



SINGAPORE CYCLING FEDERATION

Event Technical Guide

Bicycle Motocross BMX and Mountain Bike
Clinics and Mini Race

In conjunction with

Singapore Youth Olympic Festival 2017

15 JULY 2017



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1. Key Contacts

Event Organiser	Singapore Cycling Federation
Organising committee	Chairperson: Hairul Nazwa
	Coaches: 10 candidate coaches to be selected after level 1 course in Oct 2016
	Volunteer: 20 pax
	Tel: +65 92482221
	E mail: bmx@cycling.org.sg
	Website: www.cycling.org.sg
Key contact person organising committee	Name : Hairul Nazwa
	Tel: +65 92482221
	E mail: bmx@cycling.org.sg

2. Key Information

2.1 General

Name of the event	Bicycle Motocross (BMX) & Mountain Bike Clinics and Mini Race in conjunction with Singapore Youth Olympic Festival 2017
Class of the event	Cycling Clinics and Mini Race
Location of the event	Centaurus Sport Park at Turf City
Date of the event (Festival days)	15 July 2017
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
April 2017	0800	Registration Open	
July 2017	0800	Registration Deadline	
July 2017	0700	Operations and set up Meeting	Centaur's Sport Park
June - July 2017 (3 sat leading to event) <i>*1 reserve day in case training session cannot be held due to inclement weather</i>	0900 - 1100	Coaches Briefing and Training Session	Sports Hub and Centaur's Sport Park
July 2017 (Sat)	0700	Reporting time	Centaur's Sport Park

2.3 Registration and Pre requisite

Registration open	1 st week of April 2017
Registration deadline	1 st week of July 2017
Onsite registration possible	No
Pre requisite clinic required	Able to ride on 2 wheels
Other relevant info	50 pax for BMX & 50 pax MTB

2.4 Entry Fees

Event	Pre-registration	Registration on site
Entry Fees	\$50:00	
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 - 8 years old	10	10
9 - 10 years old	10	10
11 - 12 years old	10	10
13 – 14 years old	10	10
15 – 16 year old	10	10

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)

08:30 AM	Event Secretariat opens (Registration)
09:00 AM	Basic Bike Skills
10:00 AM	Break
10:15AM	Intermediate trail skills
11: 15AM	Break
11:30AM	Advanced skills
12:30PM	Break
12:45PM	Putting it all together
01:00PM	Clinic program end

4.2 Festival Venue

Location

Centaurus Sport Park at Turf City



4.2 Equipment and clothing

Each rider must have the following equipment-

- Serviceable BMX or Mountain Bike
- Certified cycling helmet
- Cycling gloves
- Water bottle.
- comfortable clothing and
- enclosed shoes

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 Intermediate trail skills – This lesson focus is application of slow speed skills in order ride over a log, rock gardens, and berms
- 6.3 Advanced skills – This lesson focus is on downhill, uphill 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.

6.5 Skills features



Over a log

Swing Bridge

Balancing a log

Rock Garden

Ramp



Downhill

Cornering

Roller

7. Competition Information
Competition Schedule
(Subject to Changes)

7.1 BMX category race schedule

01:30PM	Race Secretariat opens (Collection of Race Kit)	Lap
02:00PM	Start of Race: Wave 1 (BMX) – 5 riders per wave 7-8 years old	1
02:05PM	Wave 2 7-8 years old	1
02:10PM	Wave 3 9-10 years old	1
02:15PM	Wave 4 9-10 years old	1
02:20PM	Wave 5 11-12 years old	1
02:25PM	Wave 6 11-12 years old	1
02:30PM	Wave 7 13-14 years old	1
02:35PM	Wave 8 13-14 years old	1
02:40PM	Wave 9 15-16 years old	1
02:45PM	Wave 10 15-16 years old	1

7.2 MTB category race schedule

03:00PM	Start of Race: Wave 1 (MTB) – mass start 7-8 years old	1
03:10PM	Wave 2 9-10 years old	1
03:20PM	Wave 3 11-12 years old	1
03:30PM	Wave 4 13-14 years old	2
03:45PM	Wave 5 15-16 years old	2
04:00PM	Certification and Award Presentation	

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.

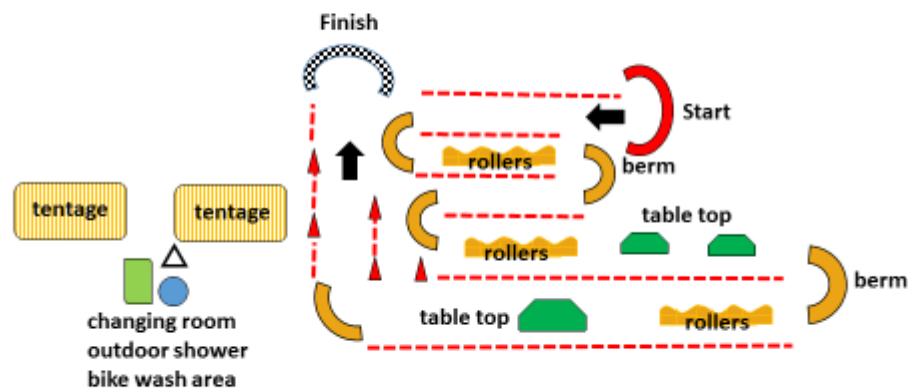
The distance for the BMX race shall be 150m and for the MTB race it shall be 1.5km.

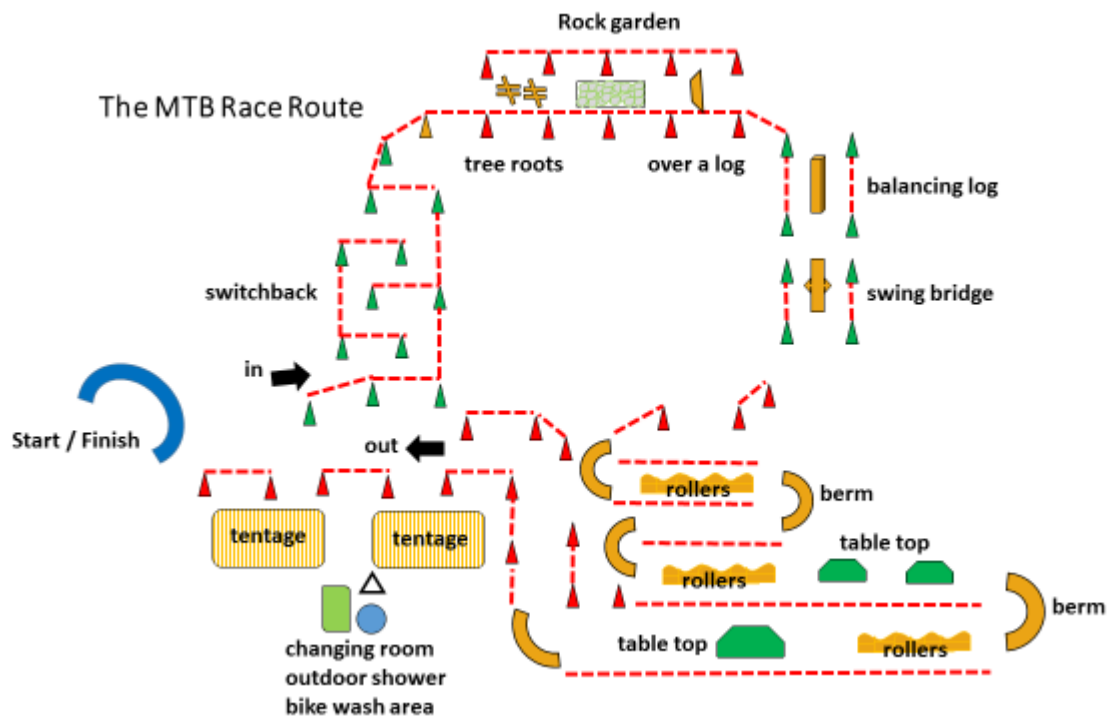
The starting order will be decided by the Race Director. From the start of the race, the race course may be used only by the cyclists in the race all cyclists must present themselves for checks on their bicycles no later than five (5) minutes from their starting time.

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

8.2 Competition Route

The BMX track





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. **Certification and Prizes Presentation**

Certification will be given to all participants. 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.