

This is how our Expert riders should look



Helmets - Full face, snug fitting, good condition,

Long-sleeved, full length **Jersey** and we recommend **body armour** be worn.

Full length trousers

OR

Shorts - must wear knee shin guards that cover to just above the ankle.

Shoes – good, sturdy, flat soled shoes.

Gloves - full fingered

Novice (new) riders need:

Helmets – Full face, snug fitting, good condition.

Long-sleeved, full length **Jersey** and elbow pads (recommended).

Trouser - full length. We recommend jeans and knee pads.

Shorts - must wear knee shin guards that cover to just above the ankle.

Shoes – good, sturdy, flat soled shoes.

Gloves - full fingered

IF USING YOUR OWN BIKE:

Please remove all reflectors from the bike frame, wheels and pedals and no chain guard.

Helpful Hints and Resources

Where to buy BMX equipment?

<https://crucialbmxshop.com/>

<https://www.dccycles.co.uk>

<https://alansbmx.com/>

<https://greenmachinebmx.com>

<https://www.sourcebmx.com/>

<https://www.sortedracegear.com/>

Facebook

BMX Trader Uk (race bikes Only) 2ND HAND

BMX RACE EQUIPMENT FOR SALE UK 2ND HAND

For little riders, a brand available on eBay called Qtech do great stuff, reasonable prices and better fitted to our little racers (helmets and gloves)

Extract from British Cycling Rules about appropriate clothing:

B2.2.2. Jersey

B2.2.2.1. A rider's jersey must be a loose-fitting long-sleeved jersey. Jerseys used in BMX Events must be of a type specifically sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced jerseys of this type and matching these requirements are permitted.

B2.2.2.2. Skinsuits or one-piece suits comprising of the jersey and the pants are not permitted for use in BMX Events. Jerseys with zips are not permitted, aside from a zip at the collar less than 10cm long.

B2.2.2.3. The jersey must be either close fitting around the waist or tucked into the pants before the start to not cause interference.

B2.2.3. Pants

B2.2.3.1. The rider must wear either long pants, or shorts combined with suitable knee and shin protection. Such long pants or shorts must be of a type that are specifically designed and sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced pants or shorts of this type and matching these requirements are permitted.

B2.2.3.2. Long pants of the type described in B2.2.3.1 must be loose fitting, of one-piece construction and made of tear resistant material. They must cover the entire length of both legs until just above the shoe or ankle.

B2.2.3.3. Shorts of the type described in B2.2.3.1 must be loose fitting, of one-piece construction and made of tear resistant material. They must be worn together with leg protection that covers the entire knee and the entire shin until just above the shoe or ankle. Such protection must be of a type that is specifically designed, constructed and sold to protect the knee and entire shin for BMX, motocross or Mountain Bike Downhill.

B2.2.3.4. Pants or shorts composed of tight-fitting stretch material are only permitted to be worn if under acceptable long pants or shorts, or to cover acceptable knee and shin protection, or under or as part of the construction of that protection

B2.2.4. Gloves

B2.2.4.1. Full Finger gloves must be worn.