



Event Technical Guide

Bicycle Motocross BMX and Mountain Bike
Clinics

Pump Track Challenge and XCO MTB Race

In conjunction with



15 JULY 2018



Table of Contents

1. Key Contact	3
2. Key Information 2.1. General 2.2. Dates and Activities 2.3. Registration and Prerequisite 2.4. Entry Fees	3-4
3. Events and Quotas	5
4. Festival Information 4.1. Clinic Schedule 4.2. Event Venue 4.3. Equipment and clothing	5-6-7
5. Pre- Event Training 5.1 Risk Management and Safe Briefing	7
6. Part skills Information 6.1. Basic Skills 6.2. Intermediate Skills 6.3. Advanced Skills 6.4. Skills Features	7-8
7. Competition Information 7.1 BMX Race Schedule 7.2 MTB Race Schedule	8-9
8. Competition Procedures, Rules and Regulations 8.1 Competition Format 8.2 Competition Route 8.3 Disqualification Rules 8.4 Technical Officials	9-10-11
9. Safe Information	11
10. Certification and Prizes Presentation	11

1. Key Contacts

Event Organiser	Singapore Cycling Federation
Contact	Address: 3 Stadium Drive #01-33 Singapore 397630
	Tel: 6784 6621/9127 3478
	Email: admin@cyclingsg.org.sg
	Website: www.cyclingsg.org.sg

2. Key Information

2.1 General

Name of the event	Bicycle Motocross (BMX) & Mountain Bike Clinics and Race in conjunction with Singapore Youth Olympic Festival 2018
Class of the event	Cycling Clinics and Race
Location of the event	Centaurus Sports Park at Turf City
Date of the event (Festival days)	15 July 2018
Press conference	Not Applicable
Transport (for participants)	Not Applicable
Accommodation (for participants)	Not Applicable
Nearest hospital	National University of Hospital (NUH)

2.2 Dates and Activities

Date	Time	Activity	Venue
1 st June 2018	0800	Registration Open	
13 th July 2018	1700	Registration Deadline	
14 th July 2018	1400	Operations and set up Meeting & Coaches Briefing	Centaurus Sport Park
15 July 2017 (Sun)	0800	Reporting time	Centaurus Sport Park

2.3 Registration and Pre requisite

Registration open	1 st week of June 2018
Registration deadline	13 th July 2018
Onsite registration possible	No
Pre requisite clinic required	Able to ride on 2 wheels confidently
Other relevant info	Youth age from 7 to 16 years old.

2.4 Entry Fees

Event	Pre-registration	Registration on site
Entry Fees	\$10:00	
Total Participant	100	none
Payment Mode	Online Credit Card/Paypal/Bank Transfer/Cheque	
Other relevant info	20% Discount for SCF membership	

3. Events and Quotas

The clinics will provide small group tuition, set to age specific skills.

Age Group	Category	
	BMX	MTB
7 - 12 years old	Group 1	Group 1
13 – 16 years old	Group 2	Group 2

4. Festival Information

Singapore Youth Olympic Festival is an initiative to get more youth into cycling. This event is a collaborative effort with Centaurs Sport Park and organized by Singapore Cycling Federation.

This is an introductory event for youth interested in getting involved with Bicycle Motocross (BMX) and mountain biking.

Objective:

- Focused on our next generation of BMX and MTB bikers come learn to ride, race and have fun on 2 wheels.

Goal:

- To promote the sport of youth BMX and MTB towards young people's ages 16 and under.
- To improve their riding skills and techniques, while increasing their confidence to tackle new challenges.

The clinic will commence with an introduction to Basic skills on the open space grass patch under the guidance of instructors from Singapore Cycling Federation. This clinic will cover all the fundamentals of BMX and mountain biking; including body balance, bike control, braking and cornering.

4.1 Clinic Schedule

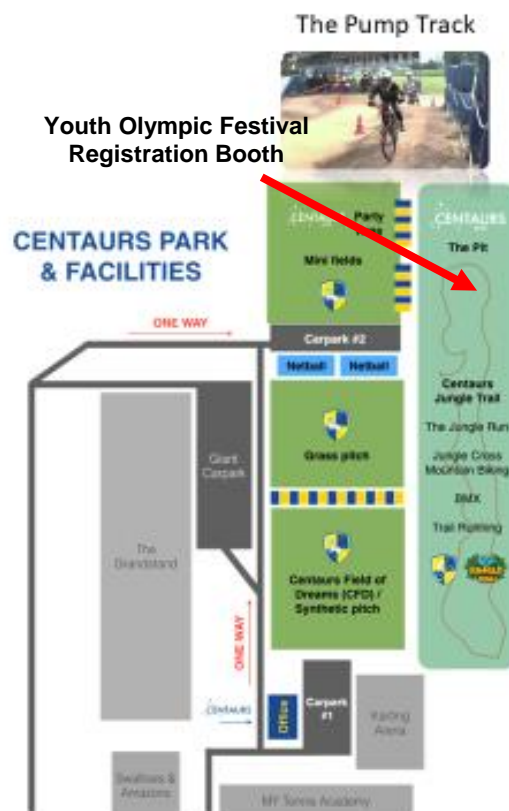
(Subject to Changes)

08:30am	Event Secretariat opens (Registration)
09:00am	Mass Participants warm up
09:15am	Bike & Safety Check
09:30am	Basic Handling Skills
10:00am	Break & Clinic program end
10:15am	Pump Track Challenge
11: 00am	XCO MTB Race
12:00pm	Races End
12:15pm	Prize Presentation Ceremony

4.2 Festival Venue

Location

Centaurus Sports Park at Turf City



4.2 Equipment and clothing

Each rider must have the following equipment:

BMX Rider	Mountain Bike Rider
1 x Serviceable BMX bike	1 x Serviceable MTB bike
1 x Certified cycling helmet	1 x Certified cycling helmet
1 x Knee/Shin and Elbow guard	1 x Knee and Elbow pad (optional)
1 x Full finger cycling gloves	1 x Half finger cycling gloves
1 x Drinking water	1 x Drinking water
1 x Long sleeve shirt	1 x Short or Long sleeve shirt
1 x Short or Long pant	1 x Short or Long pant
1 x Covered shoe	1 x Covered shoe
Attention!! On flat pedals (NO cleats is allowed)	
Bring your bike. There are limited number of bikes and helmets available BMX and Mountain Bikes but you will want to call ahead to reserve a bike and helmet.	

5. Pre-Event Training

- 5.1 Coaches and Volunteers risk management and safety briefing

6. Part Skills Clinic Information

- 6.1 Basic bike Skills – This lesson primary focus is to provide the rider with techniques a rider can use to improve basic handling skills. In order to ride fast, a person must first know how to control their bike at slow speeds. Then we hit the trail and start to apply those skills.
- 6.2 MTB Trail skills – This lesson focus is application of slow speed skills in order ride over a log, rock gardens, and switch back
- 6.3 BMX skills – This lesson focus is on riding on roller, bunny hop and jump skills.
- 6.4 Putting it all together – This lesson primary focus is to apply all the skills into one ride and work individually with each rider on sections identified as trouble areas.

7. Competition Information
 Competition Schedule
 (Subject to Changes)

7.1 BMX category race schedule

10.15am	Start of Race: 1 rider BMX (Individual Time Trial) Heat 1 Cat 7-8 years old	1 Lap
10.30am	Heat 2 Cat 9-10 years old	1 Lap
10.45am	Heat 3 Cat 11-12 years old	1 Lap
11.00am	Heat 4 Cat 13-14 years old	1 Lap
11.15am	Heat 5 Cat 15-16 years old	1 Lap
	Top 4 riders from heat qualifier will advance to the semis and finals.	
11.30am	Semifinal (knock out system)	1 Lap
11.45am	Small Final (Loser of the semi) & Grand Final (Winner of the semi)	1 Lap

7.2 MTB category race schedule

11:00am	Start of Race: Wave 1 (MTB) – mass start 7-8 years old	1 Lap (800m)
11.05am	Wave 2 9-10 years old	2 Laps (1600m)
11.15am	Wave 3 11-12 years old	2 Laps (1600m)
11.25am	Wave 4 13-14 years old	3 laps (2400m)
11:45pm	Wave 5 15-16 years old	3 laps (2400m)

8. Competition Procedures, Rules and Regulations

8.1 Competition Format

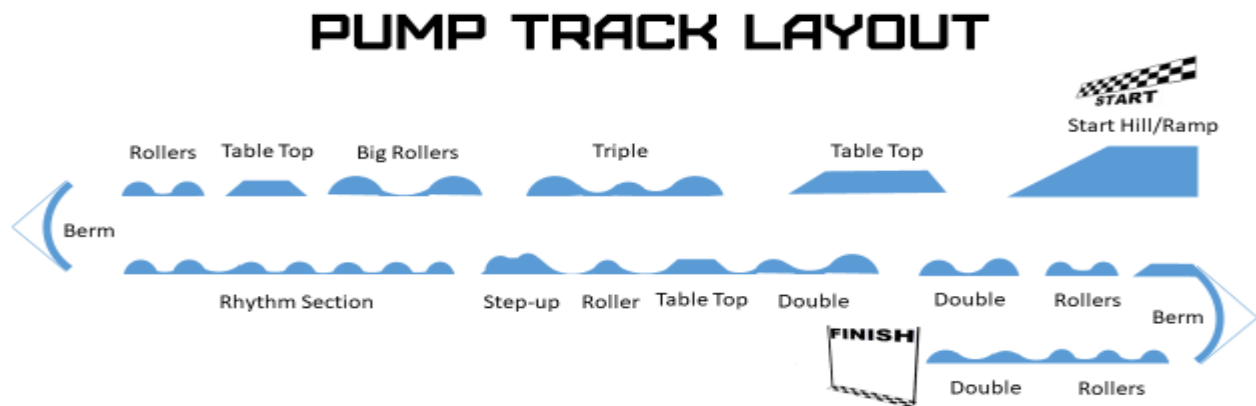
The event will be run as a typical Bicycle Motocross (BMX) and Cross Country Olympic (XCO) race event.

The distance for the BMX race shall be 110m and for the MTB race it shall be 800m to 2.4km.

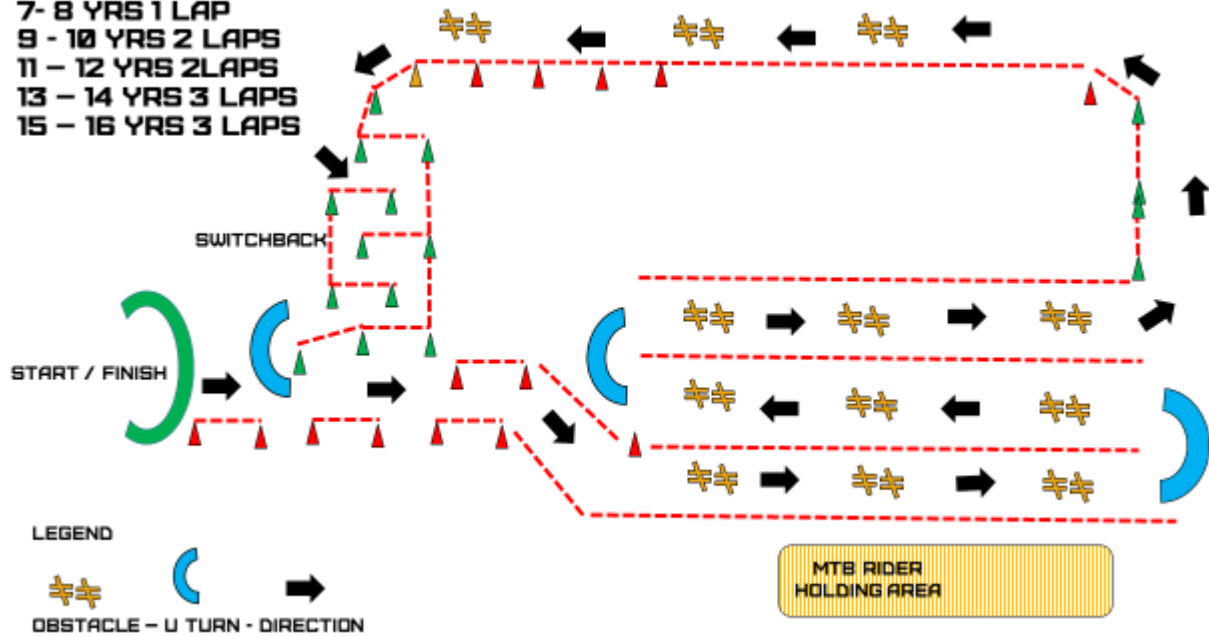
The starting order will be decided by the Race Director. From the start of the race, the race course may be used only by the cyclists in the race all cyclists must present themselves for checks on their bicycles no later than five (5) minutes from their starting time.

In an event, the cyclist with the fastest time is the winner of that event.

8.2 Competition Route



THE MTB RACE ROUTE
 7- 8 YRS 1 LAP
 9 - 10 YRS 2 LAPS
 11 - 12 YRS 2 LAPS
 13 - 14 YRS 3 LAPS
 15 - 16 YRS 3 LAPS



8.3 Disqualification Rules

A cyclist may be disqualified when during the event if he or she:

- Pushes or interferes with another cyclist, by hand (e.g. shirt-pulling) or by other means;
- Obtains non-regulation assistance;
- Displays indecent conduct or foul language;
- Exercises acts of violence;
- Goes outside the race course boundaries;

8.4 Technical Officials

The necessary Technical Officials (e.g. race director, staging officials) shall be appointed by the Event Chairman, which shall direct their work in conjunction with the Organising Committee.

The Technical Officials officiating at the event shall consist of, but not limited to, the following personnel

- Race Director
- Staging Officials
- Race Officials
- Finish Line Area Control Officials
- Administrators
- Timing Operator

9. Safety Information

Track and Trail Safety

There will be no road closure for this event. The bike park and cross country track will be closed for the festival, while the remaining trails in the park are private usage only.

10. Prizes Presentation

Prizes are awarded to every individual of the top three (3) age group category – it shall be based on the top 3 fastest time and each shall be awarded a Gold medal, Silver medal or Bronze medal for 1st, 2nd or 3rd place finish respectively.