Cape, it does not cover every single rule and circumstance in BMX.

Western Cape BMX and its affiliated Clubs defer to the National BMX Commission of South Africa's Rule Book and Cycling South Africa's Rule Book, where required.

It is in every rider and parents' interest to familiarize themselves with the standards and rules pertaining to BMX in Western Cape.

### **Western Cape BMX and Club Committees – 2026 Season Elected and Co-opted**

<b>Western Cape BMX Commission</b>			
<b>Designation</b>	<b>Name</b>	<b>Email</b>	<b>Contact #</b>
WC Commissioner	Frederick Muller	overbergmxclub@gmail.com	064 785 9417
Metro Representative	Francois Bosman	fsbosman@gmail.com	061 282 4949
Winelands Representative	Bradley Stow	bradley@songo.info	076 885 0169
Overberg Representative	Ingrid Youell	overbergmxclubsecretary@gmail.com	082 969 0314
Eden Representative	Rodger		

<b>Affiliated BMX Clubs: Manager's / Representatives</b>			
<b>Club</b>	<b>Name</b>	<b>Email</b>	<b>Contact #</b>
Kraaifontein	Johan Bruwer	johan7bruwer@gmail.com	084 221 1529
Overberg	Ingrid Youell	overbergmxclubsecretary@gmail.com	082 969 0314
Songo	Brad Stow	bradley@songo.info	076 885 0169
Velokhaya	Wanga Moshani	wangamoshani@gmail.com	061 196 4921
Zone 7	Tom Hendry	chairman@zone7bmx.co.za	067 149 7541
Princess Vlei	Ashleigh Sandes	princessvleibmxclub@gmail.com	082 788 0035

### **1. Affiliation Requirements**

Club Series Points and Western Cape BMX Provincial Series points can only be earned for the body/bodies to which the rider is affiliated to, and such points will only begin to accumulate from the date of affiliation thereto. Requirements for riders to accrue points for the **Winter** and/or **Western Cape BMX Provincial Series** are as follows:

## 1.1. Club Membership Fees

Club Membership fees are determined by the Club. Riders must apply for membership at their individual clubs.

### NOTE:

- 1.1.1 All riders must register with a Club.
- 1.1.2 Details entered at the club (Name, race number, age etc.) will be used as standard for race entries/moto sheets.
- 1.1.3 Riders are encouraged to remain with their clubs where possible. However, riders wishing to change clubs may do so by obtaining a **Clearance Certificate** from their current club and informing the Western Cape BMX Secretary of their intentions.
- 1.1.4 Riders must change the club of choice on their profile on the Cycling SA Membership Portal.
- 1.1.5 Your Club Membership will be confirmed via email from your Club Secretary.

## 1.2 Cycling South Africa Membership, Western Cape Cycling Association Membership and Domestic Racing License.

### 1.2.1 Cycling SA Membership

All riders are required to purchase an ANNUAL CSA Membership via the CSA Membership portal or App.

Please visit:

<http://www.cyclingsa.com/memberships/>

CSA Membership fee per rider 16 years and younger

Please refer to website for costs

CSA Membership fee per rider 17 years and older

Please refer to website for costs

\*Please note that riders with day licenses will be managed as day riders and points for the series cannot be accumulated on a day license.

### 1.3.1 Western Cape Cycling Association Membership

When purchasing a Cycling SA Membership, the Western Cape Cycling Association Membership fee is automatically added to your purchase.

Western Cape Cycling Association Membership Fee per rider R 25.00 to R75.00  
(Depending on the region)

### 1.3.2 Domestic Racing License

All riders aged 17 years or older are required to purchase a Domestic Racing License in addition to a Cycling SA Membership. This can also be purchased via the CSA website or App. Please note that all domestic racing licenses expire on the 31<sup>st</sup> of December irrelevant of date purchased.

Please visit:

<http://www.cyclingsa.com/memberships/>

Domestic Racing License per rider

Please refer to website for costs

### 1.3.3 Day Licenses

Riders who do not hold a valid CSA Membership and/or Domestic Racing License on the day, will be required to purchase a Day License. **No on the day entries will be accepted.**

Day License Fee per rider

R 50.00

## 2 Race Numbers

### 2.3 Permanent Race Numbers

- 2.3.1 Race number plates must comply with the rules as set out by the National BMX Commission – refer to the National Rule Book point 20.8.
- 2.3.2 During the first registration with a club, the rider will be required to select three (3) preferred race numbers during the Club Membership Application process.
- 2.3.3 The Club Secretary will make a request to the SA BMX Secretary who will confirm the number allocated via email.
- 2.3.4 A request for a permanent race number can only be made via WC BMX and NOT directly to the SA BMX Secretary.
- 2.3.5 The rider will be informed of their allocated number by the Club Secretary.
- 2.3.6 Once the number is confirmed, please ensure that you print your race plate according to prescribed colour combinations (Refer to 2.1.1). Please feel free to contact your club chairman if there are any queries.
- 2.3.7 A rider who has not obtained a permanent race number will be required to make use of a day board at any BMX event. All riders need to have a number board on race day. A fee of R20 is payable for usage of a temporary day board. This can be done at registration. Please hand the day boards back at the end of your final race.
- 2.3.8 No permanent race number may be reserved or allocated on a temporary basis.
- 2.3.9 No permanent race number may be allocated to a rider if they are not affiliated to a club.
- 2.3.10 The process of obtaining a permanent race number is done only once at the start of the riders' racing career and when affiliated to a club for the first time you can only obtain a race number once you are registered to a club and also have a valid registered CSA Number.
- 2.3.11 The allocated number will remain with the rider for as long as he is actively participating in BMX.
- 2.3.12 If a rider retires or no longer races, the permanent number will be kept for a period of three (3) years after which the number will be reallocated to another rider if not used.

## 3 Race Entries

- 1.1.1. All entries are done via google form link (or similar) which will be sent out.
- 1.1.2. Entries open 10 days prior to race day.
- 1.1.3. Entries close at **16:00** on the Thursday prior to race day. There will be **NO** late/ on the day entries allowed.
- 1.1.4. A rider is deemed **"registered and entered"** if they have done the following:
  - 3.1.4.1 All riders will be pre-registered.
  - 3.1.4.2 Pre-entered on Microsoft Forms.
  - 3.1.4.3 Paid their race entry fee. Payment is regarded as confirmed once the payment is reflected in the bank account (payment to reflect no later than 48 hours prior to the start of the race).
- 1.1.5. **If a rider has not reported to registration on the day of the event OR has failed to make payment, they will be removed from the moto sheets without prior notice.**
- 1.1.6. If you are running late, please inform the race administrator before 09:30 or you will be removed from the Moto Sheets without warning.

## 4 Race Entry Fees

### 4.3 Club Race Entry Fees

- 4.3.1 Race entry fees for all Club Races will be determined by the Club.
- 4.3.2 Clubs may at their discretion change the format of their club races and adjust the entry fee accordingly.

### 4.4 Western Cape Provincial Race Entry Fees

Challenge Classes (Affiliated Club Members with a track) R 150.00 per rider/race

Challenge Classes (Day Riders)

R 200.00 per rider/race

A rider belonging to a club without a track incurs a track fee of R150.00 per rider/ race

#### 4.5 NOTE:

4.5.1 If a rider does not have a valid ANNUAL CSA Membership and/or a valid Domestic Racing License (for riders 17 years or older), they will be entered as a day rider and required to purchase a Day License at R50-00 per rider – payable to Western Cape BMX. See 1.2.4 above. **Please note that day riders cannot accumulate points in the series.**

4.5.2 Entry fees paid for Western Cape Events will be carried over to a replacement date or the next leg of the series, **ONLY IF** the event is officially postponed or cancelled by the Western Cape BMX Commission.

4.5.3 Failing to attend a race and / or not participating does not mean that a refund is due or that fees will be carried over to the next race. Race entry fees will be forfeited. **Race entry fees will be forfeited.**

4.5.4 The Western Cape Race Administrator has the discretion to adjust entries for admin corrections, etc.

#### 4.6 Payment Details

##### 4.6.1 Club Race

Entry fees are payable via EFT to the hosting club. Please consult the hosting club secretary.

##### 4.6.2 Western Cape Provincial/Winter Series Racing

Payment for Western Cape Series races can be made via eft.

##### Details:

**Account Name: Western Cape Cycling Association**

**Bank: Absa Bank**

**Account Number: 048 194 04 89**

**Branch Code: 632005**

**Ref: Riders Name and Surname**

**Email proof of payment to: treasurerwcbmx@gmail.com**

## 5 Race Meeting Timetable

Single Header – Club & Provincial Races		
Thursday prior to race day:	16:00	Online Entries* & Payments Close (Payments to reflect no later than 09:00 on the Friday morning prior to race day in result of this not happening entry will be discarded)
Registration	08:30 - 09:00	Collect Day Boards & Transponders
Open Practice	09:00 – 09:15	All entered riders only
Gate Practice	09:15 - 10:00	All entered riders only
Track Closed	10:00	NO Rider or parent is allowed on the track
Officials Meeting	10:00 - 10h10	All officials to attend
Rider's Briefing	10:00 - 10h10	All riders/new parents <b>MUST</b> attend.
Racing Starts	10:20	All Classes
Prize Giving		Followed shortly after the final.
TRACK CLOSED		Once finals have taken place and prize giving has been completed

Double Header – Club & Provincial Races		
Thursday prior to race day:	16:00	Online Entries* & Payments Close (Payments to reflect no later than 09:00 on the Friday morning prior to race day in result of this not happening entry will be discarded)
Registration	08:30 - 09:00	Collect Day Boards & Transponders
Open Practice	09:00 – 09:15	All entered riders only
Gate Practice	09:15 - 10:00	All entered riders only
Track Closed	10:00	NO Rider or parent is allowed on the track
Officials Meeting	10:00 - 10h10	All officials to attend
Rider's Briefing	10:00 - 10h10	All riders/new parents <b>MUST</b> attend.
Racing Starts (Round 1)	10:20	All Classes
Short Break	11:45 – 12:00	Track Closed Admin sorting out finals
Finals (Round 1)	12:00 – 12:30	All riders that qualified
Lunch & Round 2 Registration	12:30 – 13:00	Collect day boards and Transponders
Racing Starts (Round 2)	13:00	All Classes (MOTOS)
Short Break	14:30 fill 14:45	Track Closed Admin sorting out Finals
Finals (Round 2)	14:45 – 15:15	All riders that Qualified
Prize Giving	+/- 15:30	Followed shortly after the final.
TRACK CLOSED		Once finals have taken place and prize giving has been completed

### 5.3 NOTE:

#### 5.3.1

A riders briefing will be scheduled by the Chief Commissaire/Riders Rep/Western Cape Commission Official before the start of racing on the day of the event.

#### 5.3.2

It is compulsory for all riders to attend riders briefing.

#### 5.3.3

Club managers and parents of young/new riders are encouraged to attend.

#### 5.3.4

**The track remains closed at all races during breaks and prize giving and no rider may be on the track at these times.**

#### 5.3.5

Permission to test/warm up etc. may only be granted in extreme circumstances by the Chief Commissaire/Race Director on the day.

#### 5.3.6

If permission is granted, the rider must wear an 'official' bib whilst using the track.

#### 5.3.7

If 'foot up' competitions or other are organized on portions of the track, permission needs to be given by the Chief Commissaire/Race Director for that portion of the track.

#### 5.3.8

Riders/parents/guardians are reminded that full race clothing is to be worn and the rider's race number is to be affixed to the bike, during practice.

#### 5.3.9

Race meeting timetables will be followed as closely as possible; however, there may be circumstances, which may occasion delay. Delays will be communicated wherever possible.

#### 5.3.10

**In the name of sportsmanship and the practice of etiquette, it is expected that all riders attend the prize giving function at the end of a racing event to applaud those rider's receiving accolades on the day. Furthermore, the riders receiving prizes are expected to be in their racing attire (jersey & pants) when presented with an accolade.**

## 6 Race Age

### 6.3 Determining the racing age

#### 6.3.1

A rider's racing age is determined by how old they will be at the end of the year (31 December 2026). A simple calculation is the current year, 2026 minus the year in which the rider was born. (E.g., a rider born in 2016 will ride the **9-year-old** class (2026 minus 2016).

#### 6.3.2

It is the duty of each rider/parent to ensure that the rider is in the correct age class.

#### 6.3.3

If a rider has been incorrectly listed on the moto sheets, this must be brought to the attention of the Administrator before the start of the competition.

- 6.3.4** If a rider willfully races in the wrong age group, they will forfeit all their points earned for that specific event.
- 6.3.5** Except as provided in the combination rules, no rider is permitted to compete outside his age group unless they have obtained permission from the Western Cape BMX Commission.
- 6.3.6** A rider who wishes to ride in a higher age group for some or all series races should apply to the Western Cape BMX Commission via email before the 1<sup>st</sup> event of the season. Emails can be sent to [westerncapebmxcommission@gmail.com](mailto:westerncapebmxcommission@gmail.com)
- 6.3.7** The Western Cape BMX Commission will decide if such a move is justified and will inform the rider accordingly.
- 6.3.8** The Commission's decision is final.
- 6.3.9** Riders who have moved up an age class must remain in that class for the remainder of the season.
- 6.3.10** The Commission may approach certain riders/parents and request that the rider moves up a class, even if no application is forthcoming. (E.g. Novice to Expert)

## 7 Race Classes

### 7.3 Club Races

The following will apply to all club races unless otherwise decided by the club committee and communicated to the members.

Racing Age Classes are as follows:

Club Race Classes		
Novice Classes	Expert Girls Classes	Expert Boys/Men Classes
5 years and under		
6 years		6 years and under
7 years		7 years
8 years	Girls 7 years and under	8 years
9 years	8-10 years	9 years
10 years	11-13 years	10 years
11 years	14 years plus	11 years
12 years	Ladies Cruiser (22" – 29") 14 years and over	12 years
13 years		13 years
14 years		14 years
15 years		15 years
16 years		16 years
Open wheel (20" – 29")		17 years and over
		Cruiser (24")

### 7.2 Winter League

To be decided prior to the Winter League Series:

### 7.3 Western Cape Provincial Races

The following will apply to all Western Cape Provincial Races unless otherwise decided by the Western Cape BMX Commission and communicated to the members.

Racing Age Classes are as follows:

Western Cape Provincial Race Classes		
Novice Classes	Expert Girls Classes	Expert Boys/Men Classes
<b>Boys:</b>		
5 years and under		
6 – 7 years		
8 – 9 years	7 years and under	6 years and under
10 – 11 years	8 – 10 years	7 – 8 years
12 - 13 years	11– 13 years	9 – 10 years
14 – 15 years	14 years and over	11 - 12 years
Open Wheel (20" – 29")	Ladies Cruiser (22" – 29") 14 years and over	13 – 14 years
		15 – 16 years
		Super Class (17 & Over)
		Cruiser (22.5' – 26')

## 7.4 Novice Classes (Club, WC Provincial & Winter League)

- 7.4.1** A minimum of three (3) riders are required to complete a novice class. If there are insufficient riders to complete a class, these riders will be combined with the next age group, to a maximum of three (3) age groups up, until a legal class is formed. Girls may also be merged with Boys classes.
- 7.4.2** Where a class has been combined, the riders will be awarded **(Series Points)** based on the merged class and not the entered class.
- 7.4.3** The **top three (3)** riders in each race will be awarded with a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place based on their position in the final.
- 7.4.4** No novice, of any age, will be allowed to ride with interlocking pedals and shoes or 'clips' in all competitions in South Africa.

### Girls Classes (Club, WC Provincial & Winter League)

- 7.4.5** A minimum of three (3) riders are required to complete a girl's class.
- 7.4.6** Girls may also be merged with Boys classes if needed.
- 7.4.7** Where a class has been combined, the riders will be awarded **(series points)** based on the merged class and not the entered classes.
- 7.4.8** The **top three (3)** riders in each race will be awarded with a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place based on their position in the final.
- 7.4.9** Girls may choose to ride with boys – see Expert Classes below for more details.
- 7.4.10** Girls who choose to ride with boys will race **one age group down** from their racing age. A girl/lady aged 17 and older, will race in the 16-year-old boy's class.
- 7.4.11** Girls may apply to ride with boys their **own age** by sending an email to westerncapebmxcommission@gmail.com. See 6.1.6.
- 7.4.12** Only girls aged 14 and older will be allowed to ride with interlocking pedals/ shoes or 'clips'.
- 7.4.13** Ladies Cruiser Class (22" – 29") 14 years and over

## 7.5 Expert/Boys Classes (Club, WC Provincial & Winter League)

- 7.5.1.** A minimum of four (4) riders are required to complete an expert/boy's class.
- 7.5.2.** If there are insufficient riders to complete a class, these riders will be combined with the next age group, to a maximum of three (3) age groups up, until a legal class is formed. Boys may also be merged with Girls Classes if needed.
- 7.5.3.** Where the classes have been combined, the riders will be awarded **(series points)** based on the merged class and not the entered classes.
- 7.5.4.** The **top three (3)** riders in each race will be awarded with a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place based on their position in the final.

**7.5.5.** Only expert boys aged 13 and older will be allowed to ride with interlocking pedals/ shoes or "clips".

**7.6. Cruiser Classes (Club, WC Provincial & Winter League)**

**7.6.1.** Only riders who ride a 22.5' – 26' Cruiser bicycle, will be allowed to compete in this class.

**7.6.2.** A minimum of four (4) riders are required to complete a Cruiser class. (ladies only need a minimum of three (3) riders to form a class)

**7.6.3.** If there are insufficient riders to complete a class, these riders will be combined with the 16 & over category (Super Class).

**7.6.4.** The **top three (3)** riders in each race will be awarded with a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place based on their position in the final.

**7.6.5.** A rider who is 17 years or older, who rides a 22.5 - 26" bike may enter the Cruiser class.

**7.6.6.** The **Ladies Cruiser class** is open to female riders from 14 years of age and older.

**8 Series Points**

**8.1. Qualification**

**8.1.1. Western Cape Provincial Series**

**8.1.1.1.** Be a member, in good standing with a BMX Club in Western Cape.

**8.1.1.2.** Hold a valid ANNUAL Cycling SA Membership.

**8.1.1.3.** Hold a valid Domestic Racing License – this is only applicable to riders who are 17 years and older.

**8.1.1.4.** See point 1 for more information.

**8.2. The Western Cape Provincial Series**

**8.2.1.** The Western Cape Provincial Series will comprise of thirteen (13) races as indicated on the Calendar.

**8.2.2.** To **QUALIFY** for the Western Cape Provincial Series, a rider must: **Compete in at least nine (9) of the Thirteen (13) events as a club rider with a valid 2026 Yearly CSA License and Domestic Racing License (17-year-olds and older).**

**8.2.3.** The best scoring nine (9) legs of the thirteen (13) legs of each rider will serve as the final standing.

**8.2.4.** Points are scored for the three (3) moto's and the final of each of the thirteen (13) legs.

**8.2.5.** Points are not scored for the quarter or semi-final races.

**8.2.6.** **Each rider MUST complete ATLEAST 2 races PER club to Qualify**

**8.2.7.** Western Cape Provincial Series points will be awarded as per table:

Western Cape Provincial Series (All Classes)			
Moto's		Finals	
Position	Points	Position	Points
1 <sup>st</sup> place	100	1 <sup>st</sup> place	200
2 <sup>nd</sup> place	90	2 <sup>nd</sup> place	180
3 <sup>rd</sup> place	80	3 <sup>rd</sup> place	160
4 <sup>th</sup> place	75	4 <sup>th</sup> place	150
5 <sup>th</sup> place	70	5 <sup>th</sup> place	140
6 <sup>th</sup> place	65	6 <sup>th</sup> place	130
7 <sup>th</sup> place	60	7 <sup>th</sup> place	120
8 <sup>th</sup> place	55	8 <sup>th</sup> place	110

**8.2.8.** The race administrator will share the results after each race.

### **8.3. The Western Cape Champs**

**8.3.1.** Novice and Expert classes will be combined for racing at this event.

**8.3.2.** The event will consist of (1) one leg with (3) three moto's, the necessary qualifiers and (1) one main (final).

**8.3.3.** Points are scored in the main (final) only.

**8.3.4.** (5) riders make a category. Should there not be enough riders to make a category, the riders will be moved up until a category is formed.

**8.3.5.** (4) girls/ladies' riders make a category. Should there not be enough riders to make a category, the riders will be moved up until a category is formed.

**8.3.6.** Should there be categories that do not have qualifying moto's the rider with the highest points (last place after moto's) will be dropped and does not qualify for the final (main) in that specific category.

### **8.4. Winter League Series**

**8.4.1.** The Winter League Series points allocation will be announced prior to the start of the series.

**8.4.2.** The race administrator will share the results after each race.

## **9. Annual Awards**

### **9.1. Western Cape Provincial Awards - Riders**

The Western Cape BMX Committee will host The Annual Western Cape BMX Prize Giving whereby riders are awarded for the efforts on a Provincial and National level.

This prestigious event is to be held at the end of the year at a venue to be communicated in due course. The following provincial awards are presented.

#### **9.1.1. The Western Cape Provincial Series**

**9.1.1.1.** The top three (3) highest scoring, qualifying riders in each racing class will be awarded 1<sup>st</sup>, 2<sup>nd</sup>. and 3<sup>rd</sup> place trophies respectively at prize giving. Only riders who qualified e.g. Minimum of 9 races completed will be eligible to win a trophy.

**9.1.1.2.** Awards for other positions are at the discretion of the Western Cape BMX Commission and includes but do not limit trophies for:

#### **FLOATING TROPHIES:**

- Rider of the year (Garth Carnell floating trophy).
- Girl rider of the year.
- Most improved rider of the year.
- Most promising rider of the year.
- Most dedicated rider of the year
- Sportsmanship trophy

Please note that the only riders who qualified for WCPPS with a minimum of 9 races completed will be eligible to win above floating trophies. The floating trophies remains the property of WC BMX and the responsibility to hand it back to the WC BMX Secretary no later than 15 October remains the responsibility of the rider and his/her club. Should a trophy not be handed back or become missing, it would be the rider and/or club's responsibility to replace.

## **9.2. Western Cape Champs Awards - Riders**

Riders are awarded for the efforts for Western Cape Champs on race day.

### **9.2.1. Western Cape BMX Colours**

Western Cape BMX Colours are available to be viewed on [www.bmxsa.co.za](http://www.bmxsa.co.za).

### **9.2.2. Western Cape Regional BMX Colours**

Western Cape Regional BMX Colours are available to be viewed on [www.bmxsa.co.za](http://www.bmxsa.co.za).

## **9.3. Officials**

Awards may be awarded to Officials, where deemed appropriate. Such awards are at the discretion of the Club and its elected Committee, the Western Cape BMX Commission and National BMX Commission.

The Western Cape commission may present the following awards:

Certificate / Badge / Medal / Trophy / or any other special awards,

to an Official at the discretion of the Western Cape BMX Commission based on any of the following criteria but not limited to:

- Must officiate at least seven (7) to nine (9) of the thirteen (13) Western Cape Provincial Series races.
- Exceptional dedication.
- Going the extra mile for BMX

## **10. Club/Provincial Racing and Organization**

### **10.1. The Club's Responsibility**

**10.1.1.** The organizing and running of events are the responsibility of the host club under the guidance and regulation of the Western Cape BMX Commission.

**10.1.2.** BMX racing is run in accordance with the rules and regulations as published here and amended from time to time. Certain Rules and Regulations for actual racing are adopted from the National Rule book.

**10.1.3.** It is the Club's responsibility to adhere to the Event's Safety Document.

**10.1.4.** All race day admin, concerning the rider database, moto and gate selection draws and final positions will be administered via the host club.

### **10.2. The host club is responsible for:**

**10.2.1.** A venue that complies with the minimum standards required by the Western Cape BMX Commission to host a safe and fair provincial championship event.

**10.2.2.** An automated starting gate mechanism.

**10.2.3.** A suitable Public Address system.

**10.2.4.** Chairs, Tables and shade for registration and the finish line.

**10.2.5.** All required Event Safety Equipment.

**10.2.6.** The hosting club will initiate an official's list and then request Western Cape's admin for assistance if there are officials unaccounted for. This to be concluded, no later than 3 days prior to the event. List to be sent to WC BMX Secretary.

**10.2.7.** The club must provide a suitable person to perform administrative duties on the day of the event.

**10.2.8.** The race administrator will be required to run the event on the day under the guidance of the Provincial Race Administrator.

**10.2.9.** On Site Ambulance and paramedics for Provincial Points Series. Paramedics on site with an ambulance on standby for club and winter league races.

## 11. General

### 11.1. Safety

Helmets worn by riders on the racetrack is a serious safety issue. Loose straps and or no straps will not be tolerated. Riders may be warned, placed last and even disqualified if they persist with loose or no straps while riding and racing.

### 11.2. Minimum Kit Requirements

- ✓ Full Face Helmet fastened correctly.
- ✓ Long Sleeve Shirt
- ✓ Long Sleeve Pants / Short Pants with Knee & Shin Guard protecting down to ankle.
- ✓ Full Finger Gloves

### 11.3. Communication

Each rider/parent/guardian will be sent this guide via email to the email address provided during the Club Membership Application. It is up to the riders and parents to ensure that the Administration of the Club and/or Western Cape BMX Commission have the correct contact details for the member.

The Western Cape Provincial BMX Commission kindly requests that riders are to initially consult with their relevant BMX Club Chairman, then the Club Riders Representative, prior to consulting with the Commission.

### 11.4. General Conduct

As BMX is a child dominated sport, run mostly by parents of these young riders, all have a duty to enhance and maintain the camaraderie that exists in our sport. Emotions are expected when children are involved in a competitive sport; however, these emotions need to be tempered, specifically because BMX **IS** a child dominated sport.

**As far as possible, incidents that are out of line with the spirit that we would like to see will be dealt with on the spot. However more serious issues may warrant an official letter of warning for conduct, being sent to the rider/parent concerned. Even more serious issues may be dealt with at a disciplinary enquiry held by the Western Cape BMX Commission or higher body.**

### 11.5. Social Media

Social media is a wonderful tool for a sport as BMX; however, the same social media has the power to bring the sport and individuals involved into serious disrepute. Conduct unbecoming concerning the sport and its officials posted on social media will be treated with the seriousness it deserves. The saying '*Trackside anger doesn't last, but Facebook, Google and the Internet are forever.....*' – *unknown author* is very apt for our sport! Members, riders, and parents are encouraged to take concerns to the Chairman of their clubs and to the rider representatives. However, all officials are there to serve and to help.

Any official can be approached with any questions, concerns, or suggestions.

11.6. No filming or cameras shall be allowed on the starting hill or in the gate area.

11.7. Riders may **NOT** have a camera attached to their riding equipment, bike, or self during racing.

11.8. During a race, should a rider leave the track as a direct result of contact with another rider or at own fault, that rider must re-enter the track at the nearest point that is safe to all riders, without improving his/her position. (Riders re-entering the track in an improved position must delay themselves to the original position and then continue racing from there.)

11.9. Any rider determined by an official as maliciously forcing another rider off the track may be disqualified.

11.10. The lead rider can take any line available on the track. (This relates to any rider ahead of any other-2nd place ahead of 3rd, 5th ahead of 6th, etc.). However, if the lead rider intentionally moves over and makes malicious contact with another rider, then that rider may be disqualified.

- 11.11.** A rider may push or pull his bicycle across the finish line to be scored. That rider must be in contact with their bicycle to be scored.
- 11.12.** If a track official directly interferes with a race, the race may be rerun but only at the discretion of the head official.
- 11.13.** A rider may be disqualified or suspended for his/ her actions or the actions of his/her parent(s) or accompanying party.
- 11.14.** A parent/guardian or accompanying party may have their event attendance privilege revoked for their own actions or actions of their rider(s)
- 11.15.** A rider may be disqualified for team riding—letting another rider of same team or other affiliation pass to affect the overall outcome of any race. E.g. Rider A, who is ahead, deliberately slows down to allow Rider B, from a different team, to pass. This strategic move is intended to affect the overall outcome of the race by helping Rider B secure a better position. Rider A purposely slows another rider down (Rider C) to allow a Rider B (a teammate or other affiliated rider) gain an advantage.
- 11.16.** A rider may be disqualified if any parent, team member, pit crew or other person physically assists that rider in any situation on the track during the race.
- 11.17.** Track crew members or any other person allowed on any areas of the track that are not open to all spectators, may not assist any rider physically, with verbal or non-verbal signals, or instructions that afford any rider an advantage over other riders on the track. A disqualification may result.
- 11.18. Volunteers**  
 BMX is a volunteer driven sport. Many are needed to run clubs, to help to repair tracks, attend meetings, officiate at race meetings, and help wherever is needed. Volunteers work at race meetings in order for **you** and or **your child** to be able to race. It follows then that all parents and relatives are encouraged to get involved and help wherever possible in order that the same parents do not have to work at every race. Get involved, it's the right thing to do!

**11.19. Infraction penalties:**

INFRINGEMENTS	REGIONAL & CLUB EVENTS
Failure to correctly register and/or sign on	<ul style="list-style-type: none"> <li>• Verbal warning,</li> <li>• Fine of R150 and/or Disqualification</li> </ul>
Use of inappropriate or non-regulation cycle, clothing, or equipment	<ul style="list-style-type: none"> <li>• Fine of R150</li> <li>• Start refused.</li> <li>• Disqualification and/or referral to Disciplinary Officer</li> </ul>
Prohibited/non-regulation assistance, equipment exchange.	<ul style="list-style-type: none"> <li>• Fine of between R150</li> <li>• and/or Disqualification</li> </ul>
Continuing in an event after being withdrawn, or failure to complete a course	<ul style="list-style-type: none"> <li>• Time penalty</li> <li>• Relegation</li> <li>• Disqualification and/or fine of up to R500</li> </ul>
Disobeying an Official's instructions	<ul style="list-style-type: none"> <li>• Relegation</li> <li>• Referral to Disciplinary Officer</li> <li>• Disqualification and/or fine of up to R250</li> </ul>
Dangerous riding and/or compromising the safety of another Participant	<ul style="list-style-type: none"> <li>• Fine of R500</li> <li>• Referral to Disciplinary Officer and/or Disqualification</li> </ul>
Conspiring, cheating or collusion to predetermine or alter a result/placing	<ul style="list-style-type: none"> <li>• Disqualification and referral to Disciplinary Officer</li> </ul>

Non-return of number boards/transponder/or any other equipment	<ul style="list-style-type: none"> <li>• Fine of R150 plus cost of item</li> </ul>
Failure to attend official ceremonies	<ul style="list-style-type: none"> <li>• Forfeiture of prizes</li> <li>• or fine of R150</li> </ul>
Breach of the Western Cape Cycling Code of Conduct	<ul style="list-style-type: none"> <li>• Referral to Disciplinary Officer</li> <li>• Disqualification and/or fine of R150</li> </ul>
Conduct that may bring the sport into disrepute	<ul style="list-style-type: none"> <li>• Referral to Disciplinary Officer</li> <li>• or fine of up to R1000 and referral to Disciplinary Officer</li> </ul>
Failure to adopt the correct cycle position on the start gate. <i>Back wheel in line with rear wheel, with an allowance of 5 degrees either way. Front wheel perpendicular to start gate.</i>	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• Relegation or Disqualification</li> </ul>
Starting from incorrect start gate	<ul style="list-style-type: none"> <li>• Disqualification</li> </ul>
Deliberate Interference with another Rider(s) or an Event	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• R500</li> <li>• Relegation or</li> <li>• Disqualification</li> </ul>
Deliberate forcing of another Rider off the Track	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• Relegation or</li> <li>• Disqualification</li> </ul>
Track re-entrance Any rider who leaves the track during a heat or run must, regardless of the circumstances, re-enter the track at the nearest safe point without improving his/her position. The rider shall not interfere with the progress of any other rider or cut the track in order to gain an advantage and/or miss any obstacles. In case a rider fails to act as provided for in this article, the commissaires' panel may relegate the rider.	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• R500</li> <li>• Relegation or</li> <li>• Disqualification</li> </ul>
Obstruction by the lead rider on the final straight of the Track <i>The lead rider shall have the right to choose his line on the track and through the corners. When on the final straight, however, the lead rider shall not deliberately obstruct another rider from passing.</i>	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• Relegation or Disqualification</li> </ul>
Contact <i>A rider shall not cause any part of his person or bicycle to come into contact with another rider's person or bicycle during a heat with the intention of impeding that rider's progress so as to overtake him or cause him to be overtaken by another rider.</i>	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• Relegation or</li> <li>• Disqualification</li> </ul>
Team riding <i>Team riding or helping other riders to gain a higher finishing position is prohibited</i>	<ul style="list-style-type: none"> <li>• Official Warning</li> <li>• R500 fine</li> <li>• Relegation or</li> <li>• Disqualification</li> </ul>
Parent/Guardian, rider approaching any official on the track to discuss an outcome, comment, instruct, demand, view concerns or seek clarification	<ul style="list-style-type: none"> <li>• R1000 fine</li> <li>• And disqualification of the rider in question</li> </ul>

### **Final Note**

Once again, welcome to the 2026 BMX Season, we trust that you will thoroughly enjoy the year and achieve the goals you have set yourself. BMX is a fun sport, uniquely involving the whole family. Having fun is the primary focus, so remember to enjoy, and most of all, have the maximum amount of fun, while watching, riding, or racing BMX!

The following pages contain the codes of conduct that pertain to all of us. Please read them and take them to heart.

Yours in BMX

**Western Cape BMX Commission**

## **RIDERS CODE OF CONDUCT** **2026**

BMX in Western Cape is a volunteer run organization that is dedicated to promoting the sport of BMX racing. We believe BMX is a great sport that teaches individuals the importance of hard work, commitment, and dedication through the practice of skills and the application of these skills in a competitive environment. The nurturing and development of these skills increase the self-esteem, health, and wellbeing of the rider.

It is the intention of this Code to promote Good Sportsmanship and respect for all participants. All riders accept this contract, stating that they will observe the principles of the Code of Conduct to participate in any event sanctioned by Western Cape BMX.

- I will ride because I want to, not because my parents or others want me to.
- I will ride for FUN! And be proud of being a BMX rider.
- I will ride by the rules and in the spirit of the race.
- I will control my temper – fighting or 'mouthing –off' can spoil the activity for everyone.
- I will respect my competitors, at the track, in person and on social media.
- I will respect the broader BMX community, at the track, in person and on social media.
- I will remember that winning isn't everything – that having fun, improving skills, making friends, and doing my best are also important.
- I will treat all spectators and participants with respect and avoid negative criticism.
- I will acknowledge all good racing and performances - those of my fellow members and my opponents.
- I will lead by example and always demonstrate good sportsmanship before and after races.
- I will respect the track volunteers and officials and their authority during races and practices. I will remember that they are there to help me. I will accept their decisions and show them respect, at the track, in person and on social media.
- I will respect all facilities and equipment made available.
- I will not use profanity, abusive language or threatening behaviour towards any rider, parent, or track official.
- I agree to abide by the rules, regulations and decisions as set from time to time by Cycling South Africa, NBMXSA, the Western Cape BMX Commission and Associated BMX clubs.
- I understand that the consumption of illegal drugs, performance enhancing substances, alcohol, and marijuana before & during racing BMX events is strictly prohibited.

**PARENTS CODE OF CONDUCT**  
**2026**

BMX in Western Cape is a volunteer run organization that is dedicated to promoting the sport of BMX racing. We believe BMX is a great sport that teaches individuals the importance of hard work, commitment, and dedication through the practice of skills and the application of these skills in a competitive environment. The nurturing, developing of these skills by parents, older siblings, and other adults, increase the self-esteem, health, and wellbeing of the rider.

It is the intention of this Code to promote Good Sportsmanship and respect for all participants within the Association. All parents and or Guardians accept this Code to participate at any event sanctioned by Western Cape BMX, whether as a racer, spectator or extended family member, and must continue to observe the principles of Good Sportsmanship.

- I will not force my child to ride and or compete in BMX.
- I will support my child's desire to ride BMX, offer encouragement and take an interest in them and their club.
- I will remember that my child rides for his or her enjoyment, not mine.
- I will encourage my child to ride by the rules and to resolve conflict without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning so that my child will never feel defeated by the outcome of the race.
- I will make my child feel like a winner every time, by offering praise for competing fairly and hard.
- I will never ridicule or yell at my child for making a mistake or losing a race.
- I will remember that children learn by example, I will applaud good riding and performances by both my child, and their opponents.
- I will not use profanity, abusive language or threatening behaviour towards any rider, parent, or track official.
- I will respect and show appreciation for the broader BMX community and the volunteers who give their time to BMX for my child, at the track, in person and in social media.
- I will not condone the athletic use of alcohol, drugs or banned performance enhancing substances.
- I will support all efforts to remove verbal and physical abuse from BMX racing.
- I agree to abide by the rules, regulations and decisions as set from time to time by the Cycling South Africa, NBMXSA, the Western Cape BMX Commission and associated BMX clubs.
- I understand that the consumption of illegal drugs, performance enhancing, is prohibited.

## **OFFICIALS CODE OF CONDUCT**

### **2026**

In many respects Officials, alongside the riders, are the face of the sport of BMX to club members, spectators, and the general public.

To some extent Officials should be invisible, allowing the focus to be on the riders. At the same time Officials need to be in control at the various events for which they are responsible.

It is essential that officials set and maintain high standards and always behave in an appropriate manner. As a result, BMX will be reflected in a positive light in the community.

- Officials should conduct competitions in a fair and impartial manner, displaying equity to all competitors. Officials must be consistent in their application of the rules, keeping in mind the objective of providing an enjoyable and satisfying experience for all involved.
- Be consistent, objective, and courteous when making decisions.
- Conflicts of interest should be avoided where possible; however, it is understandable that in some instances, particularly at events where family members may be competing, this may occur. In these instances, caution should be observed in the decision-making process to avoid accusations of favoritism or bias.
- Condemn unsporting behaviour and promote respect for all competitors.
- Be a good sport yourself, actions speak louder than words.
- Make positive and supportive comments.
- Place the safety and welfare of competitors above all else.
- Give all competitors a "fair go" regardless of their gender, ability, cultural background, or religion.
- I understand that the consumption of illegal drugs, performance enhancing alcohol, and marijuana before & during racing BMX events is strictly prohibited.

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND  
INDEMNITY AGREEMENT ("AGREEMENT")**  
**2026 SEASON – ALL RACES**

In consideration of participating in the Western Cape BMX Racing Program, I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for lessees, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue Western Cape BMX Commission and any affiliated Western Cape BMX Clubs, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors or premises on which the Activity takes place, (each considered on the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account cause or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, damage, or cost which any may incur as the result of such claim.

**PARENTAL CONSENT**

And I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and agree to indemnify and save and hold harmless each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been cause in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

**DECLARATION OF UNDERSTANDING:**

To be printed, signed and handed to the Western Cape BMX Secretary during registration on the first race of the season, failure to do so may result in the rider being disqualified and not allowed to race.

I, \_\_\_\_\_ Rider / Parent / Guardian of  
\_\_\_\_\_ (rider's name and surname) confirm that I have read and understood the contents of the 2026 Western Cape BMX Rule Book.

I also confirm that I have read and understood the following points forming part of this agreement:

- ✓ Minimum Kit Requirements
- ✓ Riders Code of Conduct
- ✓ Parents Code of Conduct
- ✓ Officials Code of Conduct
- ✓ Release & Waiver of liability, assumption of risk and indemnity agreement for 2026 Season.
- ✓ Parent Consent

<b>RIDERS FULL NAME &amp; SURNAME</b>	
<b>RIDERS ID NUMBER</b>	
<b>RIDERS RACE NUMBER</b>	
<b>RIDERS 2026 RACE CLASS</b>	
<b>AFFILIATED CLUB FOR 2026 SEASON</b>	
<b>YEARLY CSA LICENSE NUMBER &amp; EXPIRY DATE</b>	
<b>DOMESTIC RACING NUMBER &amp; EXPIRY DATE (17+)</b>	

Signed on this \_\_\_\_\_ day of \_\_\_\_\_ 2026.

SIGNED BY: \_\_\_\_\_ (Full name & surname)

SIGNATURE: \_\_\_\_\_