

INFORMATION PACK



WELCOME

TO IPSWICH AND WEST MORETON BMX CLUB



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 Ipswich and West Moreton BMX Club

BMX BACKGROUND



BMX racing (also known as Bicycle Motor Cross) is a type of off-road bicycle racing. Not to be confused with BMX Freestyle, BMX racing is a sprint race conducted on a purpose-built off-road race track. Racing consists of up to 8 riders on bikes racing to complete a single-lap race track. First to cross the finish line wins!

BMX is believed to have started back in the late 1960's in the USA. It's growth and popularity now see it as an extreme sport performed all around the world. Becoming so popular, BMX racing became an Olympic summer sport in 2008!

BMX racing is enjoyed by men, women and children of all ages.



TERMINOLOGY & LINGO

Start Gate: marks the start of the track and is generally a mechanical drop gate.

Start Hill: is the section of the track that riders begin their race (the bigger the hill, the greater the speed).

Moto: a single race.

Finish line: a line marking the end of a race.

Berms: a banked curve turn on the track that riders can easily manoeuvre through without braking.

Straight: a section of the track that is straight and is usually named numerical in relation to its position on the track (eg Straight 1, Straight 2).

Double: two hills close together where it is possible to jump between.

Table top: a jump where the track is level between the take-off and landing area.

Pro set: a set of jumps with only a take-off lip and landing ramp (a professional only section of the track).

Roll throughs: riding through the gate area when the gate is in a down position.

Transponder: an electronic device used for timing and scoring (8 years old and above).

Mini Wheeler: rider competing on a balance bike or bike without pedals. Participation only (not scored or timed).

Sprocket: rider aged 7 years old and below. Participation only (not scored or timed).

Commissaire: an official.

Open day: is a major club event where riders from other clubs are encourage to attend and race.

THE CLUB

Ipswich and West Moreton BMX Club was established in 1980. The club is a not-for-profit organisation looked after by a dedicated team of BMX racing volunteers with support by Auscycling and the Ipswich City Council.

We offer...

- Coaching - run by third party BMX racing coaches. Follow our Facebook page for details. Bookings and payment are made directly with coaches.
- Wednesday Night Training (also known as a 'Gates Night') - an unstructured practice session where the start gate is operational. Timing made available for transponder riders.
 - 5:30pm - 6:00pm Mini Wheeler only
 - 6:00pm - 7:30pm Open Riding
 - 7:30pm - 8:00pm Roll throughs
 - Mini Wheelers \$3
 - All other riders \$6
- Friday Night Racing - a structured event consisting of usually 4 Moto's (2 Moto's / Break / 2 Moto's) with riders racing in age groups for accumulated points. Nominations close at 6:45pm. Nominate at club house - no online nominations.
 - 5:30pm - Gates open
 - 7:00pm - Racing
 - Mini Wheelers \$5
 - All other riders \$10

Check our Facebook page for 'Gates Night' and 'Race Night' dates and times each week. Sometimes we do the occasional Saturday Night Racing instead of a Friday.

GETTING STARTED #1



A licence

It is mandatory for all riders to have a nationally recognised AusCycling membership. Register online.

www.auscycling.org.au/membership/race-off-road

Make sure you select Ipswich and West Moreton as your club!

Membership Options

Adult Annual \$224 Ages 19 - 64 ☒ One-off annual payment Get started	Adult 12-Month Payment Plan \$22 Ages 19 - 64 ☒ Monthly payments, over a 12 month period Get started	Under 19s Annual \$175 Ages 13 - 19 Get started
Under 19s 12-Month Payment Plan \$16.50 Ages 13 - 18 Get started	Under 13s Annual \$109 Ages 8 - 12 Get started	7 & Under Annual \$81 Ages 2 - 7 Get started

information correct as of 05/09/2025



Not ready to commit to a full membership?
Auscycling offer a '4 Week Free Trial Membership'.
www.auscycling.org.au/membership/other/free-trial

If after 4 weeks you love BMX (we sure you will),
then upgrade your membership.

GETTING STARTED #2



A bike

Bikes come in many shapes and sizes. Bike sizing depends on the size and build of the rider.

There are two main types of bikes recognised in BMX racing, 20" Standard Bike and 24" Cruiser Bike.

The club has a range of hire bikes available for you to try. If you have any questions regarding correct bike sizing please see one of our club members for assistance.



A general guide to bike sizing is...

- Balance bike (1-3 years)
- Micro Mini (4-6 years)
- Mini (6-7 years)
- Junior (7-9 years)
- Expert (9-12 years)
- Pro (Teenage or adult)

Buying a bike is similar to buying a car, some are cheap and some are very expensive. Bike costs can range from a few hundred to a few thousand.

Second hand are often a good place to start for a new rider.

GETTING STARTED #3

✓ A race plate and number

KNOW YOUR RACE PLATE		
	UCI Senior Elite (19 Years +) White Plate, Black Numbers	
	UCI Junior Elite (17-18 Years) Black Plate, White Numbers	
	Male - Superclass, Junior Superclass, Challenge riders (8 Years +) Yellow Plate, Black Numbers	
	Female - Superclass, Junior Superclass Challenge Female riders (8 Years +) Blue Plate, White Numbers	
	Challenge Novice Classes (8 Years +) Green Plate, White Numbers	
	Cruiser (All Classes) (8 Years +) Red Plate, White Numbers	
	Sprocket Rocket (Under 8 Years Old) Orange Plate, Black Numbers	
	Mini Wheeler (2 Years Old - Under 8 Years Old) Purple Plate, White Numbers	

Race plates and numbers are available for purchase from the club. \$17.50 for the plate and \$2 per number. Alternatively, you can purchase custom designs online from any BMX plate stockists. Make sure you order the correct colour!

Race plates are fixed to the front handlebars and are used to identify riders and rider class.

You get to choose your own number. Any number, 10 or greater!

GETTING STARTED #4

✓ A transponder (only for 8 years old or older)

Transponders are a small electronic device attached to the front of a bike. These can be purchased online at MYLAPS. The ProChip FLEX is the preferred transponder for BMX racing. Please note, transponders come with a subscription of 1, 2 or 5 years. At the end of the subscription period, they are required to be renewed.

<https://shop.auscycling.org.au/products/prochip-flex>



Transponders are not available for hire from our club however we do have for sale new transponders with 1 year subscription for \$90.

GETTING STARTED #5



Clothing

Helmet

All riders must wear a full face helmet. All riders are required to wear a helmet meeting AS2063/NZ 2063 or equivalent. Helmets must have a manufacturers mark stating its compliance with the Standard. Motocross helmets and BMX racing helmets are very similar however the BMX racing helmets are much lighter.



Jersey and Pants

The jersey must be a long-sleeved shirt where the sleeves extend down to the rider's wrists. Long pants must be made 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. Clothing must be of a type that is specifically designed, and sold to provide protection in BMX Racing.

Gloves

All riders must wear a set of full fingered gloves.

Shoes

Any enclosed flat shoes that provide the rider adequate connection with the pedals is suitable. If they have laces, they are best to be tucked into the shoes to avoid tangling in the bike. Experienced riders 13 years and older may wear shoes of a pedal/shoe interlock style.

The club has all clothing (except shoes) available for hire for a small fee per event. Limited sizes available.

GETTING STARTED LAST STEP!



Come on down!

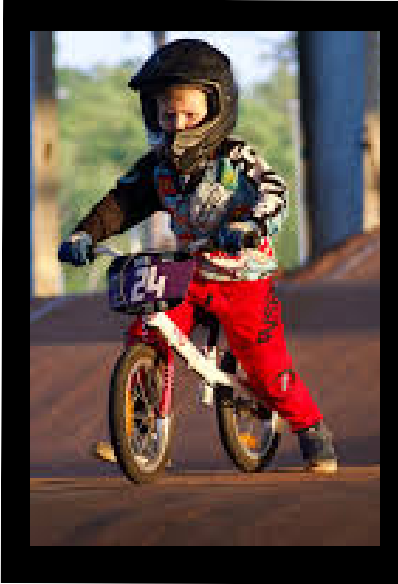
Meet the volunteers, find some like minded bike enthusiasts and make some race mates.

Best to start off coming to Wednesday Gates Night. Here you can test out your skills and get a feel for the track. When you feel confident, your welcome to try the drop gate. When you are ready! Come to a Friday Race Night!

Our club is predominantly families with dads, mums and kids riding. Our committee is here to help you get started and out racing. We all started somewhere!

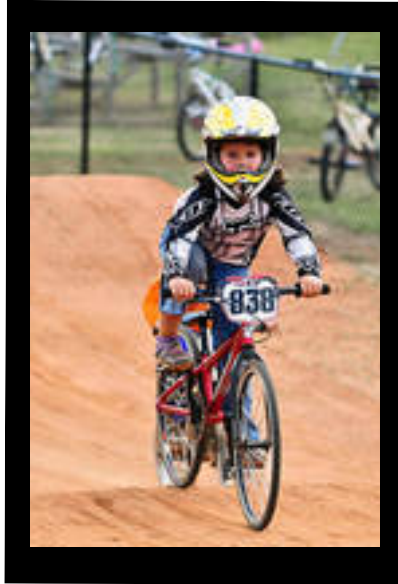


Who you are!



Mini Wheeler

2-7 years old and
rides a balance bike (no pedals)



Sprocket

4-7 years old
rides a 20" BMX bike



Rider

8 years or older and
rides a 20" BMX bike



Cruiser Rider

8 years or older and
rides a 24" BMX Bike



Junior Superclass

14-16 years old and
rides a 20" BMX bike
Professional



Superclass

17 years or older and
rides a 20" BMX Bike
Professional

RIDING WITH US

- All riders and their family members are bound by the Auscycling Code of Conduct.
- Riders must follow the directions and reasonable requests of committee members and volunteers.
- Riding is one way only. Riding in the opposite direction is dangerous and not permitted.
- Riders must enter the track from the start hill (top and bottom) areas only.
- Riders must not stop on the track. If you need to stop, pull off the track safely.
- Riders are not to stop on the top of berms.
- Only officials or authorised personnel are permitted within the track area.
- Riders must always wear all protective equipment when on the track.
- Rolling through the gate area is only permitted if given permission from the gate starter.
- Children are encourage to ride. Never forced.
- Fist pumps finish races. Riders are encourage to fist pump other riders after the finish line.
- To avoid track damage, never ride on the track when wet.
- Verbal or physical abuse will not be tolerated.
- The track and club area are alcohol and smoke free areas.
- If visiting the track outside of club events, please demonstrate the values of the club.
- Report any accidents or incidents to the Management committee as soon as possible.
- Report any suspicious behaviour around the club to the Police.
- All grievances are to be directed to the Management Committee.
- We use our Facebook page as our primary communication method. Follow us for the latest news and updates.



FREQUENTLY ASKED QUESTIONS

Is BMX racing expensive?

Your initial setup is where you will outlay the most. Once you have your bike and gear, you only need to pay your membership annually.

My child wants to start but what if they don't end up liking it?

Kids change their mind and it is a lot different then just riding their bike at home. That is why Auscycling offer the '4 Week Free Trail Membership' and the club offers hire equipment.

How old do you have to be to start?

If your child can balance and use a balance bike, they can start. We have riders as young as 2 years old riding.

I'm too old to start riding, right?

No!!! Most of the time the kids start riding and then the parents join in on the fun too. We have club riders that are still riding long into their 70's.

I can't ride a bike, can I do BMX?

The ability to ride is required however come on down and we will help as much as we can to get you up and out racing. We are riding enthusiast and want to see everyone out enjoying riding just like us.

Am I locked in to ride every week?

Absolutely not! You ride as much or as little as you like. You pay per night you attend.

Can I only race in Ipswich?

Again, absolutely not! Your welcome to any club in Australia. Our Auscycling memberships are national.

Can my child race with their friends?

Yes, providing they are the same age. Racing is grouped by age class. Riding at Gates Night is open to anyone. Anyone can ride with anyone, except Mini Wheelers.

Can I use the track when the club is not operating?

Yes, the track is a public space. The track is closed when the club is running events or conducting maintenance.



FREQUENTLY ASKED QUESTIONS

Can I just come and watch?

Of course, the track is a public space with ample parking. Come on down and have a look.

Is there any racing on weekends?

Most competitions are run on weekends. Some clubs do gates and racing on the weekend. If we have enough volunteers available, we do run some extra sessions on weekends.

My child isn't ready to use the start gate, can they still participate?

Of course, the gate can be rather scary at the start. Children not ready for the gate start at the bottom of the start hill and join in with riders after they have come down from the start hill. Sprocket riders can be helped on the gate as required.

What happens if my child falls during riding?

We are required to have First Aiders onsite on at all times. When a rider falls, riding is stopped and the allocated First Aider will enter the track when safe to do so. Parents of fallen riders are to wait outside the track until they are cleared to enter by a track official.

What is the likelihood of injury?

Like any sport, the risk of injury is there. We endeavour to reduce this risk as much as possible. BMX racing is an extreme sport.

Its more of a boy sport, can girls ride?

Hell yes! We have some absolutely awesome women representing BMX racing.

How does Mini Wheelers work?

Mini Wheelers are our non-pedal riders. These riders start at their own start gate and complete a shorter part of the track. They finish at the finish line like any other rider. Parents/Carer's of Mini Wheelers are welcome to accompany their rider on the track during riding.

Who looks after the track?

Our volunteers! We have a track coordinator and a team of helpers to keep our track and gate in such a high standard. Ipswich City Council helps us out with things like carpark mowing and toilet services.



FREQUENTLY ASKED QUESTIONS

How does the club competition work?

Each race night, riders receive points determined by their finish position in the race. These points are then accumulated over the year. At the end of the year, we have a break up/presentation afternoon to award our riders. The club uses SQORZ to record and collate points.

Do I need to go to coaching?

No, however our coaches are accredited coaches in BMX racing and are racers themselves. If you want to learn more about being a racer, our coaches are the best to learn from. Coaching is open to any member and coaches have a variety of sessions ranging in ability.

Can I leave my child at the track for gates and race nights?

No. All children must be accompanied by an adult.

What type of other events does BMX racing offer?

There is the opportunity to participate in Open Days, National Series, Queensland Championships, National Championships, Oceania Competitions and World Championships. We encourage riders to participate in these events (not mandatory) and attempt to setup our club tent at events so we can all hang out together. Events can see us travelling around the state and country! We post these events to our Facebook page.

How do I learn more about racing rules and regulations?

Check out the Auscycling website. It has all the resources you will need.

I'm a business (or I know of one) looking to sponsor a sport?

Pick us! Our committee would love to chat about any available sponsorship.

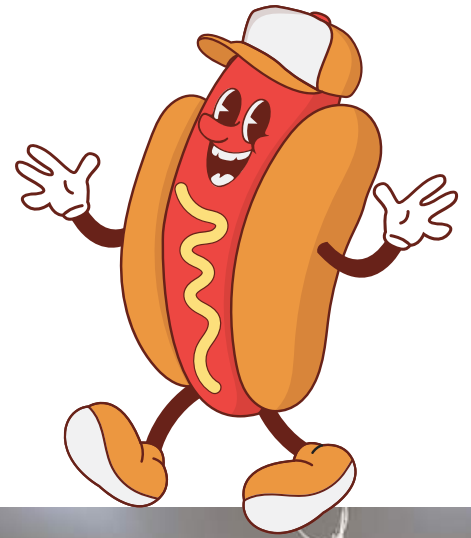
I emailed and phoned the club but haven't heard anything?

Our club is run by volunteers. We are mostly working parents, fitting in the club responsibilities around our kids and other commitments. Sometimes things get missed unintentionally. Please be patient, we endeavour to respond as soon as possible.



CANTEEN

Operating at each event we have our canteen which officially opened in 2024. Ready to serve you some delicious canteen meals and the ever popular, **Sprocket Box** (nuggets, chips and a popper).





VOLUNTEER PRIDE

The club runs a Management Committee consisting of a President, Vice President, Secretary and Treasurer which are elected positions. The club also has a sub Operational Committee which includes; Track Coordinator, Grants Coordinator, Canteen Coordinator, Marketing/Sponsorship Coordinator, Registrar, Coaching Coordinator and Social Media Coordinator.

On event nights, the club requires many volunteers to run successfully. All positions are simple and require only basic training. Here are just some of the roles needing to be filled each night...



- | | | | |
|---|---------------|---|--------------------|
| 1 | Gate Starter | 5 | Stager |
| 2 | First Aider | 6 | Canteen Operators |
| 3 | Registrations | 7 | Hire Hut Operator |
| 4 | Scorer | 8 | Mini Wheel Starter |

All volunteers are encouraged to complete the **Auscycling BMX Club Official** course. This is course is completed online and is free!

www.auscycling.org.au/page/sport-development/officials-education

CLUB GEAR

POLO AND JERSEYS

AVAILABLE
NOW



Order online

www.planett.com/ipswich-bmx-club.html



PLANETT
MAKE MOMENTS MATTER



WITH THANKS



This document has been prepared by the volunteers of Ipswich and West Moreton BMX Club. All information is current as at time of production. We would love you to spread the word of Ipswich and West Moreton BMX Club. Please distribute this to all your friends and family.

We thank all our members and volunteers for all the work they do for Ipswich and West Moreton BMX Club.



We appreciate and thank our partners,
Auscycling, Ipswich City Council,
Bikeline Ipswich and Limitless Tracks.

