
Start your BMX Racing journey here!

WELCOME TO



www.knoxbmx.com.au



[knoxbmxclub](https://www.instagram.com/knoxbmxclub)

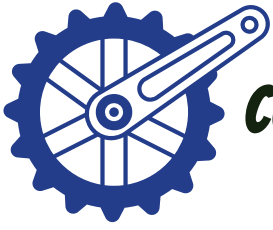


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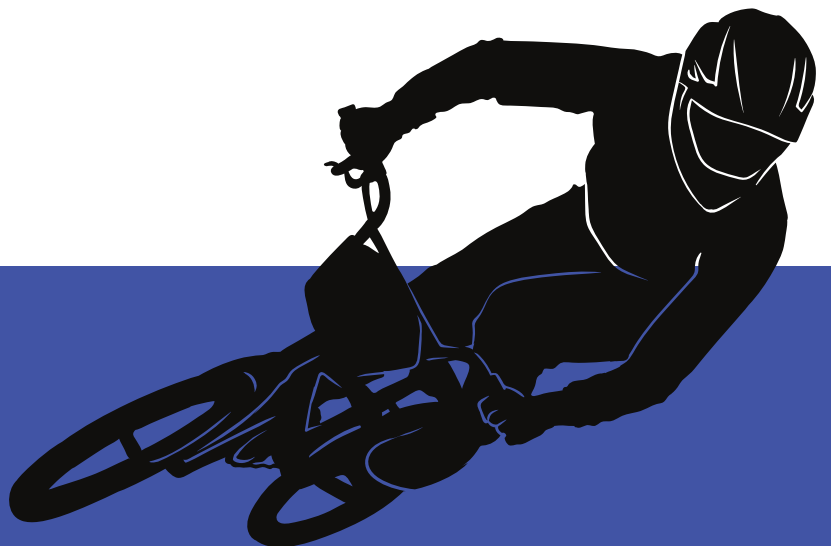
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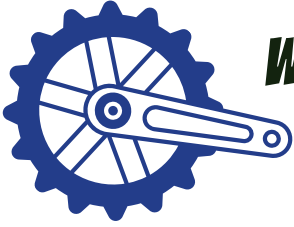
*Knox BMX Club Members Only
Closed Group*



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WELCOME TO KNOX CROCS BMX CLUB

Your journey in BMX racing starts here!

We're stoked to have you and your crew join our BMX community.

This Welcome Pack has some of the key info to get you rollin' — from gear and licensing to racing, events, volunteering, BMX lingo and staying connected with all things BMX.

BMX clubs and racing are run by volunteers, so we appreciate your patience and support.

Whether you're a mini wheeler, sprocket, mature aged beginner or a seasoned Superclass Pro— you belong here. Let's ride, race, and grow together.



GETTING STARTED IN BMX RACING

If you're brand new, don't stress! Everyone starts somewhere. We recommend attending a few coaching sessions and hitting the track for practice to build confidence. Chat to us about borrowing gear for your first few coaching sessions.

Once you or your rider can get down the start hill (even from halfway (not for mini wheelers) and make it around most of the track, it's time to jump into a fun clubby or club round. These are low-pressure races that help build confidence fast. Gate nights are a great way to practice gate starts and build confidence around other riders too.

Hot Tip: The sooner you start racing, the faster you learn. It's about fun, friends, and progress — not just winning.

Check our FB page on Sunday evenings, where we post what's on for the week including coaching sessions.





CHECKLIST - WHAT YOU NEED

To ride or race, your rider will need:

BMX race bike (20" or 24" Cruiser) or a balance bike

Full-face helmet (buckle up!)

Long-sleeve top & long pants

Gloves

Enclosed shoes

AusCycling Licence

Race Plate

- only required if racing (can be purchased from our club)
- your race number is the last three digits of your AusCycling licence number

Bike

Almost any bike can be used for starting out, however a BMX racing bike is strongly recommended as they are suited to the needs of BMX racing. Check out Facebook Marketplace & BMX Racing Buy/Swap/Sell pages (as always, be aware of scams). New bikes can also be purchased from many bike shops, including those listed on page 5.

If you are unsure of whether a bike you find is suitable, feel free to message our FB page or ask one of our coaches to advise you.

Balance Bike - no pedals (2 to 5 year olds)

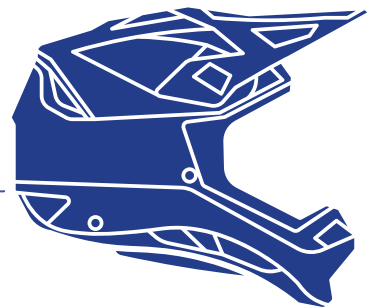
20-inch (Standard BMX): Most common size

Cruiser (24-inch): Bigger bike

Retro: Says it all.

Yes, you can ride both... just register separately for each category.

Note- 20 inch and 24 inch refers to wheel size



Full Face Helmet

A full face helmet is required for BMX racing. Don't compromise on safety. It is **STRONGLY RECOMMENDED** you get a brand new helmet fitted at a bike shop, as a poor fit helmet or a helmet that has suffered an impact will not provide the best protection for riders.

Key things to know:

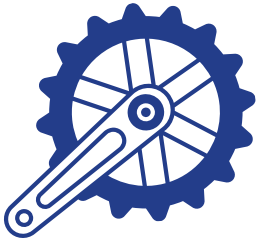
Must be full-faced with a properly working buckle or D-ring strap.

Helmets come in a range of prices — do your homework, invest in good tech.

Look for features like MIPS and breakaway visors.

A helmet should fit snugly without wobbling.

Ask club members or coaches for recommendations — we've all been through the helmet maze.



CHECKLIST - WHAT YOU NEED

Gloves

Full finger gloves are required. Many bike shops including those listed below carry gloves for purchase.



Clothing

When starting out, any long sleeve top (without a zip) & pants will do. However, BMX race specific jerseys & pants are sold at bike shops. These can provide the best protection & comfort while riding. Motocross specific gear is acceptable too; it is generally just a bit baggier and thicker to accommodate additional armour.

Optional Equipment

Many riders choose to use combinations of the following equipment as further protection and can be purchased from most bike shops:

Elbow pads
Knee pads
Body armour
Goggles
Mouthguard
Neck brace



Recommended Bike Shops

Trail & Track Cycles
Yarra Valley Cycles
Ivanhoe Cycles
Casey Cycles
99 Bikes

If you have any additional questions about equipment, please do not hesitate to reach out to the club or ask the coaches.

Auscycling License

Auscycling is the national sanctioning body for all cycling disciplines in Australia. You must have a current Auscycling licence before attending coaching sessions or racing.

Sign up at <https://www.auscycling.org.au/membership>

Choose Race Off Road or Race All Disciplines

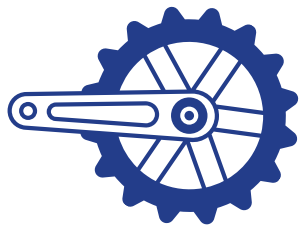
Select your age group (the age you are turning in that year)

Nominate Knox BMX Club as your home club

New riders can apply for the 4-week free trial as a once off only.

Keep your licence number handy or save it to your digital wallet.

You can manage licenses through TidyHQ <https://auscycling.tidyhq.com/>



RACE MANAGEMENT AND TIMING SYSTEMS

EntryBoss

EntryBoss is the online platform used for entering and paying registration fees for all race events, gate sessions and some coaching sessions and clinics.

Head to EntryBoss <https://entryboss.cc>

Create an account and rider profile (you'll need your rider's AusCycling licence).

For entering events, the link will be provided in the post or you can search "BMX Racing" events.

Sqorz – Your Racing and Results in Real-Time

OurSqorz is the platform used for race registration, staging, timing and results.

MySqorz is where you can view your times at "gates" (timed gate sessions).

Mini wheelers, sprockets and Novice – will show they "participated" only as they don't use transponders. But, Sqorz is still useful for these riders, to help you know when to head to the pits in time for staging of each moto at race events. If you've entered the event but can't find your rider's name on the list before racing starts, see the scoring team for assistance.

How to Use It:

Go to <https://oursqorz.com>

Search for the event or club name

View your rider's motos, lanes, results, and overall placing

You can "follow" your rider(s) for easier viewing.

Transponders – Timing Your Races

A transponder is used only by Riders 8+ who ride in timed classes. For this, your rider will need a MyLaps Flex MX transponder which can be purchased from the club. This is so you can see their times and results on Sqorz.

Purchase the transponder and subscribe at MyLaps.com <https://www.mylaps.com>

You will need to "activate" your transponder for first time use or when renewing your subscription. Do this on your own PC by downloading the MyLaps Connect app or, the scoring team may be able to assist you before racing registration closes for the event you are riding in - if you arrive early enough!

Mount your transponder to your front fork with zip ties or piece of old tyre tube.

Hot Tip! Keep your transponder number handy!! You need it for entering events through EntryBoss and, to check it is correct when registering "over the mat" for each race event - this is rider's responsibility!

Sprockets and novice riders can't use them — transponders must be removed before racing.

Battery life on the transponder can be checked when you register over the mat or via the app. Once battery life is down to about 70% it flattens quickly - this can be within a moto or overnight. Then, it's time to buy a new one as batteries can't be replaced.



ETIQUETTE AND TRACK SAFETY

Whether you're a rider or cheering from the sidelines, BMX is all about respect, safety and chill vibes. Here's how we roll:

Riders:

Get to the pits and staging on time.

Listen and respect staging volunteers - they will call your race, plate number, sometimes your name and tell you your gate. If you miss your staging call, the race goes without you.

No reverse riding or cutting over the grass line – keep it flowing in the right direction only.

No stopping mid-track unless you've stacked it or your chain's dropped. When safe to do so, move off the track if you can or wait for first aid or an official to assist you.

Respect the race – wait until all riders have crossed the finish line to fist bump and thank each other before heading off or celebrating - win or lose, we're all friends.

Then move off the track quickly as the next race will come through the finish line and into you, faster than you think!

For mini wheeler riders - parents/carers can be nearby to assist to give their mini a push up over the jumps if needed. At all other times, please stay off the track and away from the finish line.

Spectators:

Please, stay off the track – do not walk or run across it, anywhere, even if your child falls. Track officials and first aiders are trained to respond and will bring them safely to you as soon as possible.

Cheer for riders – positive encouragement only. Keep cool. Booing or yelling at kids, officials, or other riders? Not cool. No "coaching" from the sidelines e.g. PEDAL!!!!

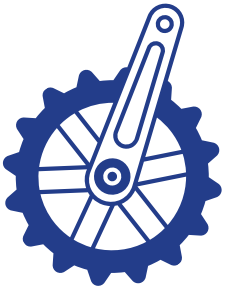
Listen to commentators over the PA – announcements are important for registration issues, staging, gate calls, and safety notices.

Sprocket parents/carers: meet your rider after the finish line and off the track, not on the end of the track.

Respect all volunteers and each other.

We are a smoke and alcohol-free sport and venue.

No pets allowed at the track for safety reasons.



A TYPICAL RACE EVENT GOES LIKE THIS...

We ride (almost) all year, rain or shine (except for lightening - we wait for that to pass). So, you can ride as much (or as much) as you like! Follow our page for updates and changes for races.

Arrival & Register "roll/ride over the mat" - also known as registration, check-in or sign-on. Get there early! Register and check your name/class/transponder number on Sqorz is correct.

Riders with transponders must ride over the mat to register.

Practice Laps

Warm-up and learn the track. Large events split practice into timeslots by age/class.

Racing Starts

"Hells Bells" by AC/DC means it's go time — "Riders to the pits – not now but right now..."

Mini Wheelers have a practice run and several modified races at the start of racing. Then you can relax and spectate the rest of the racing or, head home. Bigger events will run mini wheeler racing at the start of each moto.

Usually, we run 3 motos + a 4th moto or finals (if your class qualifies). Usually, sprockets will do their 4th moto at the end of moto 3 before the break. However, this can vary and depends on the type of event so listen out over the PA for updates.

Break

After the third moto we have a break to buy out the canteen and then resume racing for the 4th moto or finals.

If it's a fun clubby night, we occasionally mix it up and just race for laughs and more FUN.

Presentation & Pack Down

We don't have presentations for every race night but cheer others on and lend a hand with pack-down once racing is over.

Note - The relevant tech or rule guide for each race event will be linked in the Entryboss registration page. For general AusCycling rules go to <https://www.auscycling.org.au/disciplines/bmx-racing/rules-and-policies>



VOLUNTEERING - PART OF THE ACTION

Our clubs are 100% volunteer-run, and we need your help to make each event possible.

BMX doesn't run without volunteers — without sufficient volunteers on the day for every gates sesh, fun clubby or club championship - We. Won't. Run.

We love love LOVE our parents/guardians/grandparents/carers/wives and girlfriends, husbands and boyfriends, siblings, uncles/aunts, friends who step up and step in.

A trade secret - Riders are proud as punch seeing their loved ones help out as much as we are proud of them when they race.

For many roles, no experience is needed and if it is, we'll gratefully guide you and train you up! We can be flexible so that you can still watch your child race.

Our committee members and volunteers work tirelessly behind and in front of the scenes doing the work to run the club on top of volunteering roles for major race events, so let's share the load.

A minimum of 5 stamps for the year on your volunteer card is required for your rider to qualify for the Club Championship series trophy at the end of the year. They also need to race in a minimum of 5 Club Championship rounds.

Volunteer roles include:

First aid (certificate required), Canteen legends or BBQ crew, Setup/pack-down, Staging - call up riders to race, Sprocket catcher on the finish line, Working bees, Committee member, Commentator, Gate drop operator, Race officials, Information assistant, Cleaning/checking bathrooms, Registration and scoring administrator, the list goes on...

All volunteers must register for a free Auscycling "Non-riding membership" <https://auscycling.org.au/become-a-member/non-riding-membership> and have a current working with children's check WWCC.

Roles such as gate drop operator, race director, race official and rider's advocate require completion of the free AusCycling BMX Club Official course or higher certification <https://auscycling.org.au/coaching-and-officiating/officials-courses/bmx-club-official-course>

Hot tip: Doing the free AusCycling Officials Course is a great way to support your club — and you'll learn loads about how racing works.



ADDITIONAL RACE INFO...

What class will you race in?

We've got a class for every rider at most racing events:

Mini Wheelers (2–5 yrs): Balance bikes, no pedals, modified track length. Just fun!

Sprockets (5–7 yrs): Pedal bikes, no timing or placings.

Novice (8–13+): No pressure, just learning. Great stepping stone before moving up.

Age Classes (8+): 20 inch, Timed races, points, and finals — the full race experience!

Cruiser: Cruiser bikes 24 inch, run as per age classes.

Not sure which class? Just ask a committee member or check the EntryBoss BMX event listing that you are entering in for the class options.

Scoring

In most BMX races, it is determined by placing. Your finishing position in each moto earns points — 1st = 1 point, 2nd = 2 points, and so on.

After 3 motos, riders with the lowest points go through to the final. Finals determine the event placing.

See the event technical guide via the link in the event registration on Entryboss for the rules and information that apply to event you have entered. This can vary depending on the event level and series etc.

Merging classes

Sometimes age groups or classes are merged to make sure there are enough riders for a race.

For example, 9-year-olds might race up into 10-year-olds if there aren't enough entries or, genders might be merged due to less female rider entries.

What's a Riders' Advocate?

At every BMX club event, there's a Riders' Advocate — someone you or your rider can go to if you have questions or concerns whether it is about a race or behaviour of others. They're there to:

- Help explain rules and results
- Support riders if there's an issue on track
- Be a friendly contact if you're feeling unsure about anything
- Look out for someone in a Riders' Advocate vest or ask for them at registration.
- They're on your team.



ADDITIONAL RACE INFO...

Injuries and concussion

BMX is full of spills and thrills — bumps, bruises and grazes happen. That's why it's important to wear your protective gear!

If a rider hits their head or is injured, they need to be assessed by first aid. Paperwork may need to be completed and provided to Auscycling.

Respect the recommendation of our first aiders and see a doctor. If a rider has a suspected concussion they will not be able to return to racing for the event. Riders who experience a concussion will require clearance by their doctor in order to return to ride or race. If you have a big crash or bump to the head, you will need to replace your helmet. More information on concussion rules can be found here <https://auscycling.org.au/about/policies/concussion>

BMX lingo you will hear around the track

DNS – Did Not Start (rider didn't make the gate)

DNF – Did Not Finish (rider didn't complete the race)

Relegated – Rider broke a rule, moved down in placing

WRN- Warning verbal or recorded notice about behaviour (yes, it applies to parents and riders)

Moto – A single race / round / heat

Gate – The start of the race (the metal start gate drops)

Holeshot – The rider who leads out of the first corner

Case – Landing short on a jump

Manual – Riding with front wheel lifted over rollers or jumps

Types of club racing and events

There's always something happening in BMX from local chill clubbies to racing on the world stage! Here's a rundown of the event levels:

Coaching Clinics

Gates- gate practice sessions

Fun Clubbies

Club Championships

Club signature events -Thunderdome is our 2-day golden event

Track Attack - 6 tracks, 9 days, a week-long summer race series across 6 eastern region Melbourne clubs (usually in January).

State Series Rounds - scattered through the year across Victoria

State Titles - one big event each year — earn your State Number plate if you make top 8.

National Series Rounds - scattered through the year across Australia

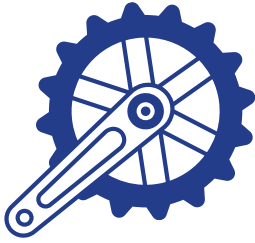
National Titles – one big event each year – earn your National plate if you make top 8.

UCI Oceania Champs – rotates across Australia - New Zealand

UCI World Champs - a different country every year

US Grand Nationals - The Grands

As you level up from fun clubbies to bigger events, the rules are more structured and stringent. Want a sneak peek? Check out videos of past events on YouTube — search "BMX Worlds" or "AusCycling Nationals".



SETUP AND GROWING WITH YOUR BIKE

BMX bikes can grow with your rider — here's how to “stretch” your gear further before needing a full upgrade:

Longer handlebars or higher stem – to accommodate growth

Crank arm length – can affect leverage and leg comfort

Gear ratio changes – tweak for track type or rider strength

Tyres – based on experience

Regular maintenance = better performance and safety

Kids! Clean your bikes 🤪

We recommend chatting with coaches or bike mechanics and bike components stores at the track for help tuning your ride.

Check out this BMX gearing calculator to experiment:

<https://www.bmxultra.com/resources/gear-calculator>

STAYING CONNECTED, DON'T MISS OUT!

To stay informed about what's on, club news, race dates, weather updates, volunteering, working bees and coaching opportunities, join our members-only FB group and receive our club newsletter by email– just ask a committee member to join.

Other worthy follows:

Social Media pages and groups;

Knox Crocs

Local and interstate BMX clubs

Coaching clinics

Eastern Region BMX

BMX Victoria

BMX bike component shops

AusCycling BMX

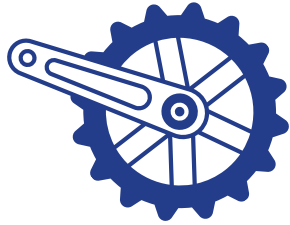
TimeBMX app

MyLaps

EntryBoss – Sign up for races and coaching

Sqorz – View race staging and results live

AusCycling Website – For licences, policies, tech guides, and event calendars



BUT WAIT THERE'S MORE!

Chat to our committee members, fellow club members, coaches and riders. The wisdom (and opinions) are endless.

There are not many sporting environments where you get to rub shoulders with competitors from 2 year old toddlers to Pro Elites all at the one race meet. Welcome to BMX.

We can't wait to see you at the track — whether you're racing, cheering, coaching, or flipping snags on the BBQ.

BMX is more than a sport — it's a lifestyle.

Interesting read:

<https://pursuit.unimelb.edu.au/articles/bmx-teaches-a-valuable-lesson-success-requires-hard-work-and-failure>