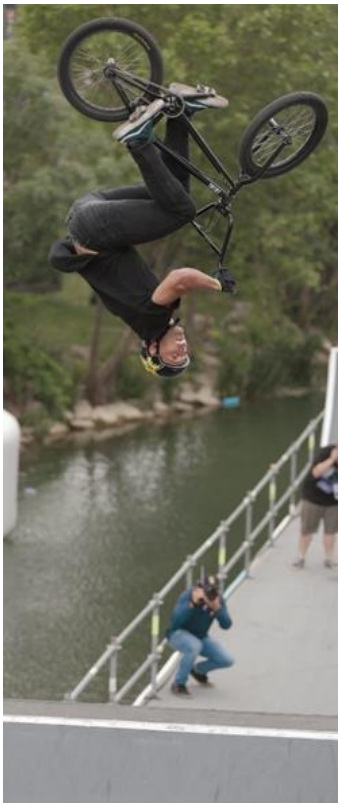
BMX FREESTYLE PARK GUIDE

Contents

Purpose of this Guide



The UCI BMX Park Guide is a short document which defines the field of play for the sport of BMX Freestyle Park. It is meant to accompany and explain the UCI regulations.

For regional, national and certain international events, this document is meant to provide a set of guidelines in order to advise national federations as they move to integrate the sport. For major international events such as World Cups, World Championships and multi-sport games, it shall constitute a set of requirements.

This guide does not contain specific dimensions for various types of obstacles commonly found in BMX Parks. This is because such obstacles are not built to any particular standard. Rather, the size, spacing, angles, heights and the radii of curves used in transitions from flat ground depends on the complete design of each individual BMX Park, which is decided based upon the available space and intended users of the park – beginners / amateurs, intermediate level riders, or professionals. It is always recommended that someone attempting to build a BMX Park should recruit the assistance of a company specialised in building BMX Parks, or someone experienced in riding and building BMX Parks.

Definition

At the highest level of the sport, a BMX Freestyle park (BMX park) is a facility built for the purpose of BMX Freestyle riding, which incorporates various obstacles. The layout of the park allows BMX riders to develop a performance called a run, which consists of a sequence of tricks involving jumps and transfers between obstacles. Creativity in how runs are assembled, and the variety and difficulty of tricks performed is highly important.

As such, the BMX park defines the type of riding that is possible within it.

Given this, while it may be possible to hold a BMX Freestyle Park competition in a similar facility such as a skateboard park or concrete bowl (facilities commonly found in urban areas around the world), such facilities can sometimes limit the quality of the competition that is possible when the highest level of competition is considered, since the size, spacing and layout of the obstacles is not always optimised for BMX park riding.

UCI Regulations

The UCI BMX Freestyle Regulations provide some basic parameters concerning the layout and construction of the field of play for the BMX Freestyle Park discipline.

The relevant regulations (as of 2nd February 2019) are copied here for convenience; however, it is important to note that the version of the regulations presently in force on the UCI Website always takes precedence in case of any divergence.

6bis.7.001 As general principle, the field of play, or "park" in which BMX Freestyle Park Competitions take place is a facility composed of various ramps and obstacles that are designed and optimised to allow riders on BMX bicycles to compose runs through the park consisting of a number of tricks. It is understood that while the type and difficulty of the tricks that are possible depend on the creativity and skill of the rider, the format of the BMX Park also has a significant influence in that the size, shape, and spacing of the ramps and obstacles within the park provide the space and possibility to achieve the necessary altitude to make various types of tricks and styles of BMX riding possible. As such, a basic BMX Freestyle Park which is constructed for that purpose must be a minimum of 15 metres wide and 25 metres long. Also, neither the width nor the length of the park can be greater than 60 metres.

A safety zone of at least 2 metres must surround all sides of the stage on which the park is built, in areas where a rider or bicycle could be ejected from within it. No person other than accredited staff and riders entered in the Competition are permitted to stay in the safety zone.

To ensure safety, for edges of the park which do not consist of quarter pipes (normally the longer edges of a rectangular park), at least 2m of flat stage must separate the obstacles from the edge of the stage.

The park can be all at the same level (ground level) or spread across several different levels raised above the others. However, the base or ground area of each such level where the obstacles sit shall be flat and must be built of a material that is hard enough to allow the riders to preserve their momentum.

A safety barrier or equivalent fall protection is needed at any edge of a raised level which is also an outside edge of the park. This must be built in a way so as to not impair the full use of the park by the riders, nor put their safety at risk.

(text modified on: 02.02.19)

6bis.7.002 The field of play must contain a minimum of 3 obstacles. An obstacle is any feature within the park which is raised above the level where it sits. This can include the walls of the park, if any.

Obstacles that have their base above ground level must be at least 2 metres wide; again, the 2 metres safety zone must be maintained. Such obstacles may also be connected as described above.

6bis.7.003 Ramps, as well as the ground surface between them, must be built from a sufficiently hard and even surface which provides good traction for bicycle tires, such as wood or concrete; regardless of the materials used, such surfaces must not have any significant defects such as gaps, bumps, or holes.

Comment: Though not part of the text of the present regulations, in case the ramps are installed on top of a stage, the surface of the stage must be quite stiff – any significant amount of flex in not desirable.

6bis.7.003bis The type of field of play that can be used for BMX Freestyle Park competitions, including the materials of which it can be made, depends on the level of contest that will be held.

Local, Regional, National, National Championships and International C1 Events
Existing facilities made of either wood or cement can be used. While it is preferred that such facilities are designed specifically for BMX, various public freestyle facilities such as bowls and skateboard parks can also be used. It is strongly recommended that where possible, such a field of play should incorporate at least 3 of the obstacles typically found in a BMX Freestyle Park as outlined in the UCI BMX Freestyle Park Guide.

Comment: Though not found in the regulations, the term 'bowl' above refers to a bowl style course, which includes at least some of the basic BMX park obstacles described later in this document. A course consisting only of a bowl without any other obstacles is not acceptable for a BMX Freestyle Park competition.

Continental Championships
Prior to the 2021 season, the same type of facilities as described above for International C1 Events can be used. Beginning in 2021 and after, a facility specifically made for BMX riding must be used, whether built of wood or cement; such a field of play shall comply with the principles and guidelines outlined in the UCI BMX Freestyle Park Guide.

UCI BMX Freestyle Park World Cup Events, UCI BMX Freestyle Park World Championships, Multi-Sport Games including the Olympic Games
A field of play specifically constructed for BMX must be used and shall consist of wooden ramps. Such a field of play shall comply with the principles and guidelines outlined in the UCI BMX Freestyle Park Guide.

(Article introduced on: 02.02.19)

Comment: Within the context of these regulations and this guide, the term 'wooden ramps' refers to the riding surface of the ramp, and not necessarily the structure below it (which could be metal or wood).

6bis.7.004 A riders area which can only be accessed by people with the necessary accreditation or riders who are registered in the Competition shall be provided next to the park.

6bis.7.005 In general, the park and its surrounding infrastructure must be built in a way so that the safety of the riders is protected. In doing so, the park and safety zone, including the edges of all obstacles, must be free of sharp edges. Likewise, no object that could present an impalement risk is allowed within these areas.

Basic Form of a BMX Park

A field of play suitable for a BMX Freestyle Park competition is normally square or rectangular in shape (though other configurations are possible) and has at least 3 different obstacles within the boundaries of the field of play.

BMX Freestyle Park is a BMX Freestyle competition specialty which requires a variety of obstacles within the boundaries of the field of play to stage a successful competition. While it is possible to hold various types of BMX Freestyle contests on a field of play with only 1 or 2 obstacles, it is sufficiently different from the specialty of BMX Freestyle Park that such events are not presently eligible to be registered on the UCI BMX International Calendar.

Some examples of such events that aren't eligible to be registered on the UCI BMX Freestyle International Calendar would include competitions that take place in a skateboard bowl without any other obstacles, a spine ramp contest (consisting of a spine ramp between two quarter pipes) or a mini-ramp contest (a course consisting only of a small half-pipe).

It is possible to find many public facilities already built that have a sufficient variety of obstacles to allow a BMX Freestyle Park contest to be held, even if such facilities were not purposely built for BMX. Such facilities may be suitable for regional, national, national championship, and UCI International Class 1 events, as mentioned above in the extract from the UCI regulations. Wood or cement (or a combination of these) can normally be used as the main construction materials for events at this level, as the obstacles in such 'multi-purpose' fields of play tend to be smaller and the level of risk is lower.

For levels of competition beyond this, a field of play that has been purpose-built for BMX Freestyle Park competitions constructed with wooden ramps is needed. This is to allow professional riders to perform at their best, while providing an increased level of safety as the size of the obstacles increases.

Such parks are usually built on top of a stage with a wooden surface that is normally between 50cm and 1m high. This stage clearly defines the boundaries of the BMX park.

However, it is also possible to install obstacles directly on a flat and smooth surface, such as asphalt or cement, as long as the transitions between the obstacles and the flat riding surface are smooth, and the outside edges of the park are clearly defined, usually with one or more painted lines that strongly contrasts with the colour of the riding surface.

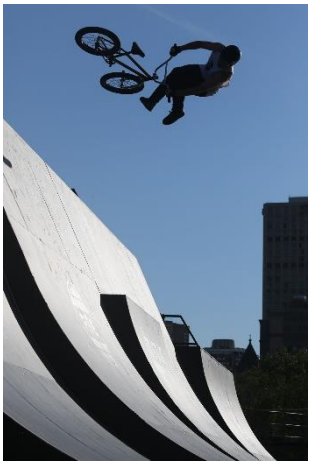
Regardless of the type of BMX park used, the design and construction of any field of play used for BMX Freestyle Park competitions should be done by experts. The space between obstacles and the way they are placed in the design needs to be considered so it works for the riders, as does the design and construction of each obstacle.

Basic Obstacles

As mentioned in the section above, a BMX Park must consist of at least 3 obstacles.

Basic obstacles that commonly feature in BMX Parks can include (but are not limited to) those found in this section.

Quarter Pipe



A ramp used by riders to change direction (up to 180 degrees) without losing speed. It is a ramp which curves upwards from the flat riding surface (an element called a 'transition' as it transitions from flat) into an almost vertical (or completely vertical) wall. It is also possible to start on top of a ledge installed behind a quarter pipe ramp and drop in to get speed for either a jump box or spine ramp that are placed in the middle of the course. On a beginner park, a quarter pipe can be in between 1,2 metres and 1,8 metres tall without going to a complete vertical.

Quarter Pipes can be placed in an angle to create a hip jump. Quarter Pipes can be placed against a wall to create a Bank to Wall. Quarter Pipes can be placed next to each other to create a gap. Quarter pipes with different transitions placed next to each other can be used for transfers. A quarter pipe is an obstacle that can be used in multiple ways.

Spine Ramp

An obstacle where two quarter pipes are placed back to back without a large platform on top. A single or double coping (metal pipe), or small platform divides the quarter pipes. Spines on a basic park can be anywhere between 1 meter and 1.7 metres tall. Generally, the steeper and higher the spine, the harder it is to do tricks over the ramp. A spine ramp should have a width of 2,5 meters minimum. Wider is always preferred.

Jump Box

An obstacle used to jump from one side to the other side. In general, the take-off side of a jump box (also called a box jump) has a steeper transition than the landing. For a beginner park, the height of the box jump can be anywhere between 1.2 metres and 1.7 metres. The mellower (less steep) landing makes it easier to land on. The length of the deck between the take-off and the landing varies between 2 and 4 meters. It is important to be able to get enough speed to jump from one side to the other, which is why jump boxes are most often placed in the middle of BMX parks. Jump boxes can be flat on top, or step-up or step-down depending on the riding direction.

Step-Up

A lower take-off ramp with a landing that is placed higher-up. The mellower the landing, the easier it is to land a trick, but the harder the landing will be. Landing smoothly high in the transition helps the rider keep the speed which is needed for the next obstacle. The photo of the jump box on the page above is also a step-up depending on the riding direction.

Other Types of Obstacles

Hitching Post: An elevated wooden, concrete or metal bar placed on top of a ramp for extra trick possibilities such as “foot jams”, “abubacas”, “foot plants”, “ice picks”, “tooth picks” and combinations of those tricks. Hitching posts normally have a height between 0.7 metres and 1.3 metres.

Rails: Available in all shapes and forms to perform grinds of all sorts. They can either go down some stairs or ramps, or be flat. Curved rails (to the left or to the right) are a possibility as well as rails shaped as a wave. Rails are at least 0.4 metres off the ground in order to make peg grinds possible.

Hip Jump: Two quarter pipes placed next to each other at an angle. The angle can be anywhere between 10 and 90 degrees. The bigger the angle, the sharper the hip. Jumps and tricks can be performed ‘on the hip’ making it different from doing the tricks in a straight line.

Driveway: a flat bank to flat bank obstacle with a platform in the middle. It is also possible to have a big transition on the take-offs but far less than that of a quarter pipe, jump box or spine. Driveways usually are between 0.7 metres and 1.2 metres high and can be made more interesting if hipped, or adding ledges, rails or a wall on its side.

It is important to recognise that the above sections do not form an exhaustive list of all possible types of obstacles. These are simply examples of obstacles that commonly feature in BMX Freestyle Parks.

Other Considerations

Connections Between Surfaces

As BMX parks consist of a collection of obstacles installed on a flat base, the connections between obstacles and the flat riding surface between them, as well as connections between different surfaces which comprise some types of obstacles must be considered.

Obstacles must smoothly connect with the flat riding surface on which they are mounted. Usually a thin transition plate, often constructed of metal is used so that there isn't a noticeable bump when a rider's tires leave or re-join the flat surface. Following this, the lower part of most obstacles are curved to varying degrees, depending on the size and type of the obstacle to ensure a smooth transition.

For some types of obstacles such as the top edges of quarter pipes, coping is used to fill the joint found at the transition between the vertical element of the obstacle and the flat platform on top.

Coping is usually a steel tube with a diameter between 5 cm and 8 cm. The standard size is 6 cm. When coping is used it should be of uniform height above the top edge of the ramp that it protects, which is approximately 1 cm on top and 1 cm over the top of the ramp sheet.

Coping on the top of a ramp is installed for a few reasons:

- It creates an edge to grind on
- It protects the ramp edge from damage
- It tells the riders where the edge of a ramp is when catching air or doing tricks

It is not necessary for ramps to have coping but it does create a possibility for more tricks; also, the ramps will last longer.

Levels of Parks

It is possible to build BMX parks intended for riders at a specific level. In general, the height and steepness of the obstacles found within a park, as well as the number and layout of the obstacles in the park define the level of the park.

Local and National events can be held on a park with a minimum size of 15 meters wide by 25 meters long which has several basic elements available such as small to medium sized quarter pipes, hips, a jump box, ledges and walls.

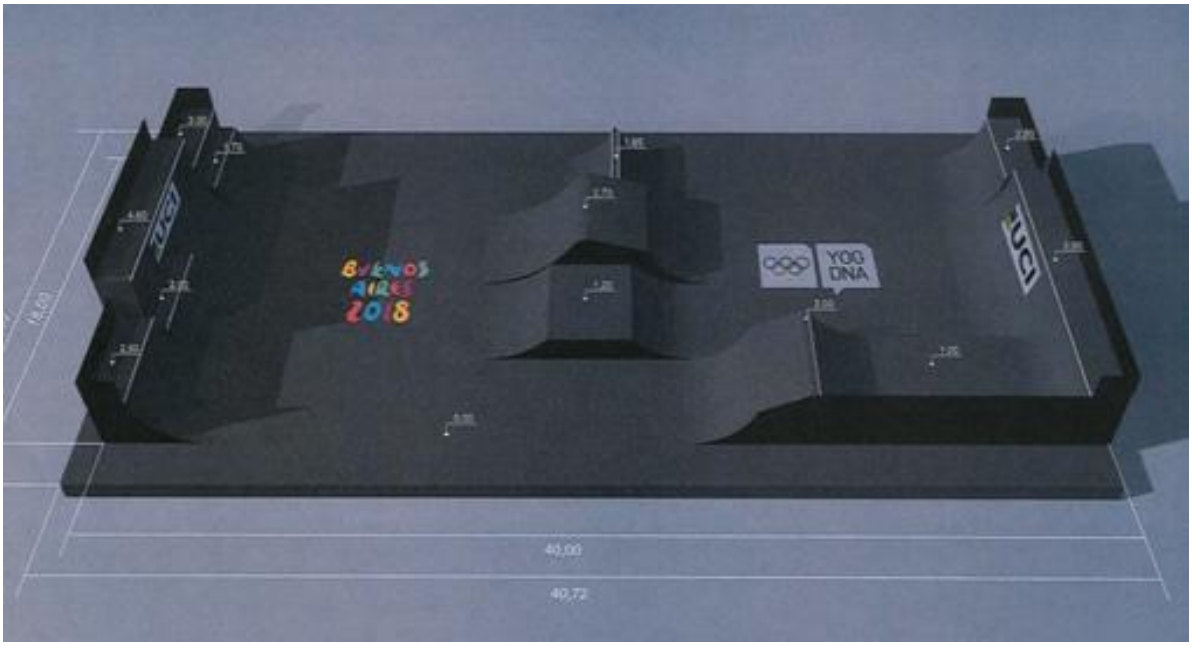
A very basic design however could be to have quarter pipes placed on each side with a jump box and spine placed in the middle of the park. Also existing concrete action sport parks with a similar set-up can form the base of a Local and National BMX Freestyle Park competition, with possibly a C1-category event.

Whether a BMX park is made for beginners or professionals, it is important that they are all different. One of the key skills in BMX park riding is to adapt to the conditions and challenges presented by each park to perform creative and interesting tricks and runs – the beauty of the sport is that every park is different, just like the freestyle riding that takes place on them.

Several examples of complete BMX parks are presented below.

Example 1: A Beginner / Intermediate Level Park

The Park design shown below is a simple rectangular design that is 22m wide x 40m long and has two walls (walls formed by quarter pipes, one such wall on each side) with several obstacles in the middle. Parks for beginner and intermediate riders can be as large as those for advanced riders, though smaller is usually a bit better as the layout is simpler.



Particular considerations include:

- The park is built on a 22m x 40m platform with metal construction with wooden surface which is 100% level. Note that this platform is 2m wider on both sides than the space in which the obstacles are contained (18m wide). This is to reduce the size of the drop in case a rider accidentally goes off the edge of one of the obstacles.
- The ramps are made of wood with metal frames underneath; generally, all ramps need to be solidly built and should not move.
- A 2-meter safety zone without any ramps is used along each side of the park, as measured from the obstacles on the long edges closest to the outside of the park.
- Obstacles in the middle consist of a spine ramp (two quarter pipes placed to each other with a small platform on top), a box jump (steeper take-off and higher and longer landing), a bank to bank box and a step-up ramp to elevated platform.
- The walls along the narrow ends of the park have different sized ramps placed in front of them, some with a small platform, others connected directly to a transition. This creates

transfer possibilities where riders can go from one side to the other and anywhere in between. The walls do have platforms on which riders can start or can use for tricks.

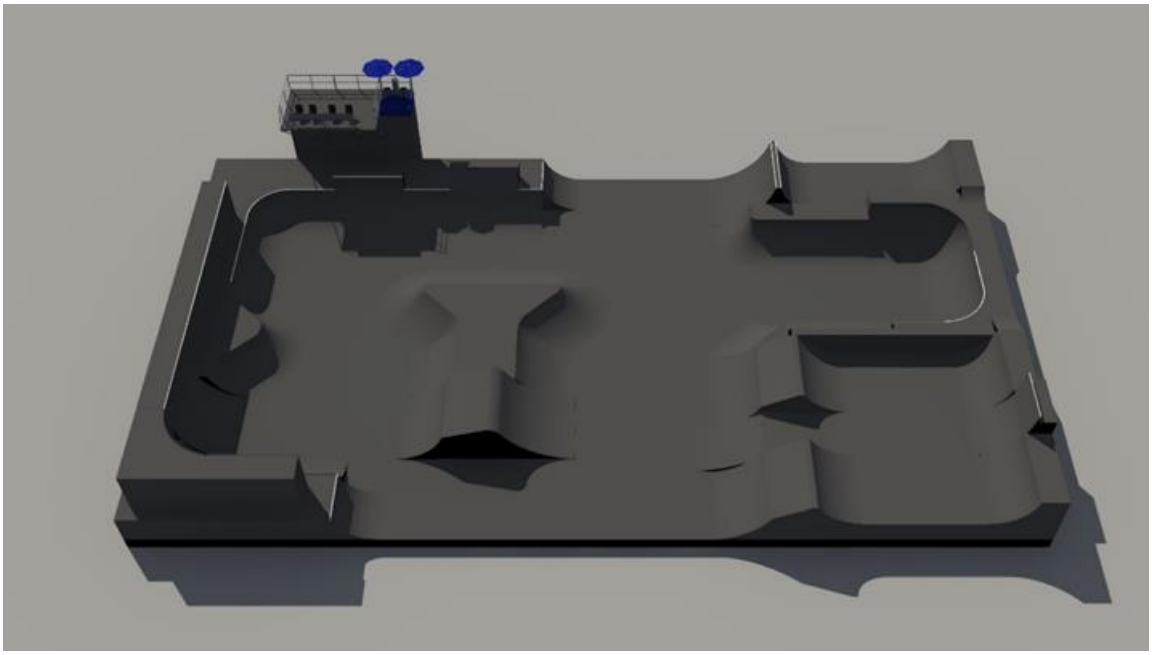
A park like the above works well for riders of the beginner / intermediate level because of its simplicity, the height of the ramps and the size of transitions being used. It features lines going back and forth on ramps with moderate sized take-offs and safe landings. The ramps are wide and the safety zone along the edges keeps riders within the field of play in case of an error. The fences on the tops of the ramps along the narrow ends of the park prevent riders from falling off.

Examples 2, 3 and 4: Advanced Parks

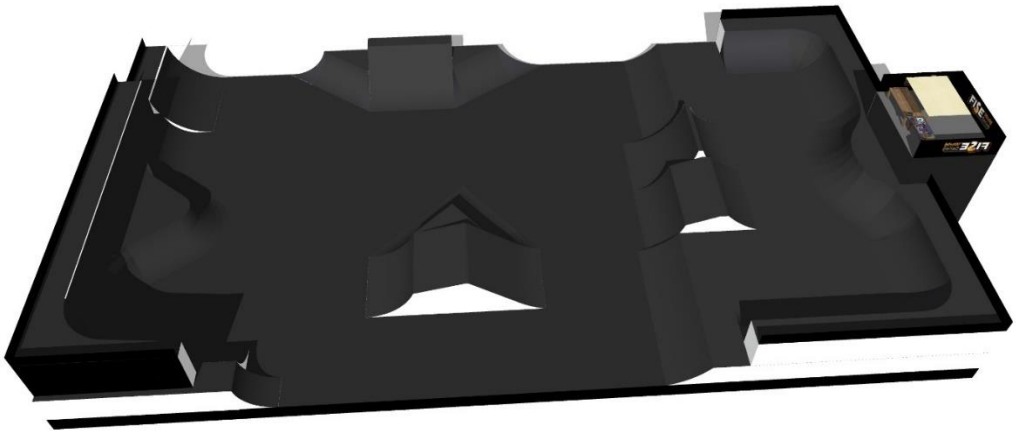
In addition to the considerations mentioned above for beginner and intermediate level parks, the size of an advanced park is normally anywhere between 25 meters and 60 meters along each dimension (width and / or length). Aside from the size, advanced parks have more elements that are challenging and placed in a position where transfers are a possibility and so riders can get enough speed to handle the ramp that is in front of them. Ramps are higher and the walls can be up to 6 meters tall on each side with platforms on top.

Advanced BMX parks can be used for any type of event intended for professional riders, however they are required for Continental Championships (beginning in the 2021 season) and for World Cups and World Championships and multi-sport games. The elements can include but are not limited to bowl corners, curved walls, ledges, hitching posts, extensions, cradles, full pipes, spines, quarter pipes, hips, step-downs, walls, back rails, volcanos and a variety of other creative structures. A mix of all elements (box-jump, spine, hips, bank to wall) is advisable.

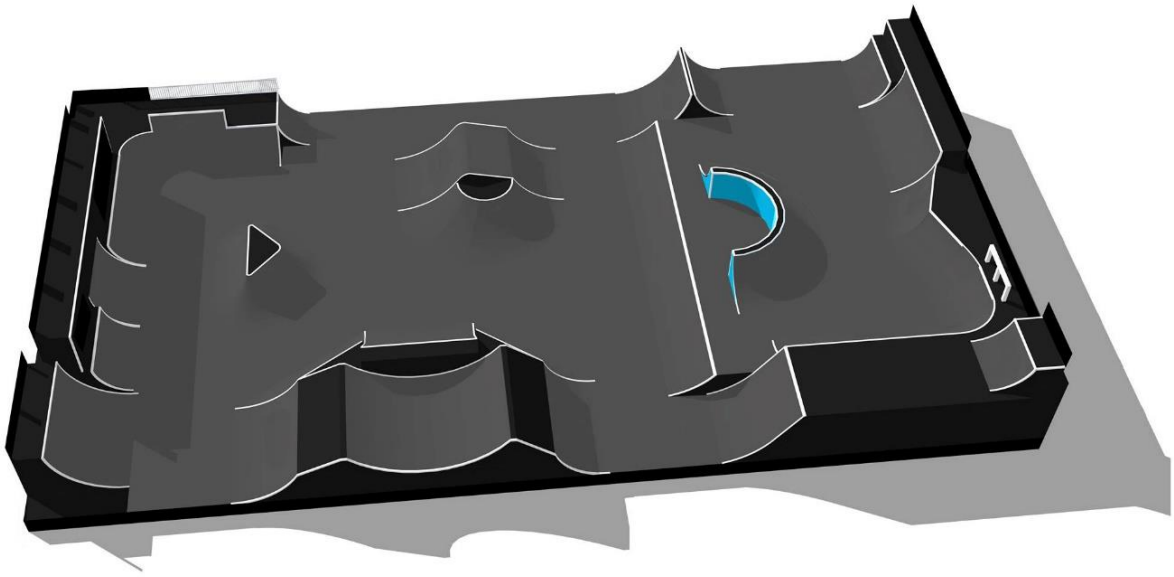
Several examples of advanced parks are found below.



With the additions of bowled corners and hips, the park shown on the page above creates new lines for riders to take and go from one side to the other in a different way. Because of its size and the number of various ramps available this creates a field of play that will show different types of riding, not just a back and forth jump box run. A course like this is challenging for the riders as it leaves more to their imagination to put together a run that stands out. Ramps of different sizes allow riders to perform a much wider variety of tricks than on more basic parks, and to form runs which use many different sequences of obstacles.



The park above offers multiple hips. Two of them are front of the wall where a rider can take-off from any angle to ride the wall and land in a transition to keep their speed for the next obstacle. The hip placed next to the jump box gives riders two new ways of using the jump box; one by using the box landing to land on where also the take-off side of the jump box can be used to land on if the other side of the hip gets used. The hip itself also offers a ramp to do tricks on. The ramp on the top side offers two take-off ramps placed in a hip form to land in the middle section. Because of the presence of the hips, this course is also not a “back-and-forth” style freestyle park such as that in example 1.



Unique elements on the park found at the end of the page above are the curved wallride (in blue) and the step-up – step-down ramp at the bottom of the image. Also note the elevated section on the right and the transition on the back of the curved wallride. The volcano (the curved ramp) on the side of the box jump also offers a different way to use the box jump if coming from that side avoiding a 'dead end' on the course. Next to that a white sub rail was added to this course (near the bottom right corner of the park) for technical tricks.

Risk Management

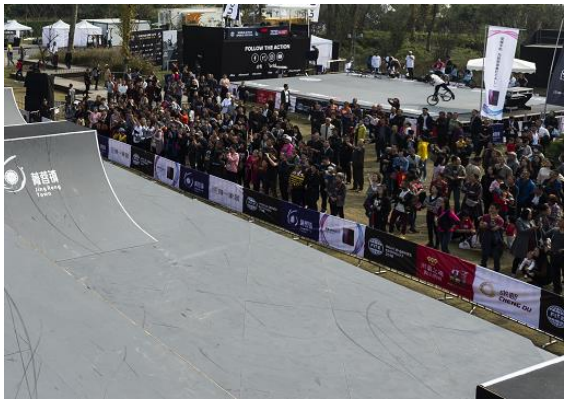
As with most action sports, it is important that BMX parks are designed and built in a way that does not present an unreasonable level of risk to riders at the level for which each park is intended.

Assuming that the level of risk presented by a BMX park design is acceptable, it is the responsibility of the BMX park owners to maintain the park and the area immediately around it in a condition that is suitable for use.

Finally, it is important to mention that all riders are themselves responsible for assessing whether or not any given park, individual obstacles or tricks are beyond their ability to safely execute.

The following are key elements related to the design of a BMX park which have an impact on the level of risk.

Safety Zone



A safety zone at least 2 metres wide is needed between the edge of the flat riding surface on which the BMX park is mounted, and the area where spectators can stand. During events, this zone is maintained with a fence.

In most cases where a BMX park is mounted on an elevated stage and not directly on the ground, it is strongly recommended that the stage along the low sides of the park must be wider than the edge of the obstacle closest to that edge of the BMX park (see the beginner-level park example above). This reduces the distance that the rider will fall in case a rider accidentally rides off the edge of that obstacle, giving them a reasonable chance to recover.

Fall Protection

Railings must be installed on top of the quarter pipe ramps or other obstacles higher than the flat riding surface of the stage which are at the edge of the park to prevent people from falling down on the back side of these obstacles. It is important that these are sturdy as riders may also use these to do tricks. Such railings are normally considered to be included within the boundaries of a BMX park.

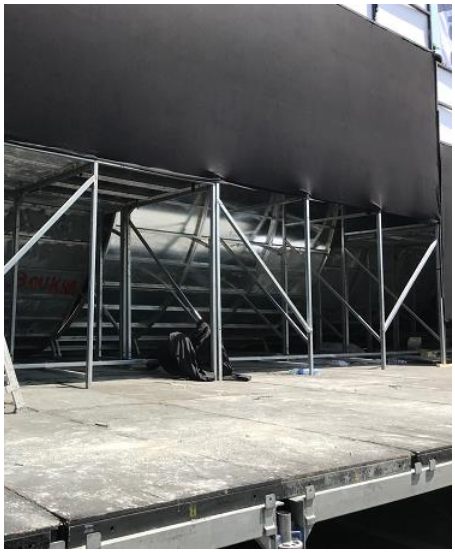
Connections between Obstacles and the Flat Riding Surface

As already mentioned, a thin metal sheet at the bottom of each wooden ramp is strongly recommended as it helps prevent damage to the wood and ensures a smooth transition between the obstacles and the flat riding surface on which they are mounted. It is very important that this metal sheet is well screwed/bolted to the ramp and flat riding surface so it does not rattle or move. Also,

this part should be painted with special anti-slip paint to avoid any slipping. All screws and fasteners must be solidly set, must not have sharp edges, and must not protrude above the level of the riding surface.

Transitions between obstacles and the flat riding surface must be smooth and have a strong structure under the riding surface to avoid flex.

Frame



The metal or wooden frame underneath the ramps needs to be solid. This cannot be underestimated. The force from landings on ramps can result in holes in the wooden ramps if they are not constructed strongly enough.

The Riding Surface

The riding surface on the obstacles usually consists of multiple layers of wood. Screws must be drilled entirely in the surface without sticking out.

The riding surface must have a matte finish to avoid glare; matte black or matte dark grey are recommended as they are easiest for riders to see. Other colours can be considered depending on light levels and direction, but they must not be shiny, reflective, or slippery. Some indoor parks simply use unpainted wood which is also fine as long as it strongly resists splintering and offers a decent level of grip.

Logos or Graphic Design Elements

Any logos or graphic designs installed on any part of the riding surface of the park (including vertical surfaces) must be painted with non-skid paint. Use of banners stapled or screwed into the surface should be avoided.

Also, such logos or designs must not be painted near or on transitions between surfaces within the park – it is very important that the colour of such transitions is uniform so that riders can easily see where these transitions begin and end.

Artwork such as graffiti should be avoided on all riding surfaces as it can interfere with the ability of riders to clearly see transitions and edges of obstacles.

Boundary Lines

Very often, it is helpful to the riders to paint boundary lines in a strongly contrasting colour to the riding surface (usually white lines on a black or grey surface) at important transition points, such as the ends of take-offs or starts of landings on obstacles which are jumped. If coping is installed at such points, then it is recommended that the coping is a different colour than the riding surface of the park.

Such boundary lines are also useful along the sides of obstacles located near the low edges of the park, so that riders have an easy visual reference to know where the drop-off at the outside edge of the park is located.

Edge-Related Hazards

There must be no sharp edges or impalement risks within the boundaries of the BMX park and the 2-metre wide safety zone along its edges.

Debris and Foreign Objects

Before the park is used for practice or competition, all materials, debris, tools, and construction equipment must be removed from with the boundaries of the park and the 2-metre wide safety zone along its edges.

Maintenance

Any holes, cracks, bumps, should always be repaired before riding on the park.

Freestyle parks should be swept from time to time to get rid of the dust, leaves, dirt that could make the ramps slippery.

Screws should be checked on a regular basis. Any sheet of wood that becomes loose needs to be solidly reattached immediately. Any beams or supporting structures that are rotten or damaged must be replaced.

Railings should be checked on a regular basis to ensure that they are strong enough and remain solidly fastened.

After rain, puddles should be removed before every session. All ramps need to be dry before the park is used.

The BMX Freestyle Park Venue

If it is intended that a BMX park could be used to host events, it is important to put some thought into the necessary supporting areas and structures when decided the location and surrounding area where a BMX park will be installed.

In general, these are all temporary structures or areas – however, it is important to plan where these will go if an event is held.

Judges

In order for BMX Freestyle Park judges to do their job correctly, they need to be able to see the entire course including landings of the ramps. With most BMX park configurations, it is advised that a separate judging tower is placed at a 45-degree angle to the BMX park just outside one of its corners (this may be adjusted depending on the park layout). The tower needs to offer the best possible view, be away from loud speakers, have easy access, and preferably have a roof or canopy to shelter the judges (in case the Park is located outside).

The judges tower can be located in a temporary structure which is only installed in case an event will be held. It should have capacity for up to 8 people, depending on the number of judges, and whether or not live results will be provided (one or more results system operators might also be located here). It is also important that the access method is safe so that falls are likely to be avoided (no open ladders for example).

Viewing Area – Riders / Teams

For major events, space should be set aside for the riders competing in the present phase of the event to watch what is going on. This is often in the safety zone between the edge of the BMX park and the barricade fence which forms the boundary of the spectator area. This is preferably located on one of the long sides of the FOP separated from the crowd with easy access to the FOP, the bike parking, medics, toilet, information board, neutral mechanic and drinks. For events, accreditation such as a wristband is needed to access this area. As this is the area that riders normally use to access the BMX park before competition, it is wise to have at least 1 toilet reserved for the use of the riders close by, if the riders' area is a long distance away.

Riders' Area

This is a secure area that is temporarily installed for events where riders can leave their bags, get changed, have a snack/drink and prepare for the event. Again, accreditation is needed to access it. Ideally, it will be close to the field of play, but need not be directly next to it. The space should be big enough for riders, team staff, several dozen bikes and bag storage, and should ideally have at least 1 good sized tent so that riders can have some shelter from the sun, or in case it begins raining. It should also be close to at least several toilets, ideally reserved for the riders use. It is also ideal to have a private changing area for riders who wish to use it, particularly for female riders. There should also be a posting board where event information such as start lists and results is published.

Medical

A small tent with walls should be installed close to the BMX park to serve as a base for medical staff that are needed during an event. It should have good and easy access to the BMX park, and also a clear evacuation pathway so that an injured rider can easily be moved to the location where one or more ambulances are parked.

Spectators

The key point when planning for spectators is to try to maximise the view of the competition. This is a public area of the venue which has to be separated from the riders/staff/media. The public must have no access to the BMX park, nor the areas listed above. Spectator areas should maintain a minimum separation of 2m from the edge of the BMX park (although this can be less in case raised grandstands are used along the high edges of the BMX park behind any quarter-pipe sections). However, it is important that the spectators are not too distant – they fill a major role in creating the atmosphere of an event.

For most events, spectators end up standing on the ground along the long, low edges of the field of play. In case local terrain allows it, placing the BMX park at the bottom of a small hill allows the hillside to be used as a sort of natural stadium, which maximises the view for everyone.

Homologation and Approval

For the moment, no specific homologation or approval is needed from the UCI in case an already constructed field of play is used for local or national events, for National Championships, or Class 1 International events registered on the UCI BMX Freestyle International Calendar. Such fields of play must comply with the UCI Regulations and UCI BMX Freestyle Park Guide in order for these events to be held. The national federation hosting the competition in question is responsible for monitoring such compliance.

Otherwise, UCI approval is needed for any newly built field of play that is designed specifically for the sport of BMX Freestyle Park. UCI approval of the field of play is also needed for the following types of events: World Cups, World Championships, and Multi-Sport Games. Beginning in 2021, such approval will also be needed for the fields of play used for Continental Championships.

BMX Freestyle Glossary

Bank-to-wall: a sloping hill leading into a vertical or near-vertical wall, possibly with a gap between the top of the slope and the bottom of the wall.

Barspin: a trick consisting of throwing the handlebars in a complete rotation while off the ground.

Bunny Hop: riding along and lifting both wheels off the ground, the starting point for almost all BMX tricks.

Case: to land short on a jump, hitting the front of the landing, or the top of the ramp with the bike's back tire and jarring the rider.

Coping: metal piping inset on the top corner of ramps to increase their durability and make grinding easier.

Flat: 1) a punctured or torn tire that can no longer hold air.
2) jumping to flat ground, as opposed to a using a landing of some sort.
3) may occasionally refer to the BMX Freestyle 'Flatland' specialty

Flatland: a BMX Freestyle specialty which takes place entirely on a flat surface without obstacles.

Flow: the ease with which a rider transitions from one ramp or obstacle to the next.

Freestyle: the form of BMX consisting of intricate maneuvers (tricks) over ramps and other obstacles.

Gap: 1) an area to be jumped over on a bicycle, often in combination with other tricks.
2) the act of jumping over a gap.

Grind: a trick performed by placing a part or combination of parts of the bicycle, such as the pegs, chainwheel, or pedals, on an obstacle and sliding along it.

Half-pipe: Basically, 2 quarter-pipes arranged opposite each other, usually with at least some flat space (and no other obstacles) between them

Hip: two perpendicular sloping hills that share a corner, often used as a jump by transferring from one slope to the other.

Lip: 1) the very top of the transition on a ramp, just before the coping.
2) any trick done on the lip of a ramp.

Miniramp: a small half-pipe, usually no more than six feet tall.

Opposite: spinning or doing a trick the opposite direction you are comfortable with.

Park: BMX riding on a series of wooden or cement ramps designed specifically for BMX bicycles or skateboards. Derived from the term skate park.

Peg: a metal cylinder placed over the axle nuts and used to perform grinds, stalls, and to stand on in the case of flatland.

Quarter-pipe: a ramp resembling a quarter cross-section of a complete cylinder, consisting of a transition, lip, deck, and coping.

Ramp: an obstacle made of cement, wood, or dirt and used to perform BMX tricks.

Street: BMX Freestyle specialty that takes place on natural or man-made terrain within cities, such as ledges, curbs, walls, and handrails. Anything not made specifically to be ridden on is potentially a street obstacle.

Switch-footed: a trick performed with one's feet in the opposite position one comfortably rides. For instance, a rider who usually keeps their left foot in the front would consider riding with their right foot in the front switch-footed.

Tailwhip: a trick consisting of kicking the back end of one's bicycle in a complete revolution around the handlebars.

Transfer: jumping over one area of a ramp onto another, or from one ramp to another.

Transition: the part of a ramp where the angle starts to steepen from flat, causing the surface to curve.

Vert: BMX Freestyle specialty that takes place on a single half-pipe where the transitions are vertical.

Contact information

Kevin MacCuish
BMX Coordinator
kevin.maccuish@uci.ch

Bart de Jong
BMX Freestyle Advisor
bart.dejong@uci.ch

www.uci.org